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Zero Suicide Iowa: Summary

Every 20 hours a person dies by suicide in Iowa. Suicide is the second leading cause of death for 25- to 44-year-olds exceeded only by unintentional injury. Iowa has taken steps to implement effective suicide prevention strategies through previous funding opportunities and existing partnerships like the Iowa Suicide Prevention Planning Group. The Zero Suicide process will create suicide safe organizations across Iowa that will be better positioned to support patients at risk for suicide in a safe and least restrictive manner.

The overall project goal is to improve the care and outcomes of individuals ages 25 years and older at risk for suicide, with the following specific project goals for the five-year grant:

Goal 1: Increase awareness of the risk for suicide among Iowa's substance use disorder treatment population and treatment options.

Goal 2: Enhance and expand the screening, treatment, and referral process for adults at risk for suicide.

Zero Suicide Iowa will begin with hiring key staff, and introducing the Integrated Provider Network (IPN) and key suicide prevention partners to the Zero Suicide model through a Zero Suicide workshop during April-May 2019. At the same time, work will begin with Foundation 2 (the crisis center in Iowa that manages the [Your Life Iowa resource](#)) to develop a plan for technical assistance and follow-up services, and planning for the rollout of trainings. The Zero Suicide Academy (Academy) will be held for approximately half of the IPN during the second project year with monthly meetings for Academy participants the following year, with the other half completing the same process during project years 4-5. Both Assessing and Managing Suicide Risk Training for Substance Use Disorder Treatment Providers and Applied Suicide Intervention Skills Training will be held for all providers during the first project year, and then offered annually to additional provider staff and partners.

The project proposes to serve the following number of Iowans over the five years of the project:

- 85,000 people receiving substance use disorder treatment services will be screened for suicide risk, be linked to VA services (when applicable), and receive improved suicide safe services; and
- 7,700 SUD treatment clients will receive enhanced follow-up care and transition services as they transition out of inpatient SUD treatment.

Questions about the Zero Suicide Iowa project may be directed to Pat McGovern at pat.mcgovern@idph.iowa.gov.

If you are feeling suicidal or are concerned about someone else, please contact Your Life Iowa by calling (855) 581-8111, texting (855) 895-8398, or using the online chat function at <https://yourlifeiowa.org/>. For more information about Zero Suicide, visit <http://zerosuicide.sprc.org/>.