

# STRIVING FOR ZERO EXCELLENCE AWARDS

Striving for Zero

## COMPREHENSIVE SUICIDE RELATED CARE

### Systemwide Implementation of the Columbia: Pilot, Policy, Foundational Training, Coaching, and Health Records Monterey County

Monterey County Behavioral Health has implemented the systemwide use of the Columbia Suicide Severity Rating Scale (C-SSRS). A thoughtful rollout was implemented by a pilot group of behavioral health leadership and staff, in consultation with Applied Crisis Training and Consulting, Inc. (ACT). The pilot group developed the policy for use, guidelines on workflow, triage, and follow-up, and develop the Electronic Health Record integration for the tool and related safety planning or intervention documentation. MCBH established a sole source contract with ACT to create and provide an interactive 9-hour (over 3 sessions) Columbia Foundations Training, conducted with small groups (<25) of incumbent behavioral health clinical and administrative staff, as well as contracted providers, all of whom are eligible for 6 CEUs. Additionally, ACT provides on demand skill-building and clinical coaching and consultation for individual clinicians and behavioral health teams as they incorporate these skills into their workflow, team communications, and client interactions. MCBH and ACT worked collaboratively to craft the syllabus, learning objectives, exam questions, participant toolkit, and feedback, as well as a customized paper and pencil version of the tool (in English and Spanish, to be used in field and office settings).

**Educational Goal:**

Staff will be able to report confidence to utilize the Columbia Suicide Severity Rating Scale (C-SSRS) in clinical assessment and client interactions.

**Learning Objectives -- participants will be able to:**

1. LIST the three things the C-SSRS identifies and measures.
2. IDENTIFY two methods for suicide that should be addressed with all clients when planning for safety or creating a less hazardous environment.
3. DISTINGUISH between an interrupted attempt, aborted attempt, and non-suicidal self-injurious behavior.
4. LIST two examples of how to be direct when talking about suicide.
5. IDENTIFY at least two types of suicidal behavior listed in the C-SSRS.
6. IDENTIFY at least three examples of protective factors and risk factors that you may identify when using the C-SSRS

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**Columbia Suicide Severity Rating Scale (C-SSRS) Full Lifetime & Recent**

SEVERITY OF IDEATION	Lifetime: Time He/She/They Ever Had Suicidal	Part 1 month
1. Wish to be Dead	Yes No	Yes No
2. Non-Specific Active Suicidal Thoughts	Yes No	Yes No
3. Active Suicidal Ideation with Any Methods (Not Plan) without Intent to Act	Yes No	Yes No
4. Active Suicidal Ideation with Some Intent to Act, without Specific Plan	Yes No	Yes No
5. Active Suicidal Ideation with Specific Plan and Intent	Yes No	Yes No

**INTENSITY OF IDEATION**  
The following features should be rated with respect to the most severe type of ideation (i.e., 1-5 from above, with 1 being the least severe and 5 being the most severe). Ask about time he/she was feeling the most suicidal.

Frequency	Duration	Controlability	Deviations	Reasons for Ideation
How many times have you had these thoughts?	When you have the thoughts how long do they last?	Could you stop thinking about killing yourself or wanting to die if you want to? (Controlability)	What sort of reasons did you have for thinking about wanting to die or killing yourself?	

TEST, BAILEY (000713947)  
M, 16, 02/14/2007  
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DX Pt: - Attn. Pract.: - Adm. Pract.: -

**Columbia Suicide Severity Rating Scale**

Intensity of Ideation

How many times have you had these thoughts? (Frequency)

When you have the thoughts how long do they last? (Duration)

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Columbia Suicide Severity Rating Scale - Applied Crisis Training Coaching Request



**Monterey County Behavioral Health Policies and Procedures**

<b>Policy Number</b>	338
<b>Policy Title</b>	Risk Assessment, Safety Planning, & Subsequent Services
<b>Avatar Form</b>	Columbia Suicide Severity Risk Scale Stanley Brown Safety Plan
<b>Initial Release Date</b>	November 17, 2023
<b>Effective</b>	January 1, 2024



For more information, please contact Monterey County Behavioral Health Bureau (Jill Walker, Ph.D, Training Manager, [415-training@co.monterey.ca.us](mailto:415-training@co.monterey.ca.us)) or Applied Crisis Training and Consulting, Inc. (Carly Memoli, [carly@appliedcrisistraining.com](mailto:carly@appliedcrisistraining.com)).