



Youth Suicide Prevention Initiative

In 2022, Mott was the first hospital in the state of Michigan to be part of the **Preventing Youth Suicide National Collaborative** that is utilizing the **Zero Suicide Framework**. Zero Suicide is built on the guiding principle that suicide can be prevented and that our health systems have an important role in improving outcomes.

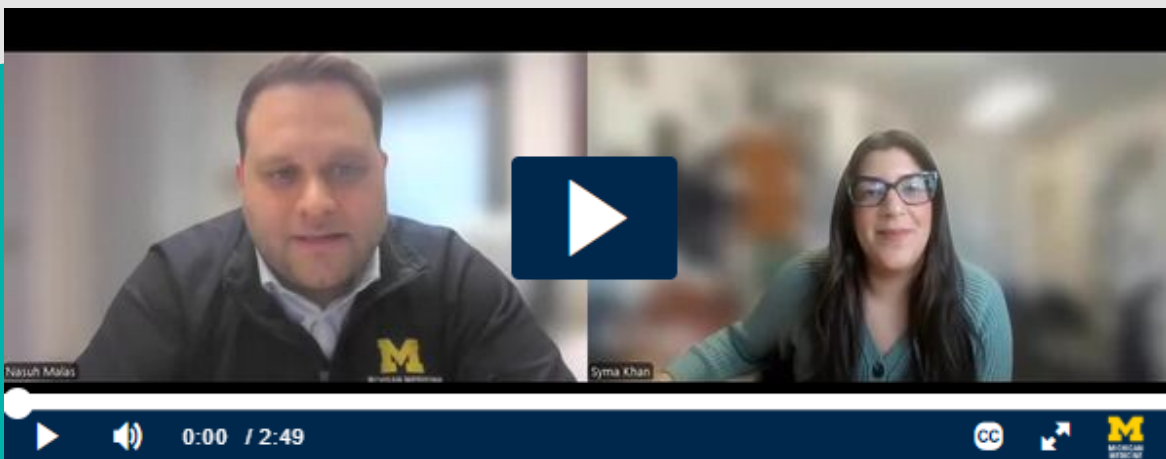
“We have a real opportunity at the children's hospital to prevent suicide, minimize risk, and educate and empower youth, families and their care teams,” said Nasuh Malas, M.D., clinical associate professor and associate chair for child and adolescent psychiatry in the Department of Psychiatry.

In this inaugural edition of the Youth Suicide Prevention Initiative newsletter, **Dr. Malas and Syma Khan, MSW**, introduce the work and why it should matter to you:

Meet Barney!



Barney is the facility dog serving the child inpatient unit at Mott. He is part of the Lipschutz-Danzansky Paws4Patients Program.



The seven elements of Zero Suicide represent what experts in the field of suicide prevention have identified as the core components of safe care for individuals with suicidal thoughts and urges. They represent a **holistic approach to suicide prevention** within health and behavioral health care systems.

Learn More about the Zero Suicide Framework:

Transition

Transitions are periods of high risk for patients experiencing suicidal ideation. Patients can experience barriers in accessing follow-up care including being unaware of resources or being provided resources that do not align with their needs. Additionally, patients may feel isolated and have limited social support following a crisis.

The **C.S. Mott Pediatric Consultation and Liaison Psychiatry Service** has conducted a pilot study implementing **follow-up phone calls** with parents after their child's discharge from the emergency department, as a way to **reduce risk during the transition from the emergency department to outpatient care**. Through phone calls, the team aimed to support parents during their child's mental health crisis and to develop standardized resources to improve parental support and youth outcomes following a crisis. **Follow-up calls focused on engaging parents around their child's mood and on-going safety concerns, safety planning, lethal means safety, and follow-up care.** Data from the calls will inform an evidence-based phone follow-up for youth with suicidal ideation.

“Thus far, outcomes have shown that **post-discharge follow-up phone calls are an effective way to provide outreach to families following a psychiatric crisis.** Phone calls with parents provided an opportunity to explore safety concerns, reinforce recommendations from the hospital, review crisis resources, and provide coaching & support to families.”

Syma Khan, MSW
Project Manager, YSPI



WHAT IS 988?

988 is the new, easy-to-remember number for the Suicide & Crisis Lifeline. The National 988 Suicide Prevention Lifeline provides a wealth of information and support -- you'll find resources tailored to those experiencing suicidal ideation, as well as for loved ones seeking to help. Stories of hope and resilience can inspire those feeling isolated, reminding them that they are not alone.

Steps healthcare workers can take to promote 988 include:

- Talking to youth and families about 988 to increase awareness
- Creating resources like flyers with information on 988 and placing them in strategic locations
- Ensuring 988 is included on paperwork families are provided when there is suicide risk
- For youth at high risk, helping them add 988 to their contacts
- Calling 988 with a youth to model and ease anxiety



The University of Michigan Department of Psychiatry has developed a **QR code that downloads a list of state and national suicide prevention resources to your phone.**

Are you or a loved one...

- struggling or in distress?
- experiencing a mental health crisis?
- thinking about suicide?

There is hope.

Call or text 988 from any phone for immediate help.

Save the **988 Suicide & Crisis Lifeline** and other **mental health info** as a contact in your phone.

Scan this QR code:



michmed.org/lifeline

Free Upcoming Trainings

HENRY FORD MI MIND COLLABORATIVE CARE AND SUICIDE PREVENTION WEBINAR

3/27/2025

12:00 – 12:45 pm

Paul Pfeiffer, M.D., M.S., will introduce the Collaborative Care Model and its role in suicide prevention in primary care. He will cover best practices for screening, assessing, and intervening in primary care settings.

SUICIDE RESEARCH VIRTUAL SYMPOSIUM

4/23-25, 2025

- Present recent research findings
- Stay informed on developments in suicide research
- Advance inclusive and equitable practices in suicide research and prevention
- Network, connect, and build a diverse community with other suicide researchers across disciplines

QPR-SUICIDE PREVENTION SKILLS TRAINING

4 different dates available

QPR = Question, Persuade, Refer. This training will give you some of the skills needed to help save the life of someone who is thinking about suicide. In this class you will learn about suicide rates, the warning signs of suicide, and the steps to take to help someone in a crisis.

ZERO SUICIDE DATA STRATEGIES: USING DATA TO TELL YOUR STORY WEBINAR

5/22/2025

11:00 am - 2:00 pm

Discover how to create impactful and concise data narratives that effectively communicate your organization's suicide care efforts to diverse audiences.



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