**WellSpace Health**  
*ED Follow Up Suicide Prevention Program*  
2016 Annual Summary

**Discussion:**
WellSpace Health offered its ED Follow up program to patients of Sutter Medical Centers throughout the year. The primary purpose of the program is suicide prevention to a high risk population specifically at a time known for increased risk of suicide post-discharge. The goals of the program are to prevent suicide deaths and re-attempts post-discharge and to also encourage linkages to community based services for ongoing treatment and support. This service is provided for up to 30 days and includes emotional support, debriefing, risk assessment and monitoring for additional suicidality, and individualized collaborative safe planning.

**Outcomes:**
All patients seen in the ED for suicidality receive the Suicide Prevention Crisis Line wallet cards or number, and all should be offered participation in the EDFU program. A total of 83 Patients were referred from Sutter Medical Centers to the ED Follow Up program in 2016. Most are contacted within 24-48 hours of discharge. Of participants referred, 74% were post-discharge following suicidal ideation, 22% for a suicide attempt, and 4% unknown. A considerable 13% (n=11) were assessed to have had continuing suicidal ideation during participation in the follow up program- underscoring the ongoing need for this supportive service post-discharge.

During this time known for increased risk of re-attempt, only 1 of the participating patients re-admitted to the ED for suicidality, 0 attempted suicide during participation, and no suicide deaths were reported. The average age of participants was 35.86 years old, with an age range from 11-82 years of age. Ethnicity among the individuals referred for follow up included: 35 Caucasian, 12 African American, 5 Multiracial, 4 Hispanic, 1 Vietnamese, 1 Filipino, and 1 Native American, 23 unknown.
Referral Sources: WellSpace Health received patient referrals from the following hospital Emergency Departments: Sutter Medical Center Sacramento, Sutter Roseville Medical Center, Sutter Auburn Faith, Sutter Davis, and other/unk.

Linkages to Community Based Treatment Resources: In addition to an individualized exploration of informal resources, coping tools, safe planning, and debriefing stressors, stigma, and outside reactions post-discharge from hospitalization for suicidality, community-based resources were offered to participants including referrals to the following for treatment and ongoing support: Sutter Center for Psychiatry, TLCS Crisis Respite Center, Beautiful Minds, County Mental Health, Turning Point, GOALS for Women, Friends for Survival, Windows of Hope, DBSA, Alcoholics Anonymous, Narcotics Anonymous, Clean & Sober, Communi-care Clinic, My 3 app, 7cups.com, Kaiser, WellSpace Health services, Medical Providers, Clean & Sober, Anger Management, private therapists and psychologists, El Hogar Senior Link, Loaves & Fishes, Suicide Prevention Crisis Line and more.

Quality Assurance: A voluntary survey was added to the EDFU program for 2017 to gain participant feedback for quality assurance.

ED Follow Up Program participant feedback:
“I found the ED Follow Up program extremely helpful and supportive. The staff were very supportive, very helpful at a time that I was under extreme stress levels. There have really been there when I needed support. Their calling me helped me a lot to keep from attempting suicide. I would definitely recommend this service to others in suicidal crisis.” (Disabled with mental illness, substance use disorder, significant life stressors, and few supports)

“I know life is not perfect, but I have to keep going. I want to live. I know it’s going to get better. I’m thankful for this program. I like when you call- it helps me keep focused and motivated.” (accomplished professional living with mental illness and returning to many stressors post-discharge after suicidal crisis)

“I’m thankful for being in the 30 day program, sometimes I feel so alone.” (participant who had daily SI, many stressors, mental illness, trauma, isolation)

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