



Evidence Based Treatment – Using CAMS in Zero Suicide

September 28, 2021

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Agenda

- Why suicide-specific care?
 - Zero Suicide Framework
- The Evidence Base for CAMS
- Using CAMS in systems of care
- CAMS Trained and the CAMS Locator
- Next steps for a Life Worth Living



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Seven elements to create a
standard of suicide-specific care

Administration Focused



Lead

system-wide culture change committed to reducing suicides

[Learn More](#)



Train

a competent, confident, and caring workforce.

[Learn More](#)



Improve

policies and procedures through continuous quality improvement

[Learn More](#)

Patient Focused



Identify

individuals with suicide risk via comprehensive screening and assessment




[Learn More](#)





The Patient's Journey



Administration Focused




 <p>Lead</p> <p>system-wide culture change committed to reducing suicides</p> <p>Learn More</p>	 <p>Train</p> <p>a competent, confident, and caring workforce.</p> <p>Learn More</p>	 <p>Improve</p> <p>policies and procedures through continuous quality improvement</p> <p>Learn More</p>
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Patient Focused




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Making Sense of the Options

Patient



- Gatekeeper Training (examples):
- QPR
 - SafeTalk
 - Umatter

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<i>Evidence based options</i>	<i>Create a plan to keep the person out of the hospital</i>	<i>Use EVIDENCE BASED Treatments</i>	<i>Transition to optimal case disposition</i>
	CAMS		<i>Make connections to social services</i>
ASQ	CALM	DBT	Caring Contacts
C-SSRS	Safety Planning	CT-SP/BCBT	Follow-up Project
SBQR			Structured Case management calls



Evidence Base for CAMS

CAMS Research Findings Summary

Across 9 published non-randomized clinical trials of CAMS, 1 meta-analysis, and 4 published randomized controlled trials (with 1 unpublished, 5 on-going RCT's)

CAMS

Reduces suicidal ideation

Changes suicidal cognitions

Increases hope

Positive patient experience

Reduces ED visits

Positive impact on self-harm/attempts

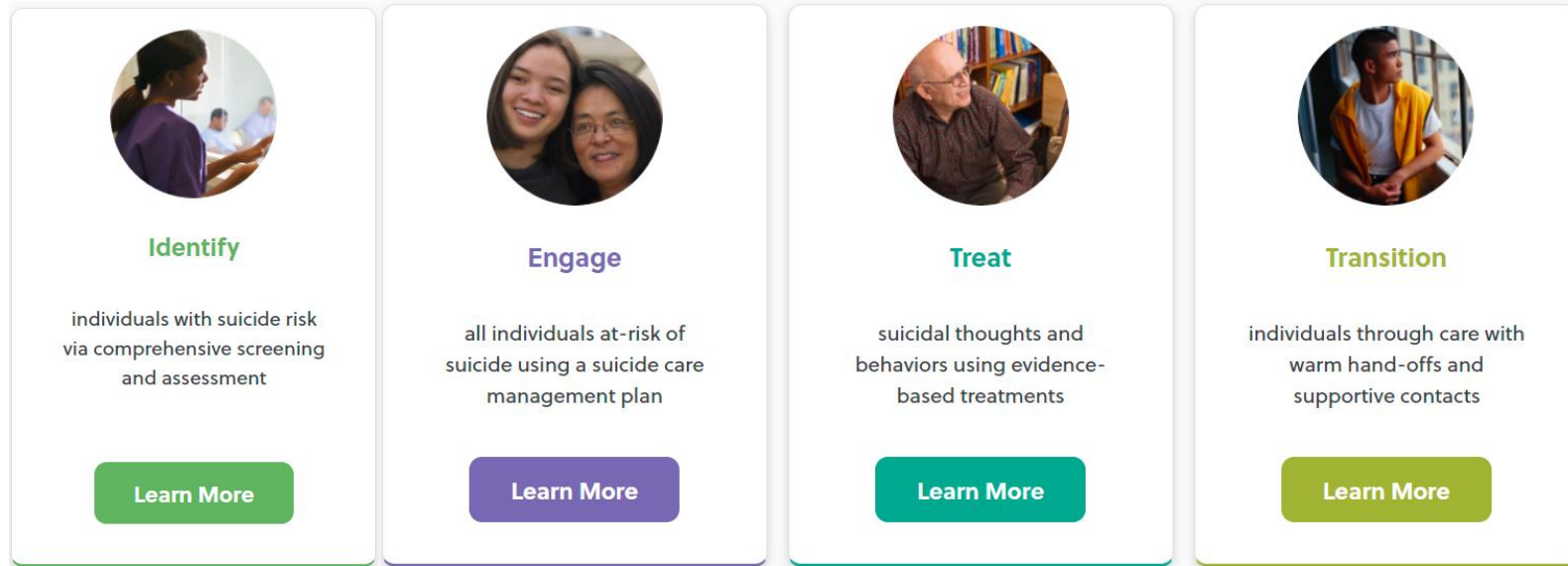
Relatively easy to learn

Per CDC criteria: “Well supported” in reducing suicidal thoughts



Building CAMS into Care Systems

Example - Emergency Department



Rapid Screening

- Evidence Based
- Simple for doctors, nurses and staff to administer

Therapeutic Assessment, Stabilization Planning, Treatment

- Builds clinician confidence
- Reduces the exposure to malpractice
- Easy to learn and become adherent

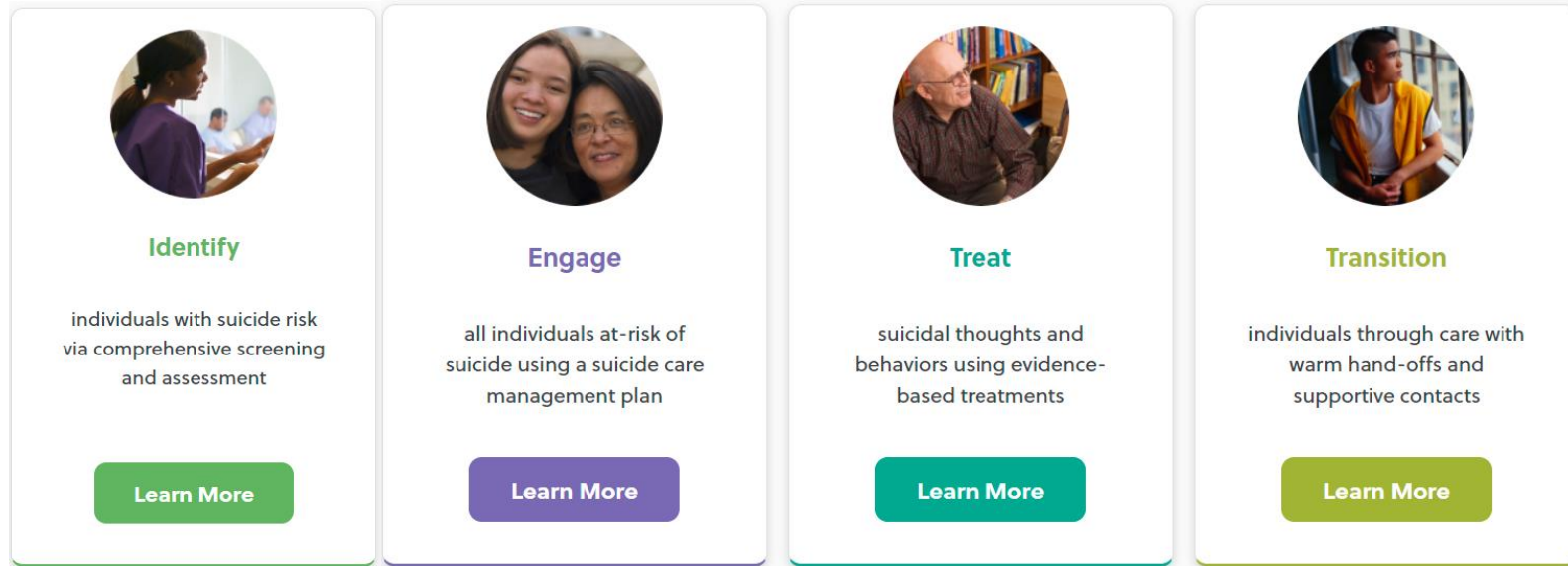
Transition to an outpatient CAMS Therapist



PATIENT BENEFITS for engaging in CAMS

- ✓ Quickly reduces suicidal ideation
 - ✓ More than just assessment
- ✓ Most patients can be treated in an outpatient setting
 - ✓ Telehealth

Example - School District



QPR

Identify

- Learn how to talk about suicide
- Identify a person with serious thoughts of suicide
- Know where to [Refer](#) the person for Treatment

CAMS

Therapeutic Assessment, Stabilization Planning, Treatment

- Builds clinician confidence
- Reduces the exposure to malpractice
- Easy to learn and become adherent

Caring Contacts

Text follow ups

BENEFITS for engaging in CAMS

- ✓ Quickly reduces suicidal ideation in 6 to 8 sessions
 - ✓ More than just assessment
- ✓ Most patients can be treated in an outpatient setting
 - ✓ Telehealth



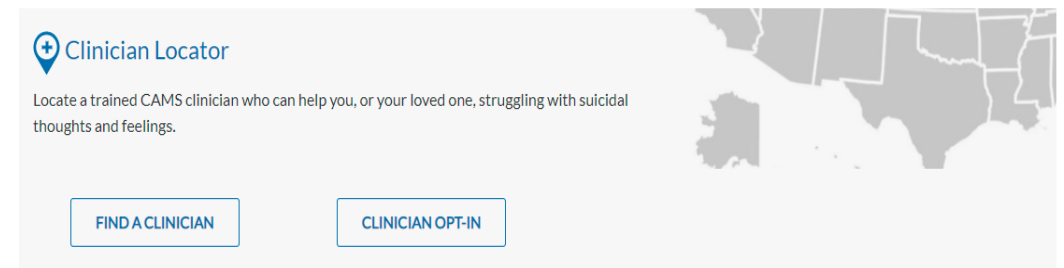
CAMS Trained & the Locator

CAMS Trained & the CAMS Locator

- Training Elements

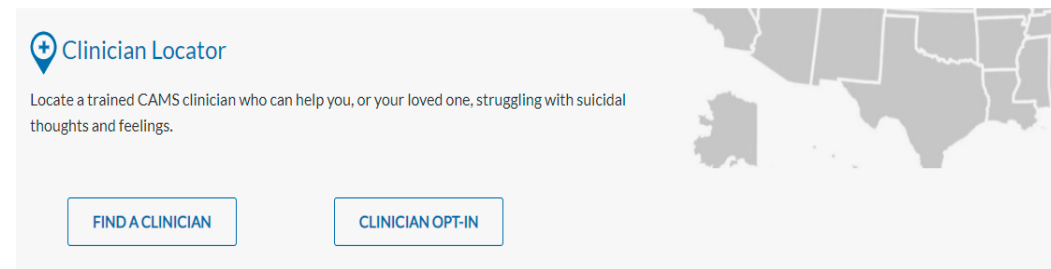
- Watch the Foundational Video 3 hours
- Attend a one day Role Play Training 8 hours
- Attend 4 one hour Consultation Calls 4 hours
- Pass the Free Knowledge Test

- Join the CAMS Locator as a resource for people with suicidal thoughts
- More than 1,300 clinicians in Colorado have completed one module of CAMS training
- Over 50 CAMS Trained clinicians in the state
- ~ 40 clinicians listed on the Locator



CAMS Locator

- **Why join the Locator?**
 - Suicidal people and their loved ones can find evidence-based treatment
 - Build your practice
- **What information is shared?**
 - We do not hand out clinician's email or phone number
 - Someone contacting is not given clinician's email address
 - They do get a confirmation that their inquiry was sent
 - It is your choice to respond to the inquiry
- **Opting into the Locator**
 - Go to cams-care.com
 - Scroll down to the Locator
 - Click the “Clinician Opt-In” button



Free CAMS Trainings from The Colorado Office of Suicide Prevention



- Since 2017 the OSP has partnered with CAMS to provide **free** training for Colorado clinicians to become **CAMS Trained**
 - Foundational Video, Role Play Training, 4 Consultation Calls
- Provide an average of 6 trainings per year
- In-person trainings held pre-COVID-19
- Currently all trainings are held virtually
- OSP coordinates dates and registration
- **Next training:** Late 2021 (date TBD)
- Sign up to receive more info on our Interest List
 - <https://forms.gle/j61wZjZWS2QKtv1L9>
- Contact Dymond.Ruybal@state.co.us with questions



COLORADO
Department of Public
Health & Environment

Next steps for a *Life Worth Living*

- Awareness and Identification should lead to Treatment
- Suggested Goals based on what we have seen
- Treatment Resource Goals
 - 100 clinicians in El Paso that are CAMS Trained and available on the CAMS Locator as a resource for people in El Paso
 - CDPHE is providing free CAMS training
 - Be ready for the jump in 988 callers
- Financial Assistance for People with Serious Thoughts of Suicide
 - ED and hospitalization is impractical and expensive
 - People prefer telehealth treatment from the comfort of their home
 - Can we find the resources to pay for multiple sessions of CAMS?
- **Treatment** should be an essential component of El Paso's goal to reduce the suicide rate by 20% in 2024