

4<sup>TH</sup> INTERNATIONAL

# ZERO SUICIDE SUMMIT

RØTTERDAM 2018

**ZERO SUICIDE INTERNATIONAL 4**  
LEAD | TRAIN | IDENTIFY | ENGAGE | TREAT | TRANSITION | IMPROVE



## *moving beyond the tipping point*

Fidelity toolkit: [zerosuicide.com](https://zerosuicide.com)

The views in this document do not necessarily reflect the official views of the organisations which had staff attend the Summit, nor the official views of the Substance Abuse and Mental Health Services Administration, the National Institutes of Health, the Department of Health and Human Services, or the Department of Veterans Affairs of the US Federal Government, or of Health Canada.

# Preface

On September 3 - 4, 2018, more than 100 leaders from nearly 20 countries convened at the Zero Suicide International 4 summit in Rotterdam, the Netherlands. Here they designed the revision of the 2015 International Zero Suicide Declaration. The declaration you are about to read now clarifies the commitment of these leaders to improve healthcare suicide prevention as a complement to public health and community suicide prevention initiatives.

## What is *Zero Suicide Healthcare*?

Rooted in universal human values and based on scientific evidence *Zero Suicide Healthcare* is a worldwide emergent transformative approach that aims for a shift of mindset in healthcare and society: from passive acceptance to active prevention. Its inspirational goal drives healthcare systems to continually improve the quality of care. Zero Suicide offers healthcare leaders clear strategies and principles to learn to protect ever more patients, relatives and staff against the tragedy of suicide.

For those who turn to healthcare Zero Suicide offers a better experience when feeling suicidal. They will experience that suicidality can be discussed openly, is treated directly and managed in a least restrictive, recovery-oriented way. As they transition through the system they have chosen, no person falls through the cracks. *Zero Suicide Healthcare* is not an isolated strategy. It is a complement to other community-based suicide prevention initiatives which will be running simultaneously.

## Why is it important?

Because lives, many lives, are at stake. More than 800,000 people die of suicide every year. Evidence shows that many more suicides are prevented in healthcare systems which provide better suicide prevention care. Radical system transformation can drive down suicide rates to zero. Knowing this, there is no time to lose. To make inroads we need systemic change.

## Who is it for?

First, it is for healthcare leaders across the globe. They are the drivers of the *Zero Suicide Healthcare* model and within their system protectors of a safe and just culture of learning and improving. Second, it is for all staff working in healthcare. Working in a Zero Suicide organization they are well trained and supported to provide excellent suicide prevention care; and feel safe to find and repair root causes underlying adverse events. Last but not least, it is for all partners, for governments and politicians; media; industries and employers; public health and suicide prevention organizations; persons with lived experience and scientists. With their force, expertise and willingness they partner together with healthcare systems to move the needle and drive down population suicide rates.

## The Rotterdam Declaration

The Rotterdam Declaration is supported by healthcare leaders who attended the Summit. We urge all to join the growing international learning community and use this Declaration to find the tipping points in your healthcare system that will deliver the change you want to see. Bold visions have put a man on the moon and eradicated polio. There's no more time for half measures. Only with insightful leadership committed to the pursuit of Zero Suicide, will we be able to make strides towards this important vision.

David W. Covington, LPC, MBA  
RI International, USA

Dr. Jan Mokkenstorm  
113 Suicide Prevention, the Netherlands

# The Rotterdam Declaration

Every minute of every day suicide impacts the lives of hundreds of people across the globe. It robs families of loved ones, young people of their future, workplaces of colleagues and communities of their most valuable resource - their people.

We, the participants at the fourth Zero Suicide International summit in Rotterdam September 2018, and representing a diverse group of healthcare leaders, academic institutions, civil society, the private sector, governments and persons with lived experience:

**Accept:** The World Health Organization Report: Preventing Suicide: a global imperative key message: Suicides are preventable. For national responses to be effective a comprehensive multisectoral suicide prevention strategy is needed and this should include making suicide prevention a core responsibility of health systems, with collaboration between health and non-health sectors at governmental and non-governmental levels.i

**Acknowledge:** Article 25 of the Universal Declaration of Human Rights which says the enjoyment of the highest attainable standard of health is a fundamental human right.ii

**Recognise:** The United Nations Sustainable Development Goal (3) which targets by 2030, a reduction by one third of premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being. Measured by the suicide mortality rate.iii

**Understand:** The devastating impact that suicides have on the health workforce, families, workplaces and communities.

## *The Zero Suicide Healthcare Framework*

The model offers both a realistic and effective approach to eliminating suicides. *Zero Suicide Healthcare* is a systematic, leadership-driven, continuous quality improvement approach to reducing suicides in care. The framework equips institutions with training, access to evidence-based treatments and supports and care pathways that have demonstrated exceptional results in healthcare systems.

We commit to:

### 1. Leadership centred on a just, safety-driven culture informed by evidence and lived expertise

- Health systems leaders create a culture founded on a relentless pursuit to prevent suicide. We believe a suicide event (attempt or death) is an avoidable outcome of care in a modern healthcare setting.
- Recovery, healing, learning and improvement after losing a patient to suicide are integral to the culture of the healthcare system. Blame, punishment or retribution is unacceptable
- Hospital and healthcare staff are compassionate, confident and competent as they identify and care for those with suicidal behaviour.

### 2. A teamwork approach when engaging those who are suicidal

- For those who seek help through healthcare systems, their pain and distress is acknowledged in a timely, respectful and caring manner, free from discrimination
- Person-centred, treatment-oriented screening and assessment for suicidality is practised, including direct enquiry regarding suicidal thoughts and behaviours
- Interventions include direct treatment for suicidality in the least restrictive settings using collaborative, research-informed practice techniques including safety planning and caring contacts.
- Care management is determined through productive patient/staff interactions
- Decisions from one level of care (e.g., hospital care) are communicated in a timely way to other necessary levels of care (e.g., intensive outpatient, private therapist, pharmacological therapy).

### 3. Active participation of patients, health professionals and family members or carers in safety planning and transition to aftercare

- Active involvement in safety planning, including means restriction, ahead of being discharged from care. This will include where possible active engagement and education for family members and loved ones
- Shared service responsibilities and communication between clinical staff within the hospital and providers in the wider community
- Active outreach from the hospital before the next appointment
- Peer support offered from within the hospital system and through community-based support services.

### 4. Data and implementation science deliver continuous improvement

- Continuous quality improvement has its foundations in data collection and analysis and importantly, its application
- Open access to data is available within the constraints of privacy legislation
- Clinicians and teams use data to monitor ongoing performance, refine services and evaluate impact, always with a view to enabling improved outcomes
- Learning is facilitated through expansion of new and ongoing implementation approaches across the world and a commitment to shared learning through publication of outcomes
- New approaches are explored and supported through increased investment in research, particularly translational & implementation science research for real-world relevance.

### 5. Synergy in collaborative networks with general and public healthcare or community suicide prevention initiatives.

#### Conclusion

For healthcare systems: efficiency without quality is unthinkable. Quality without efficiency is unsustainable. The *Zero Suicide Healthcare* model represents quality and efficiency – it is the synthesis of ambition and science.

*Zero Suicide Healthcare* represents joined up care so that no person need die alone and in despair from suicide.

#### NEED MORE INFORMATION

[ZeroSuicide.org](http://ZeroSuicide.org) for global learning community.

[ZeroSuicide.com](http://ZeroSuicide.com) for fidelity toolkit & resources

i World Health Organization: Preventing Suicide: a global imperative. Page 9. Luxembourg 2014

ii Universal Declaration of Human Rights; <http://www.un.org/en/universal-declaration-human-rights/>

iii United Nations Sustainable Development Goals <https://sustainabledevelopment.un.org/sdg3#targets>

iv Kruk M et al; The Lancet Global Health – High-quality health systems in the Sustainable Development Goals era: time for a revolution, The Lancet Vol 392, September 2018.



# Participants

Brian Ahmedani  
Mike Ang  
Victor Armstrong  
Esmée Arredondo  
Sue Ann Atkerson  
Anna Baran  
Laura Boelsma  
Ida Bontius  
Lucinda Brogden  
Lai Fong Chan  
Shu-Sen Chang  
Justin Chase  
Ksenia Chistopolskaya  
Helen Christensen  
Ed Coffey  
M. Justin Coffey  
David Covington  
Ian Dawe  
Derek de Beurs  
Judith de Heus  
Remco de Winter  
Daniel DeBrule  
Peter Dijkshoorn  
Caroline Dollery  
Dave Dongelmans  
John Draper  
Steve Duffy  
Merijn Eikelenboom  
Kim Eun-Ji  
April Foreman  
Gerdien Franx  
Andrea Gabilondo

Jacobine Geel  
Shareh Ghani  
Tory Gildred  
Renske Gilissen  
Julie Goldstein Grumet  
Jacinta Hawgood  
Kyle Hawkey  
Brian Higgins  
Mike Hogan  
Mavis Hoost  
Hans Jansen  
Michael Johnson  
Joost Kamoschinski  
Ad Kerkhof  
Norman Lamb  
Matthew Large  
Virna Little  
Edward Mantler  
Janet Martin  
Richard McKeon  
Dan Mobbs  
Jan Mokkenstorm  
Claar Mooij  
Phil Moore  
Yutaka Motohashi  
Sue Murray  
Yin Ping Ng  
Rebecca Osborne  
Carla Patist  
Jane Pearson  
Daniel Perkins  
Pieter Prins

Joe Rafferty  
Peter Rijntjes  
Katalijn Ritsema van Eck  
Engelhardt Robbe  
Marlon Rollins  
Barbara Schneider  
Robert Schoevers  
Fiona Shand  
Simon Nicholas Shaw  
Yasuyuki Shimizu  
Sarah Skoterro  
Jo Smith  
Sally Spencer-Thomas  
Martin Steendam  
Becky Stoll  
Jenny Telander  
Arjan Theil  
Karla Thorpe  
Kathryn Turner  
Rob van der Schoot  
Roald van der Valk  
Marieke Boele van Hensbroek  
Menno van Leeuwen  
Marijke van Putten  
Eduardo Vega  
Cordula Wagner  
Anke Wammes  
Ursula Whiteside  
Ellen Wilkinson  
Alan Woodward  
Jie Zhang  
Gerard Zwetsloot



[zerosuicide.org](https://zerosuicide.org)