



Words to the WISE

Your Workplace Support and Integrated Education Newsletter

September 1, 2022

GREETINGS FROM OUR TEAM

We are excited to bring you the second edition of the Project WISE newsletter in September, National Suicide Prevention Awareness Month! Nurses are on the front line of this mission. In this issue you'll find updates on Project WISE along with resources for suicide prevention awareness and resources to support YOU.

New! **988 Suicide & Crisis Lifeline**



As of July 16, 2022, the National Suicide Prevention Lifeline is now the 988 Suicide & Crisis Lifeline. This new three-digit dialing code is active across the United States, connecting people by call, text, or chat with free and confidential emotional support and resources. See our [suicide prevention resources section](#) for details.

WISE NEWS

eLearning Evaluation

We completed recruitment for the study and had our first set of end-of-study focus groups!

Number of nurses who have completed the study phases:



Project WISE is funded by NIMH K23MH118361

Project WISE aims to support Harborview's mission and advance services provided to medical/surgical/trauma patients at risk of suicide.

Principal Investigator
Doyanne Darnell, PhD
206-744-9108

Research Coordinator
Andria Pierson, MEd
206-200-7485

Project email
projectWISE@uw.edu

Research Team Website
[Darnell Research Lab](#)



For participants:

What happens when I finish the training?

6-months after Role-Play 3 and the Post-Training Survey, we will invite you to a **focus group** and to complete a **final survey**. The 6-month period allows time to see how the suicide safety planning skills and knowledge unfold as you go about work-as-usual and how your perspective on the training does or does not change over time. There's no right or wrong – we are learning from you!

Can we get more suicide safety planning training or feedback on our role plays?

Yes! At the end of the study we will invite participants to an additional safety planning training and can provide confidential feedback on one of your role-plays if you would like.

Patient Follow-up Study

Recruitment has ended for our longitudinal study of patients screening positive on the C-SSRS at HMC that launched in February 2022.



Many thanks to unit bedside nurses, nurse managers, assistant nurse managers, and the NCIC for your help with study recruitment!

C-SSRS Screening Study

We are launching a new study within Project WISE in partnership with Data QUEST at ITHS and funded by the Department of Psychiatry! [Suicide Risk Screening in Acute and Intensive Care at a Level 1 Trauma Center](#)

The study captures population-level electronic health record data on suicide screening rates and outcomes among medically hospitalized patients.

Later this year, we also hope to learn about the screening process from nurses through focus groups. All acute and intensive care nurses who do C-SSRS screening will be eligible to participate – *so stay tuned!*

Keep in Touch!

If your contact information has changed, please let us know at projectwise@uw.edu.

Study Resources

On [Project WISE website](#)

- ❖ Suicide prevention resources
- ❖ Links to Project WISE protocol and publication
- ❖ Project WISE orientation video and slides
- ❖ Role-Play Packets
- ❖ Suicide Safety Planning resources

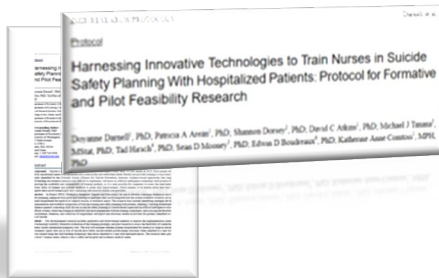
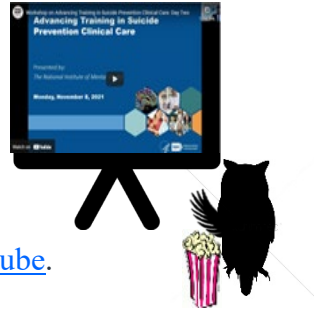
For the participants-only webpage, the password has been emailed to you – feel free to contact us to re-send.



Special thanks to the HMC Nursing Clinical Inquiry Council for their guidance

IN THE NEWS

Project WISE was highlighted as cutting-edge research at the National Institute of Mental Health (NIMH) two-day virtual workshop on suicide prevention training in clinical care. You can watch a re-run of the workshop for free here: [Watch on YouTube](#).



The Project WISE protocol paper tells our story and is available for free at [JMIR](#)

Did you know?

UW Medicine seeks to increase staffing at HMC by doubling the referral bonus!

[Refer a registered nurse](#) and you will be eligible for a \$3,000 bonus (referrals between Aug. - Nov. 2022)



Federal legislation for health care professionals!

[The Dr. Lorna Breen Health Care Provider Protection Act, \(HR 1667\)](#) was passed earlier this year and aims to reduce and prevent suicide, burnout, and mental and behavioral health conditions among health care professionals.

We know COVID-19 has increased burnout among nurses and healthcare providers. Below are some resources for workplace stress.

- Learn more about [What is Emotional Labor and Why is it Important?](#) Project WISE PI, Doyanne Darnell, was interviewed and offers tips for coping with emotional labor.
- Visit the UW Psychiatry Department website for [COVID-19: Resources to Promote Mental Well-Being](#)
- Visit the [Trauma Stewardship Institute](#) - founded by a previous Harborview ED social worker! This site has resources for compassion fatigue and secondary trauma.



SPECIAL SECTION: SUICIDE PREVENTION AWARENESS

New 988 Crisis



The [Suicide and Crisis Lifeline](#) (previously the Suicide Prevention Lifeline) provides 24/7, free and confidential support for people in distress, prevention and crisis resources for family and friends, and best practices for professionals in the United States.

Calling 988

Callers hear an automated greeting and are given the following prompts:

- Select 1 to be routed to services specific to Veterans or enlisted service members.
- Select 2 to be connected to the Spanish sub-network.
 - If the caller does not select a prompt they are routed to the closest crisis center based on their phone number's area code.
 - If the local center does not answer, the call is routed to the national backup network.
 - Music is played while the caller is connected to a skilled, trained counselor.

Texting 988 or chatting to <https://988lifeline.org/chat/>

Individuals reaching out via text or chat initially receive a brief survey to complete and provide information about their current situation. They see a wait-time message while being connected to a skilled, trained counselor.

Still not sure about 988? [Find out more here, including alternatives.](#)



For local residents [Crisis Connections](#) provides 24-hour help to those in emotional crisis and supports survivors of suicide.



Suicide Prevention at UW

UW is a national leader in suicide prevention research and policy! Check out two of our centers:



[Forefront Suicide Prevention](#) is a Center of Excellence focused on reducing suicide by empowering individuals and communities to take sustainable action, championing systemic change, and restoring hope.



The [Center for Suicide Prevention and Research \(CSPAR\)](#) promotes the recovery of individuals experiencing suicidal thoughts and behavior.

How else can I get involved in suicide prevention?



The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide, including those who have experienced a loss. AFSP has local chapters in all 50 states and Puerto Rico, with programs and events nationwide. [AFSP provides ideas for what you can do close to home!](#)



Check out the [National Alliance on Mental Illness \(NAMI\) webpage](#) dedicated to Suicide Prevention Awareness Month. NAMI provides advocacy, education, support and public awareness so that all individuals and families affected by mental illness can build better lives.