

MIMIND Memorandum



DON'T MISS THE 2023 MI MIND COLLABORATIVE MEETING

If you haven't registered for the 2023 MI Mind Collaborative meeting on Friday, Sept. 29, there's still time. It will be held at the Blue Cross Blue Shield of Michigan [Lyon Meadows Conference Center](#) in New Hudson from noon to 4 p.m. following the MIBAC morning session. There is no cost to attend. [Register today.](#)

The meeting includes lunch, snacks, giveaways and important information and presentations. Cathrine Frank, M.D., will give a brief overview of what was learned in Year 1 and what to expect in Year 2. Brian Ahmedani, Ph.D., and his team just completed a six-year federally-funded study evaluating the impact of Zero Suicide implementation on suicide attempt and death outcomes across several large health systems across the country. He will discuss the potential impact of this groundbreaking research.

The Michigan Health Information Network (MiHIN) will clear up questions about the data sharing process. Their data pro will cover how to implement data sharing with demonstrations and a breakdown of the process. Bring your questions about onboarding and data.

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MIMIND

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2023 MI Mind Collaborative Meeting

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A speaker from Blue Cross Blue Shield of Michigan will address value-based partnerships in behavioral health, and breakout sessions offer the chance to talk with like-minded colleagues and collaborate on care pathways. You'll receive a folder with MI Mind resources, Crisis Cards to share with patients, and for you, a fidget spinner and unique stress ball. The stress balls are so popular MI Mind saved the last ones for the Collaborative Meeting.

"Our folders this year include wellness and stress-management tools for our providers," says CQI Program Coordinator Gabrielle Benton. "We want all of our providers to know we care about you and your mental health. You are there for your patients, and we want to be here for you."

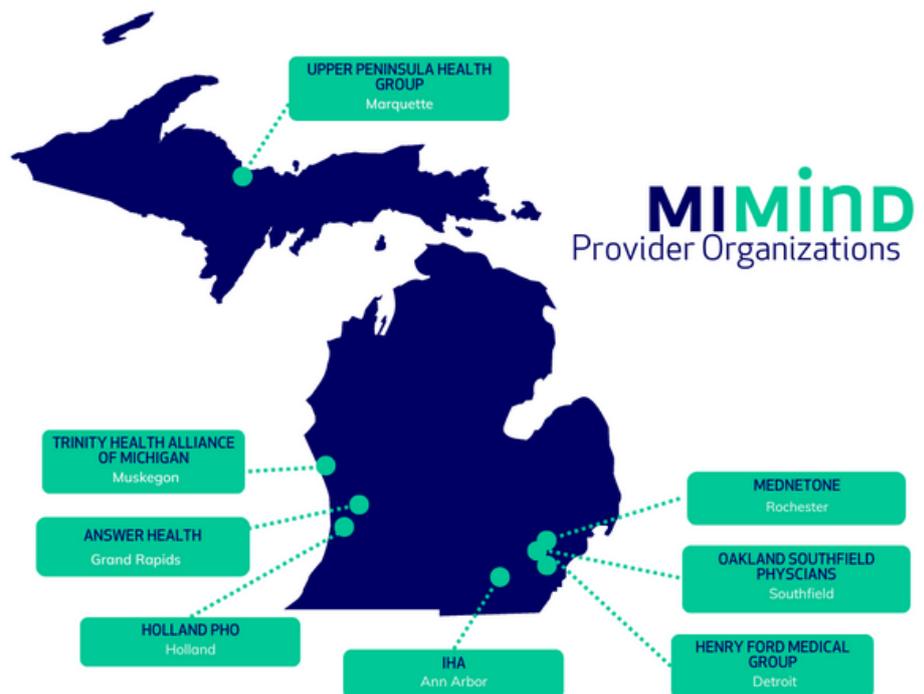
The Collaborative meeting is a chance to meet in person and connect with the MI Mind team. "We hope everyone will come to listen and absorb, and spend a few hours on a Friday afternoon with colleagues from the eight MI Mind provider organizations," says Benton.

Registrations will be accepted until Tuesday, Sept. 26. Questions? Email gbenton1@hfhs.org.

NEW PROVIDER ORGANIZATIONS JOIN MI MIND

Upper Peninsula Health Plan (UPHP), Trinity Health Alliance of Michigan (THAM), and Holland PHO have officially joined MI Mind for Cohort 2. The addition of these provider organizations brings the total number of MI Mind primary care and behavioral health providers to more than 500. Trinity Health and Holland PHO expand the CQI's presence in western Michigan, while Upper Peninsula Health Group extends the reach of MI Mind to serve patients and providers in the state's upper peninsula.

"We are excited to expand our collaborative into new parts of the state," said Heather Omdal, MI Mind Program Coordinator, who leads recruitment efforts for the CQI. "Our new providers are passionate about suicide prevention and patient care. The MI Mind team is looking forward to supporting and learning from these providers over the coming year."



- [Upper Peninsula Health Plan \(UPHP\)](#) is based in Marquette and extends the geographic reach of MI Mind throughout the Upper Peninsula.
- [Trinity Health Alliance of Michigan \(THAM\)](#) is headquartered in Muskegon and serves patients in western Michigan.
- [Holland PHO](#) is a physician-hospital organization and a cooperative partnership between community physicians and Holland Hospital.

SCREENING IS ‘EYE OPENING’ – AND LIFESAVING – FOR INTERNAL MEDICINE PRACTICE



Rashid Alsabeh, M.D.,
Internal Medicine,

“There’s always a concern about the amount of time it takes to screen patients for another health issue during an office visit,” acknowledges Rashid Alsabeh, M.D., Internal Medicine, Henry Ford Medical Center – Farmington Road. “But for suicide risk, there is more of a concern if we don’t take the time to screen. It is quick and important. It can be life-saving.”

Dr. Alsabeh describes MI Mind training as “eye-opening” for his practice and for the clinic as a whole. “We are all paying closer attention to mental health and have been surprised by the patients who answer ‘yes’ to one or more screening questions,” he says. “Now we know over 90 percent of people who attempt suicide see their provider in the months and weeks before, which makes screening very timely.”

By screening every patient every time, he has identified two patients at risk for suicide. “We’ve also identified patients who, while not actively in crisis, needed help. Screening enabled us to get them appropriate help immediately. Without intervention, they may have become worse,” he says. He also uses PHQ-9 and GAD-7 data from previous visits to monitor his patients’ progress at subsequent visits.

The Behavioral Health referral pathway works well for Dr. Alsabeh. Patients are able to schedule an appointment with a therapist when they check out. “We are informed when they are seen by a Behavioral Health provider, and so far, most patients follow through and go to their appointments. If they don’t, Behavioral Health informs us and my medical assistant follows up.

“When our patients mention having suicidal thoughts, we have a plan and know what to do,” concludes Dr. Alsabeh. “The training and resources, including the [tools on the MI Mind website](#), are always helpful. We have even printed patient-focused materials and posted them in our exam rooms.”

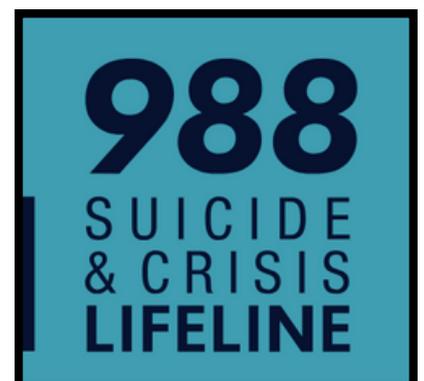
988 LIFELINE MARKS ITS FIRST YEAR

The [Suicide and Crisis Lifeline's](#) 988 hotline marked its one-year milestone in July. Counselors received 4 million calls since the hotline changed its number and increased promotion, up 33% from the previous year. Text volume increased by a staggering 755 percent compared with the previous May.

The service has now received \$1 billion in additional federal funding. Performance metrics reveal callers’ needs are being met quickly, with [an average of 35 seconds](#) from calling or texting to reach a counselor, reduced from one minute and 20 seconds the previous year.

A June 2023 survey by NAMI revealed that most Americans think a call to 988 will automatically trigger emergency services to their location. Currently, 988 does not use geolocation, and fewer than 2% of calls end involve law enforcement.

When recommending 988 to patients, assure them that emergency services such as police or fire fighters are not alerted when they call. All calls are free, and counselors are available 24/7. Learn more at [988lifeline.org](#).



HIGHLIGHTS AND A PREVIEW FROM THE MI MIND TRAINERS

In MI Mind's first year of training, providers and clinics were engaged, embraced best practices and new processes, and shared their experiences with colleagues at regional meetings held throughout the summer. Providers at 52 unique primary care and behavioral health practices were trained during Year 1.

More than 100 patients were identified at heightened risk for suicide in Plan-Do-Study-Act (PDSA) results. "Through the PDSA results shared at regional meetings, providers demonstrated their dedication to process improvement and working toward screening every patient, every time for suicide risk," says Clinical Quality Improvement Trainer Sarah Moore, LMSW. "Our discussions with Site Champions revealed that many providers were already familiar with Zero Suicide strategies and were using them in their practices, including creating collaborative safety plans and supporting lethal means removal."

Training Director Amanda May, LMSW, says she and her team continue to be available for one-on-one coaching calls with individual providers or practices. "Chats, emails and quick huddles are helpful when you have questions," she says. "We can meet with an individual or a group and provide coaching calls to match your specific needs." Email MI Mind at MIMind@hfhs.org with your request.



Amanda May, LMSW,
Training Director



Sarah Moore,
LMSW, Clinical
Quality Improvement
Trainer

What to Expect in Year 2

Year 2 trainings will focus on applying quality improvement tools to strengthen care pathways for suicide prevention. The first training will explore conversations about removing lethal means. A recent [Johns Hopkins University analysis](#) used provisional 2022 data from the CDC to report an all-time high in the nation's overall gun suicide rate last year. This trend was part of the decision to start Year 2 with lethal means removal guidance.

"We're putting together vignettes using clinical case samples to demonstrate how to speak with patients about lethal means and removal, and how to have a conversation when removal is not possible," says Moore. "We heard from providers that you want to know what these conversations sound like, so we'll hone in on them at our first training."

The MI Mind CQI has grown to more than 500 providers for Year 2. According to May, "The goal is that Site Champions and Administrative Liaisons train their colleagues on Zero Suicide protocols and disseminate materials to support suicide prevention efforts. We're very excited to see so many new providers joining our program in the upcoming year."

To view training schedules for your first or second year with MI Mind, log in to the [MI Mind Partner Portal](#) and go to the document library to view the schedules. To sign up for training, click the "Training" icon on the landing page of the Partner Portal.



The Regional MI Mind meeting, held at Answer Health in Grand Rapids, included training on Partner Portal use and data reporting.

JOIN MI MIND FOR THE 'OUT OF DARKNESS' WALK

On Saturday, Oct. 7, the MI Mind team will once again participate in the American Foundation for Suicide Prevention's (AFSP) Out of the Darkness Community Walk for Metro Detroit.

The Out of the Darkness Community Walk is a journey of remembrance, hope and support that unites our communities and provides the opportunity to acknowledge how suicide and mental health affects our lives and those we care about.

MI Mind providers, their friends and family members are invited to join the MI Mind team and walk with us on Oct. 7. Register today at <https://supporting.afsp.org/team/MIMind>. If you have questions about the walk, email mimind@hfhs.org.



September is Suicide Prevention Awareness Month

While suicide prevention is important to address year-round, Suicide Prevention Awareness Month provides a dedicated time to come together with collective passion and strength to address this difficult topic.



49,500

The number of people who died by suicide in the U.S. in 2022

75%

People who die by suicide that visit their primary care office before they die by suicide

80%

People who die by suicide that have a health care visit in the months to weeks leading up to their death

To help raise awareness and break down the stigma, visit henryford.com/mimind to access tools and resources that aid in normalizing the conversation with your patients.

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TECH TIPS FROM THE MI MIND I.T. PROS

Use the [Partner Portal](#) to access reports that show training status, onboarding status and more:



Jeff Warchall,
MI Mind Senior Analyst

- **The Provider Enrollment Report** shows which providers are participating in the program for each practice. It can be accessed through the Registration section of the Partner Portal.
- **The Onboarding Status Report** shows the status of each site after all providers have been assigned to training. Access to view trainings that have been assigned to practices and to view if Site Champions have completed assigned trainings. It can be accessed through the Reports section of the Provider Portal.
- **The Site Champion Report** shows who has been assigned to the Site Champion and Administrative Liaison roles at each site. It is located in the Reports section.

[Learn how](#) to access the reports.

Need a username to access the MI Mind Partner Portal? Send an email to mimind@hfhs.org to request one. We will email you instructions to set up your account.

ORDER CRISIS CARDS FOR YOUR PRACTICE

MI Mind Crisis Cards are available at no cost for you to give to your patients, and include the 988 Crisis and Suicide Lifeline, Trans Life Line and Veteran's Crisis Line.

If you would like a supply, email MI Mind at MI Mind@hfhs.org. Cards can be picked up at the Collaborative Meeting on Friday, Sept. 29 or mailed to your office.

988 Suicide & Crisis Helpline
Call the Lifeline at 988
or 1-800-273-TALK (8255)
or Text to 741741

Trans Life Line
Call (877) 565-8860

Veterans Crisis Line
(800) 273-8255 and Press 1
Text to 838255



ACCORDING TO A RECENT CDC REPORT:

- Suicides in the U.S. reached an all-time high in 2022
- Almost 50,000 people took their lives last year
- The largest increases were seen in older adults
- Deaths from suicide rose nearly 7% in people ages 45 to 64, and more than 8% in people 65 and older.

[Read more](#) from the CDC Newsroom.



MI Mind Co-Director Dr. Cathy Frank was featured in a *State of Health* article about MI Mind. Photo Courtesy of Steve Koss, Secondwave Media

MI MIND IN THE NEWS

MI Mind and the CQI's directors received an unprecedented amount of media attention in recent weeks. Check out these stories:

- MLive article [How one Michigan hospital cut its patient suicide rate by 70%](#), featuring Brian Ahmedani.
- Brian Ahmedani was selected for Crain's Detroit Business [2023 Notable Leaders in Behavioral Health](#).
- WWJ Newsradio 950's Greg Bowman interviewed Cathy Frank about MI Mind and how primary care and behavioral health providers across the state of Michigan are working to prevent suicide. Dr. Frank discussed the need for a multi-pronged approach between primary care and behavioral health to better identify patients at risk, intervene and prevent suicides.
- State of Health Michigan, June 2023: [Michigan doctors challenge others to join them in a quest for "Zero Suicide"](#)
- American Psychiatric Association (APA) TV video ["Pursuing Perfection – The Path to Zero Suicides."](#)

MI Mind media coverage is also posted on the [MI Mind website](#) and will be updated with additional stories as they appear.

CONTACT US

To reach the MI Mind team, email MI Mind@hfhs.org, One Ford Place, Suite 5E, Detroit, MI 48202.

The MI Mind Memorandum is a newsletter for providers participating in the MI Mind Collaborative Quality Initiative (CQI). If you have questions or suggestions for *The Mem*, please contact Program Manager Heather Omdal, homdal1@hfhs.org.

