

# Behavioral Health Initiative — myStrength

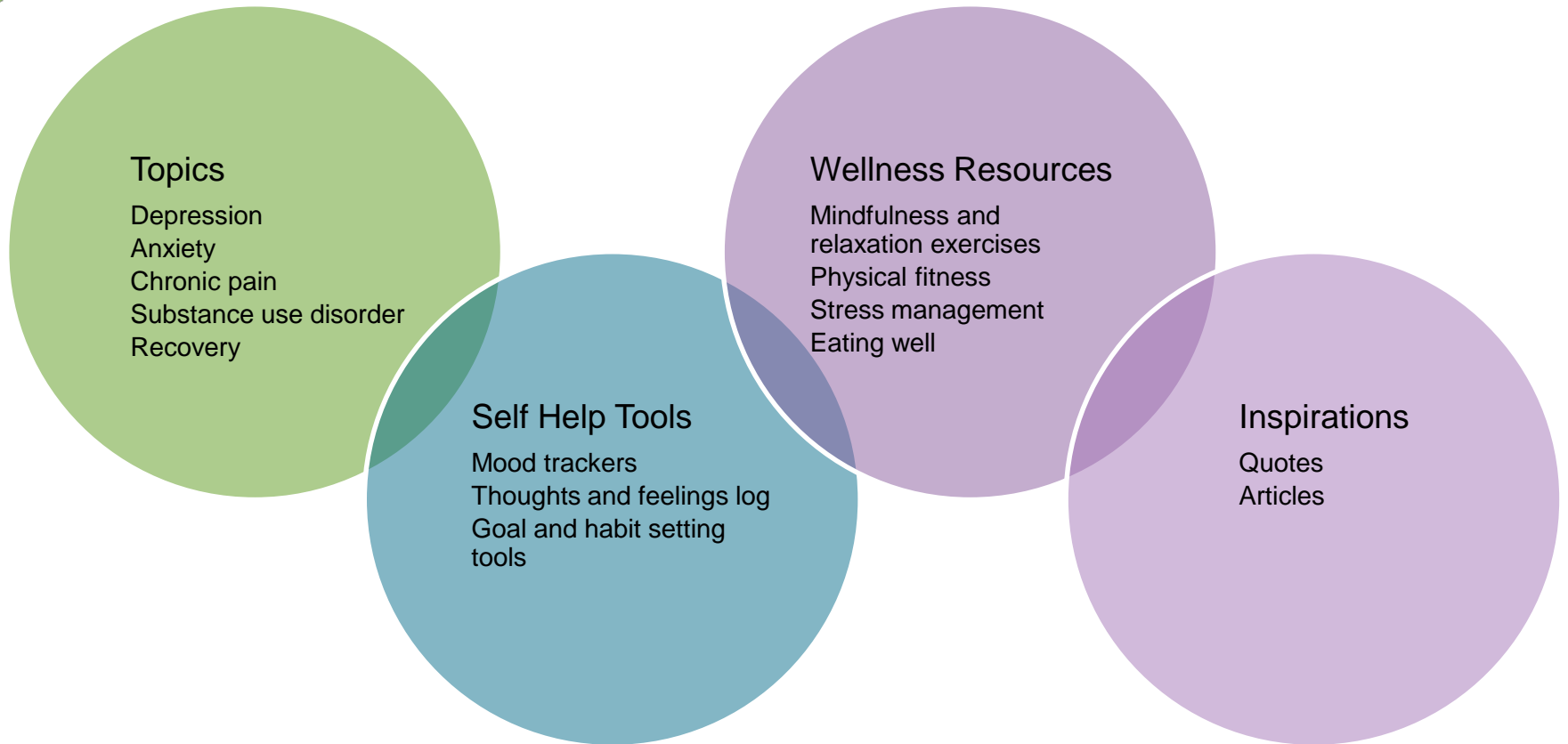
Humana®

  
CareSource™

# MyStrength

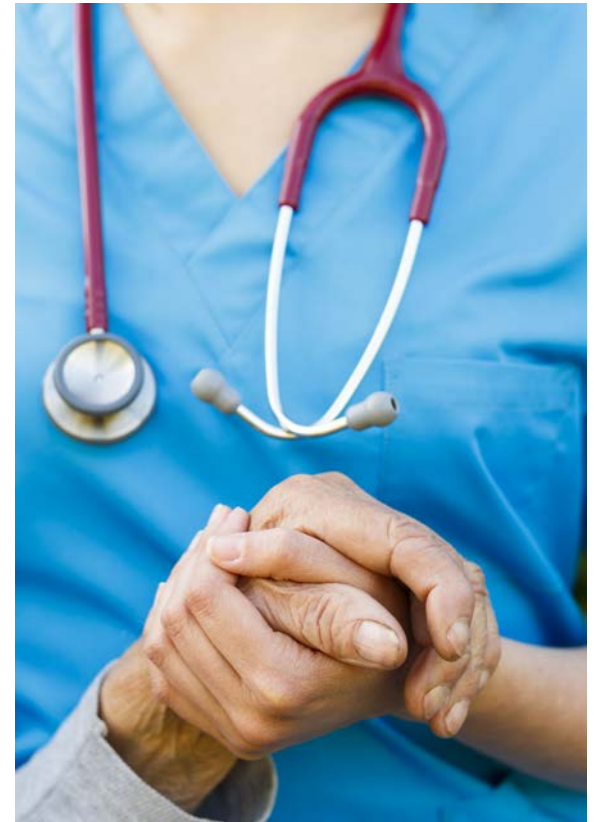
- MyStrength is a personalized online member program offering a range of resources to improve mental health and overall well-being for your patients.
- Each myStrength homepage is unique, based on the individual user's wellness assessment and personal profile.
- MyStrength uses proven, evidence-based materials grounded in cognitive behavioral therapy, mindfulness, positive psychology and other empirically validated therapeutic approaches.
- MyStrength is a free online member program for members 13 and older.
- Members can be referred to myStrength through our care management program.

# MyStrength offerings



# Zero Suicide Initiative

- Humana – CareSource is committed to the Zero Suicide Initiative.
- The Zero Suicide Initiative is a commitment to suicide prevention in health and behavioral health care systems.
- The Zero Suicide Initiative champions pursue safer, more effective suicide-care approaches in health care systems and know that reducing suicides for those at risk is achievable.
- Zero Suicide is a key concept of the 2012 National Strategy for Suicide Prevention, a priority of the National Action Alliance for Suicide Prevention (Action Alliance), a project of the Education Development Center's Suicide Prevention Resource Center (SPRC), and supported by the Substance Abuse and Mental Health Services Administration (SAMHSA).



# Zero Suicide Initiative

The foundational belief of Zero Suicide is that suicide deaths for individuals under care within health and behavioral health systems are preventable. It presents both a bold goal and an aspirational challenge.

This approach represents a commitment:

- To patient safety, the most fundamental responsibility of health care
- To the safety and support of clinical staff, who do the demanding work of treating and supporting suicidal patients

The programmatic approach of Zero Suicide is based on the realization that suicidal individuals often fall through the cracks in a sometimes fragmented and distracted health care system. A systematic approach to quality improvement in these settings is both available and necessary.

# Zero Suicide Initiative

The approach incorporates both best and promising practices in quality improvement and evidence-based care and has demonstrated stunning results. These elements include:

1. **LEAD** – Create a leadership-driven, safety-oriented culture committed to dramatically reducing suicide among people under care. Include suicide attempt and loss survivors in leadership and planning roles.
2. **TRAIN** – Develop a competent, confident and caring workforce.
3. **IDENTIFY** – Systematically identify and assess suicide risk among people receiving care.
4. **ENGAGE** – Ensure every person has a suicide care management plan, or pathway to care, that is both timely and adequate to meet his or her needs. Include collaborative safety planning and restriction of lethal means.
5. **TREAT** – Use effective, evidence-based treatments to reduce suicidality.
6. **TRANSITION** – Provide continuous contact and support, especially after acute care.
7. **IMPROVE** – Apply a data-driven quality improvement approach to inform system changes that will lead to improved patient outcomes and better care for those at risk.

Thank you