

Suicide Care Crisis Recovery IOP

This virtual, short-term stabilization-focused, evidence-based intensive suicide care program provides a home-based alternative to emergency department admission, or hospital-based care.

EVIDENCE-BASED STABILIZATION-FOCUSED CARE.

Licensed clinicians specializing in evidence-based suicide care provide and direct care including:

- Dialectical Behavior Therapy (DBT)
- Lethal Means Assessment and Management
- Safety Planning
- Progress Monitoring for Measurement Based Care

AUGMENTED BY DIGITAL TECHNOLOGY

Patients receive evidence-based digital tools (Jaspr/ WisePath) to augment and standardize gold-standard evidence-based suicide care. Digital tools stay with the patient for a full year.

PERSONALIZED GUIDANCE

Coaches help patients get the most out of tools, support them throughout the duration of treatment, and help with the transition to regular outpatient care

FAST ACCESS

Same day appointment with Suicide Care Coordinator to get started.



“All the support made a really big difference for me.”

“I really loved the program, it was a gamechanger.”

TREATMENT OUTCOMES & MEASURING IMPACT

We combine suicide science and digital technology to improve the lives of persons with acute suicidality.

BASELINE TO 12-WEEK OUTCOMES

HOSPITAL-BASED SERVICE UTILIZATION

- 58.5% reduction in past 30-day inpatient hospital days, from an average of 2.1 days to 0.
- 82.7% reduction in past 30-day ED visits

SUICIDE-RELATED OUTCOMES

- **Suicidal Ideation Frequency:** 70.6% improvement, from 27.6 to 8.1 (SD = 9.09).
- **Suicidal Ideation Intensity:** 23.7% Improvement
- **Suicide Attempts:** 75% improvement, from an average of 0.56 to 0.14.
- **Suicide-Related Coping:** 31.3% improvement
 - 39.3% Improvement in internal coping strategies
 - 21% Improvement in external coping strategies

OTHER CLINICAL OUTCOMES

- 24% improvement in depression scores
- 17.4% improvement in emotion regulation
- 33.7% reduction in BPD Symptom Severity

ENGAGEMENT

- Attendance for scheduled appointments
 - 96.1% of individual therapy sessions attended
 - 90.3% of DBT skills groups attended
 - 90.7% of coaching sessions attended
- 100% downloaded and installed Jaspr digital tools

PATIENT SATISFACTION

- Overall Experience: 86.8% fully satisfied
 - DBT Individual Therapy: 95%
 - Skills Coaching: 86.4%
 - Skills Training Classes: 82.8%
- Recommendation Rating: **4.25 out of 5** (Excellent)

