

Columbia – Suicide Severity Rating Scale (C-SSRS) Outline

I. What is the C-SSRS?

- a. Offers a full version and a screener.
- b. The Screener is a 6 question suicide screening tool that evaluates suicidal ideation of increasing severity from a wish to die to an active thought of killing oneself with a plan and intent.
- c. Uses a 1-5 rating scale that measures *both* suicidal ideation and suicidal behavior.
- d. Evaluates suicidal ideation by:
 - i. Wish to die
 - ii. Active thoughts
 - iii. Associated thoughts of methods
 - iv. Some intent
 - v. Plan and intent
- e. Examines suicide attempt and other suicidal behaviors (interrupted, aborted, and preparatory).
- f. Distinguishes from non-suicidal self-injurious behaviors.
- g. Gives operationalized criteria for next steps to help streamline interventions and resources.

II. History of C-SSRS

- a. Developed by leading experts from the National Adolescent Attempters' Study who identified a gap in then existing scales and tools to address suicide risk and assessment.
- b. C-SSRS was created to:
 - i. Assess both suicidal behavior and ideation together
 - ii. Look at intensity/severity
 - iii. Track change
- c. Designed to give the most critical, evidence-based items needed to complete a thorough assessment

III. Benefits of C-SSRS

- a. Only screening tool that captures both suicidal ideation and behaviors which is shown to be best predictor of suicidality
- b. Enables quicker crisis response and improves linkage to interventions and services
- c. Reduces burden both in unnecessary interventions, costs, resources, and time.
- d. Evidence-based and supported – Joint Commission “The Gold Standard”
- e. Appropriate for use across the lifespan and with specialized populations
- f. Applicable across environmental settings
- g. Easy to administer
- h. Can used with multiple sources or collateral contacts
- i. High consumer/patient satisfaction
- j. No specific mental health training or certification needed to administer
- k. Correctly identifies those in need of interventions and resources

IV. Why is NWC making incorporate C-SSRS?

- a. Improve ease of use
- b. Enhance quality
- c. Increase consistency