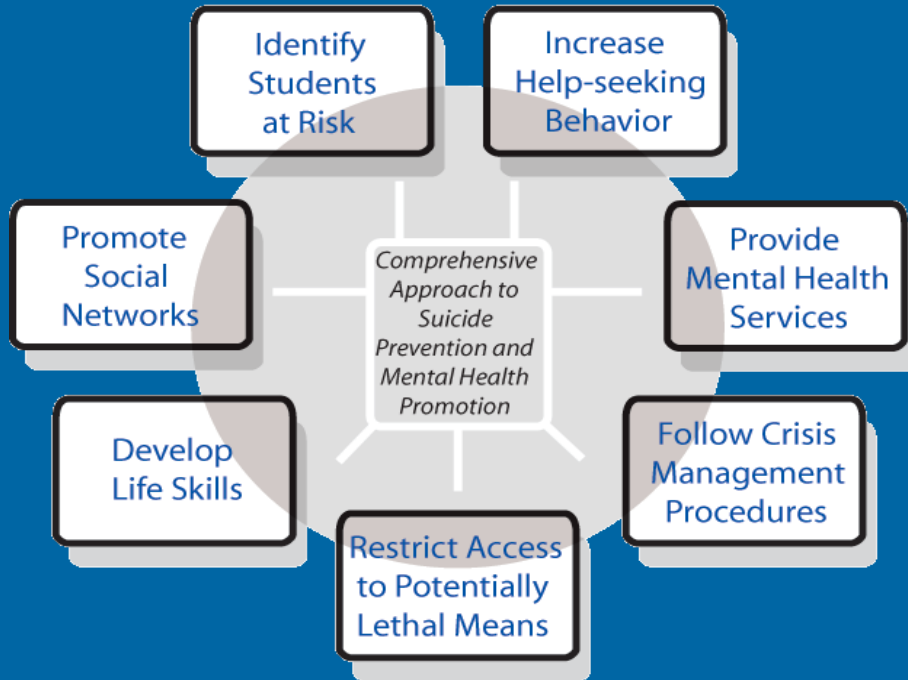


Introduction to the Comprehensive Approach to Suicide Prevention and Mental Health Promotion



Kerri Smith, LCSW, MPH

Adam Chu, MPH

Suicide Prevention Resource Center

Thursday, September 20, 2012

3:00–4:00 p.m. Eastern Time

Who you'll hear from today



Kerri Smith
Senior Campus
Prevention Specialist



Adam Chu
Prevention Specialist

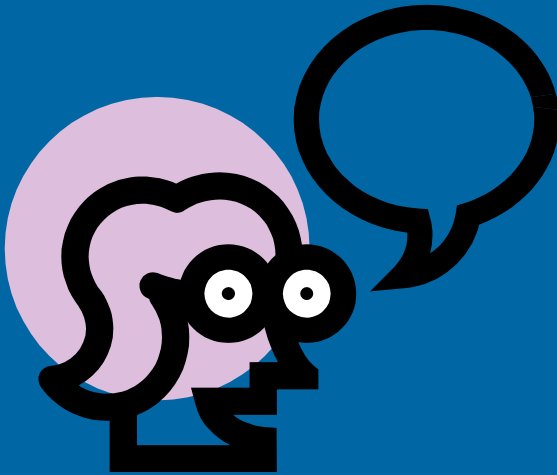
Before we begin...

- ✓ If you are having any technical problems joining the webinar please call 617-618-2380 or Adobe Connect 1-800-422-3623.
- ✓ Type any questions or comments at anytime into the text box on the lower left hand side of your screen and we will attempt to assist you.

Agenda

- ✓ SPRC/Jed Foundation Comprehensive Approach to Suicide Prevention and Mental Health Promotion
- ✓ Examples of how other campuses have adopted a comprehensive approach
- ✓ Identify current strengths and gaps on your campus for implementing a comprehensive suicide prevention program

What is one part of your program
that you are excited to begin
work on?



Public Health Approach

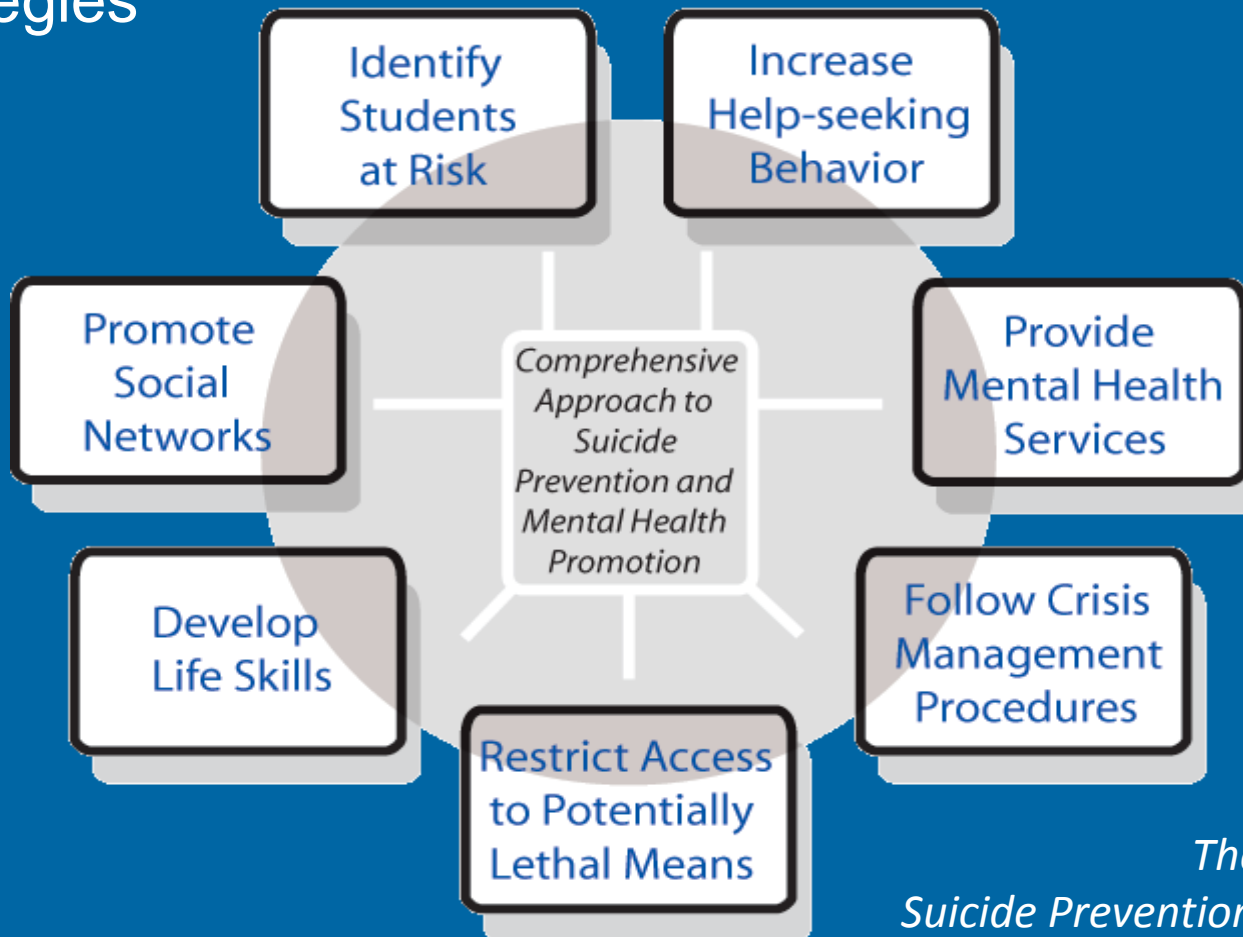
Problems occur
at multiple
levels



Based on DeJong & Langford, 2002

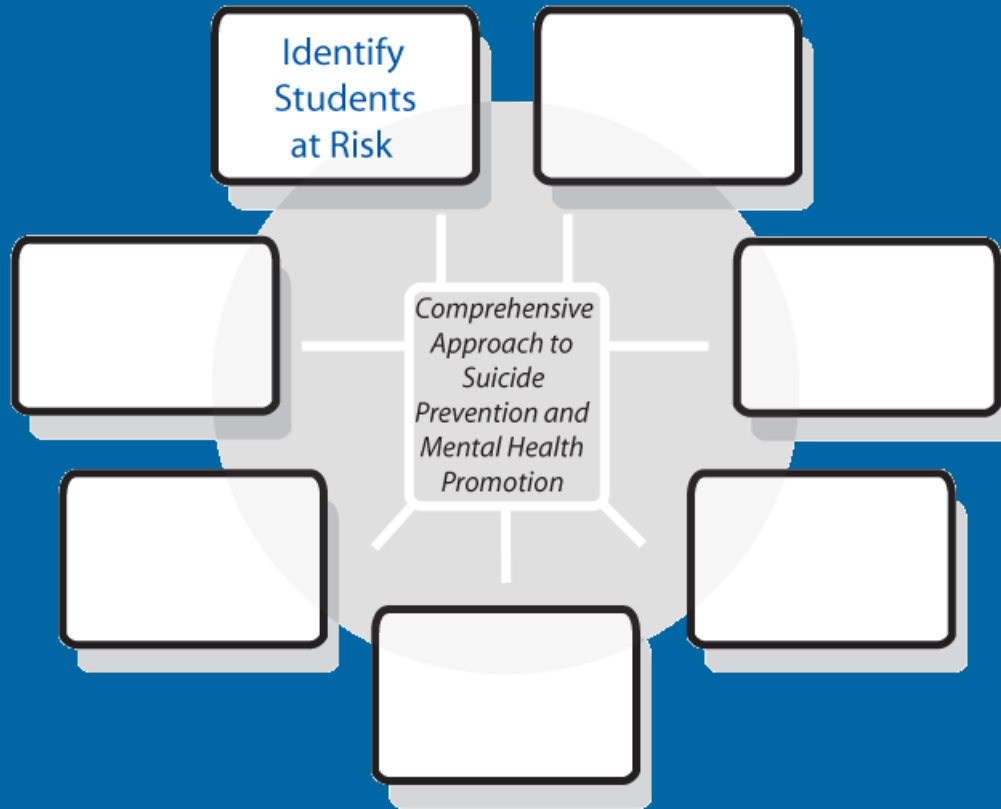
TJF/SPRC Comprehensive Approach

Intervene at multiple levels with multiple, integrated strategies



*The Jed Foundation;
Suicide Prevention Resource Center*

Identify Students at Risk




Goal:

- Identify those students who may have mental health problems, be at risk for mental health problems, or be at risk for suicide.

Identify Students at Risk


Choosing and Implementing a Suicide Prevention Gatekeeper Training Program

TOOLS & RESOURCES | COURSE NAVIGATION | EXIT



Menu Narration Text Search

- Welcome
- What This Course Is...and Is Not Before You Begin
- ▶ Step 1: Understand Gatekeeper Training
- ▶ Step 2: Decide to Implement Gatekeeper Training
- ▶ Step 3: Work with Partners
- ▶ Step 4: Prepare to Help Individuals At Risk
- ▶ Step 5: Choose a Training Program
- ▶ Step 6: Implement a Gatekeeper Training Program
- ▶ Step 7: Support and Sustain a Gatekeeper Program
- ▶ Before You Go...



Choosing and Implementing a Suicide Prevention Gatekeeper Training Program
Online Learning



SLIDE 1 OF 57 PAUSED 00:00 / 00:07

Increase Help-Seeking Behaviors



Goal:

- Increase the likelihood that a student who needs supportive services or counseling will seek out and secure assistance.

Example: University of Wisconsin-Oshkosh

No Couches, Just People
University Counseling Center

Life Happens
Let's Talk About It

For more information:
Contact the Counseling Center
(920) 424-2061 | www.uwosh.edu/couns_center
Dempsey Hall 201

For immediate help:
Winnebago County Crisis Line
(identify yourself as a UWU student)
(920) 233-7707
National Suicide Hotline
(800) 273-8255

This poster was developed under grant number 5MS7492 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.

Too Much Going On?
University Counseling Center

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What barriers to help-seeking exist
on *your* campus?



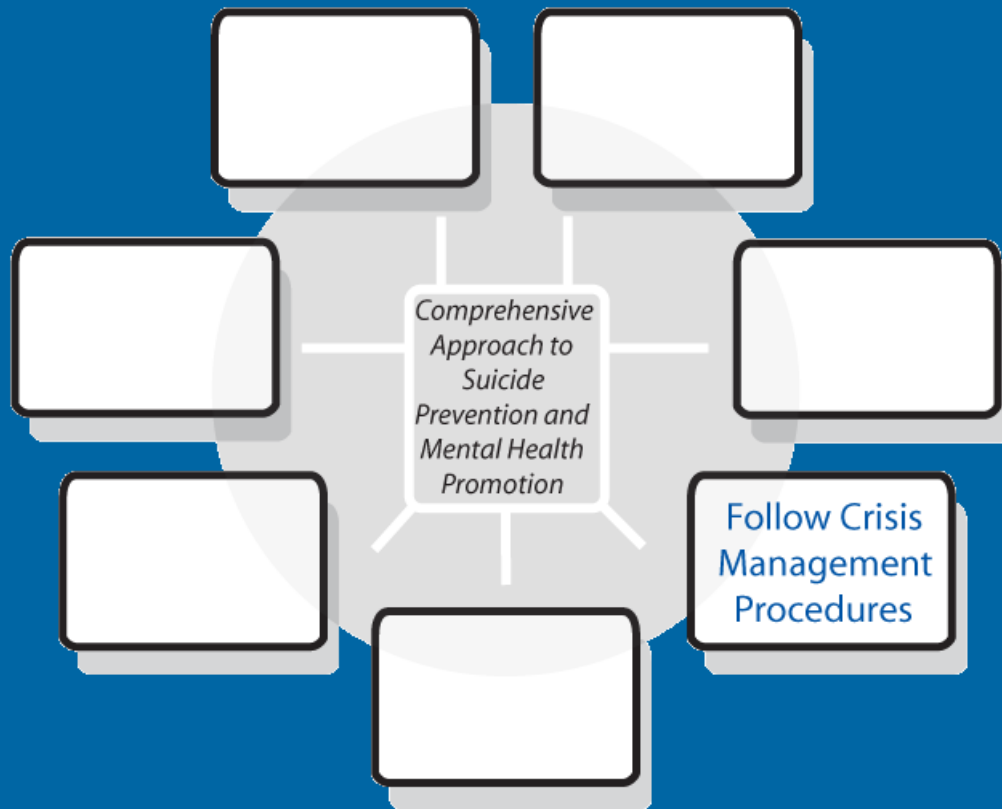
Increase Access to Mental Health Services



Goals:

- Ensure that students who need services receive them.
- Ensure services are appropriate and of high quality.
- Assess and manage suicide risk.

Follow Crisis Management Procedures



Goals:

- Respond effectively to students who are acutely distressed or suicidal.
- Help survivors deal with grief and confusion, and to prevent suicide contagion when a suicide does occur.

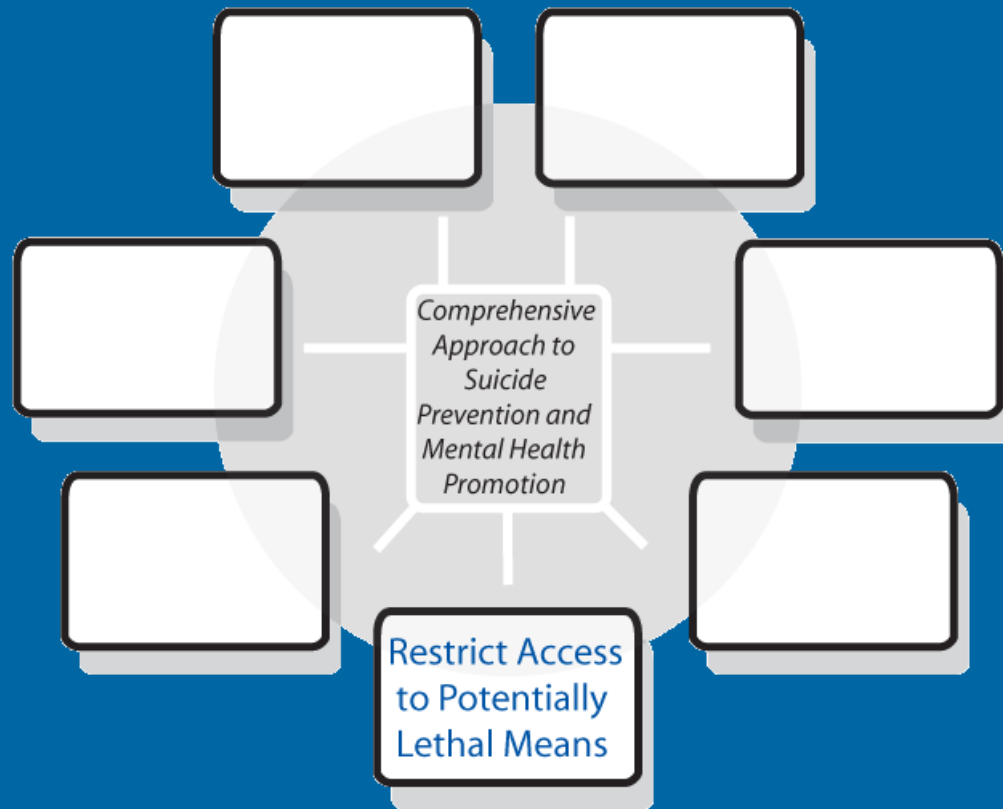
TJF Framework for Developing Institutional Protocols



<http://www.jedfoundation.org/professionals/programs-and-research/framework>

Questions?

Restrict Access to Lethal Means



Goal:

- To limit access to potential sites, weapons, and other agents that may facilitate dying by suicide

Restrict Access to Lethal Means

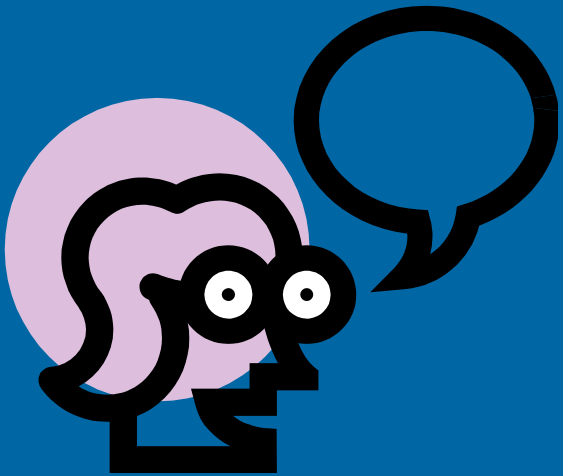


NYU Bobst Library

Cornell University Bridge Barriers



Other ways campuses can restrict access to lethal means?



Develop Life Skills



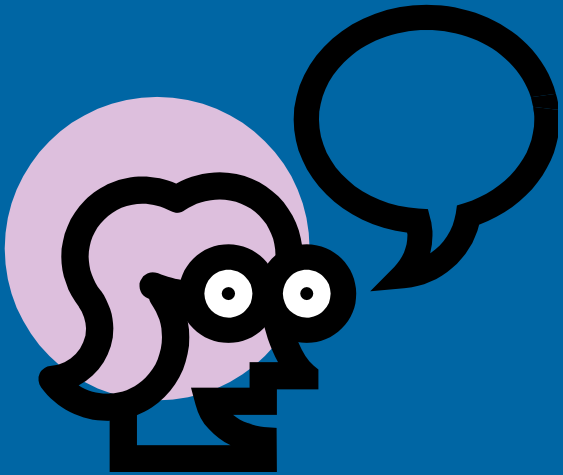
Goal:

- To promote the development of skills that will assist students as they face various challenges in school and in life

What do you think?



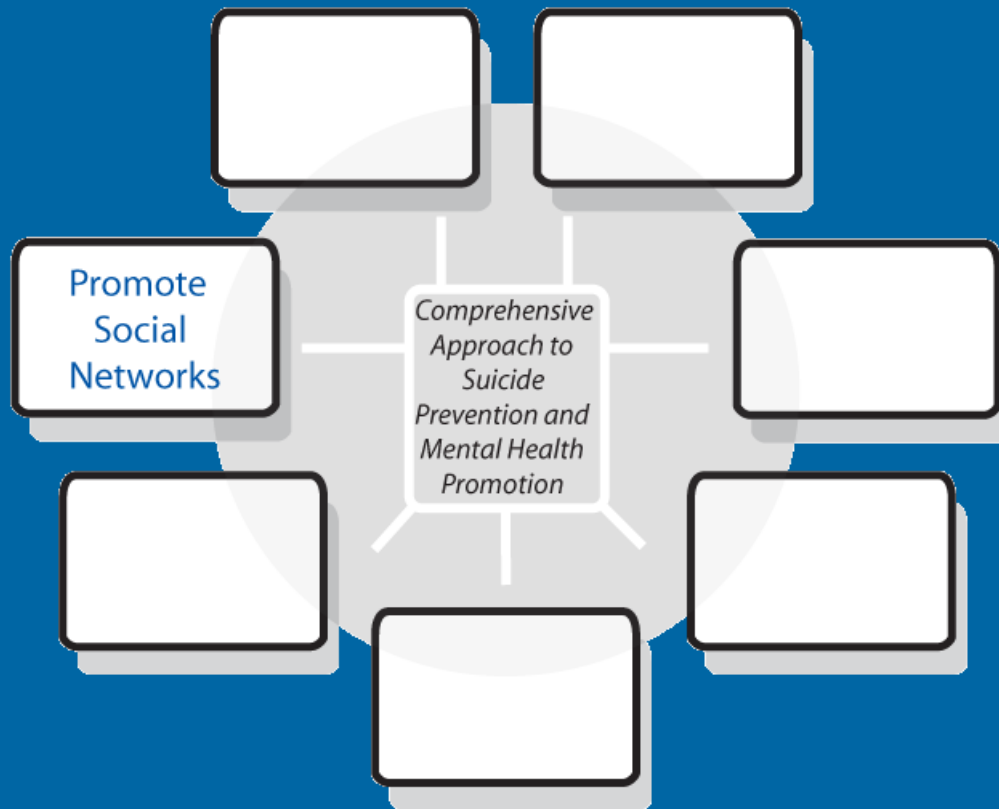
Other ways this campus could promote the development of stress management skills?



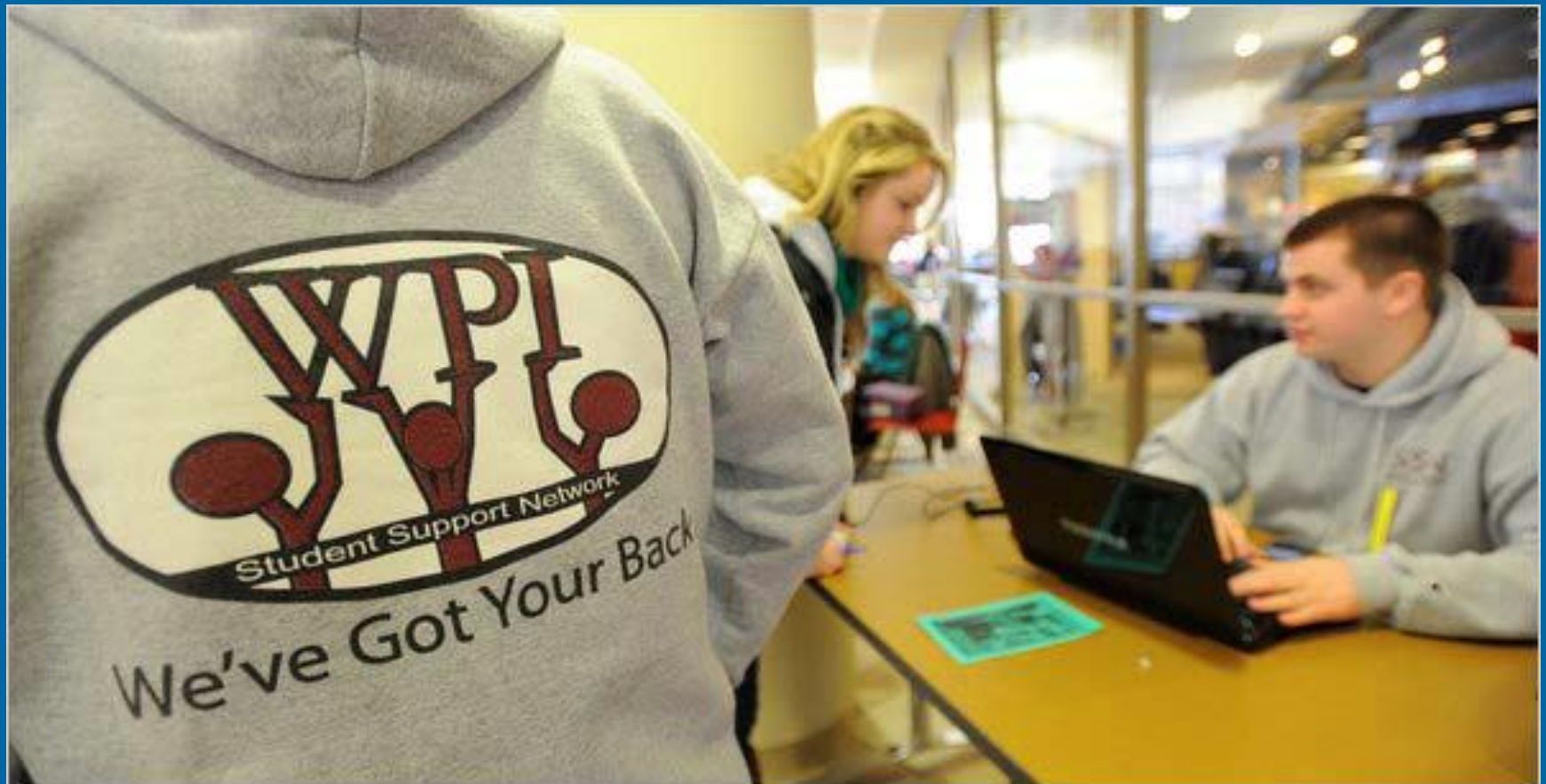
Promote Social Networks

Goal:

- To promote relationship-building between students, staff, and faculty and a sense of community on campus



Example: WPI's Student Support Network

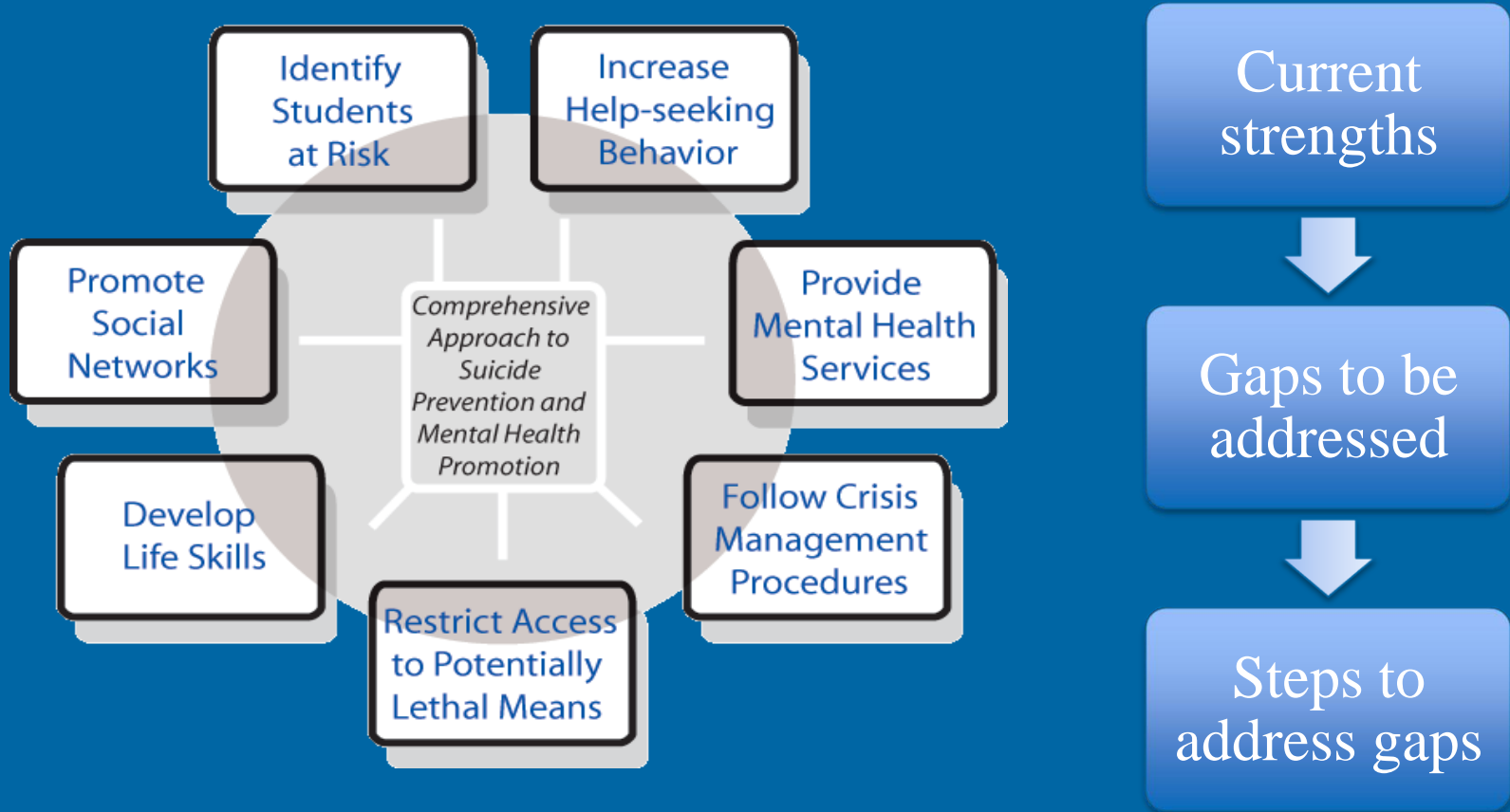


Questions?

Are you ready?



Activity



Discussion

What Alumni Grantees are Saying...

“Don’t do it alone!”

“Collaboration with other campuses is extremely valuable: shared ideas, shared perspective, shared goals.”

“Find out what campus partners need and make your program work for them. Help them to see this as a resource.”

Your SPRC Prevention Specialists



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Cohort 6 Assignments:

- Bowling Green State University
- Medical Univ. of South Carolina
- Miami University
- Niagara County Community College
- Oglala Lakota College
- Temple University
- Trustees of Amherst College
- University of Florida
- University of Iowa



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Cohort 6 Assignments:

- Delta State University
- George Mason University
- Montgomery College
- Oakland University
- Pensacola State
- Saginaw Valley State University
- Tarrant County College District
- Texas Christian University
- University of CA- Davis
- Wartburg College
- University of WI – Madison
- University of WI - Milwaukee

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- CSU Sacramento
- Century College
- Purdue University – Ft. Wayne
- University of AL in Huntsville

Cohort 6 Assignments:

- Bergen Community College
- Miami Dade College
- Monmouth University

Cohort 6 Assignments:

- Chaminade University of Honolulu
- North Carolina State University
- Three Rivers Community College
- University of Hawaii at Hilo

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- Plymouth State University
- Salisbury University
- University of MA - Lowell



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Cohort 6 Assignments:

- University of Tennessee-Martin

What's Next?

- ✓ Exercise: Inventory of programs, policies and services on your campus
- ✓ Webinar: Strategic Planning Principles
Thursday, October 4th, 3-4pm ET



Final Questions?

Thank you!

This webinar will be posted on SPRC's
website at:

www.sprc.org/grantees/grantees-technical-assistance-meetings-and-webinars