

Engaging Student Voices in Campus Suicide Prevention Efforts



June 15 2016, 3:30-4:30pm ET

For audio please dial: [1-866-670-7160](tel:1-866-670-7160).

Please mute the volume on your computer.

Who you'll hear from today



Bonnie Lipton
Prevention Specialist
SPRC



Valerie Donovan
UW-Madison



**Jennifer J.
Muehlenkamp**
UW-Eau Claire



Kelley Tipton
UW-Milwaukee

Learning Objectives

- ✓ Discuss why it's important to include students in planning and coordinating campus suicide prevention activities
- ✓ Describe 3 different models for engaging students in suicide prevention
- ✓ Identify new opportunities on their campus for engaging students in suicide prevention efforts.

Chat: What challenges have you faced in partnering with students?





Engaging Student Voices in Campus Suicide Prevention Efforts



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

Valerie Donovan, MS, CRC
Suicide Prevention Coordinator
University Health Services
vmdonovan@uhs.wisc.edu

Engagement Activities

- Registered Student Organizations
- Student Employment
- Internship, Field Placement, Service Learning
- Council
- Student Committee



Registered Student Organizations

Ask.Listen.Save.

NAMI UW

TWLOHA

Badger SPILL

Live Free

Yes + Bucky

Badgers Helping Badgers

Lessons Learned

- Semester trainings
- Communication
- Align training manuals
- Point systems



Student Employment & Internships, Field Placements, Service Learning

- Open ended descriptions
- Growth and professional development
- Individual strengths and goals
- Team building
- Proactive

Academic Departments

HDFS

Liberal Studies

Public Health

Psychology

Counseling Psychology

Social Work

Mental Health Matters Student Committee

This committee provides a forum for direct input from student stakeholders in order to:

- 1) help UHS better meet the mental health needs of students
- 2) foster leadership skills in students with interests in mental health and suicide prevention
- 3) encourage and support student advocacy for campus mental health issues

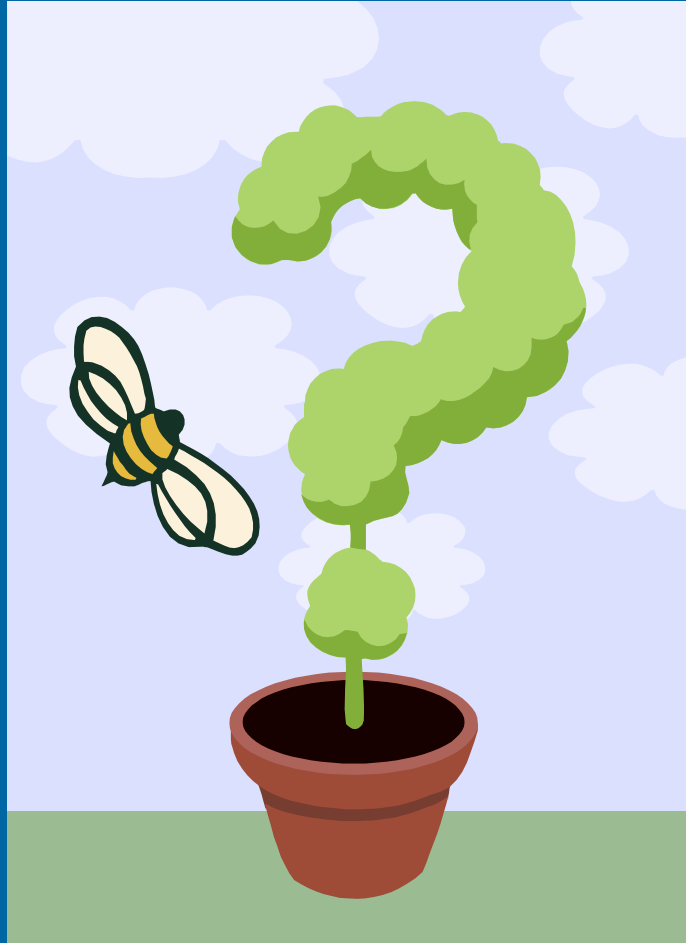


Mental Health Matters Student Committee

- Reporting structure
- Formal membership
 - Application process
 - Term length
 - Accountability
 - Expectations
 - Resume builder
- Feedback on services
- Range of activities
- Student co-chair



Questions for Valerie Donovan





ENGAGING STUDENT VOICES

IN CAMPUS SUICIDE PREVENTION

Presented by: Jennifer J. Muehlenkamp, PhD
June 15, 2016



Student Leader Development Opportunities





Student Leader Development Opportunities



Student Advisory Group

- Coordinator
- Member
- Representative

Suicide Prevention Outreach & Programming

- Messaging Campaigns
- Interactive Displays/Tabling
- Plan and Assist at Select Events

Student Senate: Mental Health Committee

- Shared Mission to Improve Mental Health
- Supportive Programming
- Extra Help



Student Leader Development Opportunities



“Life Savers” Peer Educator

- Service Learning
- Educational Credit
- Applied Experience



Research Collaborator

- Program Evaluation
- Data Tracking
- Independent Projects



Student Leader Development Opportunities

Internship in Suicide Prevention

- Student Coordinator of SPARC
- Social Media Manager
- Applied Experience
- Liaison to other campus groups

In development: “Let’s Talk” Mentor





Student Leader Development Opportunities

Fizzled Enthusiasm as Semester Continues (high stress times)

- Actioned Involvement Immediately
- Charged with group initiated task
- Regular meeting dates planned up front

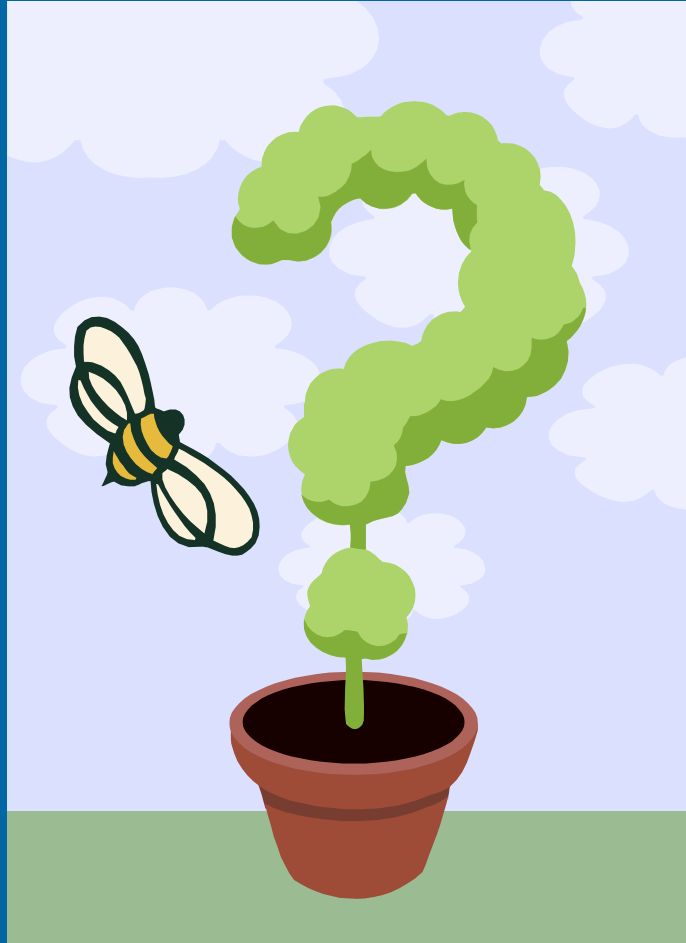
Recruitment & Sustained Involvement

- Incentivize roles
- Orientation/Student Organization Recruitment

Personnel for Supervision of Student Programs

- Integrating peer educator programs: Central Request Center
- Collaborating with existing programs
- “Senior” Student Supervisors (?)
- Evaluate Feasibility for Size of Campus & Personnel Resources

Questions for Jennifer Muehlenkamp



Engaging Student Voices in Campus Suicide Prevention Efforts

Kelley Tipton, MPH

UWM Suicide Prevention Project
Coordinator



Engagement Activities

- Chancellor's Advisory Committee on Mental Health
- Life Happens. UWM CARES. Logo Development
- Outreach and Awareness Events:
 - Why I Keep Going? Mental Health Awareness Fair
 - UWM Panther Pause
- Student Organization Launch & Collaboration:
 - Active Minds @UWM
 - NAMI On-Campus



Lessons Learned & Sustainability

➤ Lessons:

- Include students in program planning
- Be flexible with students' schedules
- Set clear expectations for student positions

➤ Sustainability:

- Invite students w/ interest to join CACMH
- Ongoing outreach, collaboration with student organizations/resource centers

Leadership & Training Development Activities

- Norris Health Center Depression and Suicide Screening
 - Tier 2 screening by master's/PhD student
- Life Happens. *STUDENTS CONNECT!* College SOS
 - 1-hour training for students
 - Co-facilitated by student & staff member



Lessons Learned & Sustainability

➤ Depression Screening:

- Limited clinic space and funding
- Depression screening practicum placement

➤ *Life Happens. STUDENTS CONNECT!* College SOS:

- Student facilitator availability and presentation skills
- NHC pays College SOS yearly fee; ongoing student/staff facilitator recruitment & training



Student Evaluation Activity

➤ USPPAKS (Student Version)

- Administered 2014 & 2015
- Random sample of 2500 students (13%-15% response rate)
- Questions Assess:
 - Extent of exposure to prevention efforts on campus
 - Changes in knowledge (i.e. risk factors, resources, stigma)



Lessons Learned & Sustainability

➤ Lessons:

- Evaluation informs future program planning
- Students are over-surveyed
- No significant changes in survey results from YR1 to YR2

➤ Sustainability

- Modify USPPAKS student version based on new programming
- Implement additional ways to evaluate programming

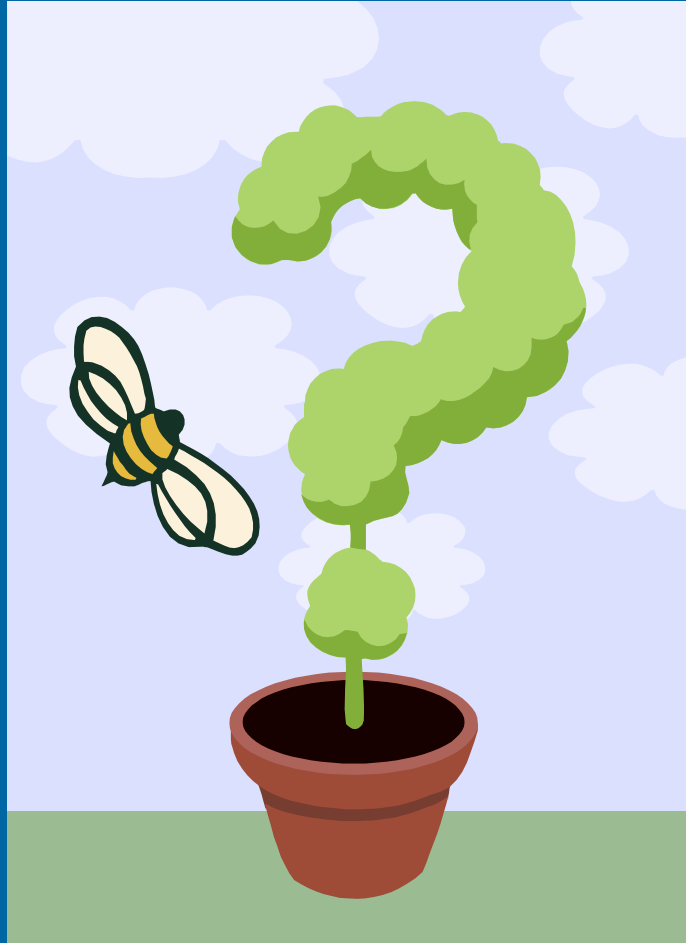


Summary

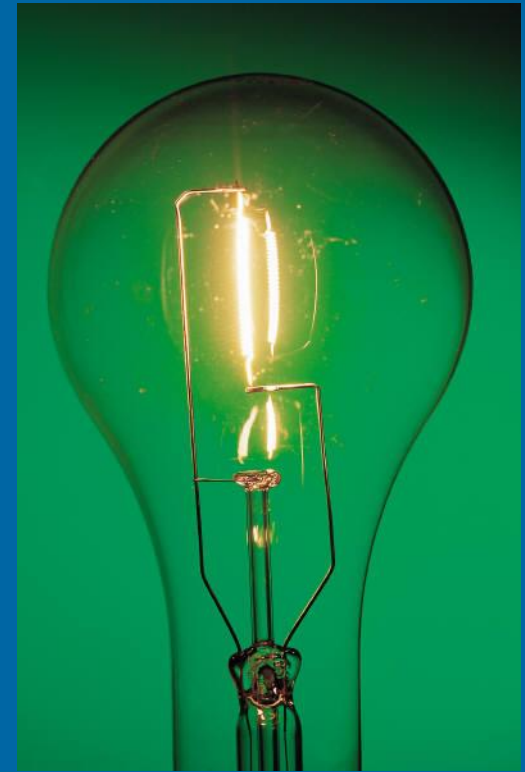
- Intentionally engaging student voices in suicide prevention program planning will help:
 - Create student-focused resources/events
 - Build relationships with student organizations, etc.
 - Establish consistent suicide prevention messaging
 - Provide unique student training & development opportunities
 - Identify ways to sustain efforts (e.g., student organization, practicum placement)



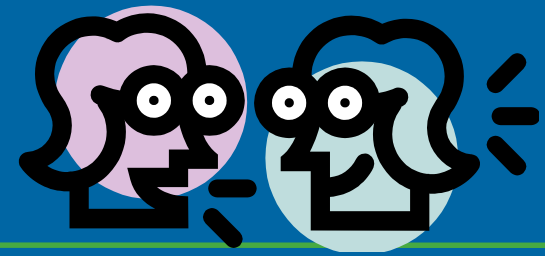
Questions for Kelley Tipton



Q&A with Presenters



Contact Information



Valerie Donovan, University of Wisconsin-Madison

vmdonovan@uhs.wisc.edu

Bonnie Lipton, Suicide Prevention Resource Center

blipton@edc.org

Jennifer Muehlenkamp, University of Wisconsin-Eau Claire

muehlejj@uwec.edu

Kelley Tipton, University of Wisconsin-Milwaukee

tipton@uwm.edu

Thank You!

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

<http://www.sprc.org/grantees/webinars>

