



**Campus Suicide Prevention Grantee
Technical Assistance Meeting
Creating Communities of Hope
January 6-9, 2009
Phoenix, AZ**

AGENDA

TUESDAY, JANUARY 6, 2009

Campus Grantees (All New Staff): Orientation [Phoenix E]

- 12:30-1:00 p.m. Welcome/Team Introductions-** SAMHSA, SPRC, Macro International
- 1:00-1:30 p.m. Overview of Grants Management-** Gwen Simpson, Lead Grants Management Specialist, SAMHSA
- 1:30-1:45 p.m. Break**
- 1:45-3:15 p.m. Overview of a Public Health Approach to Campus Suicide Prevention-** Laurie Davidson, MA, Julie Halverson, MA, Leah Horn, MPH, CHES, Dave Stewart, MPH, SPRC; Karen Moses, MS, RD, CHES, Arizona State University
- 3:15-3:30 p.m. Break**
- 3:30-4:00 p.m. Introduction to the Cross-site Evaluation and Performance Monitoring-** Chad Rodi, PhD, Cross-Site Evaluation Project Director, Macro International
- 4:00-4:15 p.m. Wrap Up-** SAMHSA, SPRC, Macro International
- 4:15-5:15 p.m. GPO Meet and Greet-** A time to meet with your Government Project Officer

WEDNESDAY, JANUARY 7, 2009

All Grantees: Campus, State, Tribal and Adolescents at Risk

7:30-8:30 a.m. Registration and Breakfast
[3rd Floor Pre Function]

8:30-10:00 a.m. Plenary: A theme of hope
Moderator: Jerry Reed, PhD, MSW, SPRC
Welcome TBD
Video welcome: Senator Gordon Smith and Sharon Smith
Remarks: Major General Mark Graham and Carol Graham
Remarks: Captain Maria Dinger, RN, BSN, MS, Branch Chief, Suicide Prevention Branch, SAMHSA
Charge to regional breakout groups

10:00-11:00 a.m. Breakout Groups
State, tribal and campus grantees from contiguous states meet together.

Group 1 – CT, MA, ME, NH, RI, VT	Valley A
Group 2 – NJ, NY, PR, VI	Valley B
Group 3 – DC, DE, MD, PA, VA, WV	Valley D
Group 4 – AL, FL, GA, KY, MS, NC, SC, TN	Valley E
Group 5 – IL, IN, MI, MN, OH, WI	Maryvale A
Group 6 – AR, LA, NM, OK, TX	Maryvale B
Group 7 – IA, KS, MO, MT, NE	Encanto A
Group 8 – CO, ND, SD, UT, WY	Encanto B
Group 9 – AZ, CA, GU, HI, NV	Deer Valley
Group 10 – AK, ID, OR, WA	Paradise Valley

11:00-11:15 a.m. Break

11:15-12:00 p.m. Report out from groups [Phoenix D/E]

12:00-1:00 p.m. Lunch [Phoenix D/E]
Plenary - Jerry Reed, PhD, MSW, Director, SPRC
Closing Remarks - Richard McKeon, PhD, Public Health Advisor, SAMHSA
State Grantees – Farewell

Campus Grantee Program Begins

Theme: Translating Research to Practice

1:15-1:45 p.m. **Call to Order:** Captain Maria Dinger, RN, BSN, MS, Branch Chief,
[Paradise Valley] Suicide Prevention Branch, SAMHSA

Welcome and Overview: Richard McKeon, PhD, Public Health
Advisor, SAMHSA

1:45-3:00 p.m. **Plenary: Gatekeeper Training Expert Panel Discussion.** David Litts,
OD, SPRC; Richard McKeon, PhD, SAMHSA; Paul Quinnett, PhD, QPR
Institute; Cory Wallack, PhD, Syracuse University; *Moderator: Mort
Silverman, MD, SPRC*

3:00-3:15 p.m. **Break**

3:15-4:45 p.m. ***Step # 1- Using Data to Define the Problem***

***Please note that the sequence of campus breakout sessions will follow a public health
approach to strategic planning**

[Paradise Valley] **BREAKOUT (C)1A: Using Data to Plan and Target Gatekeeper
Training.** Paul Quinnett, QPR Institute; Cory Wallack, Syracuse
University; *Moderator: Dave Stewart, SPRC*

[Encanto B] **BREAKOUT (C)1B: Beyond the Survey: Getting to Know Your
Target Population Using Qualitative Data.** Justin Hunt, University of
Michigan Healthy Minds Study; Barbara Pearson, Kansas State University;
Moderator: Julie Halverson, SPRC

[Maryvale B] **BREAKOUT (C)1C: Campus and Community Partnerships: Data
Sharing and Program Planning.** Sharon Mitchell, SUNY Buffalo; Pete
Liggett, University of South Carolina; Darren Wozny, Mississippi State
University; *Moderator: Leah Horn, SPRC*

[Encanto A] **BREAKOUT (C)1D: Men and Suicide: From Research to Practice.**
Sally Spencer-Thomas, Regis University; Kathleen Shine O'Brien,
Massachusetts Maritime Academy; *Moderator: Portland Ridley, SAMHSA*

[Deer Valley] **BREAKOUT (C)1E: Targeting High Risk Groups on Campus.** Rick
Low, University of California, Berkeley; Richard Shadick, Pace University;

Carolyn Kern, University of North Texas; *Moderator: Laurie Davidson, SPRC*

[Maryvale A] **BREAKOUT (C)1F: Working with Student Veterans.** Joseph Bleiberg & Rose Sachs, Montgomery College; Derek Blumke, Student Veterans of America; David Klein, Phoenix Veterans Administration Medical Center; *Moderator: Eileen Zeller, SAMHSA*

4:45-5:45 p.m. **GPO Meet and Greet-** A time to meet with your Government Project Officer

THURSDAY, JANUARY 8, 2009

7:30-8:30 a.m. **Breakfast** (also time to set up for Program Showcase)
[3rd Floor Pre Function]

8:30-9:45 a.m. **Plenary: Research Updates and Applications for Campuses Panel Discussion.** Chris Brownson, PhD, University of Texas at Austin; Justin Hunt, MD, MS, University of Michigan Healthy Minds Study; Phil Rodgers, PhD, American Foundation for Suicide Prevention; Mort Silverman, MD, SPRC; *Moderator: Linda Langford, ScD, SPRC*

9:45-10:00 a.m. **Break**

10:00-11:30 a.m. ***Step # 2- Examining Risk and Protective Factors***

[Deer Valley] **BREAKOUT (C)2A: Is Stigma Preventing College Students from Seeking Help?** Justin Hunt, University of Michigan Healthy Minds Study; Marilyn Downs, Tufts University; *Moderator: Leah Horn, SPRC*

[Maryvale B] **BREAKOUT (C)2B: Assessment & Planning for Lethal Means Restriction on Campus.** Ross Artwohl, Oregon State University; Mort Silverman, SPRC; *Moderator: Julie Halverson, SPRC*

[Encanto A] **BREAKOUT (C)2C: Enhancing Social Networks.** Alison Malmon, Active Minds Inc.; Charlie Morse, Worcester Polytechnic Institute; *Moderator: Dave Stewart, SPRC*

[Encanto B] **BREAKOUT (C)2D: Examining the Family Environment for Risk and Protective Factors.** Iain Twaddle, Eunice Perez & Camarin Meno, University of Guam; Jessica Disla & Marni Brand, Saint Peter's College; *Moderator: Anara Guard, SPRC*

- [Maryvale A] **BREAKOUT (C)2E: Promoting Life Skills Development.** Daniel Schulte, Arizona State University; *Moderator: Laurie Davidson, SPRC*
- [Paradise Valley] **BREAKOUT (C)2F: Discussion of Local Evaluation.** *Moderators: Linda Langford, SPRC & Phil Rodgers, AFSP*
- 11:30-1:00 p.m.** **Lunch on your own** (also time to set up for Program Showcase)
- 1:00-1:45 p.m.** **Step # 3- Setting Goals**
 [Paradise Valley] **Plenary: Guided Team Planning.** *Moderators: Laurie Davidson, MA, SPRC & Ginny Carpenter, MEd, Trinity Christian College*
- 1:45-2:00 p.m.** **Break**
- 2:00-3:30 p.m.** **Step # 4- Selecting & Developing Interventions**
- [Paradise Valley] **BREAKOUT (C)3A: The American Foundation for Suicide Prevention Online Screening Tool: Implementation & Utility for Campuses.** Doug Johnson, Kylie Cole & Bethany Asquith, University of Maine, Orono; *Moderator: Phil Rodgers, AFSP*
- [Encanto B] **BREAKOUT (C)3B: The Best Practices Registry.** *Moderator: Linda Langford, SPRC*
- [Deer Valley] **BREAKOUT (C)3C: Crisis Policy Development.** Beau Dooley, Northwest Missouri State University; María A. López Pagán & María del C. Santos Gómez, Universidad del Turabo; Joanna Locke, The Jed Foundation; Mort Silverman, SPRC; *Moderator: Laurie Davidson, SPRC*
- [Maryvale A] **BREAKOUT (C)3D: Integrating Cultural Competency into Your Organizations, Programs, & Services: Challenges and Strategies.** María del C. Fernández Rodríguez, University of Puerto Rico-Cayey; Jacque Gray, University of North Dakota; Kim Netter, National Center for Mental Health Promotion and Youth Violence Prevention; *Moderators: Ron Becker, Saint Peter's College & Dave Stewart, SPRC*
- [Maryvale B] **BREAKOUT (C)3E: The Use of New Media in Suicide Prevention.** Amanda Lehner, The National Suicide Prevention Lifeline; Alison Malmon, Active Minds Inc.; Laurel Sawyer, Regis University; *Moderator: Elana Premack Sandler, SPRC*
- [Encanto A] **BREAKOUT (C)3F: Telling Your Story: Developing Partnerships to Sustain Your Program.** Wendy Mayer, Communication Resource Center;

Estela Rivero & Dolores Cimini, University at Albany SUNY; Shelly Rutz, University of Wisconsin Oshkosh; *Moderator: Anara Guard, SPRC*

- 3:30-3:45 p.m. Break**
- 3:45-4:30 p.m. [Paradise Valley] Plenary: Cross-site Evaluation.** Chad Rodi, PhD, Cross-site Evaluation Project Director & Robin King Davis, PhD, Campus Site Management Lead, Evaluation Team, Macro International
- 4:30-5:15 p.m. GPO Meet and Greet-** A time to meet with your Government Project Officer
- 4:30-6:00 p.m. [Phoenix A/B] Campus Grantee Program Showcase and Networking Reception**

FRIDAY, JANUARY 9, 2009

- 7:30-8:30 a.m. Breakfast**
[3rd Floor Pre Function]
- 8:30-10:00 a.m. *Step #5- Implementing & Evaluating Interventions***
- [Paradise Valley] BREAKOUT (C)4A: Statewide Initiatives.** Ross Artwohl, Oregon State University; *Moderator: Laurie Davidson, SPRC*
- [Deer Valley] BREAKOUT (C)4B: De-Silo Your Campus: Implementing a Student At Risk Response Team (SARRT).** Ginny Carpenter, Trinity Christian College; Mike Zebrowski, Marquette University; Darby Dickerson, Stetson University College of Law; Barbara Sheridan, University of South Carolina; *Moderator: Leah Horn, SPRC*
- [Maryvale B] BREAKOUT (C)4C: Postvention.** Sue Bell, University of California, Berkeley; Julie Cerel, University of Kentucky; *Moderator: Peggy West, SPRC*
- [Maryvale A] BREAKOUT (C)4D: Publishing Your Results.** Mort Silverman, SPRC; Thomas Joiner, Florida State University; *Moderator: Dave Stewart, SPRC*
- [Encanto A] BREAKOUT (C)4E: The Evaluation of Gatekeeper Training Programs: Challenges and Resources.** Christopher Albert, University of Texas Pan American; Chris Brownson, University of Texas at Austin; *Moderator: Linda Langford, SPRC*

[Encanto B] **BREAKOUT (C)4F: Using and Accessing Cross-Site Data in the Suicide Prevention Data Center (SPDC).** *Moderators: Robin King Davis & Anupa Fabian, Macro International*

10:00-10:15 a. m. **Break**

10:00-10:15 a.m. **Plenary: Panel Discussion of the Jed Foundation Publication**
[Phoenix D] *Student Mental Health and the Law.* Darby Dickerson, JD, Stetson University College of Law; Ann Franke, JD, Wise Results LLC; Nancy Tribbensee, JD, PhD, Arizona Board of Regents; *Moderator: Joanna Locke, MD, MPH, The Jed Foundation*

11:15-12:00 p.m. **Closing Plenary: *Why People Die by Suicide and the Power of Strengthening Belongingness***
Thomas Joiner, PhD, Florida State University

“Quiet Room”

A room has been set aside for participants needing a break from the meeting activities. The quiet room will be located in the **Estrella Room** for the duration of the meeting.

Session Abstracts
Wednesday, January 7, 2009

Gatekeeper Training Expert Panel Discussion

This panel will explore relevant issues surrounding gatekeeper training (GKT), such as defining GKT, roles of gatekeepers, appropriate level of training for gatekeepers, readiness for GKT, and outcomes of GKT in the college and university setting.

Step # 1- Using Data to Define the Problem

(C)1A: Using Data to Plan and Target Gatekeeper Training

This session will address how to plan and implement gatekeeper training tailored to fit your campus' specific needs based on available data and other information about risk and protective factors. Presenters will discuss different approaches to identifying audiences for gatekeeper training, describe the core components that should be included in gatekeeper training, and suggest how to use data and other campus-specific information to develop, implement, and evaluate gatekeeper training.

(C)1B: Beyond the Survey: Getting to Know Your Target Population Using Qualitative Data

In this workshop, participants will discuss how qualitative data collection can inform program development, implementation, and evaluation. Specifically, this workshop will explore how the use of key informant interviews and focus groups can explore concepts, new ideas, and hard to reach populations. Workshop objectives include: understanding how to use qualitative data and understanding methods for identifying trends in qualitative data.

*Note: Workshop is appropriate for all attendees (project staff and evaluators)

(C)1C: Campus and Community Partnerships: Data Sharing and Program Planning

Gathering data about target populations is a crucial part of a public health approach to suicide prevention. In this session, participants will identify campus and community partners with whom to collaborate on your suicide prevention program; understand how to establish systems to promote data sharing between partners; and how to use the data to identify areas of intervention, reach high risk students, and establish continuity of care.

(C)1D: Men and Suicide: From Research to Practice

Mental health, risk and protective factors, and barriers to help-seeking can be uniquely expressed in different populations. This session will address how depression and suicide manifest in men. Discussion topics will include: men and patterns of help-seeking, risk factors increasing suicidal vulnerability for men, and barriers to and facilitators of relaying health messages to men. Speakers and participants will also discuss promising practices for mental health promotion campaigns targeting men.

(C)1E: Targeting High Risk Groups on Campus

To effectively prevent suicide on college campuses, it is important to target specific groups or subpopulations. In this session, participants will learn about different strategies to engage and target high risk groups on campus. Topics to be discussed include identifying data sources to identify high risk and/or diverse groups on campus, strategies for tailoring programs to specific target groups, and the benefits of programs tailored to specific target groups.

(C)1F: Working with Student Veterans

As veterans of the Afghanistan and Iraq conflicts are returning to their homes and colleges and universities, counseling centers and administrators are increasingly looking for ways to assist veterans with their academic and mental health needs. In this session, speakers will address the unique risk and protective factors that pertain to veterans; the existing suicide prevention and support services provided by the Department of Veterans Affairs; and practical implementation of different models of veteran-friendly support programs on campus.

Thursday, January 8, 2009

Panel: Research Updates and Applications for Campuses

This panel will review and update major sources of campus mental health data (e.g., ACHA-NCHA, The Nature of the College Student Suicidal Crisis, Healthy Minds, etc.) It will also discuss the major developments in suicide prevention research over the past five years and discuss practical applications of that research for campus suicide prevention.

Step # 2- Examining Risk and Protective Factors

(C)2A: Is Stigma Preventing College Students from Seeking Help?

Stigma is frequently cited as the reason students or other members of the campus community do not seek out mental health services. However, research indicates that stigma may be a factor for some, but not all, populations on a college campus. In this session, speakers will summarize research findings regarding barriers to mental health service utilization by students, (with a specific focus on stigma). Student populations that are at high risk for perceiving stigma regarding mental health services will be identified using national data. Implications for suicide prevention practice on campuses will be discussed.

(C)2B: Assessment and Planning for Lethal Means Restriction on Campus

In this session, participants will learn how to apply a public health approach to reducing access to lethal means and methods of self-harm. Presenters will discuss working with campus and community stakeholders (hospitals, campus and local police departments) and how to conduct an

environmental assessment examining access to lethal means (alcohol and other drugs, rooftops, windows, toxic substances, firearms, construction of new buildings).

(C)2C: Enhancing Social Networks

This session will include an examination of social connectedness as a protective factor for suicide and successful strategies for increasing connectedness on campus. Presenters will discuss efforts to identify and engage existing social networks in discussions about mental health, to enhance connectedness and reduce stigma associated with help-seeking. Research about social connectedness and the Jed Foundation/SPRC Comprehensive Approach to Suicide Prevention and Mental Health Promotion will be highlighted.

(C)2D: Examining the Family Environment for Risk/Protective Factors

In this session, the role of the family environment as a risk or protective factor will be addressed. Speakers will present original research examining how exposure to suicide within home environment or family can put one at higher risk for suicide. Implications of this research for prevention practice will be discussed. In addition, this session will identify how grant activities can be tailored to the unique relationship between students and their families on campus.

(C)2E: Promoting Life Skills Development

Developing life skills is a protective factor in suicide prevention. Helping students to develop life skills while in a supportive learning environment will provide them with tools they can use throughout their lives. This session will examine the data supporting the promotion of life skills development as a protective factor for depression and suicide. A campus example of how life skills can be infused within a curriculum and the entire institution (e.g., residence life, first year experience programs) will be provided.

(C)2F: Discussion of Local Evaluation

This session will provide an opportunity to discuss the challenges of suicide prevention evaluation at the local level and available resources (e.g., Best Practices Registry, technical assistance from SPRC and Macro International) This session is appropriate for evaluators on both Cohort 2 and Cohort 3 grants.

Step # 3- Setting Goals

Guided Team Planning

This session provides an opportunity for grantees to reconvene with their teams to process information and materials presented at the meeting thus far. Grantees will discuss methods of strategic planning, program implementation, and evaluation. SPRC staff and grantee facilitators will be on hand to provide information and technical assistance.

*Note: Session is appropriate for both Cohort 2 and Cohort 3 grantees.

Step # 4- Selecting and Developing Interventions

(C)3A: The AFSP Online Screening Tool: Implementation and Utility for Campuses

The American Foundation for Suicide Prevention's College Screening Program (CSP) provides an anonymous, web-based method of screening students with depression and other problems that put them at risk for suicide. CSP connects students to an actual counselor so that concerns about treatment can be discussed online. This session will highlight the University of Maine's implementation of CSP and research in support of CSP.

(C)3B: The Best Practices Registry

The purpose of the Best Practices Registry (BPR) is to identify, review, and disseminate information about best practices that address specific objectives of the National Strategy for Suicide Prevention. The presenter will provide an overview of SPRC/AFSP's Best Practices Registry for Suicide Prevention and SAMHSA's National Registry of Evidence-Based Programs and Practices and describe how to submit applications to these registries. The session will include interactive discussion among participants about the concept of "evidence-based prevention" and its implications for prevention work, considerations for choosing and/or adapting best practices, how to ensure individual practices fit into a comprehensive program, use of best practice criteria for program improvement, and leveraging best practices for sustainability.

(C)3C: Crisis Policy Development

This session will describe the importance of the development of crisis management policies within a comprehensive approach to suicide prevention on campus. Grantee speakers will share challenges and insights from their experiences developing and/or revising crisis policies on their campuses. In addition, available resources, including the Jed Foundation's *Framework for Developing Institutional Policies for the Distressed or Suicidal College Student*, will be discussed.

(C)3D: Integrating Cultural Competency into Your Organizations, Programs, and Services: Challenges and Strategies

What is cultural competency? What does it mean to be culturally competent? This session will address definitions of cultural and linguistic competency as well as integrating cultural competency into the organizational structure, services, and activities of an institution. The discussion will include an emphasis on the practical application of cultural competency to these arenas. Speakers will discuss how they have incorporated diverse perspectives and input in their organizations, programs, and services and the challenges of adapting suicide prevention programs to diverse populations.

(C)3E: The Use of New Media in Suicide Prevention

This session will describe how the internet and other new technologies (e.g., social networking sites, blogs) can be incorporated into campus suicide prevention. Speakers will also describe

strategies for engaging essential partners (e.g., Campus Information Technology departments) in program planning using new media. Safe messaging guidelines and other relevant topics will also be discussed.

(C)3F: Telling Your Story: Developing Partnerships to Sustain Your Program

This session will explore how to strategically engage key stakeholders using a social marketing approach. Topics of discussion will include identifying key audiences, goal setting, and engaging key audiences as stakeholders in suicide prevention. Participants will understand how to use this process to develop partnerships and to sustain suicide prevention programs on campus. Grantee presenters will discuss how they have used strategic planning steps to attain buy-in, implement programs, and sustain effective programs.

Cross-Site Evaluation Plenary

During this session, staff from Macro International will describe findings from the cross-site evaluation to date. The preliminary focus of this session will be examining the outreach and awareness and training activities that have been implemented and with whom. Additionally, SPEAKS data, complemented by findings from key informant interviews, will be described to examine the exposure, awareness, and knowledge of targeted populations related to suicide prevention, mental health seeking, and stigma on grantee campuses.

Friday, January 9, 2009

Step #5- Implementing and Evaluating Interventions

(C)4A: Statewide Initiatives

Statewide initiatives (SWI) or multi-campus suicide prevention initiatives are one approach whereby campuses may bolster suicide prevention efforts in a state or region. One campus will be on hand to share experiences as part of the Oregon Campus Consortium. The benefits and challenges of collaborating with other campuses will be discussed, including how statewide efforts can support the sustainability of suicide prevention efforts.

(C)4B: De-Silo Your Campus: Implementing a Student at Risk Response Team (SARRT)

This session will provide a clear definition of a SARRT and differentiate it from other groups on campus (e.g., task force, threat assessment team). A panel of grantees will discuss key issues surrounding the implementation of a SARRT (membership, communication, legal implications, overcoming challenges). Recommendations for successful development and implementation of a SARRT will be shared.

(C)4C: Postvention

This session will emphasize the importance of developing postvention protocols for responding to deaths by suicide that incorporate comprehensive strategies and collaboration among

organizations and services. Different approaches, essential partnerships (e.g., religious services, academics, study abroad, veterans' services) and resources for postvention will be discussed.

(C)4D: Publishing Your Results

This session will provide a discussion of the benefits of preparing to publish your program results: collecting lessons learned, highlighting key achievements, advancing the field of campus suicide prevention. In addition, strategies for developing successful submissions and identifying appropriate journals will be discussed.

(C)4E: The Evaluation of Gatekeeper Training Programs: Challenges and Resources

The term "gatekeeper training" (GKT) has been used to describe a range of interventions of varying lengths, audiences, and goals, and evaluation plans should reflect these differences. This session will examine some of the common program theories or logic models underlying GKT and corresponding evaluation strategies. Grantee experiences with evaluating GKT will be discussed. The session will conclude with an opportunity for other grantees to share and discuss other approaches to evaluating GKT.

(C)4F: Using and Accessing Cross-site Data in the Suicide Prevention Data Center (SPDC)

During this session, Macro will provide grantees with a refresher on how to access the SPDC, where different types of data are located, how to interpret Grantee Summary Reports, how to download data, and potential uses for cross-site data at the local level.

Legal Panel: Discussion of the Jed Foundation Publication *Student Mental Health and the Law*

Experts will discuss the elements of the Jed Foundation's new publication *Student Mental Health and the Law*. Relevant sections of the publication to be presented include communication and treatment, liability, and students with disabilities.