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Creating Student, Faculty and Staff Leaders: CLASS and SASS Suicide Frontline Co- Curricular Campaign

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Disclaimer

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Project Abstract

- **Project Summary:** The proposed program is based on the premise that suicide risk is three-tiered including early identification and assessment of at-risk students, referral to community resources for additional services, and enhancement of protective factors that increase resilience and provide buffers from stress while in college. The Campus Leaders Against Student Suicide (CLASS) and Students Against Student Suicide (SASS) project seeks to expand and strengthen the “safety net” for LaGuardia students at risk for mental health concerns, in particular suicide.
- **Goals:** To promote suicide awareness through prevention, intervention, and co-curricular programming.



CLASS and SASS Front Line Prevention Goals

- **Increase** awareness of mental health and suicide awareness through evidence based and best practice trainings.
- **Decrease** stigma and increase awareness of mental health issues and suicide awareness especially among high risk and non-English speaking populations on campus.
- **Promote** resilience or “protective” factors including assisting college students in identifying a trusted person in their support network and teaching them that it’s okay to ask for help.
- **Implement** student workshops in English and other languages (e.g. Spanish, ASL) in order to promote awareness and accessibility for all students.



Summary of Key Accomplishments

- Formulated several ongoing partnerships with off campus organizations (e.g. Northwell/LIJ, JED, and the Clinton Foundation).
- Created the Mental health Task Force and Advisory committee.
- Created awareness materials, campaign materials, and informational materials around mental health awareness and suicide prevention to be available in print and social media mediums in English and different languages (Website, Facebook, Twitter, Hobson's Connect).
- Trained key faculty and staff in Mental Health First Aid.

CLASS: Campus Leaders Against Student Suicide

- The CLASS initiative aims to create a group of faculty and staff that can act as frontline suicide prevention for students through outreach, education, and trainings:
 - Mental Health First Aid (MHFA) and Question, Persuade, Refer (QPR)
 - Competency trainings
 - Posting and displaying awareness materials

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CLASS: Accomplishments

- 175 faculty and staff have been certified in Mental Health First Aid.
- 42 faculty and staff have participated in competency trainings, such as *Safe Zone Training* and *LGBTQ Competency Training*.
- More than 200 faculty, staff, and students have attended our outreach events where suicide prevention was addressed.

SASS: Students Against Student Suicide

- The SASS initiative aims to create a group of students that can act as frontline suicide prevention for their peers through outreach, education, and trainings:
 - *Save A Life: The Leader's Challenge*
 - *Project Weekly Wellness LGBT Weekly Programming*
 - Suicide prevention classroom workshops
 - Outreach events, such as *Talk To Me*, *Red Ball*, and *Mentoring the Leaders of Tomorrow* by *Shawn Blanchard*
 - Weekly tablings with educational materials
 - Posting and displaying awareness materials

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SASS: Accomplishments

- 46 students have completed *Save A Life: The Leader's Challenge*.
- More than 1,000 students have participated in the suicide prevention classroom workshops.
- More than 200 faculty, staff, and students have attended our outreach events where suicide prevention was addressed.

Wellness center data: we looked at the 2016-2017 data of students entering the wellness center and addressing the services gaps for services that are in need:

Why we targeted specific groups

High Risk Populations (optional response)	No. of People	% of People
<No Response>	338	68.7
LGBTQ (Lesbian/Gay/Bi-Sexual/Transgender/Queer)	65	13.2
Veteran	8	1.6
Person with a Disability	33	6.7
International Student	30	6.1
Non-Citizen	41	8.3
Total	515	104.6

Race / Ethnicity	No. of People	% of People
<No Response>	11	2.2
African American / Black	107	21.7
American Indian or Alaskan Native	5	1
Asian American / Asian	59	12
Hispanic / Latino/a	209	42.5
Native Hawaiian or Pacific Islander	2	0.4
Multi-racial	34	6.9
White	47	9.6
Self-identify (please specify):	19	3.9
Total	493	100.2



How we targeted these groups

- Through SAMHSA grant: Created Project Weekly Wellness which campus formed The Hub for LGTBQIA students.
- Non-English speaking students: Made deliberate moves to “speak” to these students and make them aware of resources; reflected in multi-lingual staff
- First year of grant: Helped them target where to go and make sure supports were in place and data collection efforts were in place.
- Save a Life Leaders Challenge

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Specific Programs

SAVE A LIFE CAMPAIGN

- Our “Save a Life” (SAL) Campaign includes specialized Mental Health First Aid Certification Training offered by the Department of Health specifically for Higher Education Professionals to help identify students who are in distress and/or at risk.
- Trainings & programming on decreasing stigma & increase awareness of mental health issues & suicide awareness especially among high risk.
 - Veterans, students with disabilities, international students, LGBTQ & non-English speaking students.

Specific Programs

PROJECT WEEKLY WELLNESS

- Project Weekly Wellness is a holistic health and wellness program designed for our LGBTQIA-identified students.
- The program incorporates weekly wellness workshops facilitated by presenters followed by processing groups led by Wellness Center counselors.
- Each workshop addresses a health and wellness topic(s) that relates to the LGBTQIA Community (i.e. gender expression, sexual identity, the “coming out” experience, discrimination and treatment in the workplace, violence and bullying, Same-Sex Relationships, etc.)

SASS: Upcoming Goals

- *Save A Life: The Leader's Challenge* will run in the Fall and Spring semesters in session 1.
- Continue to provide suicide prevention classroom workshops.
- Tablings every Tuesday from 10:00am-12:00pm in the M-Lobby.

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Thank you!

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