

# **Strategies to Engage High-Risk and Special Populations on Campus**



**Cindy Ewell Foster, Ph.D.**  
**Using Mini-grants to Advance Prevention Programming  
for High Risk Groups  
at the University of Michigan**

*The views, opinions, and content expressed in this publication do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).*





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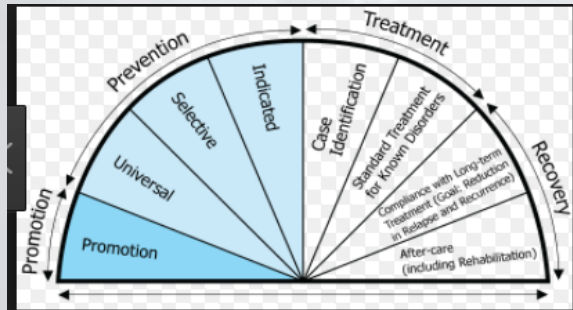




# UNIVERSITY OF MICHIGAN CAMPUS SUICIDE PREVENTION GRANT

## Background

- Existing universal prevention
- Little selected/indicated prevention for high risk groups
- Large university: communication challenges



# Universal Suicide Prevention at UM

- CAPS - Question, Persuade, Refer (QPR) Training
- CAPS - do something: Stop Student Suicide Initiative
  - Messages of Hope
- AFSP - Out of The Darkness: UM Chapter





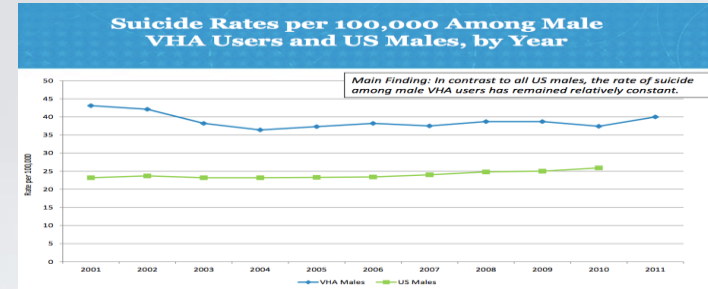
# USING DATA TO GUIDE OUR APPROACH



# National Suicide Data Points to High Risk Groups

- **Military Veterans**

- Risk is 22% higher than civilians



- **LGBTQ Youth and Young Adults YRBS data (2016)**

- 3x as likely to seriously contemplate suicide
- 5x as likely to attempt
- Higher lethality; Higher incidence of risk factors

# National Data

We also know that some groups are at higher risk on college campuses

e.g., Healthy Minds Study, 2013\*

OR for depression is elevated among racial/ethnic minorities, sexual minorities, & those with financial struggles.

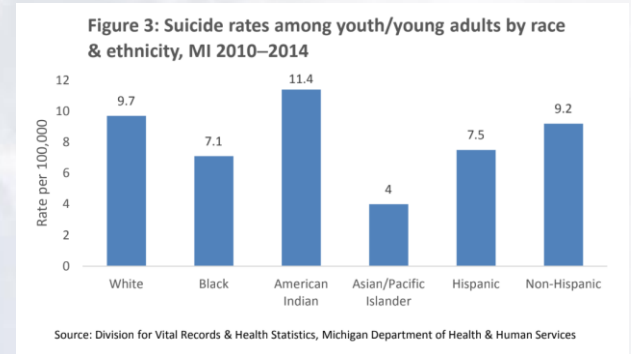
\*Eisenberg, Hunt, & Speer, 2013





# Michigan Data

- State data for youth/young adults (MDHHS, 2014)
  - Highest Risk group is AI/AN
  - Washtenaw County Data increase in AA males
- Veteran suicide rate is 2-7x higher than state average (US Dept. of Veteran Affairs, 2014)
- LGBTQ youth were 4x more likely to consider suicide than heterosexual youth ( MI YRBS, 2015)



# University of Michigan Campus Data

## Student Composition: 43,000 students

- Approx. 1,300 LGBTQ students
- 339 Military Connected Students
- Very low population of AI/AN

## UM Student Mental Health Survey, 2016-17

- 36% so depressed hard to function
- 26% suicidal ideation; 9% seriously considered
- 6% NSSI
- 1.1% attempted suicide at least 1x

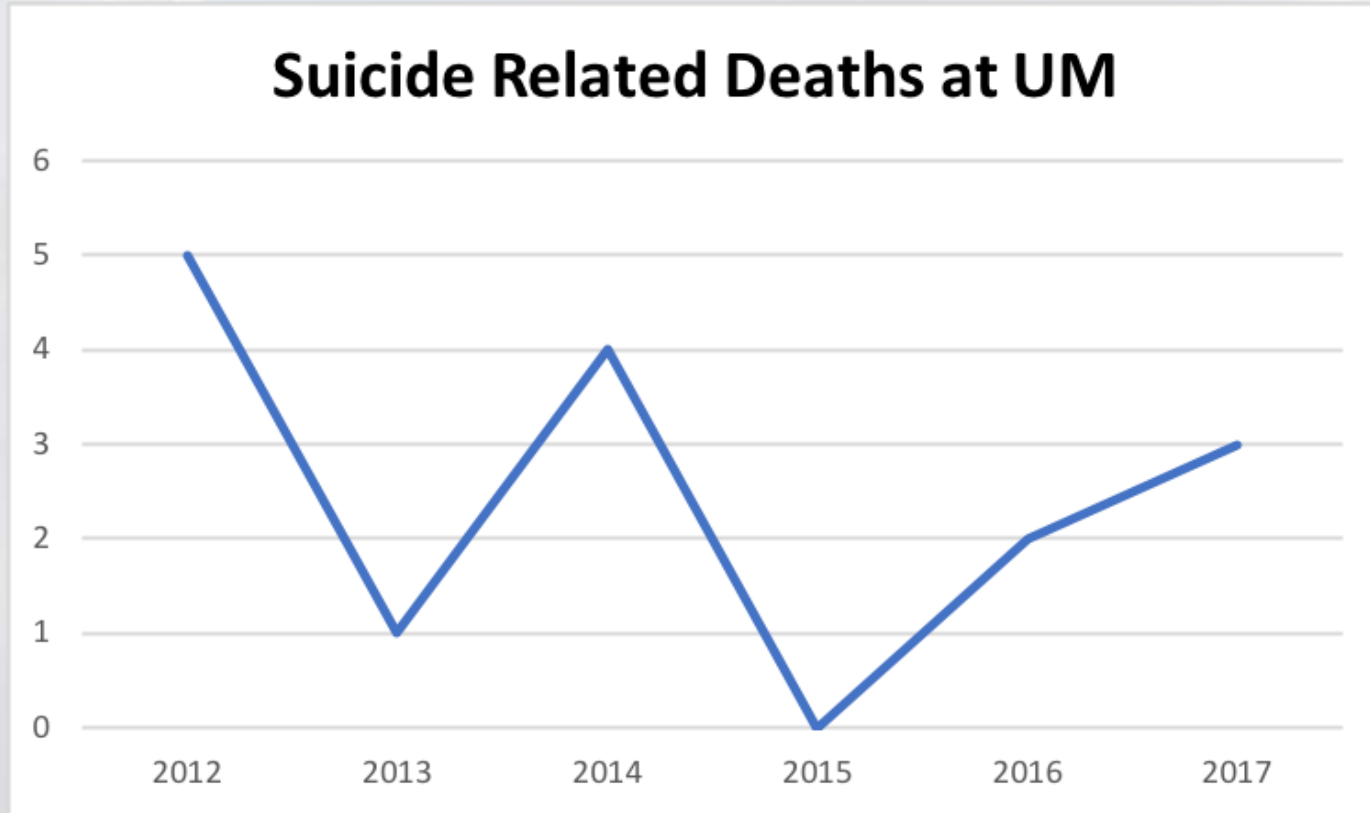


# UM SUICIDE PREVENTION TASK FORCE INPUT: WHO ARE YOU MOST WORRIED ABOUT?

- First generation students
- International students
- Students on academic probation



# SBHF Data - University of Michigan



# GLS Mini Grants for High Risk Groups on Campus

- Community Based Participatory Model
- Leaders of campus organizations best understand the unique mental health needs of the students they serve
- Model provided by Michigan's State GLS Grants



# GLS Mini Grants for High Risk Groups on Campus

Invited to Apply:

- Spectrum Center
- MSPAN/ Veteran & Military Services
- First Gen Group
- International Center
- Services for Students with Disabilities





# GLS Mini Grants: Allowable Activities

- 1) Culturally tailored gatekeeper training
- 2) Enhancing referral network by identifying providers with unique expertise
- 3) Education/Awareness seminars
- 4) Promotion of Crisis Services
- 5) Tailored informational materials for students, staff, or families



# Proposal 1: Spectrum Center



- The University of Michigan Spectrum Center provides gender and sexuality based education, outreach, advocacy and support to students, faculty and community members
- Their proposal, *Spectrum of Support Initiative*, will provide LGBTQ students with early and easy access to a variety of resources on campus via
  - A campus retreat for first year LGBTQ students
  - The development of new tailored online and printed mental health related materials

# Proposal 2: Veterans & Military Services Program- *No One Left Behind*



- The Veterans and Military Services Program (VMS) supports student veterans and their families
- *No One Left Behind* capitalizes on the military ethos that no soldier, airman, marine or coast guardsman will be left behind in combat
- Components of *No One Left Behind*
  - Training for Peer Advisors/Staff
  - Education focused on de-stigmatizing mental health help seeking including tailored materials
  - One social event per semester that allows veteran students, families, and campus support people to share resources and make connections

# Proposal 3: International Center



- The University of Michigan International Center (IC) provides a wide range of services and programs for international students to assist them in achieving their academic, professional and personal goals.
- The IC proposal includes a variety of activities, aimed at enhancing staff understanding of international students' unique mental health concerns
- Activities include:
  - Specialized Training on Responding to Mental Health Issues in International Education
  - Gatekeeper training for IC Student Council
  - Translating CAPS suicide prevention materials

# COMMON ELEMENTS

- Connectedness: creating community
- Education about resources
- Cultural tailoring
- Sustainability planning
- Evaluation



# THANK YOU!



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