

Preventing Suicide at UW-Madison: Campus & Community Partnerships



Valerie Kowis & Leah Shapiro





To create, integrate, transfer, and apply knowledge through innovative programs of research, teaching, and public service.



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

 **University Health Services**

- Over 43,000 students
- 50 states
- 131 countries
- Over 21,000 faculty and staff



- 133 undergraduate majors
- 150 master's programs
- 108 doctoral programs





WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

City of Madison



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

 **University Health Services**

Community Partners

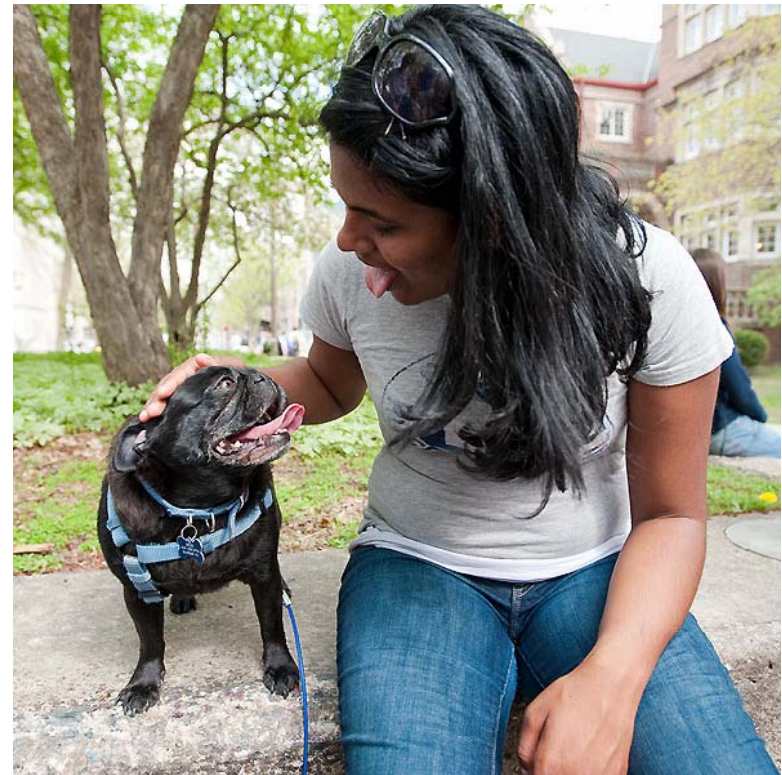
- Three hospitals in Madison, WI
 - All local, about equal distance from UW
 - Students could interact with any one of these, there isn't one that's most commonly used
- Two police departments
 - UWPD and MPD (depends where students live for jurisdictional issues)
- Detox Center

Timeline of GLS Grant

- Awarded August 2012
 - University Health Services
 - Cohort 6
- Suicide Prevention Coordinator
 - January 2013
- Suicide Prevention Council
 - March 2013
- Workgroup Project (*main topic today*)
 - January 2014

University Health Services

- **Comprehensive** campus health organization
- **Broad** definition of health
- Individual, campus, and community **levels**



University Health Services is dedicated to creating a healthy and safe environment for all campus community members.

Promoting, Protecting, and Restoring Student Health and Well-Being.



Comprehensive & Integrated Care



Medical Services

Mental Health
Services

Campus Health
Initiatives &
Prevention



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

 University Health Services

Medical Services

Sports medicine

Rehabilitation therapy

Dermatology

Travel medicine

Immunizations

Sexual health

Women's health

During the 2011/2012 academic year, clinical care had 59,930 total student visits with 23,369 unique students.



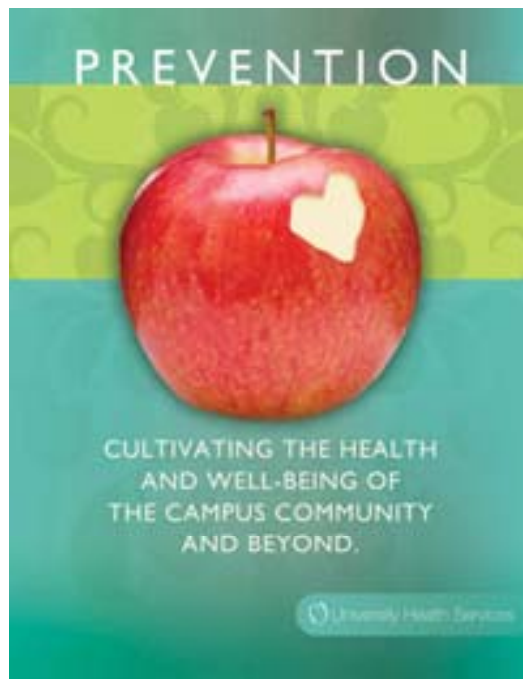
Mental Health

Crisis services
Individual counseling
Group counseling
Couples/Partners counseling
Psychiatry
Wellness consultation
Case management
Campus based services



During the 2011/2012 academic year, mental health had 21,086 total student visits with 4,631 unique students.

Campus Health Initiatives & Prevention Services



- **Campus & Community Partnerships**
- Environmental & Occupational Health
- Communications
- Wisconsin Clearinghouse

Campus & Community Partnerships

- In the CCP office of UHS, we have staff who focus on these issue areas:
 - *Suicide Prevention*
 - Violence Prevention
 - Inclusive Community Building
 - AODA
 - Wellness
 - Civic Engagement

Student Involvement



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

 **University Health Services**

Ask.Listen.Save.

We aim to teach the student body how to **ASK** fellow students that are showing the symptoms of depression and/or experiencing suicidal thoughts if they are okay, **LISTEN** to what they have to say, and, if needed, serve as a student bridge to University Health Services to help **SAVE** a life.



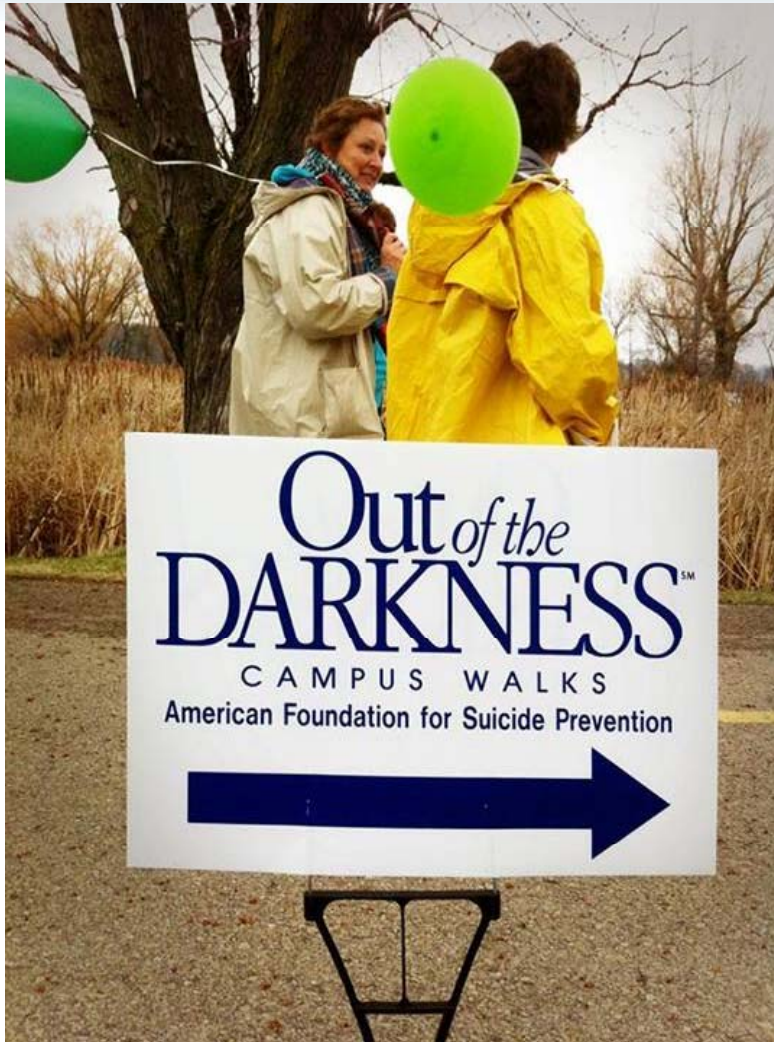
Executive Board



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

 **University Health Services**

Out of the Darkness Walk



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

 **University Health Services**

Peer Education

- Develop and facilitate peer-to-peer workshops to educate students about suicide prevention, raise awareness of resources, and reduce stigma on the UW-Madison campus
- Collaborate with other organizations to tailor these presentations to meet diverse student needs

Collaboration with AFSP

UW-Madison's student organization
Ask.Listen.Save. as a model for
other campus AFSP chapters



AMERICAN FOUNDATION FOR
Suicide Prevention



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

 University Health Services

Suicide Prevention Council

The purpose of the Suicide Prevention Council is to serve in an advisory role for suicide prevention efforts at the University of Wisconsin-Madison. The council offers a multidisciplinary perspective for campus, community, and shared governance representatives to work collaboratively towards the common goal of suicide prevention.



WISCONSIN
UNIVERSITY OF WISCONSIN-MADISON

 **University Health Services**

Suicide Prevention Council

Mission:

- Strengthen campus practices and policies surrounding suicide prevention and mental health promotion.
- Identify campus needs pertaining to suicide prevention.
- Provide campus support for the identification and implementation of training.
- Work with students, faculty/staff, parents, and community partners to create a supportive campus environment where students feel connected to resources.
- Reduce stigma on campus for mental health issues and promote help seeking behaviors.
- Ensure student-focused strategies for suicide prevention.



Council Members

Campus Offices

- UHS: Prevention
- UHS: Mental Health
- UW Housing
- LGBT Campus Center
- UW Police Department
- Dean of Students Office
- International Student Services
- McBurney Disability Center
- Financial Aid Office
- Academic Advising
- Student Organizations

Community Offices

- Veteran's Administration
- WI DHS: Mental Health and Substance Abuse Services

Shared Governance Representatives

- Native American Community Member
- Faculty
- Parent
- Student



Council Accomplishments

- Gap Analysis
- At-Risk
- Website & Branding of suicide prevention initiative
- ***Formation of the workgroup***
 - ***Campus/Community Collaboration***



Workgroup

Issues to address:

- Process by which students enter the hospital for when they are at high risk or experiencing a mental health crisis
- Ways in which campus units communicate about these issues
- Connecting students with campus resources and services

Big Questions

- How do we identify students at high risk?
- How do campus partners communicate about these students in order to provide appropriate and effective services?
- How can UW work collaboratively with community partners (hospitals) to improve the discharge process for our students?

Process Mapping

- Handout: Framework for workgroup project
- Two parts
 - How students are identified/enter community agencies (mainly hospitals)
 - How students are discharged/re-enter campus
- Multiple interventions at various process stages within multiple offices

Engaging with Community Partners

- Community based coalitions that we are already connected to:
 - Safer Communities Coalition
 - Mental Health America – Wisconsin
- Existing contacts from CCP co-workers
- Before making an ask, demonstrate effort to make internal, campus improvements as a part of the project

Challenges Encountered

- Finding the “right” contact
- Scheduling between campus/community
- Geography of Madison/campus
- Slow rate large, public institutions operate
- Dean of Student’s Office capacity
- Managing input from multiple stakeholders
- Rebranding what campus does – shifting views from punitive to supportive

Levels of Interventions

- "Quick" Interventions
 - Targeted completion: June/July 2014
- Campus system changes
 - Targeted completion: August 2014
- Community system changes
 - Targeted completion: September 2014

“Quick” Interventions

- Umatter website overhaul
 - Changes to reflect FAQs and what has come up in workgroup
- Umatter resource brochure
 - Distributed to students by hospitals, detox, campus partners
 - Meant to provide information about campus resources and services available to students who experience mental health crises

“Quick” Interventions: Brochure

- Clarifies roles of campus support units:
 - UHS: Mental Health Care
 - DOSO: Personal Advocacy
 - DRC: Academic Accommodations
- Lists other campus units who support the mission of Umatter and the work of the Suicide Prevention Council

“Quick” Interventions: Card

We're here for all UW-Madison students.

University Health Services

Free & confidential mental health care, medication management, referrals, consultations

<http://www.uhs.wisc.edu/services/counseling>

(608)265-5600, option 9 for 24-hour crisis line

Dean of Student's Office

Academic advocacy & personal support services

<http://students.wisc.edu/doso>

(608)263-5700 or dean@studentlife.wisc.edu



Visit the Umatter website for information about free campus resources, mental health services, and to learn about how you can best support fellow Badgers.

www.uhs.wisc.edu/umatter

Campus System Changes

- Response Protocol Template (handout)
 - Plan for response when a student is at high risk or in crisis
 - Information is centralized
 - Standardized responses
 - Increased transparency
 - Addresses needs of staff at differing levels of knowledge on crisis response
 - Customizable to meet diverse unit needs

Community System Changes

- Ongoing
- *First:* Campus demonstrates our effort to make internal improvements
- Review discharge process from each of the three hospitals and detox
- Provide Umatter brochure to be distributed
- Consider ways for ROI to be better used
- Police reports as a tool to inform campus

Contact Information

Valerie Kowis, MS, CRC

Suicide Prevention Coordinator

vmkowis@uhs.wisc.edu

(608)263-2535

Leah Shapiro

Suicide Prevention Program Assistant

ljshapiro@uhs.wisc.edu



www.uhs.wisc.edu/umatter

