Introduction to the Comprehensive Approach to Suicide Prevention and Mental Health Promotion

Kerri Smith, LCSW, MPH
Adam Chu, MPH
Suicide Prevention Resource Center
Thursday, September 20, 2012
3:00–4:00 p.m. Eastern Time
Who you’ll hear from today

Kerri Smith  
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Before we begin...

✓ If you are having any technical problems joining the webinar please call 617-618-2380 or Adobe Connect 1-800-422-3623.

✓ Type any questions or comments at anytime into the text box on the lower left hand side of your screen and we will attempt to assist you.
Agenda

✔ SPRC/Jed Foundation Comprehensive Approach to Suicide Prevention and Mental Health Promotion

✔ Examples of how other campuses have adopted a comprehensive approach

✔ Identify current strengths and gaps on your campus for implementing a comprehensive suicide prevention program
What is one part of your program that you are excited to begin work on?
Public Health Approach

Problems occur at multiple levels

Based on DeJong & Langford, 2002
TJF/SPRC Comprehensive Approach

Intervene at multiple levels with multiple, integrated strategies

- Identify Students at Risk
- Increase Help-seeking Behavior
- Promote Social Networks
- Develop Life Skills
- Restrict Access to Potentially Lethal Means
- Provide Mental Health Services
- Follow Crisis Management Procedures

The Jed Foundation; Suicide Prevention Resource Center
Identify Students at Risk

Goal:
- Identify those students who may have mental health problems, be at risk for mental health problems, or be at risk for suicide.
Identify Students at Risk
Increase Help-Seeking Behaviors

Goal:

- Increase the likelihood that a student who needs supportive services or counseling will seek out and secure assistance.
What barriers to help-seeking exist on *your* campus?
Increase Access to Mental Health Services

Goals:

• Ensure that students who need services receive them.
• Ensure services are appropriate and of high quality.
• Assess and manage suicide risk.
Follow Crisis Management Procedures

Goals:
- Respond effectively to students who are acutely distressed or suicidal.
- Help survivors deal with grief and confusion, and to prevent suicide contagion when a suicide does occur.
TJF Framework for Developing Institutional Protocols

http://www.jedfoundation.org/professionals/programs-and-research/framework
Questions?
Restrict Access to Lethal Means

Goal:
- To limit access to potential sites, weapons, and other agents that may facilitate dying by suicide
Restrict Access to Lethal Means

NYU Bobst Library

Cornell University Bridge Barriers
Other ways campuses can restrict access to lethal means?
Develop Life Skills

Goal:
• To promote the development of skills that will assist students as they face various challenges in school and in life
What do you think?
Other ways this campus could promote the development of stress management skills?
Goal:

- To promote relationship-building between students, staff, and faculty and a sense of community on campus
Example: WPI’s Student Support Network
Questions?
Are you ready?
Activity

Current strengths:

Gaps to be addressed:

Steps to address gaps:

1. Identify Students at Risk
2. Increase Help-seeking Behavior
3. Promote Social Networks
4. Develop Life Skills
5. Restrict Access to Potentially Lethal Means
6. Provide Mental Health Services
7. Follow Crisis Management Procedures

Comprehensive Approach to Suicide Prevention and Mental Health Promotion
Discussion
What Alumni Grantees are Saying...

“Don’t do it alone!”

“Collaboration with other campuses is extremely valuable: shared ideas, shared perspective, shared goals.”

“Find out what campus partners need and make your program work for them. Help them to see this as a resource.”
Your SPRC Prevention Specialists

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Cohort 6 Assignments:
- Bowling Green State University
- Medical Univ. of South Carolina
- Miami University
- Niagara County Community College
- Oglala Lakota College
- Temple University
- Trustees of Amherst College
- University of Florida
- University of Iowa

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- George Mason University
- Montgomery College
- Oakland University
- Pensacola State
- Saginaw Valley State University
- Tarrant County College District
- Texas Christian University
- University of CA- Davis
- Wartburg College
- University of WI – Madison
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What’s Next?

✓ Exercise: Inventory of programs, policies and services on your campus

✓ Webinar: Strategic Planning Principles
  Thursday, October 4th, 3-4pm ET
Final Questions?
Thank you!

This webinar will be posted on SPRC’s website at:
www.sprc.org/grantees/grantees-technical-assistance-meetings-and-webinars