The Potential for Statewide or Regional Campus Consortia to Enhance Suicide Prevention Efforts

Presenters

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Your Interest

• What are your hopes for collaborating with other campuses and state-level partners in your state?
• What are the challenges or barriers you think you’ll need to address?

Agenda

• What is a “statewide initiative”?
• Development of Virginia initiative
• Grantee example: Wyoming
• Your thoughts
• Resources
What is a Statewide Initiative?

A concerted effort by IHEs, state government officials, and community organizations in a state to address public health problems affecting college and university campuses and their surrounding communities.

Public Health Principles

Intervene at multiple levels with multiple, integrated strategies

- Enhancing and promoting health
- Prevention of mental disorders
- Early recognition and intervention
- Treatment
- Maintenance
- Postvention

*Based on National Academies, 2009*
Public Health Principles

Intervene at multiple levels with multiple, integrated strategies

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

The Jed Foundation; Suicide Prevention Resource Center

Public Health Principles

Use best practices and tactics

NEW! Youth Suicide Fact Sheets Based on NVDRS Data

The Harvard Injury Control Research Center, in partnership with SPRC, analyzed the CDC’s National Violent Death Reporting System (NVDRS) data to create two fact sheets on Youth Suicide and Attempted Suicide. The fact sheets were created for professionals, youth suicide and attempted suicide prevention resources, Youth Suicide and Attempted Suicide Status, offer information to youth at the time of death, methods of suicide among young adult students.

Suicide Trend Data

Harvard Injury Control Research Center analyzed trends in suicide over a twenty-year period. Data is presented in graph form, age group, sex, and race/ethnicity from 1985 - 2004. For those interested, a color presentation and a black and white presentation is available.
Public Health Principles

Think and plan strategically

1. Describe the problem and its context.
2. Identify priority problems and long-range goals.
3. Consult the science; identify strategies.
4. Select or develop interventions.
5. Develop an evaluation plan.
6. Create an action plan.
7. Implement, evaluate, improve.

Key Elements of Statewide Initiatives

- Strategic planning at state level
- Recruiting key partners
- Mobilize senior administrator leadership
- *Develop capacity of campus teams and leaders: public health approach, coalition building, strategic planning*
- Evaluate statewide and local efforts
- Sustain momentum
History and Examples

- Alcohol, other drugs, and violence prevention
- Mental health promotion and suicide prevention
  - Oregon
  - Missouri
  - Virginia
- Grantees: University of Oregon, Daytona State College, University of Wyoming, University of North Dakota, Regis University

Advantages of Statewide College Prevention Initiatives

- Individual IHEs not singled out
- Brings media attention to mental health and suicide
- Increases credibility of individuals and the group
- Opportunity to network with other IHEs and community members
- Potential for influencing state policy
Impact: SWI Case Study

• Collaboration
• Strategic planning
• Evidence-based strategies

UMass Donahue Institute, 2004

Impact: SWI Case Study

• Benefits
  – Networking
  – Funding
  – Training and technical assistance
  – Access to resources
  – Guidance and support
  – Credibility

UMass Donahue Institute, 2004
Impact: SWI Case Study

- Sustaining SWI
  - Consistent leadership at state level
  - Active campuses
  - Funding
  - National support

UMass Donahue Institute, 2004

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Statewide Initiative Logic

**Model**

**Collaboration/Infrastructure**
- Increase collaboration and infrastructure (local level)
- Increase collaboration and infrastructure (state level)

**Assessment/Planning**
- Collect data & create strategic plan (local)
- Collect data & create strategic plan (state level)

**Implementation**
- Implement effective strategies locally
- Implement state level changes

- Relationships
- Resources
- Involve key players
- Structures
- Training
- Assessment
- Capacity

Langford & Davidson, 2002
Intermediate Outcomes
- untreated, unsupported financial/social loss
- access to lethal means
- barriers to clinical care
- stigma associated with seeking care
- exposure to media normalizing suicide
- lack of social support, isolation
- depression, substance use
- hopelessness
- impulsivity

Risk factors

Protective factors
- access to clinical interventions
- effective clinical care
- restricted access to lethal means
- strong connections to family & community support
- skills in problem-solving, conflict resolution, etc.
- norms discouraging suicide

Long-term Outcomes
- suicide attempts
- suicide completions

Langford, 2007

Questions
References


References

References

Suicide Prevention Resource Center and The Jed Foundation, Comprehensive Approach to Suicide Prevention and Mental Health Promotion. Available at http://www2.sprc.org/collegesanduniversities/comprehensive-approach