Today’s Presentation:

- Goals
- Challenges
- Questions

Promoting the “Big Picture.”

We're using:

- Statewide conference
- Website
- Webinars
- Listserv
- Program brochure

(We’re persistent with language and images.)

1. Help campus leaders work together to build the “Big Picture.”

**Identify Students at Risk**

- Increase Web-Seeking Behavior
- Provide Mental Health Services
- Follow-Up Management Procedures
- Early access to Resources

**Preventative Social Networks**

- Promoting Social Inclusion and Mental Health Promotion
- Building Life Skills

2. Fill and organize the “tool box”.

A good plan (strategic thinking)

Data (Healthy Minds, Campus Survey)

Multidisciplinary Teams

Best practice training (at multiple levels)

- Clinicians
- Front-Liners
- “Eyes and Ears” in the community

State and national resources
State and national resources:

- The Division of Injury and Violence Prevention of the VA Dept. of Health: vahealth.org/injury
- The Suicide Prevention Resource Center: SPRC.org
- The JED Foundation: jedfoundation.org
- The American Association of Suiciology: suicidology.org
- The American Foundation of Suicide Prevention: afsp.org

3. Broker Deals

- The Healthy Minds Study
- An on-line training for faculty
- Student Health 101

CHALLENGES

The “Big Picture” is new; change is hard
(but we do understand the “public health approach in other contexts)

This isn’t what colleges are really for...
(many campuses don’t have a counseling center or counseling options)

Creating truly multidisciplinary teams
(Counseling center staff usually responsible to coordinate meetings, planning...)

QUESTIONS

High risk Students
Vulnerable Students
Healthy Students
About a third screen positive for depression or anxiety disorders or report suicidal thoughts or self injury. About 7% have seriously considered suicide.

About half are "flourishing."

A Public Health Model

- Comprehensive:
  - Changes the environment
  - Reduces risk for ALL

- Multi-disciplinary:
  - Adm. driven
  - Diverse roles involved

- Combined strategies:
  - Carefully selected and prioritized

- Uses data
  - to plan and evaluate strategies

The Campus Suicide Prevention Center of Virginia

1. On-site and regional training, using “Best Practice” programs

   - For Campus Mental Health Clinicians
     - Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians
     - Assessing and Managing Suicide Risk: Essential Skills for Clinicians

   - For Community “Gatekeepers”:
     - Campus Connected
     - SafeTALK
     - Applied Suicide Intervention Skills Training (ASIST)

Training, (cont.)

   - For Campus Planners: Developing, implementing and evaluating comprehensive suicide prevention plans
     - Webinars
     - Conferences
     - Regional Training
2. Support for collecting data

- The Healthy Minds Study, 2011
- A survey of campus needs and resources
- Strategies for other data collection

3. Support for developing campus services

- Effective screening
- Social marketing and awareness campaigns
- Support groups and wellness seminars

4. A network for sharing information and resources between campuses.