Targeting High Risk Groups

Pace University’s Counseling Center-
NYC
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Funded by the New York State Office of Mental Health and SAMHSA

• Private university – 5 campuses in NYC and Westchester-14,000
• Main Campus-NYC, 9,000 students very diverse population
• Abut diverse neighborhoods of Chinatown and the Lower East Side as well as the World Trade Center and Wall Street
Pace University

- 8% were Black,
- 8% were Asian/Pacific Islander,
- 8% were Hispanic,
- 1% were Native American/Alaskan Native,
- 39% were White,
- 29% identified as "Other" or "Unknown" (most likely of mixed background)
- and 7% identified as international students

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Data Sources

- Counseling center data on rates of ideation and attempts

Identification and Prioritization of High Risk Groups

- Neighboring populations and appreciation of the impact they have (e.g., Chinatown, the Lower East Side)
Identification and Prioritization of High Risk Groups (continued)

- Literature review
  - Latinas and Asian women at highest risk
- Culminating in NY State OMH grant during Summer 2008 which identified specific risk factors for those groups:
  - Family emphasis on academic performance
  - Conflicts with parents
  - Respect for parents and larger family (e.g., Familismo)
  - Acculturation and Enculturation (e.g., Marianismo and Machismo)
  - Discrimination
  - Stigma associated with accessing mental health services
Strategic thinking to identify students at risk of suicide and encouraging help-seeking

- Beyond data – understanding the specifics of Pace culture
  - Residents versus commuters
  - Needs of urban students with contact and connection to NYC
  - History of discrimination
- Created study group to look at Research Consortium data relating to diverse student groups
- Adjusted goals from Cohort 1 grant to Cohort 3 grant – based on data about who students tell when suicidal
- Experience with trying to bring students to counseling center for focus groups – stigma overrode food and gifts!
Tailoring programs

– Rethinking gatekeeper training –
  • target student clubs and organizations
  • leaders and more persuasive students

– More in depth multicultural approaches –
  • fostering multicultural competence in relation to suicide prevention (identification and referral) in diverse groups via:
    – creation of a toolkits (fact sheets, resources, quizzes for RAs)
    – trainings for faculty, staff, students, and other Counseling Centers.