Enhancing Social Networks

2009 SAMHSA Grantee Technical Assistance Meeting

Thursday, January 8, 2009

Presenters: Charles Morse, Worcester Polytechnic Institute
            Alison Malmon, Active Minds, Inc.
            Moderator: Dave Stewart, SPRC

Welcome!

Today’s Agenda:

• Overview-SPRC
• Charles Morse, Worcester Polytechnic Institute
• Alison Malmon, Active Minds, Inc.
• Discussion/Q&A
• Wrap-Up/Resources
Overview

National Strategy for Suicide Prevention

- One of the Strategy's primary aims is to: "Promote opportunities and settings to enhance resiliency, resourcefulness, respect, and interconnectedness for individuals, families, and communities."

Overview

Jed Foundation/SPRC Comprehensive Approach:

- Identify Students at Risk
- Increase Help-seeking Behavior
- Promote Mental Health Services
- Develop Life Skills
- Comprehensiveness Approach
- Preventive Approaches
- Risk Identifiers
- Reduce Access to Potentially Lethal Means
- Follow Crisis Management Procedures
Overview

Definition

- **Social Connectedness is:**
  
  "...the degree to which a person or group is socially close, interrelated, or shares resources with other persons or groups (Centers for Disease Control)."

- **Related Concepts (Lee et al.; Orden, et al; Williams & Galliher):**
  - Belongingness
  - Social support
  - Others?

Overview

Data and Research

Healthy Minds Study:

- 42% report that family or friend encouraged help-seeking

UC Berkeley:

- Graduate students’ 1st contact to discuss emotional/stress-related problem—(spouse/partner; friend; family member; professional)

NRCCCH:

- Students with suicidal ideation 1st told—(family; partner/spouse; friend; professional)

Campus-specific data?
Overview

Framing the Discussion

What kinds of Connectedness?
• Connectedness between individuals
• Connectedness between individuals and organizations
  -Individuals and college/university
• Connectedness among organizations/institutions
  -Partnerships among departments/services

(Adapted from CDC)

Overview

Framing the Discussion

...Thinking broadly...

• How might activities address connectedness on these three levels?
• How might broad-based activities differ from campus to campus?

(Ex. Social activities/gatherings; peer programs; student organizations; electronic networks)