Preventing Suicide at UW-Madison: Campus & Community Partnerships

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To create, integrate, transfer, and apply knowledge through innovative programs of research, teaching, and public service.
• Over 43,000 students
• 50 states
• 131 countries
• Over 21,000 faculty and staff
• 133 undergraduate majors
• 150 master’s programs
• 108 doctoral programs
City of Madison
Community Partners

• Three hospitals in Madison, WI
  – All local, about equal distance from UW
  – Students could interact with any one of these, there isn’t one that’s most commonly used

• Two police departments
  – UWPD and MPD (depends where students live for jurisdictional issues)

• Detox Center
Timeline of GLS Grant

• Awarded August 2012
  – University Health Services
  – Cohort 6
• Suicide Prevention Coordinator
  – January 2013
• Suicide Prevention Council
  – March 2013
• Workgroup Project (*main topic today*)
  – January 2014
University Health Services

- **Comprehensive** campus health organization
- **Broad** definition of health
- Individual, campus, and community **levels**
University Health Services is dedicated to creating a healthy and safe environment for all campus community members.

Promoting, Protecting, and Restoring Student Health and Well-Being.
Comprehensive & Integrated Care

Medical Services

Mental Health Services

Campus Health Initiatives & Prevention
Medical Services

Sports medicine
Rehabilitation therapy
Dermatology
Travel medicine
Immunizations
Sexual health
Women’s health

During the 2011/2012 academic year, clinical care had 59,930 total student visits with 23,369 unique students.
Mental Health

Crisis services
Individual counseling
Group counseling
Couples/Partners counseling
Psychiatry
Wellness consultation
Case management
Campus based services

During the 2011/2012 academic year, mental health had 21,086 total student visits with 4,631 unique students.
Campus Health Initiatives & Prevention Services

- Campus & Community Partnerships
- Environmental & Occupational Health
- Communications
- Wisconsin Clearinghouse
In the CCP office of UHS, we have staff who focus on these issue areas:

- Suicide Prevention
- Violence Prevention
- Inclusive Community Building
- AODA
- Wellness
- Civic Engagement
Student Involvement
Ask. Listen. Save.

We aim to teach the student body how to **ASK** fellow students that are showing the symptoms of depression and/or experiencing suicidal thoughts if they are okay, **LISTEN** to what they have to say, and, if needed, serve as a student bridge to University Health Services to help **SAVE** a life.
Out of the Darkness Walk

American Foundation for Suicide Prevention
Peer Education

• Develop and facilitate peer-to-peer workshops to educate students about suicide prevention, raise awareness of resources, and reduce stigma on the UW-Madison campus

• Collaborate with other organizations to tailor these presentations to meet diverse student needs
Collaboration with AFSP

UW-Madison’s student organization *Ask.Listen.Save.* as a model for other campus AFSP chapters
Suicide Prevention Council

The purpose of the Suicide Prevention Council is to serve in an advisory role for suicide prevention efforts at the University of Wisconsin-Madison. The council offers a multidisciplinary perspective for campus, community, and shared governance representatives to work collaboratively towards the common goal of suicide prevention.
Suicide Prevention Council

Mission:

• Strengthen campus practices and policies surrounding suicide prevention and mental health promotion.
• Identify campus needs pertaining to suicide prevention.
• Provide campus support for the identification and implementation of training.
• Work with students, faculty/staff, parents, and community partners to create a supportive campus environment where students feel connected to resources.
• Reduce stigma on campus for mental health issues and promote help seeking behaviors.
• Ensure student-focused strategies for suicide prevention.
Council Members

Campus Offices
- UHS: Prevention
- UHS: Mental Health
- UW Housing
- LGBT Campus Center
- UW Police Department
- Dean of Students Office
- International Student Services
- McBurney Disability Center
- Financial Aid Office
- Academic Advising
- Student Organizations

Community Offices
- Veteran’s Administration
- WI DHS: Mental Health and Substance Abuse Services

Shared Governance Representatives
- Native American Community Member
- Faculty
- Parent
- Student
Council Accomplishments

• Gap Analysis
• At-Risk
• Website & Branding of suicide prevention initiative
• *Formation of the workgroup*
  – *Campus/Community Collaboration*
Issues to address:

• Process by which students enter the hospital for when they are at high risk or experiencing a mental health crisis

• Ways in which campus units communicate about these issues

• Connecting students with campus resources and services
Big Questions

• How do we identify students at high risk?
• How do campus partners communicate about these students in order to provide appropriate and effective services?
• How can UW work collaboratively with community partners (hospitals) to improve the discharge process for our students?
Process Mapping

- Handout: Framework for workgroup project
- Two parts
  - How students are identified/enter community agencies (mainly hospitals)
  - How students are discharged/re-enter campus
- Multiple interventions at various process stages within multiple offices
Engaging with Community Partners

- Community based coalitions that we are already connected to:
  - Safer Communities Coalition
  - Mental Health America – Wisconsin
- Existing contacts from CCP co-workers
- Before making an ask, demonstrate effort to make internal, campus improvements as a part of the project
Challenges Encountered

• Finding the “right” contact
• Scheduling between campus/community
• Geography of Madison/campus
• Slow rate large, public institutions operate
• Dean of Student’s Office capacity
• Managing input from multiple stakeholders
• Rebranding what campus does – shifting views from punitive to supportive
Levels of Interventions

- "Quick" Interventions
  - Targeted completion: June/July 2014
- Campus system changes
  - Targeted completion: August 2014
- Community system changes
  - Targeted completion: September 2014
“Quick” Interventions

• Umatter website overhaul
  – Changes to reflect FAQs and what has come up in workgroup
• Umatter resource brochure
  – Distributed to students by hospitals, detox, campus partners
  – Meant to provide information about campus resources and services available to students who experience mental health crises
“Quick” Interventions: Brochure

• Clarifies roles of campus support units:
  – UHS: Mental Health Care
  – DOSO: Personal Advocacy
  – DRC: Academic Accommodations

• Lists other campus units who support the mission of Umatter and the work of the Suicide Prevention Council
“Quick” Interventions: Card

We’re here for all UW-Madison students.

University Health Services
Free & confidential mental health care, medication management, referrals, consultations
http://www.uhs.wisc.edu/services/counseling
(608)265-5600, option 9 for 24-hour crisis line

Dean of Student’s Office
Academic advocacy & personal support services
http://students.wisc.edu/doso
(608)263-5700 or dean@studentlife.wisc.edu

Visit the Umatter website for information about free campus resources, mental health services, and to learn about how you can best support fellow Badgers.

www.uhs.wisc.edu/umatter
Campus System Changes

• Response Protocol Template (handout)
  – Plan for response when a student is at high risk or in crisis
  – Information is centralized
  – Standardized responses
  – Increased transparency
  – Addresses needs of staff at differing levels of knowledge on crisis response
  – Customizable to meet diverse unit needs
Community System Changes

- Ongoing
- *First*: Campus demonstrates our effort to make internal improvements
- Review discharge process from each of the three hospitals and detox
- Provide Umatter brochure to be distributed
- Consider ways for ROI to be better used
- Police reports as a tool to inform campus
Contact Information

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