Collaborating With Alcohol Programs on Campus

Sheila Krishnan, MPH
Adam Chu, MPH

Suicide Prevention Resource Center
GLS Campus Grantees Meeting, April 17, 2012
What brings you here?
Goals of the Session

• Review what we know about alcohol and suicide in youth.
• Explore what alcohol prevention means for suicide prevention.
• Identify barriers and opportunities for collaboration on campus.
Alcohol Use Among College Students

• 29.9% of students reported consuming five or more drinks the last time they partied or socialized.

• 34.1% of students reported having five or more drinks between one and six times in the last two weeks.

• Alcohol-related problems lead to more stress, social anxiety and low self-esteem.

-Spring 2011 NCHA, Murphy, et al. (2006)
Depression Among College Students

- **31.1%** of students reported feeling so depressed it was difficult to function
- **50.6%** reported feeling overwhelming anxiety
- **6.4%** reported seriously considering suicide in the last year

- Spring 2011 NCHA
Depression Preceding Alcohol Use

- Owens and Shippee (2009)
- Wu et al (2006)
- Wang & Patten (2001a)
- Moscato (1997)
Alcohol Use Preceding Depression

Alcohol Use Preceding Depression

- Brain effects
- Biphasic effect
- Causing/intensifying other depression triggers

Repetto et al (2004); Mason (2008); Hufford (2001)
Alcohol Use Constricts Thinking

Alcohol “myopia”

Range of concentration

BAC

Cherpitel et al (2004); Hufford (2001); Sher (2005); Steele & Josephs (1990)
Risk Factors for Suicidal Behavior

• Depression, anxiety
• Hopelessness
• Job or financial loss
• Relational or social loss
• History of trauma or abuse

....and others

SPRC (2003); HHS (2001)
Alcohol as a Risk Factor for Suicide

Aseltine et al. (2009); Swahn & Boassarte (2007); Hallfors et al. (2004); Windle (2004); Cherpitel et al. (2004); Hufford (2001); Powell et al. (2001); Borowsky et al. (2001); Gould (1998); Brent et al. (1988)
Alcohol & Mental Health as Suicide Risk Factors

Alcohol Use → Other risk factors → Suicide
Alcohol & MH as Suicide Risk Factors

Three patterns identified as co-occurring risk factors

• Alcohol along with a mental health condition
• Alcohol with other life stresses
• Alcohol use at the time of death

Logan, Hall & Karch, D. (2011)
The Alcohol Environment and Suicide

- Lower MLDA associated with increased suicide risk among 18-21 year olds
- Increased alcohol consumption associated with increased suicide mortality rates
- Restricting alcohol availability may reduce suicide mortality

Birckmayer & Hemingway (1999); Mann et al (2006); Pridemore & Snowden (2009); Varnik et al (2006)
Alcohol Prevention as Suicide Prevention

- Alcohol Use
- Depression
- Other risk factors
- Suicidal Behavior

Relationships:
- Alcohol Use related to Depression
- Depression related to Other risk factors
- Other risk factors related to Suicidal Behavior
- Alcohol Use related to Other risk factors
Questions?
Collaboration on Campus
# Campus Examples

<table>
<thead>
<tr>
<th>Campus A</th>
<th>Have comprehensive approach to alcohol prevention but doesn’t carry over into mental health.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campus B</td>
<td>Staff work together but there is still limited understanding of the relationship between high-risk alcohol use and suicide.</td>
</tr>
<tr>
<td>Campus C</td>
<td>Different offices on campus were contacted to see how student problems presented there in order to inform developing a comprehensive program.</td>
</tr>
</tbody>
</table>
Barriers to Collaboration

• Differing philosophies and funding streams between mental health and substance abuse professionals

• Campus readiness for change

• Lack of leadership

• “Turf” issues
Facilitators to Collaboration

• Leadership

• Coalitions and task forces

• Shared understanding of the continuum of care (prevention, treatment and maintenance)
What next?
SPRC/Jed Foundation Approach

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

<table>
<thead>
<tr>
<th>Area to Assess</th>
<th>Current Strengths</th>
<th>Gaps to be Addressed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identify Students at Risk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increase Help-seeking Behavior</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Provide Mental Health Services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Follow Crisis Management Procedures</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restrict Access to Potentially Lethal Means</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Develop Life Skills</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Promote Social Networks</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Identifying Strengths/Gaps Activity

<table>
<thead>
<tr>
<th>Area to Assess</th>
<th>Action Steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>(From previous side)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Contact Information

Sheila Krishnan, MPH  
Campus Prevention Specialist  
Suicide Prevention Resource Center  
202-572-3761  
skrishnan@edc.org

Adam Chu, MPH  
Prevention Specialist  
Suicide Prevention Resource Center  
617-618-2947  
achu@edc.org