



SPRC

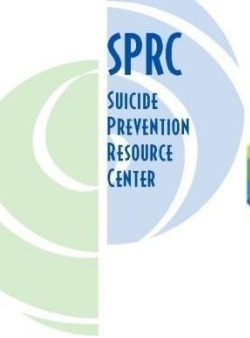
SUICIDE
PREVENTION
RESOURCE
CENTER

Collaborating With Alcohol Programs on Campus

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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.

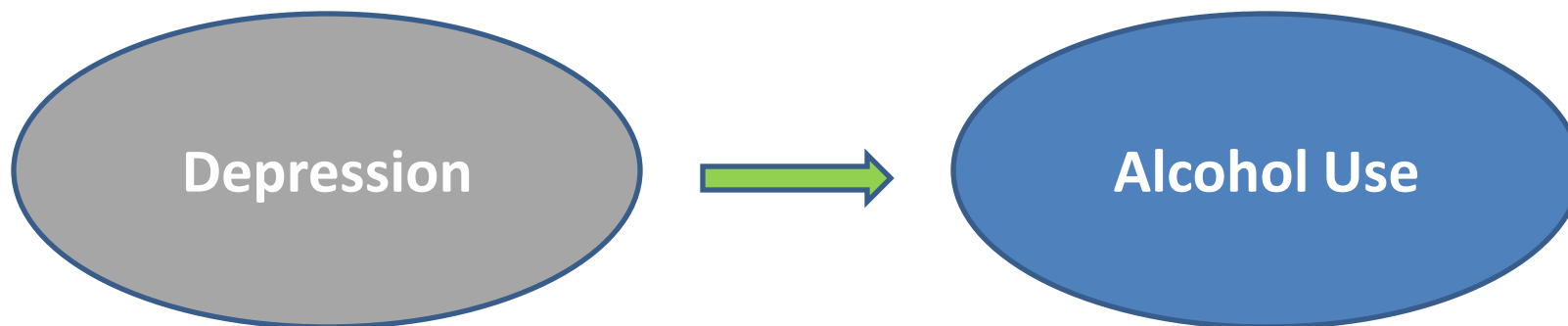
Alcohol Use Among College Students

- **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

Depression Among College Students

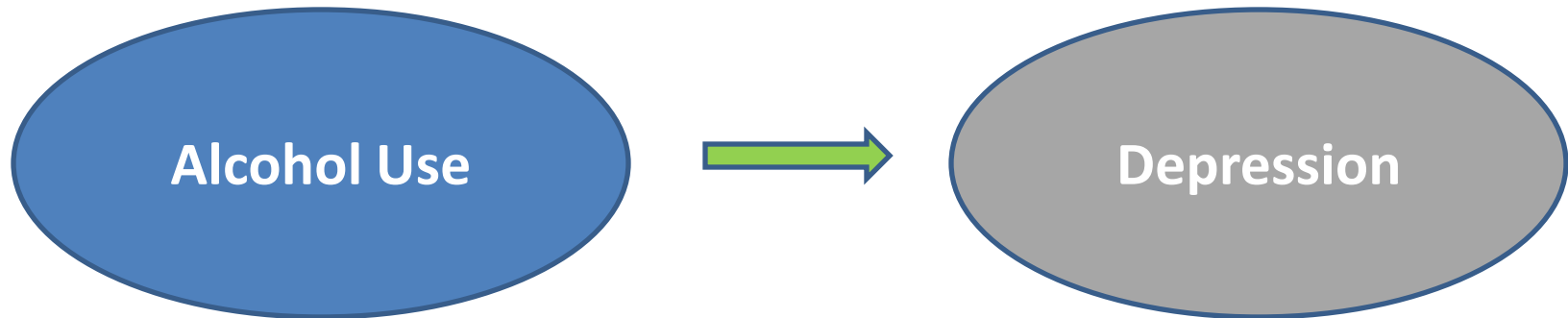
- **31.1%** of students reported feeling so depressed it was difficult to function
- **50.6%** reported feeling overwhelming anxiety
- **6.4%** reported seriously considering suicide in the last year

Depression Preceding Alcohol Use



Owens and Shippee (2009); Crum et al (2008); Wu et al (2006); Kuo et al (2006); Haynes et al (2005); Repetto et al (2004); Wang & Patten (2001a); Moscato (1997); Mason et al (2008)

Alcohol Use Preceding Depression



Fergusson et al (2009); Owens & Shippee (2009); Mason et al (2008); Hallfors et al (2005); Wang & Patten (2002); Brook et al (2002); Gilman & Abraham (2001); Wang & Patten (2001b); Hartka et al (1991)

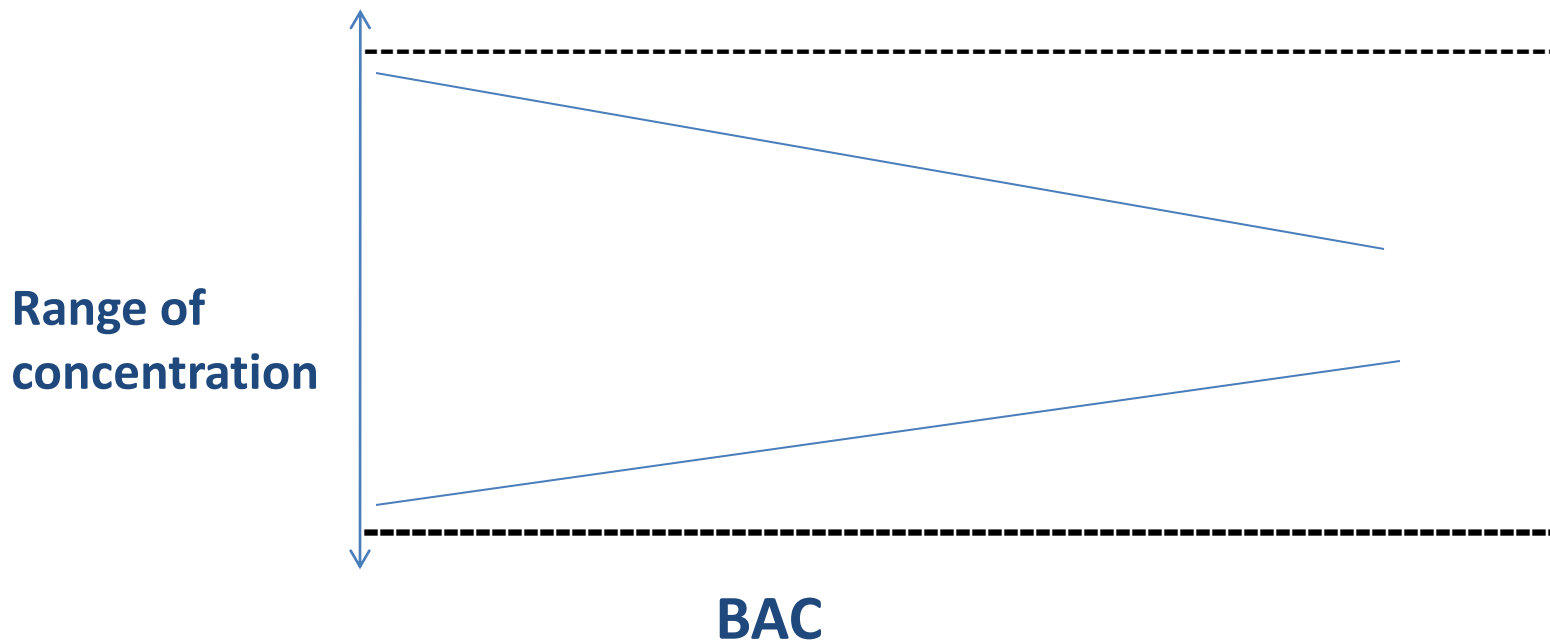


Alcohol Use Preceding Depression

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

Alcohol Use Constricts Thinking

Alcohol “myopia”



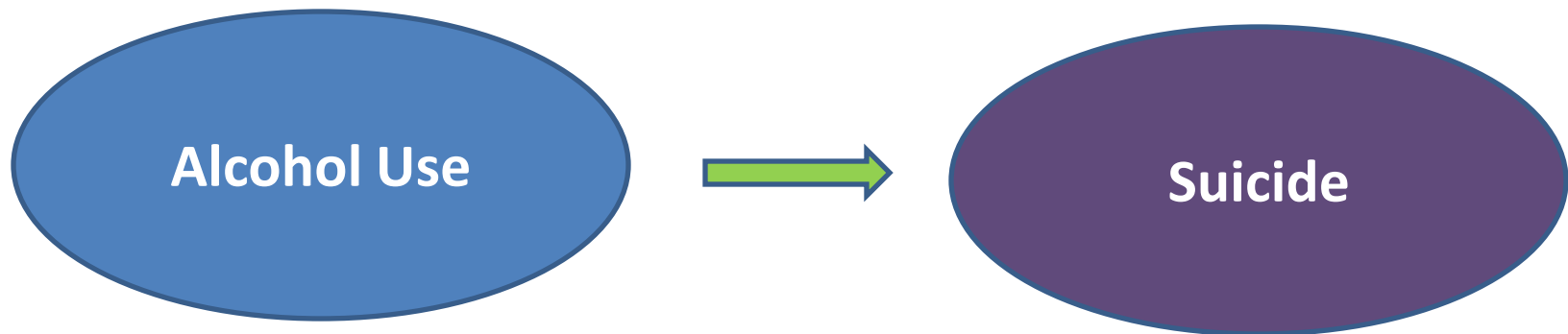
*Cherpitel et al (2004); Hufford (2001);
Sher (2005); Steele & Josephs (1990)*

Risk Factors for Suicidal Behavior

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

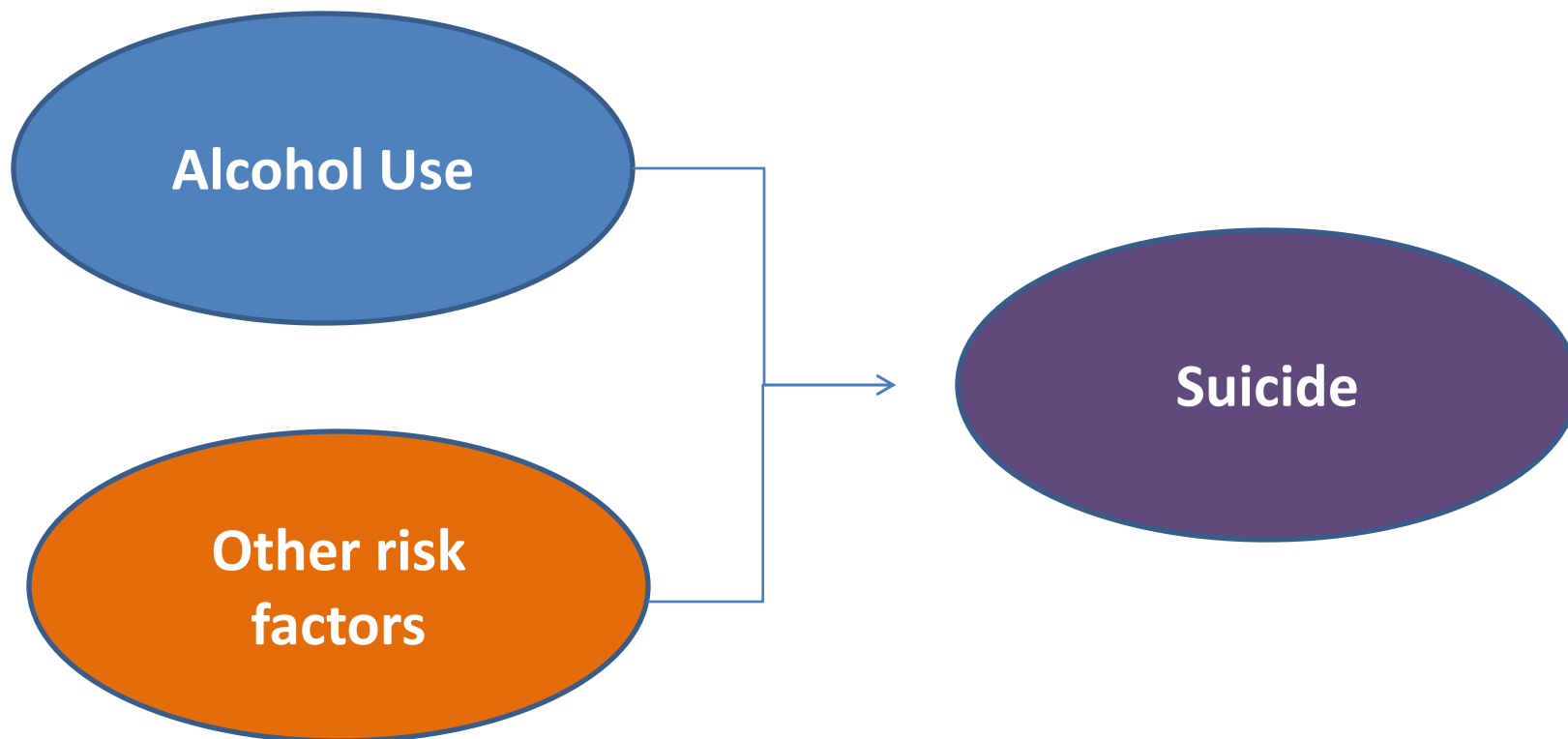
....and others

Alcohol as a Risk Factor for Suicide



Aseltine et al. (2009); Swahn & Boassarte (2007); Halfors 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 & MH as Suicide Risk Factors

Three patterns identified as co-occurring risk factors

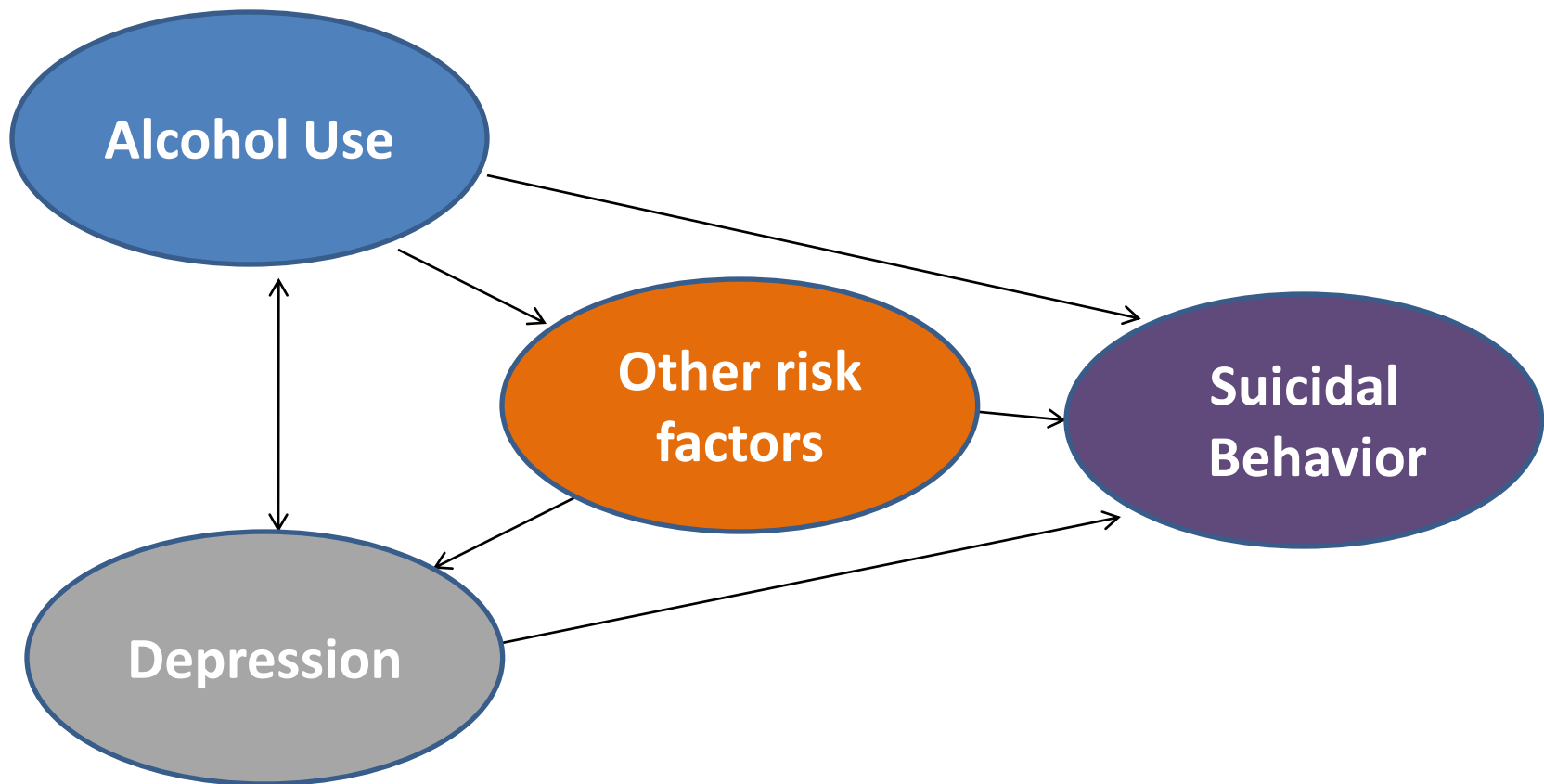
- Alcohol along with a mental health condition
- Alcohol with other life stresses
- Alcohol use at the time of death

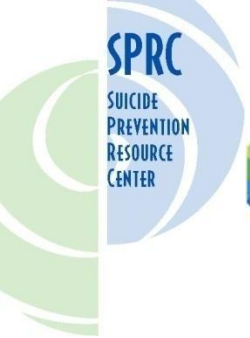
The Alcohol Environment and Suicide

- 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

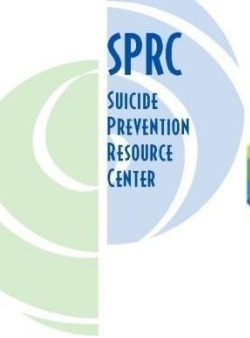
*Birckmayer & Hemingway (1999);
Mann et al (2006); Pridemore &
Snowden (2009); Varnik et al (2006)*

Alcohol Prevention as Suicide Prevention





Questions?



Collaboration on Campus

Campus Examples

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

IT'S EASIER IF WE ALL PULL TOGETHER

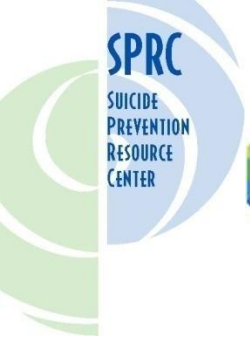


Barriers to Collaboration

- Differing philosophies and funding streams between mental health and substance abuse professionals
- Campus readiness for change
- Lack of leadership
- “Turf” issues

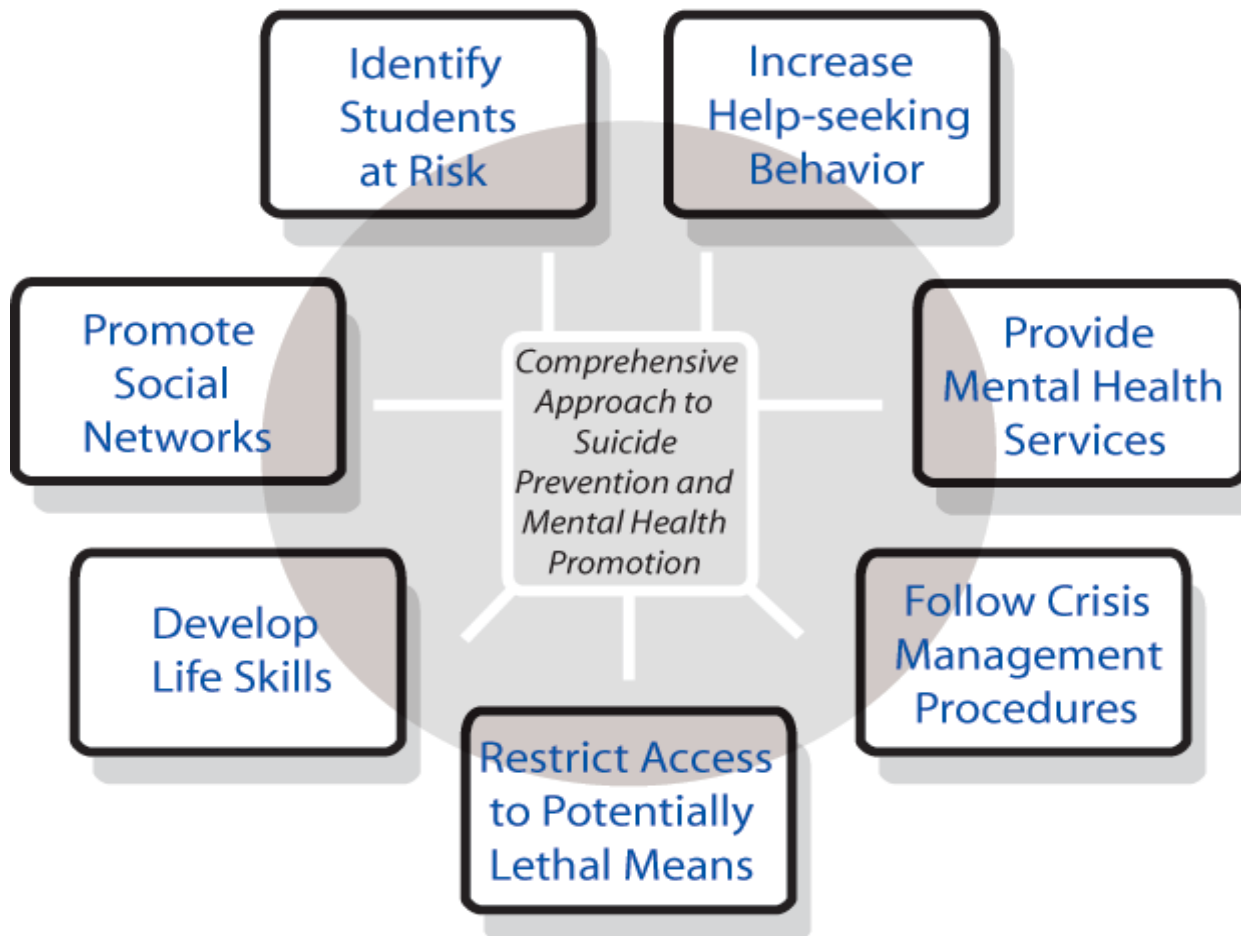
Facilitators to Collaboration

- Leadership
- Coalitions and task forces
- Shared understanding of the continuum of care (prevention, treatment and maintenance)



What next?

SPRC/Jed Foundation Approach





Identifying Strengths/Gaps Activity

Page 1

Area to Assess	Current Strengths	Gaps to be Addressed
Identify Students at Risk		
Increase Help-seeking Behavior		
Provide Mental Health Services		
Follow Crisis Management Procedures		
Restrict Access to Potentially Lethal Means		
Develop Life Skills		
Promote Social Networks		



Identifying Strengths/Gaps Activity

Area to Assess (From previous side)	Action Steps



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Contact Information

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