Suicide Safer Care: Developing Comprehensive Care on Campuses

May 2, 2016

Presented by:

Julie Goldstein Grumet, PhD
Director of Health and Behavioral Health Initiatives
Suicide Prevention Resource Center

Melissa Halter, PhD
Assistant Vice President, Student Wellness
University of San Diego
Zero Suicide is a foundational belief that suicide deaths for individuals under care within health and behavioral health systems are preventable.

While the Zero Suicide project was not developed specifically for campus health service or counseling centers, there are elements of the Zero Suicide framework that campus health systems may refer to in order to provide suicide safer care.  [www.zerosuicide.sprc.org](http://www.zerosuicide.sprc.org)
Suicide Prevention Strategies

- Other Prevention Strategies
- Outreach & Awareness
- Gatekeeper Trainings
- Policies/Protocols
- Coalitions/Partnerships
- Means Reduction
- Screen Flow/Screening Programs
- Hotlines/Helplines
- Assessment, Clinical & Referral Training
- Life Skills & Wellness Development

Suicide Prevention Strategies
Approaches to Suicide Prevention
University of San Diego

1) Grant Goals

2) Overview of Processes, Trainings, and Collaborations
   a) Shared Processes and Tools
   b) Screenings
   c) Clinical Care on Campus
   d) Assessments
   e) Trainings
   f) Meetings
   g) Care Coordination / Collaborations

3) Moving Forward - On-going Enhancements, Challenges
Goal 1: Increase the USD community’s awareness of mental health concerns, suicide risk and protective factors

Goal 2: Enhance help seeking behavior among the USD community

Goal 3: Create environmental change that promotes the overall health and wellness of the USD community.
Overview of Processes, Trainings & Collaborations

Shared processes and tools

• Shared protocols within clinical services
• Shared clinical releases
• Shared electronic medical records
Screenings

• Student Health Center
• During intake for Counseling Center Services
• You are USD website: Online Screening for Mental Health
• Community Screenings: Mental Health Check-ins
Mental Health Check-ins

- A once-per-semester event held centrally in our university forums
- Average of 66 students screened
  - Average of 3 presenting with Suicide Ideation
Mental Health Check-ins: Participant Handout

**Mental Health Check-in**
Join us in the conversation to #EndTheStigma About Mental Health

Thank you for being proactive about your Mental Health and modeling the courage it takes to seek help. Today’s check-in examines important mental health concerns such as stress, anxiety, depression, and alcohol concerns. Please review the below information and utilize it to support the wellness of our community.

**Know the signs:**
Learn to recognize the warning signs of suicide.

**Talk about it:**
Learn how to have a conversation about depression and suicide prevention.

**Seek help:**
If you or someone you care about needs support or is in crisis, know the resources and reach out.

**Counseling Center:**
SEIRA: 900 619-260-4655, Walk-in hours M-F 11:30-4:30, sundays@usd.edu

**University Ministry:**
UC 256, 619-260-4735, sundog@usd.edu

**Center for Health and Wellness Promotion:**
UC 161, 619-260-4648, sundog@usd.edu

**Alcohol**
Did you know? 56% of USD undergraduate students choose not to binge drink within a two-week period, and 85% of USD undergraduate students choose not to consume any alcohol in a given month. (NCHS 2014)

- **Red Flag Questions to Consider:**
  - Have you ever felt you should cut down on your drinking?
  - Have you ever felt bad or guilty about your drinking?
  - Have people annoyed you by criticizing your drinking?

**Safe Drinking Strategies:**
- Before Drinking: Have a plan and designated driver, set a limit, and eat a good meal.
- While Drinking: Be aware of standard drink sizes, do not leave your drink unattended, pace yourself, alternate alcohol with non-alcoholic drinks, and avoid mixing different types of alcohol.

**Binge Drinking or Heavy episodic drinking:** is defined as 4 or more drinks for women and 5 or more drinks for men within one sitting. Binge drinking leads to Blood Alcohol Concentration (BAC) levels over 0.8, which increases your risk for negative consequences.

**Mental Health Check-in**
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**Anxiety**
Did you know? 29% of USD students identify anxiety as an impediment to academic success but through healthy coping strategies, students have been able to reduce this impact (NCHS 2014).

**Positive Coping Strategies:**
- Develop a healthy and balanced diet. Junk food, caffeine, alcohol and other drugs can have a negative impact on your mood and can increase anxiety.
- Aim to get 7-8 hours of sleep every night.
- Try meditation, yoga or deep breathing and relaxation exercises which have been shown to calm the mind and body.
- Attend an anxiety workshop through the Counseling Center.

**Depression**
Did you know? 6% of USD students reported serious suicidal ideation during the previous 12 months; however, when community members support each other and acknowledge the importance of talking about concerns, hope develops (NCHS 2014).

Depression is a condition that can affect a person’s ability to work, study, interact with people or take care of themselves. Many of us have felt sad or down, however, when sadness becomes too much to handle or feels persistent, it may be a sign of depression.

**Tips for Understanding and Managing Depression:**
- Be kind to yourself.
- Take things one day at a time.
- Focus on small goals.
- Reach out for support.
- Work to develop a balanced diet, exercise, and time management skills.

**We can help!**
Staff in the Counseling Center can help you identify strategies to improve your mood, provide support, and partner with you to enhance your well-being and the well-being of our community.

San Diego University of San Diego
Online Screening for Mental Health
screening.mentalhealthscreening.org/USD

• Screening For Mental Health access added to You Are USD site

• 276 students screened in the last 2 years
Clinical Care on Campus

• Use evidenced based treatments
  • CBT and DBT
• Seek family or other support people involvement
• Releases for appropriate campus partners when possible (i.e. Athletics, Res. Life)
Assessments

- OQ 45 – self report progress measure
- Clinical goals and monitoring
- Quality assurance measures
Trainings

- Continuing Education for Clinical Staff
- Gatekeeper Trainings (Kognito and QPR)
- Campus Faculty / Staff
- Orientations
- Folder
Trainings (continued)

Suicide prevention training
Question, persuade, refer.

Why you should get trained:
Students trust you! As a faculty member you are in the position to connect students to the right resources. Your care and concern are vital to creating a community that is supportive and safe.

Can you ask a student if they are thinking about suicide?

Your resources:
- Counseling Center: (619) 260-4655
- Center for Health and Wellness Promotion: (619) 260-4618
- University Ministry: (619) 260-4735
- Public Safety 24/7: (619) 260-2222
- San Diego Crisis Line: (888) 724-7240
- National Suicide Prevention Lifeline: (800) 273-TALK (8255)

Kognito: How you can help students at risk.
Become a Trained Gatekeeper!

**Kognito: At-Risk** is a 30-45 minute online, interactive gatekeeper training program to learn the common signs of psychological distress and how best to approach a friend or peer for referral to the Counseling Center.

To Start Your Kognito Training: www.kognitocampus.com/login

Log-in Instructions: www.sandiego.edu/youareusd/kognito/
SIGN UP for QPR!

QPR = Question + Persuade + Refer

Suicide Prevention
QPR Training

Thursday, March 19
12:15 PM – 1:15 PM

Register now by sending an email to youareusd@sandiego.edu with the subject, “QPR Registration”!
Are you a leader in a student organization?

Set up a private training for your group by emailing youareusd@sandiego.edu.

www.sandiego.edu/youareusd
Trainings (continued)

This folder serves as a quick reference guide for faculty.

EXPRESS YOUR CONCERN AND CONNECT

Explore helpful ways to talk with a distressed student.

Are you concerned about a student’s well-being?

1. Talk to the student in private and express your concern. Try to give the student your undivided attention.

2. Be honest and direct. In a non-judgmental manner share what you have observed and why you are concerned.

3. Listen carefully and with sensitivity. Be open-minded. After you have expressed concern, give the student time to talk. Respect the student’s value system, even if you do not agree. Avoid giving advice or criticizing.

4. Do not promise confidentiality. If the student tells you they are having suicidal thoughts, is thinking of harming self or others, or reports sexual misconduct or relationship violence, you have a responsibility to tell someone (i.e. Public Safety, Student Wellness, Title IX Coordinator, etc.).

5. Communicate that it takes courage and strength to seek support. Remind the student that asking for help is never a sign of weakness.

6. Make a referral to Student Wellness. Be frank with the student about the limits of your ability to help. Emphasize the importance of professional help and let the student know that USD Wellness Services are confidential and free for all students.

7. Follow up. Let the student know you will check back in with them.

For more information about how to help a student, visit our website at:

www.sandiego.edu/yourisu
Trainings (continued)

HELPING STUDENTS IN DISTRESS

HOW DO I KNOW IF A STUDENT IS STRUGGLING?

Learn the warning signs and how to support a student who may be distressed or disruptive.

Disruptive Students:
- A student whose conduct is clearly and immediately reckless, disorderly, dangerous or threatening, including self-harmful behavior.
- Paranoid or high levels of suspiciousness
- Hostile or ongoing sarcastic remarks
- Open conflict with peers or university staff, instructors, or professors
- Dominating classroom discussions
- Frequently interrupting lectures
- Disorganized or erratic communication (written or verbal)

Distressed Students:
- A student with a cluster of persistent behaviors who seems unduly anxious, sad, irritable, withdrawn, confused or expresses suicidal thoughts.
  - You may notice:
    - Significant changes in weight
    - Unexplained and abrupt changes in behavior
    - Intoxication (alcohol and/or drug abuse)
    - Excessive risk taking
    - Disorganization or forgetfulness
    - Expressions of concern by peers
    - Decline in attendance or missing class

If a student is causing a disruption but does not pose a threat:
1. Ensure your safety in the environment,
2. Set limits by explaining how the behavior is inappropriate,
3. If the behavior continues, ask the student to stop and warn the student that official action may be taken,
4. If you believe there is a safety risk, contact Public Safety,
5. Immediately report the incident to the Dean of Students or Law Student Affairs. These offices can support in the resolution of problems and connect you with additional campus resources.

Who to Contact:
If you have safety concerns due to a student’s behavior, contact Public Safety at (619) 260-2222 immediately. Additional resources include the Dean of Students or Law Student Affairs.

Who to Contact:
If you feel that a student you are working with is showing signs of distress or has stopped attending class, contact Student Wellness at (619) 260-4855 so we can provide you with additional support.

UNDERSTAND AND PREVENT SUICIDE

Learn how to identify warning signs, support someone in crisis and reduce stigma.

What should I do if I want to make a non-emergency referral?
- Support the student as they:
  - Call Student Wellness at (619) 260-4855 to schedule an appointment.
  - Walk the student to the Counseling Center during business hours; the Center is located in the Center for Health and Wellness, Building 50.
  - Call the Counseling Center at (619) 260-4855 to schedule an appointment.
- If you believe a student needs extra support and encouragement, offer to let them call from your office. It may be helpful to share with the student more information about the process, such as:
  - The purpose of the counseling
  - The contribution of counseling
  - The differences between the counseling and therapy
  - The confidentiality and professional boundaries

What should I do if I want to make an emergency referral?
- Contact Public Safety at (619) 260-2222.
- If the emergency occurs during Counseling Center business hours, contact Public Safety at (619) 260-4855 and ask to speak to the counselor on call.
- If the emergency occurs outside of business hours, contact Public Safety at (619) 260-4855 and ask to speak to the counselor on call.

Confidentiality:
- Once a referral has been made, it is understandable to want to find out what happened and how you can continue to help. However, all welfare staff are bound by the principles of confidentiality as defined by our disciplines and California law. Welfare staff cannot share information about a student, or confirm whether they have been in for an appointment, without the student’s consent.
- We can answer general questions about making referrals, offer information about wellness concerns, provide other referral sources, provide support and resources, and supply information from you about specific behaviors of a student and share information with you about a student if they have signed a consent form.
- We understand the importance of having open communication with faculty and staff to best help students in need. Rest assured, we regularly seek student authorization to contact referral sources, faculty and staff in order to coordinate services.

Community Wellness:
USD community members are strongly encouraged to report any concerns, suspicious activity and threatening incidents to Public Safety at (619) 260-2222.
Training (continued)
Meetings

- Integrated Care Meetings (meets weekly)
- Student Assistance Coordination Committee (meets weekly)
- Sensitive Issues Team and Critical Incident Response Team
Care Coordination / Collaborations

- All clinicians trained in care coordination
- Two designated Care Coordinators
- Advisory boards (Community and Student)
- Formalized community partnerships and referral sources
Care Coordination / Collaborations (continued)

- **Advisory Board (sample membership)**
  - Athletics
  - Public Safety
  - Residential Life
  - San Diego Community Partners
  - Student Leadership
  - University Ministry

- **Community Partnerships**
  - San Diego Suicide Prevention Foundation
  - It’s Up To US (San Diego County)
  - The Trevor Project
  - Suicide Prevention Council for Higher Education
Moving Forward

- On-going assessment and improvement loop
- Creating a culture of directly addressing challenges

Questions?