Assumptions

- Problem is one of the entire campus and community
- Include prevention and treatment
- Effective prevention is comprehensive
  - Addresses multiple contributors
  - At both individual and environmental levels
  - Using multiple initiatives

Public Health Approach: Social Ecological Framework

- Intrapersonal
- Interpersonal
- Institution
- Community
- Society/public policy
Comprehensive Approach

- Prevention
- Early Intervention
- Treatment

Identify Students at Risk

- Screening of high-risk populations
- Train gatekeepers to recognize signs of distressed or distressing students
- Create interface between disciplinary process and counseling/MHS
- Establish cross-department case management committee
- Refer identified students to programs and services
Encourage help-seeking behaviors

- De-stigmatize mental health problems
  - Education
  - Contact
  - Advocacy
- Remove barriers to help-seeking
- Enhance accessibility of MHS

Establish Crisis Management Procedures

- Establish policies and implement programs that respond to suicide attempts and high-risk behavior
- Respond with comprehensive post-vention program

Provide Mental Health Services

- Train MHS providers to identify and treat depression, threats of suicide, and other emotional disorders
- Refer cases as appropriate
- Institute procedures (e.g., intake form)
- Engage in prevention & outreach activities
- Train personnel on confidentiality, notification, and legal issues
Means Restriction

- Limit access to potentially lethal means
  - Buildings (towers, rooftops, balconies, windows)
  - Firearms
  - Chemicals
  - Alcohol
  - Other drugs

Life Skills Development

- Improve students’ management of the rigors of college life
- Equip students with tools to recognize and manage triggers and stressors

Social Network Promotion

- Reduce student isolation and promote feeling of belonging
- Encourage the development of smaller groups within the larger campus community
Comprehensive Approach: Principles and Processes

• Leadership: president, campus task force
• Collaboration across campus departments
• Faculty and student involvement
• Data collection
• Strategic planning
• Evaluation

Planning/Evaluation Process

Problem Analysis/ Needs Assessment
• Set long-range goals
• Consult the literature
• Select program strategies, translate these into specific activities, and plan for evaluation
• Implement program activities
• Evaluate whether goals were achieved

Take-home Points

• Problems must be addressed by entire campus community
• Problems must be addressed at multiple levels
• Think/plan strategically
  – Understand problems
  – Set goals
  – Choose evidence-, theory-, or logic-based strategies
• We’re here to help!
Questions/thoughts?

Grantee Commonalities

- Strategies >> programs and interventions
  - Increase identification of students at risk
    - Gatekeeper training
  - Increase help-seeking behavior
    - Informational materials
    - Media/poster campaigns
    - Forums/seminars/speakers
  - Create/improve crisis management
    - Protocols and procedures
    - Hotline

Grantee Commonalities

- Tactics
  - Leadership
  - Collaboration
  - Comprehensive
  - Evaluation