Engaging Student Voices in Campus Suicide Prevention Efforts

June 15 2016, 3:30-4:30pm ET

For audio please dial: 1-866-670-7160.

Please mute the volume on your computer.
Who you’ll hear from today

Bonnie Lipton  
Prevention Specialist  
SPRC

Valerie Donovan  
UW-Madison

Jennifer J. Muehlenkamp  
UW-Eau Claire

Kelley Tipton  
UW-Milwaukee
Learning Objectives

- Discuss why it’s important to include students in planning and coordinating campus suicide prevention activities
- Describe 3 different models for engaging students in suicide prevention
- Identify new opportunities on their campus for engaging students in suicide prevention efforts.
Chat: What challenges have you faced in partnering with students?
Engaging Student Voices in Campus Suicide Prevention Efforts

Valerie Donovan, MS, CRC
Suicide Prevention Coordinator
University Health Services
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Engagement Activities

- Registered Student Organizations
- Student Employment
- Internship, Field Placement, Service Learning
- Council
- Student Committee
Registered Student Organizations

- Ask.Listen.Save.
- NAMI UW
- TWLOHA
- Badger SPIILL
- Live Free
- Yes + Bucky
- Badgers Helping Badgers
Lessons Learned

- Semester trainings
- Communication
- Align training manuals
- Point systems
Student Employment & Internships, Field Placements, Service Learning

- Open ended descriptions
- Growth and professional development
- Individual strengths and goals
- Team building
- Proactive

**Academic Departments**
- HDFS
- Liberal Studies
- Public Health
- Psychology
- Counseling Psychology
- Social Work
Mental Health Matters Student Committee

This committee provides a forum for direct input from student stakeholders in order to:

1) help UHS better meet the mental health needs of students

2) foster leadership skills in students with interests in mental health and suicide prevention

3) encourage and support student advocacy for campus mental health issues
Mental Health Matters Student Committee

- Reporting structure
- Formal membership
  - Application process
  - Term length
  - Accountability
  - Expectations
  - Resume builder
- Feedback on services
- Range of activities
- Student co-chair
Questions for Valerie Donovan
Student Leader Development Opportunities

- Peer Educators
- Internship in Suicide Prevention
- Student Program Evaluation Leader
- Student Advisory Board
Student Leader Development Opportunities

**Student Advisory Group**
- Coordinator
- Member
- Representative

**Suicide Prevention Outreach & Programming**
- Messaging Campaigns
- Interactive Displays/Tabling
- Plan and Assist at Select Events

**Student Senate: Mental Health Committee**
- Shared Mission to Improve Mental Health
- Supportive Programming
- Extra Help
Student Leader Development Opportunities

“Life Savers” Peer Educator
- Service Learning
- Educational Credit
- Applied Experience

Research Collaborator
- Program Evaluation
- Data Tracking
- Independent Projects
Internship in Suicide Prevention
- Student Coordinator of SPARC
- Social Media Manager
- Applied Experience
- Liaison to other campus groups

In development: “Let’s Talk” Mentor
Student Leader Development Opportunities

Fizzled Enthusiasm as Semester Continues (high stress times)
- Actioned Involvement Immediately
- Charged with group initiated task
- Regular meeting dates planned up front

Recruitment & Sustained Involvement
- Incentivize roles
- Orientation/Student Organization Recruitment

Personnel for Supervision of Student Programs
- Integrating peer educator programs: Central Request Center
- Collaborating with existing programs
- “Senior” Student Supervisors (?)
- Evaluate Feasibility for Size of Campus & Personnel Resources
Questions for Jennifer Muehlenkamp
Engaging Student Voices in Campus Suicide Prevention Efforts

Kelley Tipton, MPH
UWM Suicide Prevention Project Coordinator
Engagement Activities

- Chancellor’s Advisory Committee on Mental Health
- Life Happens. UWM CARES. Logo Development
- Outreach and Awareness Events:
  - Why I Keep Going? Mental Health Awareness Fair
  - UWM Panther Pause
- Student Organization Launch & Collaboration:
  - Active Minds @UWM
  - NAMI On-Campus
Lessons Learned & Sustainability

❖ Lessons:
   ▪ Include students in program planning
   ▪ Be flexible with students’ schedules
   ▪ Set clear expectations for student positions

❖ Sustainability:
   ▪ Invite students w/ interest to join CACMH
   ▪ Ongoing outreach, collaboration with student organizations/resource centers
Leadership & Training Development Activities

- Norris Health Center Depression and Suicide Screening
  - Tier 2 screening by master’s/PhD student
- Life Happens. *STUDENTS CONNECT!* College SOS
  - 1-hour training for students
  - Co-facilitated by student & staff member
Lessons Learned & Sustainability

- **Depression Screening:**
  - Limited clinic space and funding
  - Depression screening practicum placement

- **Life Happens. STUDENTS CONNECT! College SOS:**
  - Student facilitator availability and presentation skills
  - NHC pays College SOS yearly fee; ongoing student/staff facilitator recruitment & training
Student Evaluation Activity

- USPPAKS (Student Version)
  - Administered 2014 & 2015
  - Random sample of 2500 students (13%-15% response rate)
  - Questions Assess:
    - Extent of exposure to prevention efforts on campus
    - Changes in knowledge (i.e. risk factors, resources, stigma)
Lessons Learned & Sustainability

Lessons:
- Evaluation informs future program planning
- Students are over-surveyed
- No significant changes in survey results from YR1 to YR2

Sustainability
- Modify USPPAKS student version based on new programming
- Implement additional ways to evaluate programming
Summary

- Intentionally engaging student voices in suicide prevention program planning will help:
  - Create student-focused resources/events
  - Build relationships with student organizations, etc.
  - Establish consistent suicide prevention messaging
  - Provide unique student training & development opportunities
  - Identify ways to sustain efforts (e.g., student organization, practicum placement)
Questions for Kelley Tipton
Q&A with Presenters
Contact Information

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Thank You!

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