

Proactively Establishing Collaborative Relationships with Parents/Families

January 18, 2007

The Jed Foundation

- The nation's leading organization working to prevent suicide and promote mental health among college students
- Guided by an expert board of mental health professionals and leaders in the field
- Our mission is to reduce the suicide rate among college students by focusing on the underlying causes of suicide and producing effective prevention, awareness and intervention programs

The Need for Collaboration

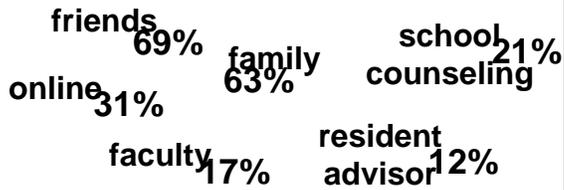
- Suicide is the second leading cause of death among college-age students, and 90% of those who die by suicide had at least one diagnosable mental illness at the time of death
- More teenagers and young adults die from suicide than all other medical illnesses
- 10% of all college students seriously considered dying by suicide in the last year

The Need for Collaboration

- Over 70% of college students cite “embarrassment” as a reason people might not seek treatment
- Only 25% of college students said they would be comfortable with friends and family knowing they were seeking help for emotional issues
- Only 17% of students have sought some sort of therapy or counseling
- Only 22% of students said they are likely to seek help if it was needed

The Need for Collaboration

RESOURCE BREAKDOWN



Each have different opportunities and perspectives through which to identify, support and treat students. Collaboration increases impact...

The Need for Collaboration

- Growing interest by parents
 - Helicopter parents
 - As the number of students with diagnosed conditions increase, so will parental expectations.
 - Campuses can increase effectiveness through proactive communication.

Critical Factors

- Don't scare – inspire and empower
- Understand your parent population
- Identify desired outcomes
- Two-way communication
- Use existing channels
- Set realistic expectations

What to Communicate

- Mental illness encompasses a range of problems and a range of preventable outcomes
- The college years are a time when many mental illnesses first appear
- Warning signs of mental illness are often changes in behavior and parents have the history and perspective to notice these changes

What to Communicate

- Campus resources and policies
 - Who to contact with concerns
 - Available campus counseling services
 - Training/qualifications of campus staff
 - Insurance/coverage
 - Confidentiality
 - Medical history form
 - Treatment
 - Notification

What to Communicate

- Tips for parents on communicating with children
 - Use dialogue, not inquisition
 - Don't belittle their concerns or fears
 - Maintain consistent contact without micromanaging
 - Take changes in behavior or attitude seriously
 - Suggest proactive use of campus resources in all areas (academics, financing, housing, mental health)

What to Communicate

- Warning signs
 - Threatening or wanting to hurt or kill him/herself
 - Looking for ways to kill him/herself (firearms, pills, etc.)
 - Talking or writing about death, dying or suicide
 - Hopelessness
 - Rage, uncontrolled anger, seeking revenge
 - Acting reckless; risky behavior
 - Feeling trapped
 - Increased alcohol or drug use
 - Withdrawing, isolation
 - Anxiety or agitation
 - Unable to sleep or sleeping all the time
 - Dramatic mood changes
 - Expressing no reason for living; no sense of purpose

American Association of Suicidology

Framework

Document guides the process of creating campus-wide protocols that address:

- Safety for at-risk students
- Emergency contact notification
- Leave of absence/re-entry



mtvU and UlifeLine



ULifeLine
