

Residence Life's Role in Suicide Prevention

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National Trends

- Highlights from the Center for Collegiate Mental Health (released 2/5/15)
 - 1 of 2 students have been in counseling
 - 1 of 3 students have taken psychiatric medication
 - 1 of 3 have seriously considered suicide
 - 1 of 10 have been hospitalized for psychiatric reasons
 - ~1 of 10 have made a suicide attempt
 - 1 of 5 have experienced sexual assault
 - 1 of 3 have experienced harassment or abuse
 - 1 of 3 have experienced a traumatic event
 - 1 of 4 have self-injured
 - Increases in:
 - Rates of self-injurious behavior and suicidal ideation

Causes of Increase

- The Perfect Storm
 - Natural age of onset
 - Increase in stressors
 - Reduction in supports
- Reduced stigma
- Treatment
- Availability of resources/data
- Lack of coping skills

Why Residence Life?

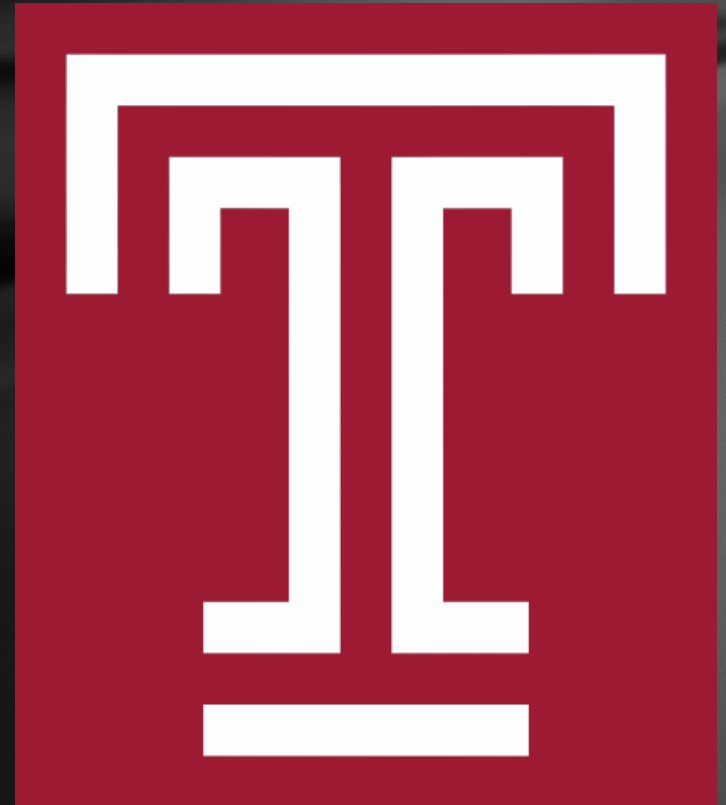
- Amount of time spent in residence halls
 - “Natural habitat”
 - Familiarity
- Staff trained in crisis response
- Positive peer pressure

Best Practices

- Up to date trainings
- Gatekeeper trainings
- Participating in Behavioral Intervention Teams
- Supporting screening initiatives
- Social marketing and education
- Stigma reduction

What We're Doing...

And the Struggles We Face



Open Discussion

Thank you!

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For more information:

- Suicide Prevention Lifeline
- The Jed Foundation
- Suicide Prevention Resource Center
- Ulifeline
- Suicidology.org
- ActiveMinds
- Center for Collegiate Mental Health