



Cross Campus Collaborative Suicide Prevention Efforts

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Objectives

- Learn more about positive and challenging aspects of cross-campus collaboration regarding suicide prevention utilizing Jed Foundation framework
- Identify helpful programming strategies including Kognito and Mental Health First Aid
- Discuss helpful strategies for sustained campus engagement regarding implementation of suicide prevention initiatives



Campus Context



Landscape

- Flagship university of New Hampshire
- Three campuses:
 - Durham: main and largest campus located in semi-rural area. Many undergraduate students live on or near campus. More undergraduate (12, 653) than graduate students (2,164)
 - Manchester: smaller (845), mostly commuter and larger population of non traditional students
 - Law School: in state capital and has enrollment of 255 students



Landscape

- UNH is a predominantly white institution
- There are approximately 8.2% multiculturally identified students
- Notably, about 8 % of students do not provide information about their race and ethnicity
- There are about 651 international students from over 45 countries
- About one-third of students overall are first-generation college students
- No official demographic information about LGBTQ+ identified students
- Over 10,000 students from New Hampshire, Massachusetts or Connecticut (UNH Office of Institutional Research, 2016)



Landscape

- Currently, Counseling Center direct services are available to Durham degree matriculated students
- Referrals provided to students in other campus; for UNH Manchester students, there is relationship with local mental health agency
- As such, 15,071 Counseling Center service eligible students



Positive and Challenging Aspects



Emphasis on Infrastructure

- Formation of Campus Suicide Prevention Committee in 2013
- Utilized Jed Foundation Campus Mental Health Action Planning (MHAP; Jed Foundation, 2011) from social ecological paradigm to grow and diversify the CSPC to include faculty, staff, students, and administrative leadership from 3 campuses
- Support from administrative leadership including Deans of Students for undergraduate and graduate students
- In Spring 2015, Sub-committee worked on applying for Garrett Lee Smith (GLS) grant that was awarded to UNH in Sept 2015, and was called, “The Safety Net Program (SNP).”
- GLS award provided needed funding particularly for gatekeeping programs.



Goals

- Increase participation in gatekeeping programs
- Fortify structure of CSPC
- Increase educational programs for underrepresented groups on campus
- Restructure student mental health organization
- Jed campus assessment
- Improve off-campus referral database
- Address means restriction



Kognito

- Continued use of avatar-based, free (to participant), online bystander programs for participants to develop and hone skills regarding identifying students who could be at risk for suicide. Included is a focus on having conversations with students that are focused on empathy, asking safety questions, and referring to resources
- Expanded Kognito programs from 4 to 7 to include staff and faculty as well as peer programs for at-risk, student veterans and LGBTQ+ students



Kognito Demos

- Full VOCP2P
<http://demos.kognito.com/?k=d6e0c156bf103e6cb7997dd3b3f93a41>
- VOCP2P Demo
<http://demos.kognito.com/?k=de093e35801728d625c126539e76e65c>
- Full ARUS
<http://demos.kognito.com/?k=91406c8a13a37626d25561192fd6d386>
- ARUS Demo
<http://demos.kognito.com/?k=7d602d23c17c7342c6e7fa58b335059e>



Kognito

Kognito Modules	Total since 9/30/15*
At Risk Student to Student module	1225
LGBTQ on Campus for Students	293
Veterans On Campus for Students	256
At Risk for Faculty/Staff	150
LGBTQ on Campus for Faculty/Staff	64
Veterans on Campus for Faculty/Staff	112
Family of Heroes	3



Kognito

- Positives:

- Able to be conducted anywhere as long as someone has computer access

- Participants can stop and start

- Some departments able to require that participants take one program

- Strong empirical support



Kognito

- Challenges:
 - Time to promote the programs
 - Currently, only available in English
 - With several programs available, may be challenging for participants to decide which to prioritize
 - Not systematically required



Mental Health First Aid

- Internationally based
- 8 hours of in-person training regarding signs and symptoms of common mental health conditions with a focus on resource referral, strengths, as well as suicide prevention
- Can be helpful complement to Kognito
- Piloted at UNH in January 2016 ; anticipated campus offerings in Spring/Summer 2017



Clinical Assessment

- Assessments at Health Services revised regarding risk assessments
- Counseling Center staff utilizing structured suicide risk assessment



Further Goals

- Expand screening days for mental health to include recreation center, athletics, residential life, health services, academic advising, student groups, etc.
- Include alcohol and drug assessments screening outside of Health Services



Increase Help-Seeking Behavior



Goals

- Have Health Services and Counseling Center websites correspond
- Counseling Center expanded hours to include evening hours
- Feature public service announcements regarding mental health and substance abuse in key campus locales (e.g., recreational center, dining halls, residential halls, etc.) – Piloted in Fall 2016
- Continue Fresh Check annual wellness resource program
- Challenge: Time



Provide Mental Health Services



Progress and Goals

- More direct communication with local hospital
- Increased care coordination services for students
- Forms revised and developed both for hospital staff as well as for students who are admitted to the hospital
- Naloxone training recommended
- Opiate prescription written policy being revised



Developing Life Skills



Progress and Goals

- When Active Minds chapter was on hiatus, new student group with similar mission began called “Stop the Stigma (STS): Let’s Talk”
- Since 2016, STS has sponsored and delivered programs regarding awareness raising, including collaborating with campus theatre troupe
- Goals: connect further with student Athletes, students of color, LGBTQ+ students, and students in Greek Life to deliver messages that focus on emotional wellness



Environmental Safety

And Means Restriction



Progress and Goals

- Campus environmental scan in progress
- Medication lock/drop box to begin in 2017



Connectedness



Progress and Goals

- Goals: Provide training to academic advisers regarding identifying students who may be isolated/disconnected
- Progress:
 - Promoting 5 Signs of Suffering campaign:
<http://www.changedirection.org/#five-signs>
 - Promoting Take 5 to Save Lives: <http://www.take5tosavelives.org/>



Crisis Management Procedures



Progress and Goals

- Behavioral Intervention Team policies and procedures being refined
- Postvention crisis plan being revised utilizing Higher Education Mental Health Alliance (HEMHA) guidelines



Reflections and Questions



Reflections

- Continued restructuring of CSPC given time constraints
- Helpful collaboration with NAMI NH via Youth Suicide Prevention Assembly meetings
- Ways to centralize related campus resources
- Sustainability: post funding
- Connecting emotional wellness to academic performance



Questions

- 1) a) Which strategies regarding suicide prevention are going well on campus?
b) What are some challenges?
- 2) What are goals for your campus regarding promoting emotional wellness?
- 3) Which departments/organizations are not yet connecting on campus that could be collaborating?



Thank
You!!