

# SUICIDE & MENTAL HEALTH IN HIGHER EDUCATION

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## **Prevention:**

- Mental Health
- Substance Use
- Suicide
- Sexual Misconduct and Relationship Prevention

## **Departments:**

- Counseling Center
- Dean of Students Office
- Health/Nursing

## **Community Involvement:**

- TSPN Southeast Regional Chair
- TSPN Higher Education Taskforce Member
- TSPN Advisory Board Member
- Coalition for Healthy and Safe Campus Communities, Chair



# TENNESSEE SUICIDE PREVENTION NETWORK

- Grass-roots association
- Implements the Tennessee Strategy for Suicide Prevention as defined by the 2001 National Strategy for Suicide Prevention
- Provides programs, trainings, crisis intervention, postvention support, and prevention strategies for our state
- Regional Directors- find one in your area!
- Advocate for policy and legal changes



*"Saving Lives in Tennessee"*

# FACTS ABOUT SUICIDE

- 47,173 people died by suicide in 2017 in the United States
- 1163 people died by suicide in 2017 in Tennessee
- Over 1.2 million people attempt suicide each year, according to a recent SAMHSA study (2017)
- Suicide was the **9<sup>th</sup> leading** cause of death for all age groups (2017) in TN
- Suicide is the **leading** cause of death of ages 10-17 in Tennessee
- Suicide is the **2<sup>nd</sup> leading** cause of death of ages 10-24 Tennessee.

# IMPACT



This Executive Summary highlights results of the ACHA-NCHA II Spring 2019 survey for Reference Group consisting of 67,972 respondents. The overall response proportion was 23%.

## C. Academic Impacts

Within the last 12 months, students reported the following factors affecting their individual academic performance, defined as: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work; (listed alphabetically):

Alcohol use:	2.9 %	Gambling:	0.3 %
Allergies:	2.3 %	Homesickness:	4.8 %
Anxiety:	27.8 %	Injury:	2.3 %
Assault (physical):	0.9 %	Internet use/computer games:	10.3 %
Assault (sexual):	1.8 %	Learning disability:	3.5 %
Attention Deficit/Hyperactivity Disorder:	6.0 %	Participation in extracurricular activities:	8.4 %
Cold/Flu/Sore throat:	14.8 %	Pregnancy (yours or partner's):	0.9 %
Concern for a troubled friend or family member:	11.7 %	Relationship difficulties:	9.5 %
Chronic health problem or serious illness:	4.6 %	Roommate difficulties:	6.2 %
Chronic pain:	3.7 %	Sexually transmitted disease/infection (STD/I):	0.4 %
Death of a friend or family member:	6.2 %	Sinus infection/Ear infection/Bronchitis/Strep throat:	4.5 %
Depression:	20.2 %	Sleep difficulties:	22.4 %
Discrimination:	1.6 %	Stress:	34.2 %
Drug use:	1.9 %	Work:	15.3 %
Eating disorder/problem:	1.8 %	Other:	2.4 %
Finances:	7.9 %		

Challenge stigma

Identify individuals at risk

Encourage early intervention

Increase communication

Restrict means

Develop crisis management plan

Arrange follow-up

# TSPN HIGHER EDUCATION TASK FORCE

- **Mission/goal:**

This task force, an appointed task force created and approved by the TSPN Advisory Council on June 8, 2017, will hereto serve to unite colleges/universities throughout Tennessee towards the goal of suicide prevention. The task force will meet to create and carry out action items to best help the at-risk population of college students. Colleges and universities pose a unique problem for suicide prevention/intervention/postvention efforts. By employing the expertise of those listed to below, to be invited to this initial task force, it is the hope that this effort will expand to other colleges and universities throughout the state, creating suicide safer campuses throughout Tennessee.

- Primary education & Jason Flatt Act

# TSPN HIGHER EDUCATION TASK FORCE

CHAIR: SANDRA PERLEY, ED.D, MSN, RN, COLUMBIA STATE COMMUNITY COLLEGE,

- **Argosy University:** Byron Pickens, Ph.D., Professor
- **Austin Peay State University:** Leslie Reed, PhD, MSN, RN, Associate Professor of Nursing
- **Baptist College of Health:** Caryn Schmitz, MA, NCC, LPC-MHSP, Professional College Counselor
- **Belmont University:** Katy Wilson, APRN, MSN, MBA, Assistant Dean of Students
- **Carson-Newman University:** Jennifer Catlett, LCSW, Director of Counseling Services
- **Lindsey Wilson:** Janet Turner, PhD, LPC-MHSP, NCC, ACS, Associate Professor
- **Lipscomb University:** Andrea Mills, Med, LPC-MHSP, Assistant Director of University Counseling Center
- **Middle Tennessee State University:** Mary Kaye G. Anderson, Psy.D.-HSP, Director of Counseling and Testing Services
- **Motlow State Community College:** Cheryl Hyland, Ed.D., Vice President of Student Affairs
- **Northeast State Community College:** Denise Walker, MS, LPC, Director of Counseling Services
- **Pellissippi State Community College:** Travis Loveday, MA, Dean of Students
- **TN Tech University:** Christina Mick, EdD, Assistant Director of Counseling Services
- **University of Memphis:** Susan Elswick, EdD, BA Program Director Department of Social Work
- **UT Chattanooga:** Tricia Henderson, LPC-MHSP, Assistant Director Alcohol, Other Drug, & Mental Health Education
- **UT Knoxville:** Kelly Rubin, LPC, MAC, Associate Dean of Students
- **UT Martin:** John'Na Webster, MSW, Health and Wellness Educator
- **Tennessee Higher Education Commission:** Lou Hanemann, Assistant Executive Director for External Initiatives
- **Tennessee Board of Regents:** Kristina Waymire, Director of Student Initiatives

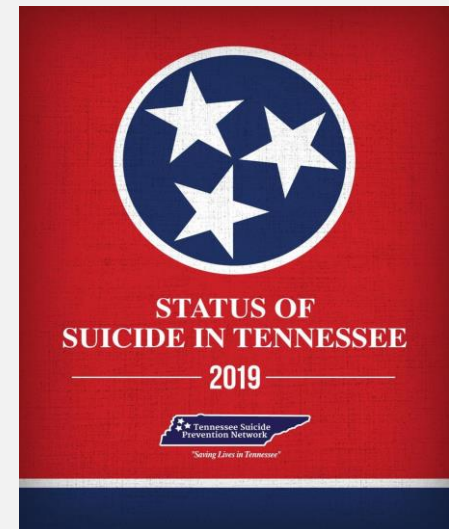


# TSPN HIGHER EDUCATION TASK FORCE

- **Advocacy and Sustainability Committee**
- **Protocol Committee**
- **Outreach Committee**

# TSPN RESOURCES

- The Status of Suicide 2019
- Tennessee Higher Education Suicide Prevention White Paper
- Tennessee Higher Education Suicide Prevention Strategies for Outreach and Curriculum Infusion
- Tennessee Higher Education Suicide Prevention Protocol Guidelines for Suicide Prevention and Postvention
- Trainings for little to no cost
- Programming support
- Regional meetings
- Professional Development



# STATE OF TENNESSEE LAW

PUBLIC CHAPTER NO. 455 AMENDS TITLE 49, CHAPTER 7 OF TENNESSEE  
CODE ANNOTATED TO ADD NEW SECTION

- (a) Each state institution of higher education shall develop and implement a suicide prevention plan for students, faculty, and staff. The plan must be developed in consultation with campus mental health professionals and suicide prevention experts. The plan must identify procedures related to suicide prevention, intervention, and postvention.

# STATE OF TENNESSEE LAW

PUBLIC CHAPTER NO. 455 AMENDS TITLE 49, CHAPTER 7 OF TENNESSEE  
CODE ANNOTATED TO ADD NEW SECTION

- (b) Each state institution of higher education may seek assistance in developing a suicide prevention plan from an organization that engages in a variety of initiatives to improve crisis services and advance suicide prevention, such as the Tennessee Suicide Prevention Network or a successor organization, and may seek information from such an organization for information on the development of training programs pursuant to 63-1'125(c)(1).
- 63-1'125(c)(1). (c) The department of mental health and substance abuse services shall: (1) Develop, in collaboration with the Tennessee Suicide Prevention Network, a model list of training programs

# STATE OF TENNESSEE LAW

PUBLIC CHAPTER NO. 455 AMENDS TITLE 49, CHAPTER 7 OF TENNESSEE  
CODE ANNOTATED TO ADD NEW SECTION

- (c) Each state institution of higher education shall provide the suicide prevention plan to students, faculty, and staff at least one (1) time each semester.
- SECTION 2. This act shall take effect July 1, 2019, the public welfare requiring it.

# PREVENTION

- How are you training your faculty and staff?
- What are expectations (QPR, Columbia Scale)?
- How can you use your intervention team?
- Have you conducted an environmental review?
- How many clicks from homepage does it take for someone to access resources?
- Access to screenings.
- Pre-matriculation education, screenings, and connection resources.
- Information to caregivers.
- Community partnerships.
- Resource folders.
- Promotion of national hotlines.
- Surveys- Healthy Minds.
- Tiered trainings- You can help a friend/student, QPR, YMHFA, ASIST.



UNIVERSITY OF TENNESSEE AT CHATTANOOGA

THERE IS

**HELP**

THERE IS

**HOPE**

utc.edu/wellbeing

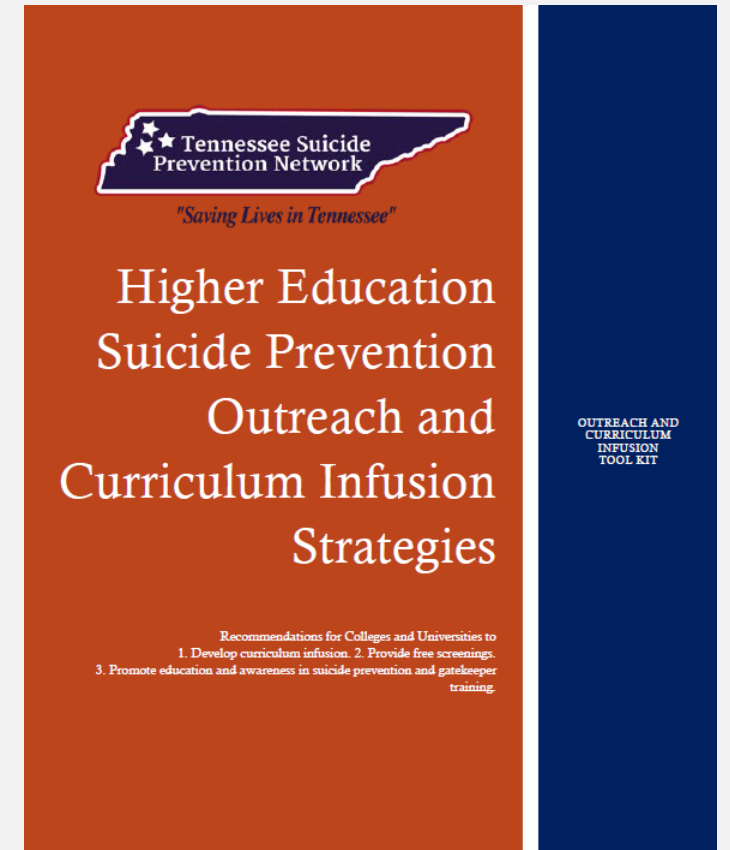
**SUICIDE PREVENTION RESOURCES**

1-800-273-TALK or Text TN to 741741

**SEND SILENCE  
PACKING®**

# TSPN

- Provides strategies by campus demographic
- Resources
- Social media guidance
- Faculty curriculum infusion ideas
- Faculty syllabus statements
- Freshmen orientation presentation slides
- Example MOU



# INTERVENTION

- Crisis response protocol.
- Off- vs on-campus students.
- MOU with local hospitals.
- Hospital transport.
- Follow-up care.
- Diversity of resources and access points.
- Roles and responsibility of staff and faculty.
- Reporting and response to students of concern.
- Reporting and response to faculty and staff.



# POSTVENTION

- Student death policy?
- Assign a lead for postvention protocol and coordination of services.
- Plan communication ahead of time.
- Timing of messaging and content can impact suicide cluster and contagion.
- Connecting faculty, staff, and students to resources.
- Support and care for responders.
- Debrief and review response.

# TSPN

- Identifying suicidal students
- Responding to acutely distressed students
- Warning signs
- Example MOU
- Sample reporting form
- Postvention recommendations
- Media toolkit



*"Saving Lives in Tennessee"*

TENNESSEE HIGHER  
EDUCATION PROTOCOL  
GUIDELINES FOR  
SUICIDE INTERVENTION  
AND POSTVENTION

# RECOMMENDATIONS

- JED Campus
- Healthy Minds Study
- TN Disaster Mental Health Strike Team
- Attend TSPN regional meetings
- Expand prevention
- Promote social connectedness and healthy life skills
- Conduct an environmental review



# JED Campus

JED Campus promotes a comprehensive public health approach to emotional well-being.

Health Minds Study  
Assessment & Information Gathering  
Feedback Report  
Campus Visit  
Strategic Plan

