Suicide Prevention on Campus: Being More via Coordinated, Synergistic Programming



Donn Marshall, Associate Dean of Students University of Puget Sound ACPA 2011, Baltimore, MD

Professional Responsibility: Selecting Best Suicide Prevention Approaches

- Accountable for outcomes, so must justify choices of prevention strategies
 - Logic models (Promising practices)
 - Best practice recommendations
 - Empirically supported practices
- Responsibility to ensure best use of resources
 - Human
 - Financial

Prevention Approaches



- Primary
- Secondary
- Tertiary

Suicide Prevention Approaches



- Universal
- Selected
- Indicated

Suicide Prevention/Intervention

	EIRF	Clinical Practice	Policy
Proposed/ Recommended	 Screening days (depression, eating d/o, etc.) Community awareness campaigns 	•Suicidology courses	 •Med leave policy •Involuntary med leave policy •Mandatory student health insurance (includes MH coverage) •MOU with area hospitals
Best Practices/Promising	Gatekeeper training (safeTALK, QPR)	•AMSR/RRSR	•Media recommendations
Empirically Supported	 •Mandated assessment* •AFSP on line* screening •Gatekeeper training (ASIST) •Culture change (Air Force) 	 Coordinated med and MH treatments Routine screening @ med visits* Motivational interviewing CAMS DBT Cognitive/Beh(?) 	•Means restriction

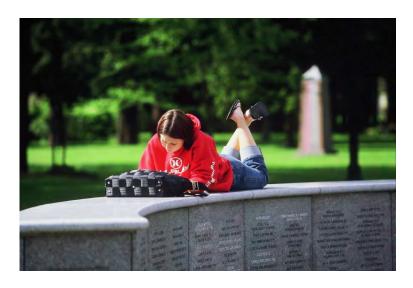
Suicide Prevention/Intervention

	Case Management	Other
Proposed/ Recommended	•Students of concern committee •BIT •Crisis management	 Bullying prevention and intervention Campus coalitions Campus/community coalitions Healthy Minds Coordination with DSS Survivors support Population specific prevention efforts: Native American African American Hispanic International Graduate Military Veterans
Best Practices/Promising		
Empirically Supported	Family education following attemptFollow up with persons of concern	

About the University of Puget Sound

Founded in 1888, Puget Sound is a private, national liberal arts college with approximately 2,600 undergraduate and 150 graduate students. Students choose from more than 1,200 courses and enjoy a student-faculty ratio of 11: 1.

Puget Sound is located in Tacoma, WA. Seventy-six percent of Puget Sound students are from out of state; 50 states and territories and 10 foreign countries are currently represented on campus.



Relevant Puget Sound Characteristics

- Mostly undergrad, 18-24
 year old students; 150 grad
 students in OT/PT &
 Education
- 75% 5-year graduation rate
- 20% under-represented populations, mostly API
- Strong and visible LGBTQIA population



Relevant Puget Sound Characteristics



- Very few veterans
- Small graduate programs
- Relatively few transfer students
- Small Native American population
- Very few international students

Puget Sound Suicide Prevention/Intervention

	EIRF	Clinical Practice	Policy
Proposed/ Recommended		•Suicidology courses	 Med leave policy (Universal) Mandatory student health insurance (includes MH coverage) (Universal)
Best Practices/Promising	Gatekeeper training (safeTALK)	•AMSR/RRSR	 Media recommendations communicated annually (Universal)
Empirically Supported	 •Mandated assessment* (Indicated) •AFSP on line* screening (Universal) •Gatekeeper training (ASIST) 	•Coordinated med and MH treatments (Indicated)	•Means restriction (Universal)

Puget Sound Suicide Prevention/Intervention

	Case Management	Other
Proposed/ Recommended	•Students of concern committee (Universal) •BIT (Universal) •Crisis management plan (Universal)	 Campus coalition (Universal) Coordination with DSS (Targeted) Population specific prevention efforts: LGBTQIA (Targeted)
Best Practices/Promising		
Empirically Supported	Follow up with persons of concern (Indicated)	

Puget Sound Suicide Prevention/Intervention Gaps

	EIRF	Clinical Practice	Policy
Proposed/ Recommended	 Screening days (depression, eating d/o, etc.) (Universal) Community awareness campaigns (Universal) 		•MOU with area hospitals (Universal)
Best Practices/Promising			
Empirically Supported	•Culture change (Air Force) (Universal)	•Routine screening @ med visits* (Targeted)	

Puget Sound Suicide Prevention/Intervention Gaps

	Case Management	Other
Proposed/ Recommended		 Campus/community coalitions (Universal) Survivors support (Targeted) Population specific prevention efforts (Targeted) Native American African American Hispanic International Graduate Military Veterans
Best Practices/Promising		
Empirically Supported	• Family education following attempt (Indicated)	

References

- Cohen, V. K. (2007). Keeping students alive: Mandating on-campus counseling saves suicidal college students' lives and limits liability. *Fordham Law Review*, 75, 3081-3135.
- Jayson, S. (August 17, 2008). More than 50% of college students felt suicidal. *USA Today.* (Downloaded August 20, 2008 from http://www.usatoday.com/news/health/2008-08-17-college-suicidal-thoughts N.htm?csp=34&POE=click-refer.)
- Joffe, P. (2007) An empirically supported program to prevent suicide in a college student population. Suicide and Life-Threatening Behavior, 38(1), 87-103.
- McAnaney, K. (2008). Find the proper balance: Protecting suicidal students without harming universities. Virginia Law Review, 94, 197-246.
- Potter, L., Silverman, M., Connorton, E. & Posner, M. (2004). Promoting Mental Health and Preventing Suicide in College and University Settings. (Downloaded August 19, 2008 from http://www.jedfoundation.org/articles/TheWhitePaper.pdf.)
- Silverman, M. M., Meyer, P. M., Floane, F., Raffel, M. & Pratt, D. M. (1997). The Big Ten student suicide study: A 10-year study of suicides on Midwestern university campuses. *Suicide and Life-Threatening Behavior*, 27(3), 285-303.
- Suicide Prevention Resource Center. (2008). *Best Practices Registry (BPR) For Suicide Prevention: Overview*. (Downloaded August 19, 2008 from http://www.sprc.org/featured_resources/bpr/index.asp.)
- U.S. Department of Health and Human Services. (2001). *National Strategy for suicide prevention: Goals and objectives for action*. Washington, D.C.: Author.

Suicide Prevention on Campus: Being More via Coordinated, Synergistic Programming



Donn Marshall, Associate Dean of Students
University of Puget Sound
marshall@pugetsound.edu