Building a Comprehensive, Sustainable Campus Suicide Prevention Program Using a Public Health Approach: A Framework for Success

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Learning Objectives

After completing this session, participants will be able to:

- Describe the key elements of a comprehensive suicide prevention strategy implemented within a large and very diverse public university within New York State

- Identify and describe the key elements of the Garrett Lee Smith Campus Suicide Prevention Grant Program and the Jed Foundation Comprehensive Suicide Prevention and Mental Health Promotion Model based on the public health approach
Our Comprehensive Prevention Model
Spectrum of Intervention: CAPS/CBHPAR/SHS Services

Optimize Health & Wellbeing

Reclaim Health

Prevent Problems

Treat Problems

Behavioral Health Promotion
- Peer Services: Middle Earth
- Social Norms Campaign
- Educational Programs and Campaigns
- Immunization

Early Intervention
- Consultation & Training
- STEPS Program
- CAPS Connect
- Let’s Talk
- Online Screening
- Recovery Support Services
- Medical Screening
- Women’s Health Clinic

Specialized Interventions
- Psychological Treatment
- General Medical Clinic
- Psychiatric Services
- Response to Urgent or Emergent Medical and Mental Health Situations
Components of UAlbany Comprehensive Prevention Program

- Presidential Leadership
- Campus Task Force
- Student Involvement/Leadership
- Social Marketing/Social Norms
- Campus-Community Partnerships
- Education
- Gatekeeper Training
- Early Intervention
- Policy Evaluation/Enforcement
- Parental Involvement
- Treatment & Referral
- Research and Program Evaluation
Spectrum of Intervention Response: Suicide Prevention

**Universal Prevention**
- Social Norms and Health Communication Media Campaigns
- Peer Services (Peer Wellness Coaching and Hotline Services)
- Educational Brochures

**Early Intervention**
- "Save-A-Life" gatekeeper training program for faculty, staff, and students
- Faculty, Staff, and Students
- Let’s Talk Program
- Consultations with faculty, staff, students, and parents

**Specialized Interventions**
- CAPS Connect
- iConnect
- Treatment and Referral
- Response to Urgent or Emergent Situations
Our Data
UAlbany Student Health Survey

Mental Health Concerns

Center for Behavioral Health Promotion & Applied Research

Counseling and Psychological Services
Felt Hopeless: Past 12 Months

Percent of students

2012 2013 2014 2015 2016 2017 2018

UAlbany Undergrads
National Undergrads

UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey
Felt So Depressed it was Difficult to Function: Past 12 Months

UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey
Felt Overwhelming Anxiety:
Past 12 Months

Percent of students

UAlbany Undergrads
National Undergrads

UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey
Intentionally Injured Self: Past 12 Months

UAlbany Undergrads
National Undergrads

Percent of students

UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey
Intentionally Injured Self: Past 12 Months

UAlbany Undergrads | National Undergrads

Percent of students

UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey
Seriously Considered Suicide: Past 12 Months

UAlbany Undergrads
National Undergrads

UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey
Seriously Considered Suicide: Past 12 Months

<table>
<thead>
<tr>
<th>Year</th>
<th>UAlbany Undergrads</th>
<th>National Undergrads</th>
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</thead>
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<tr>
<td>2012</td>
<td>5.3</td>
<td></td>
</tr>
<tr>
<td>2013</td>
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<td></td>
</tr>
<tr>
<td>2014</td>
<td>8.0</td>
<td>7.4</td>
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<td>2015</td>
<td>9.1</td>
<td>8.6</td>
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<tr>
<td>2016</td>
<td>9.8</td>
<td>7.6</td>
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<tr>
<td>2017</td>
<td>10.5</td>
<td>8.5</td>
</tr>
<tr>
<td>2018</td>
<td>11.5</td>
<td>9.6</td>
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UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey
Attempted Suicide: Past 12 Months

UAlbany Undergrads
National Undergrads

Percent of students

UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey
Graduate Student Mental Health Concerns: Past 12 Months

UAlbany Spring Surveys, ACHA-NCHA Survey, 2018
UAlbany Student Health Survey
Alcohol and Other Drug Use
UAlbany Undergrad Alcohol Use: Drinking Days per Month

UAlbany Spring Survey

Number of Days per Month:
- Abstains
- 1 to 5
- 6 to 9
- 10+

Percent of students:
- 2004
- 2006
- 2008
- 2010
- 2012
- 2014
- 2015
- 2016
- 2017
- 2018
Alcohol Use 10+ Days per Month

UAlbany Undergrads
National Undergrads

Percent of students

UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey
Alcohol Use 10+ Days per Month

Percent of students

---|---|---|---|---|---|---|---
UAlbany Undergrads | 14.7 | 14.5 | 14.3 | 15.3 | 13.5 | 13.5 | 13.3 | 11.7
National Undergrads | 20.8 | 16.8 | 17.9 | 17.5 | 16.9 | 14.0 | 15.2 | 13.2
Drinking Days per Month

UAlbany Undergrad
National Undergrad
UAlbany Grad
National Grad

Percent of students

<table>
<thead>
<tr>
<th>Number of Days per Month</th>
<th>UAlbany Undergrad</th>
<th>National Undergrad</th>
<th>UAlbany Grad</th>
<th>National Grad</th>
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</thead>
<tbody>
<tr>
<td>Abstains</td>
<td>38.2</td>
<td>39.6</td>
<td>27.9</td>
<td>29.7</td>
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<tr>
<td>1 to 5</td>
<td>34.8</td>
<td>35.9</td>
<td>39.7</td>
<td>38.5</td>
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<tr>
<td>6 to 9</td>
<td>13.9</td>
<td>12.8</td>
<td>16.2</td>
<td>15.1</td>
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<tr>
<td>10+</td>
<td>13.2</td>
<td>11.7</td>
<td>16.2</td>
<td>16.7</td>
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</tbody>
</table>
UAlbany Undergrad Marijuana Use: Days per Month

Number of Days per Month

Percent of students

UAlbany Spring Survey
Use Without a Prescription in the Last 12 Months

Painkillers
- UAlbany Undergrad: 6.6%
- National Undergrad: 4.4%
- UAlbany Grad: 4.9%
- National Grad: 4.4%

Sedatives
- UAlbany Undergrad: 6.8%
- National Undergrad: 3.1%
- UAlbany Grad: 4.9%
- National Grad: 3.1%

Stimulants
- UAlbany Undergrad: 12.8%
- National Undergrad: 6.2%
- UAlbany Grad: 5.3%
- National Grad: 6.2%

Sleep Medications
- UAlbany Undergrad: 5.1%
- National Undergrad: 4.9%

UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey, 2018
Intervention Highlights
Spectrum of Intervention Response: Suicide Prevention

Universal Prevention
- Social Norms and Health Communication Media Campaigns
- Peer Services (Peer Wellness Coaching and Hotline Services)
- Educational Brochures

Early Intervention
- “Save-A-Life” gatekeeper training program for faculty, staff, and students
- Faculty, Staff, and Students
- Let’s Talk Program
- Consultations with faculty, staff, students, and parents

Specialized Interventions
- CAPS Connect
- iConnect
- Treatment and Referral
- Response to Urgent or Emergent Situations
Public Service Announcements

You’re Not Alone
http://www.youtube.com/watch?v=EVNdEt8HI08

You Are Not Alone, Part 2
http://www.youtube.com/watch?v=PQAoMKfspv4
Middle Earth Peer Assistance Program

- Hotline
- Peer Wellness Coaching
- Peer Education
- Community Service
- Academic Credit for Training
- Student Organization
Garrett Lee Smith Campus Suicide Prevention Grant Program

- Funded by the Substance Abuse and Mental Health Services Administration by an act of Congress in October 2004
  - The Garrett Lee Smith Memorial Act
- Made federal funding widely available to states, tribal communities, and colleges across the nation to implement community-based youth and young adult suicide prevention programs
Purpose of the GLS Program

Purpose of the program:

- To develop a comprehensive, collaborative, well-coordinated, and evidence-based approach to:
  - Enhance services for all college students, including those at risk for suicide, depression, serious mental illness, and/or substance use disorders that can lead to school failure
  - Prevent mental and substance use disorders
  - Promote help-seeking behaviors and reduce stigma
  - Improve the identification and treatment of at-risk college student so they can successfully complete their studies
A gatekeeper training program is an educational program designed to teach lay and professional individuals (“gatekeepers”) about the warning signs of a suicide crisis and how to respond.

Generally has educational and practical application elements.

Online training was created so as to meet the needs of faculty, students, and staff who were less likely to attend an in-person training due to the time commitment.
Online gatekeeper training programs devised at UAlbany for faculty, staff, and students contains 4 modules:

- The landscape of college student suicide (e.g., statistics and information)
  - Information on risk factors, warning signs, and symptoms (e.g., knowledge about suicide)
  - Education on myths about suicide and barriers to helping others with mental health concerns
  - Discussion of how to overcome barriers to helping others (e.g., gatekeeper self-efficacy)
  - Statistics about mental health of students at UAlbany
Online gatekeeper training programs devised at UAlbany for faculty, staff, and students contains 4 modules:

- Intervention strategies for how to help someone in crisis and non-crisis situations
- Resources for contacting immediate assistance and providing referrals for care
- A practical component with a vignette and roleplay example (e.g., skill-building)
Assessing Effectiveness of the Online Training

- This curriculum contains the requisite educational information that is provided by other, more costly programs designated with evidence of effectiveness:
  1. Knowledge about suicide
  2. Gatekeeper self-efficacy
  3. Knowledge of suicide prevention resources
  4. Gatekeeper skills
  5. Diffusion of gatekeeper training information

- Pre- and post-assessments of gatekeeper self-efficacy and knowledge about suicide and suicide prevention will allow us to examine the effectiveness of the program.
An example from Module 2

https://drive.google.com/file/d/1WxVHD3AzMzby2RwMWYmrr3vWO0H2rUxXH/view?usp=sharing
Innovative Treatment Programs

- iConnect Program
  - Two session problem-solving psychological intervention
  - Responsive triage and assessment of student needs
  - Exploration of treatment options and resources
Innovative Treatment Programs

The CAPS Connect Program provides...
- An assessment of present suicidality for residential students who display suicidal intent
- An evaluation of a student’s willingness and ability to refrain from threatened and actual self-injurious behaviors
- Consultation regarding recommended psychiatric, psychological, and educational services

The CAPS Connect Program augments existing...
- Crisis intervention services
- Psychological treatment resources for students
- Consultation with Residential Life staff and students
Lessons Learned
Keys to Successful Implementation

- Buy-in at all university levels
- Clear statements of protocols and procedures
- Consistent implementation of stated procedures with appropriate tracking
- Training and communication with professional and support staff
- Process and outcome evaluation
- Be informed by a guiding model...
The JedCampus Model

A population-based strategy to reduce risk factors and enhance protective factors for suicide for the unique campus environment that is adapted from the US Air Force Suicide Prevention Program and based upon best practices and research on risk and protective factors for suicide among adolescents, college students, and the general population; an understanding of the student mental health problems that campuses face; and existing recommended practices.

To learn more about the TJF/SPRC model, go to: jedcampus.org/framework-for-success
Additional Resources

- SPRC Website https://www.sprc.org/
- Jed Foundation https://www.jedfoundation.org/
- Active Minds https://www.activeminds.org/
- Higher Education Mental Health Alliance https://hemha.org/
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