Suicide Prevention

What is UW-River Falls Doing?
Ever Been Diagnosed With Depression

National College Health Assessment (NCHA)
UW-River Falls Students

- UWRF 2012: 14% Females, 15% Males
- UWRF 2009: 14% Females, 20% Males
- UWRF 2006: 14% Females, 16% Males
- UWRF 2003: 5% Females, 12% Males
- UWRF 2000: 5% Females, 15% Males
Self-injury and Suicide

- UW System students (and UW-River Falls students as well) are statistically higher than students nationally in:
  - Cutting
  - Seriously thought about attempting suicide, past year
  - Made a plan for attempting suicide, past year
  - Attempted suicide, past year

University of Wisconsin Consortium
UW System Population Assessment Committee, spring 2012

www.healthymindsstudy.net  info@healthymindsstudy.net
Addressing Mental Health from a Public Health Perspective

1. Identify Students At-Risk
2. Encourage Help-Seeking Behaviors and Reduce Stigma
3. Provide Mental Health Services
4. Establish and Follow Crisis Management Procedure
5. Restrict Potentially Lethal Means
6. Encourage Life Skills Development
7. Promote Social Networks

From the Education Development Center, Center for College Health and Safety, Campus Health and Safety, Funded through the Robert Wood Johnson Foundation 2008
http://www.campushealthandsafety.org/
• Drawn from the United States Air Force (USAF) Suicide Prevention Program (Knox et al., 2003).
• Also based on what is known about how to decrease risk factors and increase protective factors for mental health and suicide among adolescents, college students, and the general population.
• Based on an understanding of the student mental health problems that campuses face and existing best practices.
• Campus planners are cautioned to ensure that adequate institutional capacity exists and that linkages to community services are in place before they create programs that will significantly increase the number of students seeking services.


Jed Campus Seal: https://www.jedfoundation.org/professionals/comprehensive-approach
1. Identify Students At-Risk

- For incoming students:
  - Information and sessions for new students and their parents
  - Letter sent to home address prior to school starting

- For new students:
  - During Orientation all new students learn about services and come to Student Health and Counseling Services office

- For faculty and staff:
  - Education and information to identify and refer students who may be in distress (Student Affairs and Residence Life staff, new faculty/staff, other departments such as Academic Success Center, etc.).
  - QPR (Question, Persuade, Refer) training for faculty and staff during faculty/staff development in January 2014

- Distribute and make available on our web page information about what to do for emergencies/crisis situations, including what to do if a student is in crisis or is suicidal now, including “Assisting Students in Distress”

- Online mental health screening available 24 hours per day on our web page

- Consultation with faculty/staff and concerned others

- Regular meetings between Residence Life and Counseling Services

UW River Falls
DIVISION OF STUDENT AFFAIRS | STUDENT HEALTH SERVICES | COUNSELING SERVICES
Information and Resources on the Counseling Services Web Page

- About Us
- Counseling Services Brochure
- Counseling Appointments
- Concerned About a Student?
- What to Expect From Counseling
- Group Counseling
- Emergencies/Crisis Situations
- Coping With Tragedy, Trauma, and Death
- Area Physical and Mental Health Resources
- Counseling for Faculty/Staff
- Special Medical or Mental Health Needs
- Meditation Room
- Online Mental Health Screening
- Resident Assistant Resources
- Campus Victim Advocate
- Self Help Topics A-Z
2. Encourage Help-Seeking Behaviors and Reduce Stigma

- Active Minds - a college student group that raises mental health awareness among college students, promotes a dialogue around issues of mental health, and educates the entire student body about available resources in and around the campus community (advisor one of the counselors)

- Dan’s Bandana Project –
  In taking this bandana and tying it to my backpack, I pledge:
    I will listen if you need to talk to someone
    I will talk to someone if I need to be listened to
    I will help you find a counselor when you need more than listening
    I will find a counselor when I need more than to be listened to
    I will be accepting
    I will be honest
    I will see a person in need of support
  With this pledge, I am declaring support for those suffering with depression and/or anxiety
  You can talk with me
  I want to help
  You are way too important to feel alone today
• Student Health and Counseling Services works collaboratively through offering services

• Counseling Services:
  • Licensed mental health counselors on campus, individual and group counseling
  • Students can typically get in within 1-3 days and have same day, urgent appointment times available
  • Do not have waiting lists like many campus counseling centers
  • Referral to Student Health Services for possible medication management

• Student Health Services:
  • Access to medical providers and psychiatrist for medication management
  • Referral to Counseling Services from medical health providers

http://www.uwrf.edu/StudentHealthAndCounseling/index.cfm

3. Provide Mental Health Services
4. Establish and Follow Crisis Management Procedure

- Campus Crisis Management Plan and Team
- Training in emergency preparedness, emergency response, and crisis response
- Behavior Intervention Team
  - Creating a culture of reporting
5. Restrict Potentially Lethal Means

- Weapons are not allowed in buildings on campus
- Little or no access to places to jump
- Education on prescription drug abuse and misuse and information about disposal
6. Encourage Life Skills Development

Wellness Activities
http://www.uwrf.edu/StudentHealthAndCounseling/Wellness/Index.cfm
http://www.uwrf.edu/RecreationAndSportFacilities/

Free Weekly Wellness Events
For Students, Faculty & Staff
Fall 2014

Mondays
Advanced Tai Chi
2:00-3:00 p.m.
211 Hagestad Hall
http://www.uwrf.edu/RecreationAndSportFacilities/

Wellness Activities
http://www.uwrf.edu/StudentHealthAndCounseling/Wellness/Index.cfm
http://www.uwrf.edu/RecreationAndSportFacilities/

In need of Canine Comfort?
Experience Pet Therapy
The first Friday of every month from 3:00-4:00 pm
211 Hagestad Hall 715.425.3293

GROUP
FITNESS
CLASSES
FREE! BRING YOUR UWRF ID!
DEETS: WWW.UWRF.EDU/RSF
NO PRE-REGISTRATION NECESSARY

Pet Therapy
Location: 211 Hagestad Hall
3:00 p.m. 4:00 p.m.
Receive pets for the first Friday of every month with the therapy dogs

Wellness Challenge
February-March 2014
Have your wellness program join in as an individual or team to gain points and reputation
www.uwrf.edu/recreationservices/wellnesschallenge

Free Yearly Wellness Events
For Students, Faculty & Staff
Fall 2014

WellCheck
Location: Packer Ballroom, University Center
Wednesday, November 12, 2014
11:00-2:00 p.m.
Assess your individual wellness by visiting service translation and annual checkups
www.uwrf.edu/RecreationAndSportFacilities/wellcheck

Health Fair
Location: University Career Center
9:00 a.m. - 3:00 p.m.
Come experience a wide variety of health, wellness, and community services and organizations

De-Stress Fest
Wednesday, May 08, 2013
Location: Hagestad Hall Lawn
11:00 a.m. - 1:30 p.m.
Games, ice cream, and entertainment to help you de-stress your final exams
• Multiple efforts and initiatives to promote and encourage student involvement and engagement, such as through the Falcon Five

http://uwrf.orgsync.com/
• Policies and initiatives that support healthy lifestyle choices
  • Tobacco-free campus policy
  • Alcohol/tobacco sponsorship policy that prohibits alcohol and tobacco companies from advertising and sponsoring events
  • Campus alcohol sanctions and policies that promote legal and responsible use of alcohol, etc.

http://www.uwrf.edu/TobaccoFreeCampus/Index.cfm

• Step Up/Bystander Intervention

Creating and Maintaining a Caring Campus Environment
How Can We each Play a Role in Suicide Prevention?