

Tennessee Tech Comprehensive Suicide Prevention Plan



Prepared by:

Christina Mick, EdD, ACS, CPS, LSC, LPC, MHSP

Director

Tennessee Tech Center for Counseling and Mental Health Wellness

Annually Reviewed by:

Christina Mick, LPC/MHSP, Tennessee Tech Center for Counseling and Mental Health Wellness , Director

Angela Rector, LPC/MHSP, Tennessee Tech Center for Counseling and Mental Health Wellness , Assistant Director/Clinical Services

Ravi Patel, Tennessee Tech Center for Counseling and Mental Health Wellness , Clinical Coordinator

Ben Higgins, LPC/MHSP Tennessee Tech Center for Counseling and Mental Health Wellness

Tessa Benefield, LPC/MHSP Tennessee Tech Center for Counseling and Mental Health Wellness

Tennessee Tech Comprehensive Suicide Prevention Plan

Introduction

Tennessee Tech's Comprehensive Suicide Prevention Plan (the Plan) for students, faculty and staff was created by utilizing a number of different evidence-based models, strategies and guidance. These include the Substance Abuse and Mental Health Services Administration (SAMHSA) model, the Centers for Disease Control Public Health Approach model, Tennessee Tech's Flight Plan, the Institutional Effectiveness Planning for Southern Association of Colleges and School Commission on Colleges (SACSCOC) accreditation, the Tennessee Suicide Prevention Network, the Tennessee Suicide Prevention Higher Education Task Force and current departmental strategic planning. The Plan's procedures include the components of universal, selective and indicated prevention as well as the concepts of promotion, prevention, treatment, and maintenance. Pursuant to state law, Tennessee Tech will provide the Plan to students, faculty and staff at least once per semester.

Center for Counseling and Mental Health Wellness Mission Statement

As a member of the Division of Student Affairs, the Tennessee Tech Center for Counseling and Mental Health Wellness 's (Center for Counseling and Mental Health Wellness) mission is to promote healthy student development so as to contribute to the attainment of student educational objectives and support the University's goal of promoting student resilience, personal growth and a healthy society." In order to accomplish this, the Center for Counseling and Mental Health Wellness offers a wide range of mental health, educational, career, and consultative services to students and other members of the campus community in support of the University's goal towards developing student resilience, personal growth, and a healthy society. The Center for Counseling and Mental Health Wellness also strives to enhance the student experience as mandated by Tennessee Tech's Flight Plan, through primary prevention, counseling, and outreach programming. The Center for Counseling and Mental Health Wellness uses technology and social media to create an approachable, friendly environment. Through grant funding, counseling services are expanding and include a new emphasis on freshman students.

Comprehensive Prevention

The Center for Counseling and Mental Health Wellness 's grant funded and sustained suicide prevention program, **#hopestrongeagles**, provides campus suicide prevention efforts through prevention training; specifically Question, Persuade, Refer Training for the campus community, training in identifying risk factors, warning signs, and protective measures for at risk individuals as well as screening, counseling and referral. Campus suicide prevention efforts include the availability of the Eagle Eye After-Hours Crisis Hotline and on-going training of Center for Counseling and Mental Health Wellness professional staff. In addition, this prevention program provides programming to increase awareness, provide information regarding prevention, intervention, postvention, and lethal means safety.

Comprehensive prevention includes providing relevant campus life skills programming and Lethal Means Safety training.

Develop Life Skills	Reduce Lethal Means
Universal: <ul style="list-style-type: none"> • Student success workshops • Bystander intervention training • Programming/Tabling 	Universal: <ul style="list-style-type: none"> • Tabling • Education Guides/Brochures distribution • Gun safety
Selective: <ul style="list-style-type: none"> • Class presentations • Peer Educators • Outreach Programming 	Selective: <ul style="list-style-type: none"> • Gun locks to Veterans • CALM for QPR
Indicated: <ul style="list-style-type: none"> • Social Media • Encourage utilization of Apps • Culturally Competent Assistance 	Indicated: <ul style="list-style-type: none"> • Firearm safety panel and/or Q&A discussions

In addition, Comprehensive prevention programs on campus help identify at risk individuals and promote the sustainability of the Center for Counseling and Mental Health Wellness's #hopestrongeagles suicide prevention program.

Identify Individuals and Risk	Sustain #hopestrongeagles suicide prevention program
Universal: <ul style="list-style-type: none"> • Inter-departmental sharing • Screeners- online and tabling • Programming- bags, folders, website 	Universal: <ul style="list-style-type: none"> • Funding opportunities • Departmental Partnerships • Community Partnerships • Oversight: Center for Counseling and Mental Health Wellness
Selective: <ul style="list-style-type: none"> • Gatekeeper Training • Programming • After-hours hotline • Inter-departmental sharing 	Selective: <ul style="list-style-type: none"> • Social Media • Digital Signage • Education awareness • Newsletter/Tech Times

<ul style="list-style-type: none"> • Resource Folders/Bags 	
<p>Indicated:</p> <ul style="list-style-type: none"> • Screenings in Center for Counseling and Mental Health Wellness Setting • After-hours hotline 	<p>Indicated:</p> <ul style="list-style-type: none"> • TSPN Partnership • Trainings

As part of campus prevention efforts, the *Tennessee Higher Education Suicide Prevention Strategies for Outreach and Curriculum Infusion Toolkit* may be used as a guide for prevention efforts:

<http://tspn.org/wp-content/uploads/2018/10/Higher-Education-Suicide-Prevention-Outreach-and-Curriculum-Infusion-Strategies-1.pdf>

Comprehensive Intervention

Comprehensive Intervention, which is an important part of suicide prevention, involves assessment, referral to appropriate level of care and crisis stabilization. In addition to providing effective mental health services, Comprehensive Intervention includes:

<p>Universal:</p> <ul style="list-style-type: none"> • Referrals • Center for Counseling and Mental Health Wellness Services • Triage, Follow-Ups, Tracking 	<p>Universal:</p> <ul style="list-style-type: none"> • Crisis Protocol • Partner: Mobile Crisis • Partner: TSPN • Postvention Response Guide • After-hours hotline
<p>Selective:</p> <ul style="list-style-type: none"> • Peer Educators • Departmental Partnerships • Community Partnerships 	<p>Selective:</p> <ul style="list-style-type: none"> • Gatekeeper Training for: Freshman Orientation, Residential Life and LBGT community • After-hours hotline
<p>Indicated:</p> <ul style="list-style-type: none"> • Evidence-Based Practices • Crisis counseling and Safety Planning • Training for Center for Counseling and Mental Health Wellness providers • Culturally competent care 	<p>Indicated:</p> <ul style="list-style-type: none"> • After-hours hotline call follow-up • Follow-up after crisis and discharge from hospital

The Center for Counseling and Mental Health Wellness offers 24-hour crisis intervention services for mental health emergencies¹ for enrolled students through the Center for Counseling and Mental Health Wellness office and the Eagle Eye Crisis Hotline. If a student, faculty or staff member is thinking about suicide or is afraid for the well-being of someone, the Center for Counseling and Mental Health Wellness may be contacted in person at RUC-307 or by phone at (931) 372-3331. In addition, the Eagle Eye Crisis Hotline may be reached at (855) 206-8997.

Center for Counseling and Mental Health Wellness professional staff may provide risk assessment and screening of students, faculty or staff in crisis. Center for Counseling and Mental Health Wellness staff may also provide safety planning, coordination of mobile crisis care, or referral to the local emergency department.

Other campus members may proceed with the following steps if someone in crisis or in imminent risk is encountered:

- ON CAMPUS: Call Tennessee Tech Police at (931) 372-3234 or contact local law enforcement at 911
- OFF CAMPUS: Contact local law enforcement at 911
- Campus community members may always go directly to the nearest emergency room (Cookeville Regional Emergency Department is located just south of the University at Cedar and 4th Street.)
- Contact the Center for Counseling and Mental Health Wellness : (931) 372-3331
- Eagle Eye Crisis Hotline: (855) 206-8997 or (931) 372-3331
- Come to the Center for Counseling and Mental Health Wellness in RUC 307

Campus Community members may also:

- Contact the RA on duty
- Call Volunteer Mobile Crisis: (800) 704-2651
- Go to the Volunteer Behavioral Health Walk-In Center: 1200 S. Willow Ave * Cookeville, TN 38506

Note: During an emergency, DO NOT contact the Center for Counseling and Mental Health Wellness Office by email or leave a phone message. We cannot guarantee that we will be able to respond quickly.

Additional Resources for Crisis Intervention:

- Text "TN" to 741741 to text with a crisis counselor
- Chat online at crisischat.org
- Call the Tennessee Mental Health & Substance Use Crisis Line: 1-855-CRISIS-1
- Call the National Suicide Prevention Lifeline: 988

¹ A Mental Health Emergency is an acute clinical situation in which there is imminent risk of psychological or physical harm to self or others.

- *For Veteran's Crisis Line: Press [1]*
- Call the Trans Lifeline: 1-877-565-8860

Tennessee Tech Eagle Eye Crisis Line 1 (855) 206-8997

The Center for Counseling and Mental Health Wellness is pleased to provide the Tennessee Tech Eagle Eye Crisis Hotline. This hotline is free, confidential and available to Tennessee Tech students 7 days a week, 24 hours a day. The hotline is accessible at: (931) 372-3331 or (855) 206-8997.

As always, the Center for Counseling and Mental Health Wellness is available during regular business hours to assist you. For more information, please contact the Center for Counseling and Mental Health Wellness.

In addition, as part of campus prevention/intervention efforts, the *Tennessee Higher Education Protocol Guidelines for Suicide Intervention and Postvention* may be used as a guide for prevention/intervention efforts:

<http://tspn.org/wp-content/uploads/2018/10/Tennessee-Higher-Education-Protocol-Guidelines-for-Suicide-Intervention-and-Postvention-1.pdf>

Comprehensive Postvention

According to the Suicide Prevention Resource Center (SPRC), Comprehensive Postvention refers to *activities which reduce risk and promote healing after a suicide death*.

Please note that the Center for Counseling and Mental Health Wellness recommends the use of the **Higher Education Mental Health Alliance (HEMHA) POSTVENTION: A Guide for Response to Suicide on College Campuses** as a resource and guide for University response to a student death by suicide.

- Center for Counseling and Mental Health Wellness professional staff will verify student death with the Tennessee Tech Chief Communication Officer.
- Center for Counseling and Mental Health Wellness professional staff will verify if student death is that of a Center for Counseling and Mental Health Wellness client (former or current) or non-center student.
- If the student death is confirmed to be a Center for Counseling and Mental Health Wellness client (former or current), the treating clinician should be notified privately and in a timely manner.
- The Center for Counseling and Mental Health Wellness clinical team will review clinical notes of the treating clinician.
- The Center for Counseling and Mental Health Wellness clinical team will offer treating clinician debriefing, consult, and available resources.

- The Center for Counseling and Mental Health Wellness clinical team will mobilize as needed to offer global campus support and resources.
- The Center for Counseling and Mental Health Wellness clinical team will mobilize as needed to offer high risk groups and individuals support, debriefing, discussion sessions, psychoeducation sessions, screenings, and resources.
- The Center for Counseling and Mental Health Wellness will advise the Vice President of Student Affairs, the University President, and the Chief Communications Officer that the Center for Counseling and Mental Health Wellness has psychoeducational information, resources, and support to deploy where needed on campus. The Center for Counseling and Mental Health Wellness will also advise that the off campus mobile crisis response team may be contacted to deploy as needed.
- The Center for Counseling and Mental Health Wellness will coordinate with the University’s Chief Communications Officer to inform faculty and staff that the Center for Counseling and Mental Health Wellness is available for support and resources.
- The Center for Counseling and Mental Health Wellness clinical team will evaluate the postvention process.

In addition to providing effective follow-up crisis management, Comprehensive Postvention includes:

Follow-up Crisis Management
Universal: <ul style="list-style-type: none"> • Crisis Protocol • Partner: Mobile Crisis • Partner: TSPN • Postvention Response Guide • After-hours hotline
Selective: <ul style="list-style-type: none"> • Gatekeeper Training for: Freshman Orientation, Residential Life and LBGT community • After-hours hotline
Indicated: <ul style="list-style-type: none"> • After-hours hotline call follow-up • Follow-up after crisis and discharge from hospital

In addition to campus prevention/postvention efforts, the *Tennessee Higher Education Protocol Guidelines for Suicide Intervention and Postvention* may be used as an additional guide for prevention/postvention efforts:

<http://tspn.org/wp-content/uploads/2018/10/Tennessee-Higher-Education-Protocol-Guidelines-for-Suicide-Intervention-and-Postvention-1.pdf>

Summary

Tennessee Tech's Comprehensive Suicide Prevention Plan is one that is strategic, comprehensive and grounded in research and best practice. Suicide prevention is most often effective when the goals and activities outlined are utilized to support campus community members. The goal of this suicide prevention plan is to provide a plan that will best serve the Tennessee Tech community.

Resources

- Tennessee Suicide Prevention Network
- The Jed Foundation
- Jed Foundation's HALF OF US Series.
- Suicide.org Suicide Prevention, Awareness and Support
- Suicide Prevention Resource Center
- National Suicide Prevention Hotline 988
- ULifeline Online College Mental Health Services for Students
- Make The Connection
- National Action Alliance for Suicide Prevention
- American Association Suicidology
- 2012 National Strategy for Suicide Prevention
- Hopeline Network 1-800-784-2433
- Trevor Lifeline for LGBT Youth 1-866-488-7386
- Crisis Text Line Text TN to 741-741
- 7 Cups of Tea - online chat 7cupsoftea.com
- I'm Alive - online chat Imalive.org
- Lifeline Crisis Chat - online chat CrisisChat.org
- Adult Statewide Crisis Telephone Line 1-855-CRISIS-1 or 1-855-274-7471

Bibliography

Anon, (2019). *Preventing Mental, Emotional, and Behavioral Disorders Among Young People*.

Carson J. Spencer Foundation, Crisis Care Network, National Action Alliance for Suicide Prevention and American Association of Suicidology (2013). *A Manager's Guide to Suicide Postvention in the Workplace: 10 Action Steps for Dealing with the Aftermath of Suicide*. Denver, Colorado: J Spencer Foundation

Centers for Disease Control. (2019). "The Public Health Approach to Violence Prevention". Available URL: https://www.cdc.gov/violenceprevention/pdf/PH_App_Violence-a.pdf

Excellenceforchildandyouth.ca. (2022). [online] Available at: <https://campusmentalhealth.ca/toolkits/crisis-response/current-landscape/literature-review> [Accessed 21 March 2022].

Higher Education Mental Health Alliance (2014). *Postvention: A Guide for Response to Suicide on College Campuses*. Available URL: <https://www.sprc.org/sites/default/files/resource-program/Hemha-postvention-guide.pdf>

National Action Alliance for Suicide Prevention (2019). "Action Alliance Framework for Successful Messaging". Available URL: <http://suicidepreventionmessaging.org/>

Psych.ucla.edu. (2022). *School Mental Health Project/Center for Mental Health in Schools | UCLA Psychology Department*. [online] Available at: smhp.psych.ucla.edu [Accessed 21 March 2022].

Suicide Prevention Lifeline (2019). *Lifeline Online Postvention Manual*. Available URL: <https://www.sprc.org/sites/default/files/migrate/library/LifelineOnlinePostventionManual.pdf>

Suicide Prevention Resource Center (2019). "Postvention as Prevention". Available URL: <https://www.sprc.org/news/postvention-prevention>

Tennessee Suicide Prevention Network (2019). *Tennessee Higher Education Suicide Prevention Strategies for Outreach and Curriculum Infusion Toolkit*. Available URL: <https://campusmentalhealth.ca/toolkits/crisis-response/current-landscape/literature-review/>

Tnstate.edu. (2019). [online] Available at: <http://www.tnstate.edu/counseling/document/LTFlyer-R.pdf> [Accessed 18 Jun. 2019].

Appendix

