

# **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	<ul style="list-style-type: none"> <li>•Screening days (depression, eating d/o, etc.)</li> <li>•Community awareness campaigns</li> </ul>	<ul style="list-style-type: none"> <li>•Suicidology courses</li> </ul>	<ul style="list-style-type: none"> <li>•Med leave policy</li> <li>•Involuntary med leave policy</li> <li>•Mandatory student health insurance (includes MH coverage)</li> <li>•MOU with area hospitals</li> </ul>
Best Practices/Promising	<ul style="list-style-type: none"> <li>•Gatekeeper training (safeTALK, QPR)</li> </ul>	<ul style="list-style-type: none"> <li>•AMSR/RRSR</li> </ul>	<ul style="list-style-type: none"> <li>•Media recommendations</li> </ul>
Empirically Supported	<ul style="list-style-type: none"> <li>•Mandated assessment*</li> <li>•AFSP on line* screening</li> <li>•Gatekeeper training (ASIST)</li> <li>•Culture change (Air Force)</li> </ul>	<ul style="list-style-type: none"> <li>•Coordinated med and MH treatments</li> <li>•Routine screening @ med visits*</li> <li>•Motivational interviewing</li> <li>•CAMS</li> <li>•DBT</li> <li>•Cognitive/Beh(?)</li> </ul>	<ul style="list-style-type: none"> <li>•<b>Means restriction</b></li> </ul>

# Suicide Prevention/Intervention

	Case Management	Other
Proposed/ Recommended	<ul style="list-style-type: none"> <li>•Students of concern committee</li> <li>•BIT</li> <li>•Crisis management</li> </ul>	<ul style="list-style-type: none"> <li>•Bullying prevention and intervention</li> <li>•Campus coalitions</li> <li>•Campus/community coalitions</li> <li>•Healthy Minds</li> <li>•Coordination with DSS</li> <li>•Survivors support</li> <li>•<b>Population specific prevention efforts:</b> <ul style="list-style-type: none"> <li>• Native American</li> <li>• African American</li> <li>• Hispanic</li> <li>• International</li> <li>• Graduate</li> <li>• Military</li> <li>• Veterans</li> </ul> </li> </ul>
Best Practices/Promising		
Empirically Supported	<ul style="list-style-type: none"> <li>• Family education following attempt</li> <li>• Follow up with persons of concern</li> </ul>	

# 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		<ul style="list-style-type: none"> <li>•Suicidology courses</li> </ul>	<ul style="list-style-type: none"> <li>•Med leave policy (<i>Universal</i>)</li> <li>•Mandatory student health insurance (includes MH coverage) (<i>Universal</i>)</li> </ul>
Best Practices/Promising	<ul style="list-style-type: none"> <li>•Gatekeeper training (safeTALK)</li> </ul>	<ul style="list-style-type: none"> <li>•AMSR/RRSR</li> </ul>	<ul style="list-style-type: none"> <li>•Media recommendations communicated annually (<i>Universal</i>)</li> </ul>
Empirically Supported	<ul style="list-style-type: none"> <li>•Mandated assessment* (<i>Indicated</i>)</li> <li>•AFSP on line* screening (<i>Universal</i>)</li> <li>•Gatekeeper training (ASIST)</li> </ul>	<ul style="list-style-type: none"> <li>•Coordinated med and MH treatments (<i>Indicated</i>)</li> </ul>	<ul style="list-style-type: none"> <li>•Means restriction (<i>Universal</i>)</li> </ul>

# Puget Sound Suicide Prevention/Intervention

	Case Management	Other
Proposed/ Recommended	<ul style="list-style-type: none"> <li>•Students of concern committee (<i>Universal</i>)</li> <li>•BIT (<i>Universal</i>)</li> <li>•Crisis management plan (<i>Universal</i>)</li> </ul>	<ul style="list-style-type: none"> <li>•Campus coalition (<i>Universal</i>)</li> <li>•Coordination with DSS (<i>Targeted</i>)</li> <li>•Population specific prevention efforts:               <ul style="list-style-type: none"> <li>•LGBTQIA (<i>Targeted</i>)</li> </ul> </li> </ul>
Best Practices/Promising		
Empirically Supported	Follow up with persons of concern ( <i>Indicated</i> )	

# Puget Sound Suicide Prevention/Intervention Gaps

	EIRF	Clinical Practice	Policy
Proposed/ Recommended	<ul style="list-style-type: none"> <li>•Screening days (depression, eating d/o, etc.) <i>(Universal)</i></li> <li>•Community awareness campaigns <i>(Universal)</i></li> </ul>		<ul style="list-style-type: none"> <li>•MOU with area hospitals <i>(Universal)</i></li> </ul>
Best Practices/Promising			
Empirically Supported	<ul style="list-style-type: none"> <li>•Culture change (Air Force) <i>(Universal)</i></li> </ul>	<ul style="list-style-type: none"> <li>•Routine screening @ med visits* <i>(Targeted)</i></li> </ul>	

# Puget Sound Suicide Prevention/Intervention Gaps

	Case Management	Other
Proposed/ Recommended		<ul style="list-style-type: none"> <li>• Campus/community coalitions <i>(Universal)</i></li> <li>• Survivors support <i>(Targeted)</i></li> <li>• Population specific prevention efforts <i>(Targeted)</i> <ul style="list-style-type: none"> <li>• Native American</li> <li>• African American</li> <li>• Hispanic</li> <li>• International</li> <li>• Graduate</li> <li>• Military</li> <li>• Veterans</li> </ul> </li> </ul>
Best Practices/Promising		
Empirically Supported	<ul style="list-style-type: none"> <li>• Family education following attempt <i>(Indicated)</i></li> </ul>	

# 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](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](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](mailto:marshall@pugetsound.edu)