



OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**

A NEOMED CCoE

**SUICIDE PREVENTION, INTERVENTION
AND POSTVENTION**

*A Resource and Programming Guide
for Ohio Institutions of Higher Education*



OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CCoE

A resource center promoting suicide prevention, mental health awareness and stigma reduction activities at college campuses across the state of Ohio.

[neomedopcsmh](#) neomed.edu/csmh opcsmh@neomed.edu

Ruth H. Simera, M.Ed., LSW
Executive Director, Coordinating Centers of Excellence
Department of Psychiatry
Northeast Ohio Medical University
rsimera@neomed.edu
330.325.6670

Jessica Zavala, MPA
Manager, Ohio Program for Campus Safety and Mental Health
Department of Psychiatry
Northeast Ohio Medical University
jzavala@neomed.edu
330.325.6767

MENTAL HEALTH AT OHIO INSTITUTIONS OF HIGHER EDUCATION

The Ohio Program for Campus Safety & Mental Health (OPCSMH) is a coordinating center of excellence in the Department of Psychiatry at Northeast Ohio Medical University. The OPCSMH serves as a resource for promoting a comprehensive approach to suicide prevention and mental health promotion at college campuses across the state of Ohio. Its primary goals are to stimulate collaboration between campus and community stakeholders, to develop programs that prevent campus suicide and to create a culture of care. The ultimate outcome of such collaboration is greater student academic success resulting from the improved mental health and well-being of students, faculty and staff on all Ohio campuses. Since 2010, the OPCSMH has awarded more than \$400,000 to support 100 campus and community collaborations throughout Ohio. Funding has supported an array of campus programming, including suicide prevention training, mental health awareness campaigns and depression screenings.

The OPCSMH also recognizes that addressing suicide prevention and promoting mental health on campus is more than the job of a student counseling service. It needs to be a comprehensive, multi-dimensional, campus-wide effort. For example, the JED Foundation's *Framework for Developing Institutional Protocols for the Acutely Distressed or Suicidal College Student* provides colleges and universities with strategies to promote cultural change toward enhancing the campus-wide mental health safety net for all students. It has already been adopted by many Ohio institutions of higher education. With additional funding, Ohio colleges and universities could enhance collective efforts to improve student mental health across the higher education system.

In Ohio, and across the country, college students encompass a population that is already considered particularly vulnerable to mental health concerns, and more students than ever are utilizing campus mental health services. According to Binkley and Fenn (2019), "An increasing number of college students are turning to their schools for help with anxiety, depression and other mental health problems, and many must wait weeks for treatment or find help elsewhere as campus clinics struggle to meet demand, an Associated Press review of more than three dozen public universities found." At some institutions of higher education, "the number of students seeking treatment has nearly doubled over the last five years while overall enrollment has remained relatively flat." The Associated Press review from Ohio State illustrated a 69-percent increase in students receiving mental health treatment since 2014, while enrollment had slightly increased by only about 4 percent. This increase has been associated with "reduced stigma around mental health, along with rising rates of depression and other disorders." The increase has also led to longer wait times at student clinics when those clinics cannot hire enough mental health clinicians to meet demand.

Since the Associated Press review in the fall of 2019, the COVID-19 pandemic has had a significant impact on Ohio's colleges and universities. According to a recently released Healthy

Minds Network and American College Health Association report, “Symptoms of mental health conditions remain high in college student populations, both before and after the start of the pandemic.” Relative to fall 2019, the prevalence of depression increased, and substance use decreased in spring 2020 according to a report that surveyed random colleges across the United States. According to the Active Minds COVID-19 Impacted College Students’ Mental Health nationwide survey, 91 percent of students reported COVID-19 related stress and anxiety, and 48 percent reported COVID-19 as a major stressor and financial setback. Similarly, the American College Health Association and The Healthy Minds Network Report (May 2020) *The Impact of COVID-19 on College Student Well-Being* provides the following details on mental health:

- 60 percent of students indicated that pandemic has made it more difficult to access mental health care;
- financial stress, a known predictor of student mental health, has significantly been affected by the pandemic and nearly 66 percent of students reported that the pandemic has resulted in greater financial stress;
- 31.9 percent of students felt supported by campus mental health services;
- 39.6 percent of students felt supported by college/university administration;
- the prevalence of depression in students increased from 35.7 percent in 2019 to 40.9 percent in 2020

The OPCSMH also briefly surveyed its May 2020 webinar attendees following a presentation by Dr. Justin Chen of Harvard Medical School, *International Student Mental Health Before and During COVID-19.*” Forty-seven percent of respondents indicated it was somewhat more difficult or limited for students to access mental health care at their institutions during COVID-19.

As colleges and universities in Ohio consider best practices for supporting the mental health and well-being of students, staff and faculty, the American Council on Education recently recommended the following key strategies and best practices in its *Mental Health and Higher Education and COVID-19 Report*: 1.) communication to students is consistent, caring and clear; 2.) the mental health and well-being of all campus members should be considered, and 3.) all decision-making should be informed through assessments. In addition to adequate staffing of counseling and student health services to provide appropriate levels of services to students, the OPCSMH recommends that inter-institutional mental health efforts also include a range of other activities:

- disseminate information and train students, staff, and faculty via empirically supported approaches to recognize and support individuals with mental health problems;

- conduct culturally appropriate campus training and social media campaigns to reduce stigma around mental health issues and to motivate students, faculty, and staff to help others;
- create programs to help students develop skills to better manage stress and more quickly seek support when needed;
- leverage public health expertise and support to implement effective substance misuse interventions, promote evidence-based substance use policies, promote collegiate recovery communities and reduce substance misuse;
- bolster peer-to-peer support activities to focus on mutual support, promoting acceptance of cultural diversity, disability, empowerment strategies and stigma reduction;
- develop and implement a standard measurement tool for Ohio campuses to create consistency for measuring progress toward their respective and collective goals.

Perhaps most importantly, funding would support an expansion of student-, faculty- and staff-led forums for sharing information and support among colleges statewide working to enhance student mental health. Although the broad goal of these activities would be to enhance the campus climate with respect to mental health issues and to help Ohio campuses more expeditiously reach and support students in need of mental health services before a problem becomes a crisis, the degree to which each campus implements this multi-pronged effort, the focus of their efforts, and the methods by which they deliver education and interventions will vary across campuses based on the perceived needs of the student body, the existing campus supports and the funding allotted. Mental health issues are the leading barrier to academic success and mental illness can affect students' motivation, concentration, and social interactions, all of which are essential factors for students to succeed in higher education.

As part of the proposed initiative to improve student mental health in Ohio's higher education system, an evaluation should be undertaken across campuses to inform efforts. The evaluation process would create a unified measurement system to help institutions of higher education measure progress toward intra- and inter-campus goals and the effectiveness of new strategies on multiple campuses. Campuses would be invited to utilize a standard measurement tool to conduct an annual campus-wide online survey of Ohio college and university students. The survey would be designed and implemented to increase understanding of 1.) Experiences and attitudes that students have on-campus related to mental health and substance use; 2.) Perceptions of how campuses are serving students' mental health needs; and 3.) Attitudes about the overall campus climate toward student mental health, substance use and well-being.

According to the American Council on Education, student mental health needs can vary drastically from campus to campus, meaning that campus leaders should not solely rely on data outside of their respective campuses to inform them of the current situation in their student populations.

Finally, as many experts are predicting an increase in adverse mental health outcomes due to COVID-19 related stress, isolation and anxiety, telehealth services may assist institutions in meeting the mental health needs of students, including those who will continue to live off-campus, and especially those who have already adopted the use of telehealth for mental health counseling during the COVID-19 pandemic.

**FOR RECOMMENDED ACTIVITIES AND COORDINATED SERVICES
please refer to the**

**SUICIDE PREVENTION, INTERVENTION AND POSTVENTION:
*A Resource and Programming Guide
for Ohio Institutions of Higher Education.***

SUICIDE
IS THE 2ND-LEADING
CAUSE OF DEATH AMONG
COLLEGE STUDENTS

SINCE 2009,
APPROXIMATELY
90,000 INDIVIDUALS
IN OHIO HAVE BEEN
EXPOSED TO SUICIDE
PREVENTION MESSAGING
THROUGH THE OPCS.MH.

MORE THAN
1,000
COLLEGE
STUDENTS
DIE BY SUICIDE
EACH YEAR

MORE THAN
50% OF
COLLEGE
STUDENTS
HAVE THOUGHT ABOUT
COMMITTING SUICIDE
AT SOME POINT
IN THEIR LIVES

ONLY **26%** OF
COLLEGE STUDENTS
ARE AWARE OF CAMPUS
MENTAL HEALTH RESOURCES

80% OF
COLLEGE
STUDENTS
WHO DIE BY SUICIDE
DID NOT
HAVE CONTACT WITH
CAMPUS COUNSELING

Ohio Program for Campus Safety and Mental Health

A resource center promoting suicide prevention, mental health awareness and stigma reduction activities at college campuses across the state of Ohio.

Strategies to Promote Mental Health in Higher Education:
Prevention, Intervention, Postvention



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NEOMED

COORDINATING CENTERS
of **EXCELLENCE**



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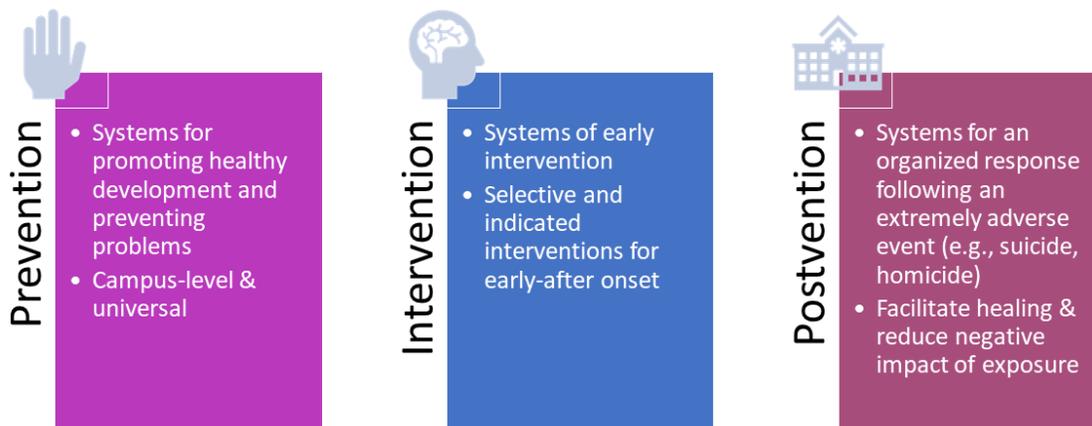
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MENTAL HEALTH PROMOTION IN HIGHER EDUCATION

Suicide Prevention, Intervention and Postvention: A Resource and Programming Guide for Ohio Institutions of Higher Education includes best practices and resources for empirically supported interventions in higher education, associated costs and national and Ohio contacts for each intervention. The information in this guide is current as of November 2020; costs and other programming information may change over time. Please contact the resource directly for the most current information.

Continuum of Strategies to Promote Mental Health in Higher Education



PREVENTION RESOURCES



Prevention

- Systems for promoting healthy development and preventing problems
- Campus-level & universal

PREVENTION RESOURCE

Active Minds

Student-led organization to promote mental health

Contact/Resource

- Active Minds
- <http://www.activeminds.org/index.php>

Cost

- No costs to become a chapter; employee time and effort to support group and money for events; \$2,000 to \$5,000 for Active Minds speakers and/or programs

Ohio Contact

- Ohio Program for Campus Safety & Mental Health,
opcsmh@neomed.edu

PREVENTION RESOURCE

Addressing the Mental Health Needs of Racial/Cultural Minority Students

The Steve Fund

Contact/Resource

- Addressing the Mental Health Needs of Racial/Cultural Minority Students
- The Steve Fund - <https://www.stevelfund.org>

Costs for JED and Steve Fund Consultation

- General pricing is \$3,000/day plus travel, \$1,500/day plus travel or approximately \$200/hour for virtual types of consultation

Ohio Contact

- The University of Akron, <https://www.uakron.edu/counseling/>
- 330-972-7082

PREVENTION RESOURCE

Collegiate Recovery Communities

Student-led organizations to promote recovery from substance use disorders

Contact/Resource

- Collegiate Recovery Communities
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3952555/>

Costs

- Free to create a group, staff time/effort to support group, money for events

Ohio Contacts

- Kent State University
<https://www.kent.edu/caps/collegiate-recovery-community>
- Ohio State University
<https://swc.osu.edu/services/collegiate-recovery-community>
- Ohio University
<https://www.ohio.edu/student-affairs/counseling/crc>
- University of Akron
<https://rooconnect.uakron.edu/organization/collegiate-recovery-community-roos-in-recovery>

PREVENTION RESOURCE

Crisis Text Line in Ohio

Text "4hope" to 741 741

Contact/Resource

- Crisis Text Line in Ohio Text "4hope" to 741 741
- <https://mha.ohio.gov/Families-Children-and-Adults/Get-Help/Crisis-Text-Line>

Costs

- Resources and electronic downloads are available online

Ohio Contact

- Ohio Department of Mental Health & Addicton Services, 614-644-8559
- Ohio Association of County Behavioral Health Authorities, 614-224-1111

PREVENTION RESOURCE

Increase Life Skills

(Money management, distress tolerance, study skills)

JED Foundation and The Steve Fund

Contact/Resource

- Increase life skills, money management, distress tolerance, study skills
- The JED Foundation - <http://www.jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf>
- The Steve Fund - <https://www.stevelfund.org/>

Costs for JED and Steve Fund Consultation

- General pricing is \$3,000/day plus travel, \$1,500/day plus travel, or approximately \$200/hour for virtual types of consultation

Ohio Contact

- Ohio Program for Campus Safety & Mental Health, opcsmh@neomed.edu

PREVENTION RESOURCE

Kognito

Recognition and referral for a suicide prevention program

Contact/Resource

- Kognito - <https://kognito.com/>

Cost for Training

- Confidence-Building Simulations and Resources (Campus-wide access to simulations) - \$8,500-\$50,000 annually based on FTE); Training Simulations (5 varieties) - \$50-65 per person

Ohio Contacts

- Kent State University - <https://www.kent.edu/stateofwellness/mental-health>
- Ohio Suicide Prevention Foundation - <https://www.ohiospf.org/>

PREVENTION RESOURCE

Match Mental Health Resources to Demand

One counselor to 1,000/1,500 higher education students
(International Accreditation of Counseling Services)

Contact/Resource

- Match Mental Health Resources to Demand - <https://iacsinc.org/>

Costs for staffing

- One independently licensed mental health counselor: \$70,000 to \$85,000 salary and benefits

PREVENTION RESOURCE

Means Restriction for the Prevention of Suicide

JED Foundation

Contact/Resource

- Means Restriction for the Prevention of Suicide
- <http://www.jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf>

Costs for JED Foundation Consultation

- <http://www.jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf>

Ohio Contacts

- Case Western Reserve University
- <https://case.edu/studentlife/healthcounseling/student-wellness/suicide-prevention>
- Ohio State University Suicide and Mental Health Task Force
- <https://suicideandmentalhealth.osu.edu/>

PREVENTION RESOURCE

Mental Health First Aid

Recognition and referral for mental disorders

Contact/Resource

- Mental Health First Aid
- <https://www.mentalhealthfirstaid.org/>

Cost for Training

- Depends on trainer, usually \$30 per individual participant (and possibly travel expenses for trainer)

Ohio Contact

- Kent State University
- <https://www.kent.edu/stateofwellness/mental-health>

PREVENTION RESOURCE

Mental Health Task Force

Conduct a university-wide review of student mental health, wellness and holistic engagement (e.g., The JED Foundation & The Steve Fund)

Contact/Resource

- Mental Health Task Force
- JED Foundation - <http://www.jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf>
- The Steve Fund - <https://www.stevelfund.org/>

Costs for JED Foundation and The Steve Fund Consultation

- General pricing is \$3,000/day plus travel, \$1,500/day plus travel or approximately \$200/hour for virtual types of consultation
- Cost for Employee/Student Time/effort: 2-3 hours per-month of 10-18 full-time employees; incentives for 2-3 students

Ohio Contact

- Ohio Program for Campus Safety & Mental Health, opcsmh@neomed.edu
- Ohio State University Suicide and Mental Health Task Force, <https://suicideandmentalhealth.osu.edu/>

PREVENTION RESOURCE

NAMI on Campus

Student-led organization to promote mental health

Contact/Resource

- NAMI on Campus - <http://www.nami.org/Find-Support/NAMI-Programs/NAMI-on-Campus>

Cost

- Free to create a group. Individuals can join \$60 annual membership if they wish, employee time to support group, money for events

Ohio Contact

- NAMI Ohio
- <https://namiohio.org/>

PREVENTION RESOURCE

Peer Support Program

Structured programs with student leadership roles (usually paid) where the focus is serving their peers. Student Peer Coaches receive extensive training focused on being resources for their peers

Contact/Resource

- Peer Support Program
<https://www.apa.org/monitor/2018/11/students>

Costs for Staffing

- One .2 FTE licensed mental health professional: \$50 to \$60,000 salary and benefits; Work study benefits for peer coaches (3-5 hours per week, per peer coach)

Ohio Contact

- Wright State University - <https://www.wright.edu/student-success/foundation-studies/become-a-peer-mentor-for-first-year-seminars>
- University of Cincinnati - <https://www.uc.edu/campus-life/caps/student-services/low-intensity-services/bearcats-support-network.html>
- Ohio Department of Mental Health & Addiction Services - <https://mha.ohio.gov/Health-Professionals/About-Mental-Health-and-Addiction-Treatment/Peer-Support>

PREVENTION RESOURCE

Question Persuade Refer (QPR)

Recognition and referral for suicide

Contact/Resource

- Question Persuade Refer - <https://qprinstitute.com/>

Costs for Training

- Costs for Training - **QPR Suicide Prevention Gatekeeper Training** - \$495 (minimum 10 people to send a trainer out - \$395 for more than 10 people) plus travel expenses; **Individual Training** - \$29.95; Train-the-Trainer; **Certified Gatekeeper Instructors** - \$495/person (\$395/person for groups of 10 or more); **Self-Study Train-the-Trainer** - \$495 per person (or \$395 for 10+)

Ohio Contacts

- Kent State University - <https://www.kent.edu/stateofwellness/mental-health>
- Mental Health and Recovery Services Board of Wayne and Holmes Counties – 330-264-2527 or 330-674-5772
- Case Western Reserve University - <https://case.edu/studentlife/healthcounseling/student-wellness/suicide-prevention>

PREVENTION RESOURCE

Screening, Brief Intervention and Referral to Treatment (SBIRT)

Evidence-based practice to identify, reduce and prevent problematic use, abuse and dependence on alcohol and illicit drugs

Contact/Resource

- Screening, Brief Intervention and Referral to Treatment (SBIRT)
<https://www.samhsa.gov/sbirt>

Costs for Training/Overview

- \$550 for 1.5 hours; 1-Day Training - \$4,500-\$5,000

Ohio Contact

- Ohio State University - <https://hecaod.osu.edu/campus-professionals/sbirt-2/>

PREVENTION RESOURCE

Stigma Reduction and Education on Mental Disorders

JED Foundation, The Steve Fund and Active Minds

Contact/Resource

- Stigma Reduction & Education on Mental Disorders
- The JED Foundation – <http://www.jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf>
- The Steve Fund – <https://www.stevelfund.org/>

Costs for JED and Steve Fund Consultation

- General pricing is \$3,000/day plus travel, \$1,500/day plus travel or approximately \$200/hour for virtual types of consultation
- Cost for Employee/Student time/effort: 2-3 hours per-month of 10-18 full-time employees; incentives for 2-3 students

Ohio Contact

- Kent State University - <https://www.kent.edu/stateofwellness/mental-health>

PREVENTION RESOURCE

Wellness Director

Oversees and coordinates all mental health and wellness activities, such as stigma reduction campaigns, relevant student groups, training, Care Team, peer support, postvention activities and mental health task forces

Contact/Resource

- Wellness Director
- The JED Foundation - <http://www.jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf>
- Suicide Prevention Resource Center - <https://www.sprc.org/resources-programs/campus-mhap-guide-campus-mental-health-action-planning>
- The Steve Fund - <https://www.stevelfund.org/>

Costs for Staffing

- One .4 to 1.0 full-time wellness director to oversee all mental health/wellness initiatives: \$80-100,000 full-time salary and benefits

Ohio Contact

- Ohio Program for Campus Safety & Mental Health, opcsmh@neomed.edu

INTERVENTION RESOURCES



Intervention

- Systems of early intervention
- Selective and indicated interventions for early-after onset

INTERVENTION RESOURCE

Brief Alcohol Screening and Intervention for College Students (BASICS)

A harm-reduction intervention for college students designed to help students make better decisions about using alcohol

Contact/Resource

- Brief Alcohol Screening and Intervention for College Students (BASICS)
- <https://youth.gov/content/brief-alcohol-screening-and-intervention-college-students-basics>

Costs for Training/Overview

- Varies by intensity \$300-\$45,000

Ohio Contact

- Ohio State University
- <https://swc.osu.edu/services/alcohol-tobacco-and-other-drug-prevention/basics-casics/>

INTERVENTION RESOURCE

Care Teams/Behavioral Interventions Teams

Formal crisis protocols of National Behavioral Intervention Team Association (NaBITA)

Contact/Resource

- Care Teams/Behavioral Interventions Teams
- <https://www.nabita.org/>

Costs for NaBITA Consultation

- General pricing is \$3,000/day plus travel, \$1,500/day plus travel, or approximately \$200/hour for virtual types of consultation

Ohio Contact

- Kent State University - <https://www.kent.edu/stateofwellness/mental-health>
- The University of Akron - <https://www.uakron.edu/student-success/care/>

INTERVENTION RESOURCE

Case Managers/Care Managers

Professionals who help students overcome the obstacles they encounter in their lives and promote academic success

Higher Educational Case Manager Association

Contact/Resource

- Case Managers/Care Managers
- Higher Education Case Managers Association - <https://www.hecma.org/>

Costs

- One Care Manager/Case Manager: \$45,000-\$55,000 salary and benefits

Ohio Contact

- Cleveland State University - <https://www.csuohio.edu/care/meet-care-management-team>

INTERVENTION RESOURCE

Cognitive Behavioral Therapy

A short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving

Contact/Resource

- Cognitive Behavioral Therapy - <https://www.mayoclinic.org/tests-procedures/cognitive-behavioral-therapy/about/pac-20384610>

Costs

- Varies by intensity \$300-\$5,000

Ohio Contact

- Academy of Cognitive Therapy, Cleveland, Ohio
<https://www.academyofct.org/page/TrainingPrograms>

INTERVENTION RESOURCE

Collaborative Assessment and Management of Suicidality (CAMS)

A therapeutic framework for suicide-specific assessment and treatment of suicidal risk

Contact/Resource

- Collaborative Assessment and Management of Suicidality (CAMS)
<https://cams-care.com/about-cams/>

Costs for Training

- 3-hour training (no CEUS) - \$99; On-Site: 1 Day - \$5,000 to \$9,500 (tiered), travel/hotel included, add \$45 per person for CEUs; 3-hour training (with counseling/social work CEUS) - \$135

Ohio Contact

- Ohio Suicide Prevention Foundation
<https://www.ohiospf.org/events/the-collaborative-assessment-and-management-of-suicidality-cams-canton/>

INTERVENTION RESOURCE

Medical Leave Policies

Provides a framework for the types of medical leave that can be taken by students, staff and faculty (JED Foundation)

Contact/Resource

- Medical Leave Policies - <http://www.jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf>

Costs for JED Foundation Consultation

- General pricing is \$3,000/day plus travel, \$1,500/day plus travel or approximately \$200/hour for virtual types of consultation

Ohio Contact

- Ohio Program for Campus Safety & Mental Health, opcsmh@neomed.edu

INTERVENTION RESOURCE

Memoranda of Understanding

Agreements between two or more parties outlined in a formal document, such as between a college/university and a federally qualified health center

Contact/Resource

- Memoranda of Understanding (MOUs)
- Ohio Program for Campus Safety & Mental Health

Costs for Training/Overview

- Legal counsel time/effort for contracting and employee time/effort for collaboration activities

Ohio Contact

- Ohio Program for Campus Safety & Mental Health,
opcsmh@neomed.edu

INTERVENTION RESOURCE

Motivational Interviewing

A person-centered counseling/educational style for eliciting behavior change by helping people explore and resolve ambivalence

Contact/Resource

- Motivational Interviewing - www.motivationalinterviewing.org

Costs for Training/Overview

- \$550 for 1.5 hours; 1-Day Training - \$4,500-\$5,000

Ohio Contact

- Case Western Reserve University - <https://www.centerforebp.case.edu/>

INTERVENTION RESOURCE

TAO Connect

Digital platform of tools and educational materials to promote campus-wide mental health

Contact/Resource

- TAO Connect - <https://www.taoconnect.org/>

Costs for License for Self-Help and clinical product suite

- \$4,500 to \$75,000 annually depending on FTE enrollment

Ohio Contact

- Ohio Program for Campus Safety and Mental Health, opcsmh@neomed.edu
- Notre Dame College, ndccounseling@ndc.edu

POSTVENTION RESOURCES



Postvention

- Systems for an organized response following an extremely adverse event (e.g., suicide, homicide)
- Facilitate healing & reduce negative impact of exposure

POSTVENTION RESOURCE

National Framework Resources (JED Foundation and Suicide Prevention Resource Centers)

Contact/Resource

- The JED Foundation - http://www.jedfoundation.org/assets/Programs/Program_downloads/Framework_bw.pdf
- Suicide Prevention Resource Center - <https://www.sprc.org/comprehensive-approach/postvention>

Costs for JED Foundation Consultation

- General pricing is \$3,000/day plus travel; \$1,500/day plus travel or approximately \$200/hour for virtual types of consultation

Ohio Contact

- Ohio Program for Campus Safety & Mental Health, opcsmh@neomed.edu

POSTVENTION RESOURCE

Outreach for People Impacted by Suicide/Homicide

Contact/Resource

- American Federation for Suicide Prevention's Reporting on Suicide: Recommendations for the Media – <https://afsp.org/for-journalists#looking-for-something>
- JED Foundation - http://www.jedfoundation.org/wp-content/uploads/2016/06/Framework_bw.pdf
- SAMHSA - <https://www.samhsa.gov/school-campus-health>

Costs for JED Foundation Consultation

- General pricing is \$3,000/day plus travel; \$1,500/day plus travel or approximately \$200/hour for virtual types of consultation

Ohio Contacts

- Ohio Program for Campus Safety & Mental Health, opcsmh@neomed.edu
- Ohio State University - Suicide and Mental Health Task Force, <https://suicideandmentalhealth.osu.edu/>

POSTVENTION RESOURCE

Safe Postvention Messaging for the Higher Education Community

Contact/Resource

- Safe Postvention Messaging for the Higher Education Community
- American Federation for Suicide Prevention's Reporting on Suicide: Recommendations for the Media – <https://afsp.org/for-journalists#looking-for-something>
- The JED Foundation – http://www.jedfoundation.org/wp-content/uploads/2016/06/Framework_bw.pdf
- Suicide Prevention Resource Center- https://www.sprc.org/sites/default/files/resource-program/Spotlight_Postvention_ResourceSheetv03.pdf

Costs

- General pricing is \$3,000/day plus travel, \$1,500/day plus travel, or approximately \$200/hour for virtual types of consultation

Ohio Contacts

- Ohio Program for Campus Safety & Mental Health, opcsmh@neomed.edu
- Ohio State University - Suicide and Mental Health Task Force, <https://suicideandmentalhealth.osu.edu/>

POSTVENTION RESOURCE

Ohio House Bill 28 (131st General Assembly)

Contact/Resource

Ohio House Bill 28

- <https://www.legislature.ohio.gov/legislation/legislation-documents?id=GA132-HB-28>
- <https://www.legislature.ohio.gov/legislation/legislation-summary?id=GA131-HB-28>
- <http://www.ohiohouse.gov/republicans/press/rep-anielskis-bill-creating-suicide-prevention-resources-in-higher-education-signed-by-governor>
- Ohio House Bill 28 was signed into law in 2015, requiring public higher education institutions to develop and implement a policy to advise students and staff on suicide prevention programs, including:
 - Crisis Intervention access - national, state and local hotlines
 - Mental Health Program access - information on availability of local mental health clinics, student and counseling services
 - Multimedia Application access - smartphone apps
 - Student Communication Plan - outreach plans regarding suicide awareness and prevention materials
 - Postvention Plan - strategic plan to communicate effectively to students, parents and staff after a loss

Ohio Contact

- Ohio Program for Campus Safety & Mental Health, opcsmh@neomed.edu

DATA COLLECTION TO ASSESS PREVENTION, INTERVENTION AND POSTVENTION



DATA COLLECTION RESOURCE

Healthy Minds Survey (Ohio Healthy Campus Initiative)

Contact/Resource

- Healthy Minds Survey - <https://healthymindsnetwork.org/research/data-for-researchers/>

Costs

- \$5,500 (15,000 or greater) to \$4,125 (5,000-14,999) to \$2,750 (less than 5,000) to \$550 (community colleges)

Ohio Contact

- Ohio Healthy Campus Cohort, opcsmh@neomed.edu

DATA COLLECTION RESOURCE

National Collegiate Health Assessment

Contact/Resource

- National Collegiate Health Association
- [https://www.acha.org/NCHA/ACHA-NCHA Data/Publications and Reports/NCHA/Data/Reports ACHA-NCHAIIc.aspx](https://www.acha.org/NCHA/ACHA-NCHA>Data/Publications%20and%20Reports/NCHA/Data/Reports%20ACHA-NCHAIIc.aspx)

Costs

- \$0.43 per student contact (ACHA Institutional Member) and \$0.86 per student contact (ACHA Non-Institutional Member)

Ohio Contact

- Ohio Program for Campus Safety & Mental Health,
opcsmh@neomed.edu

DATA COLLECTION RESOURCE

RAND Corporation

Contact/Resource

- RAND Corporation - https://www.rand.org/about/people/s/sontag-padilla_lisa.html

Costs

- Price will vary based on survey parameters and size of institution

Ohio Contact

- Ohio Program for Campus Safety & Mental Health,
opcmh@neomed.edu

REFERENCES

Active Minds COVID 19 Impact on Mental Health

<https://www.activeminds.org/wp-content/uploads/2020/04/Student-Survey-Infographic.pdf>

American Council on Higher Education Mental Health Higher Education and COVID 19 Strategies for Leaders to Support Campus Well Being

<https://www.acenet.edu/Documents/Mental-Health-Higher-Education-Covid-19.pdf>

Binkley C. and Fenn L. (2019) As stigma ebbs, college students seek mental health, Retrieved from <https://apnews.com/article/08e5c195bf04471e9c4a127abe831d91>

The Impact of COVID-19 on College Student Well-Being

https://healthymindsnetwork.org/wp-content/uploads/2020/07/Healthy_Minds_NCHA_COVID_Survey_Report_FINAL.pdf

Wang X, Hegde S, Son C, Keller B, Smith A, Sasangohar F. Investigating Mental Health of US College Students During the COVID-19 Pandemic: Cross-Sectional Survey Study. Journal of Medical Internet Research 2020; 22(9):e22817 distressed or suicidal college student. New York, NY: The JED Foundation Retrieved from https://www.jedfoundation.org/wp-content/uploads/2016/07/framework-developing-institutional-protocols-acute-distressed-suicidal-college-student-jed-guide_NEW.pdf

Please submit any updated information or additional resources for

SUICIDE PREVENTION, INTERVENTION AND POSTVENTION:

*A Resource and Programming Guide
for Ohio Institutions of Higher Education*

to



OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**

A NEOMED CCoE

A resource center promoting suicide prevention, mental health awareness and stigma reduction activities at college campuses across the state of Ohio.

[!\[\]\(fa46275bbfd247d70efa9c8b079ba519_img.jpg\) neomedopcmh](https://twitter.com/neomedopcmh)

neomed.edu/csmh

opcmh@neomed.edu