



OSU
Campus Suicide Prevention Program
A Campus Partnership
Autumn 2012




Grant Overview

- Funded through the Garrett Lee Smith Act
- SAMHSA
- Original funding: 2006-2009
- Reapplied – funded: 2009-2012
- Currently seeking ideas for sustainability
- Originally, 35 campus & community partners
- Grown to more than 70 partners




Goals of the Program

- Make suicide prevention a *Shared Campus Responsibility*
- Engage in wide-spread data collection
- Develop coordinated policies for crisis management
- Develop & implement large-scale training program
- Implement suicide prevention & mental health anti-stigma campaigns




Selected Program Components

- Partner Network (campus & community)
 - Coordinated policies and improved communication
- Education
 - Gatekeeper training
 - Suicide prevention Maymester class
- Outreach
 - Anti-stigma campaigns
 - On-line mental health/depression screening
 - Syllabi statements
 - Suicide prevention app
 - Student activities



Partner Network

- 70+ campus & community partners
- Community Partners:
 - Coordinated policies, data collection, training
 - Links to local hotline, emergency room
 - Needs assessment to identify (& fill in) gaps
- Campus Partners:
 - Links w/ student affairs
 - Links w/ student wellness (freshman wellness)
 - Improved coordination w/ student health, advocacy, counseling, wellness, etc.



Education: Gatekeeper Training

- REACH program developed in 2011-2012
 - Replaces “QPR” as standardized program
 - As (or more) effective, with diverse population
 - Diverse trainers, in many settings
 - Trainings are for faculty, staff, students
 - Gatekeepers receive certificates & pins
 - Also available as a “Prezi”
 - Have trained 3,000 as gatekeepers to date
- Kognito Program
 - On-line simulation for faculty & GTAs



Effectiveness of Gatekeeper Training

- 1000 OSU trained gatekeepers surveyed
 - 61% students; 16% support staff; 11% administration
 - Before the training:
 - 46% knew of person who died by suicide
 - Only 1/3 tried to intervene
 - After training:
 - Significant improvement - all 5 knowledge questions
 - Significant improvement – all 3 attitudes questions
 - No differences based on gender, age, race, university role, prior experience with suicide



Gatekeeper Training: Followup

- One year later
 - 89% who saw warning signs attempted to intervene. Of those who intervened:
 - 98% talked with student
 - 93% referred to counseling center
 - 99% are willing/very willing to intervene
 - 97% are confident/very confident to intervene
 - 97% are likely/very likely to intervene
 - 94% said training was helpful/very helpful



Education: Maymester Course

- Links OSU suicide prevention, community hotline, and academics
- At the end of the term, students are:
 - REACH trainers
 - Local hotline volunteer



Outreach: Anti-Stigma Campaign

- Website
 - Updated with information and resources
- Brochures
 - 7 specific populations at risk
 - Partners display them
- 911 Folder
 - Information & resources (OSU, local, national) for all faculty, GTAs, relevant staff
- Other opportunities
 - Bus signs, Story of Hope



Outreach: On-line Screenings

- Interactive Screening Program
 - Anonymous web-based interaction w/ counselor
 - SPRC Best Practice Model
 - Funded through ASFP
 - Currently Med School & Vet School
 - Starting in 2012, will be offered to *all* graduate students on Columbus campus



Outreach: Syllabi statement

- A simple, cost-effective strategy to get information to students
- On paper formats, and link on Carmen

A recent American College Health Survey found stress, sleep problems, anxiety, depression, interpersonal concerns, death of a significant other and alcohol use among the top ten health impediments to academic performance. Students experiencing personal problems or situational crises during the quarter are encouraged to contact the OSU Counseling and Consultation Services (614-292-5766; <http://www.ccs.ohio-state.edu>) for assistance, support and advocacy. This service is free and confidential.



Outreach: Suicide Prevention App

- RUOK: OSU
 - Links students in crises to closest suicide prevention crisis line
 - Links population group info/resources
 - Links students to OSU and nat'l resources
 - Allows the holder to share the app with friends
 - Uses Google metrics for evaluation



Outreach: Student Activities

- Student Group
 - Buckeye Campaign Against Suicide (B-CAS)
 - Sample activities
 - You Tube Video
 - Facebook page
 - Out of the Darkness Walk for suicide prevention
 - Best Day of Your Life
 - RUOK Day (with t-shirts, wristbands, etc.)

All of these project goals
require strong partnerships
to be successful



Our partnership model has been
identified by SAMHSA as a
successful approach to campus
suicide prevention