



TRAINING OPPURTUNITIES

Interested in becoming a certified **Question, Persuade, Refer (QPR)** Suicide Prevention Gatekeeper? Sign up for a free session via Zoom today!

[May 14th, 2026, 12pm EST](#)

More to come!

Reserve your spot for our upcoming in-person **Mental Health First Aid** training! **Space is limited!**

[April 30th, 2026, 9am-4:30pm EST](#)



Check out all our training opportunities, including archived webinars and conferences, [here](#).

[Click here](#) to join the OPCSMH listserv and be the first to find out about upcoming events and news!

TRI-C'S HELP IS HERE TEAM PROUDLY PRESENTS KEVIN HINES

Tri-C's [Help Is Here](#) team is proud to welcome Kevin Hines, a suicide attempt survivor & prevention speaker, to ALL Tri-C campuses! Kevin has dedicated his life to helping save lives.

In 2000, Kevin attempted to take his life by jumping off the Golden Gate Bridge. He is one of 36 (< 1%) who have ever survived. Many factors contributed to his miraculous survival including a sea lion which kept him afloat until the Coast Guard arrived. His motto is #BeHereTomorrow and every day after that.

Read more at [kevinhinesstory.com](#).
 Click [here](#) for FREE tickets! Space is limited!

THE MADNESS OF COLLEGIATE SPORTS IN MARCH

March is an important and hectic time in collegiate athletics due to the NCAA March Madness basketball tournament. March is also Problem Gambling Awareness month, which aims to increase public awareness of problem gambling and promote prevention, treatment, and recovery services.

If you are interested in learning more about sports betting prevention, we encourage you to check out the recently launched initiative to create a [Sports Betting Policy Hub](#) developed by the American Institute for Boys and Men and Arnold Ventures—a national resource designed to help policymakers, researchers, and advocates respond to the rapid expansion of sports betting and the growing evidence of related financial and health harms, particularly among young men. Interested in learning more? View the OPCSMH March 2026 webinar: [Get in the Game: Addressing High-Risk Gambling Among College Students](#).



OPCSMH Staff Member Spotlight



Madison (Madie) Gaskill has served as Program Coordinator II for the Ohio Program for Campus Safety & Mental Health (OPCSMH) at Northeast Ohio Medical University since 2024. A Kent State University alumna, she earned her B.A. in Psychology and M.Ed. in Clinical Mental Health Counseling, developing a career centered on mental health, social justice, and intentional student support. Madie's professional experience spans clinical counseling, research, higher education, and at the OPCSMH, she is particularly passionate about advancing suicide prevention efforts in higher education and helping Ohio's campuses cultivate environments where students can thrive both academically and personally. Outside of the office, she enjoys experimenting with new recipes in the kitchen, practicing yoga, and being with family, friends, and her cat, Jerry!

SELF-INJURY AWARENESS MONTH: RECOGNIZE THE SIGNS

Self-injury, also known as non-suicidal self-injury, is when someone deliberately hurts themselves as a way to cope with intense emotional pain or distress. It is usually not a suicide attempt, but rather a way to manage overwhelming feelings.

Common signs include unexplained cuts, burns, or bruises, often in patterns or at different stages of healing, along with wearing long sleeves in warm weather to hide injuries. A person may give vague explanations for frequent injuries or keep sharp objects nearby. Emotional and behavioral changes are also important warning signs, such as withdrawal from others, mood swings, low self-esteem, or expressions of hopelessness.

Self-injury is often linked to challenges like depression, anxiety, trauma, bullying, or difficulty expressing emotions. If you suspect someone is self-injuring, approach them calmly and without judgment. Listen with empathy, express concern, and encourage professional support. Compassion and early intervention can play a key role in helping someone move toward healthier coping strategies.

Looking for additional information and resources? Check out Cornell University's [Self-Injury & Recovery Resources](#) page!

2026 Drs. Fred & Penny Frese Lecture

The 2026 Drs. Fred & Penny Frese Lecture will be held in-person and virtually on Wednesday, May 20, 2026, from 12pm-1pm EST. The featured speaker will be Nev Jones, an associate professor, mental health services researcher and community psychologist focused on the sociocultural determinants of mental health, psychosis-focused services, health equity and disability justice at the University of Pittsburgh.

This lecture is FREE and open to the public. We encourage family members and people with lived experience to attend in addition to those in the clinical community. [Register to attend both in person and online!](#)

The Drs. Fred and Penny Frese Lecture Series honors the late Fred Frese, Ph.D., and Penny Frese, Ph.D., by highlighting the experiences of individuals who have successfully navigated schizophrenia and other severe mental illnesses. The series also explores how loved ones can provide support and facilitate recovery in these situations.

Peg's Foundation and the NEOMED Department of Psychiatry [Coordinating Centers of Excellence](#) sponsor this lecture annually. The Coordinating Centers of Excellence serve as a national model for disseminating state-of-the-art programs and practices that promote recovery and improve the lives of individuals with schizophrenia and other mental illnesses — as well as the lives of those around them.

If you would like more information, please contact bestcenter@neomed.edu.



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opcsmh@neomed.edu