

Tennessee Tech Comprehensive Suicide Prevention Plan



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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.

Counseling Center Mission Statement

As a member of the Division of Student Affairs, the Tennessee Tech Counseling Center's (Counseling Center) 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 Counseling Center 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 Counseling Center also strives to enhance the student experience as mandated by Tennessee Tech's Flight Plan, through primary prevention, counseling, and outreach programming. The Counseling Center 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 Counseling Center'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 Counseling Center 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.

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| 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 Counseling Center’s #hopestrongeagles suicide prevention program.

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| 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: Counseling Center |
| Selective: <ul style="list-style-type: none"> • Gatekeeper Training • Programming • After-hours hotline • Inter-departmental sharing • Resource Folders/Bags | Selective: <ul style="list-style-type: none"> • Social Media • Digital Signage • Education awareness • Newsletter/Tech Times |
| Indicated: <ul style="list-style-type: none"> • Screenings in Counseling Center Setting • After-hours hotline | Indicated: <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:

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| <p>Universal:</p> <ul style="list-style-type: none"> • Referrals • Counseling Center 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 Counseling Center 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 Counseling Center offers 24-hour crisis intervention services for mental health emergencies¹ for enrolled students through the Counseling Center office and the Eagle Eye After-Hours Crisis Hotline. If a student, faculty or staff member is thinking about suicide or is afraid for the well-being of someone, the Counseling Center may be contacted in person at RUC-307 or by phone at 931-372-3331. In addition, the Eagle Eye After-Hours Crisis Hotline may be reached at 855-206-8997.

Counseling Center professional staff may provide risk assessment and screening of students, faculty or staff in crisis. Counseling Center 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 Counseling Center: 931-372-3331
- When the office is closed, contact the Eagle Eye After-Hours Crisis Hotline: 855-206-8997 or 931-372-3331
- Come to the Counseling Center in RUC 307

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.

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 Counseling Center 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: 1-800-273-TALK
 - *For Veteran's Crisis Line: Press [1]*
- Call the Trans Lifeline: 1-877-565-8860
- Youth Villages (17 and under): 866-791-9223
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Tennessee Tech Eagle Eye After-Hours Crisis Line: 855-206-8997

The Counseling Center is pleased to provide the Tennessee Tech Eagle Eye After-Hours Crisis Hot Line. This hotline is free, confidential and available to Tennessee Tech students. Students can access this hotline weekdays after 4:30 p.m. and on weekends and holidays. The hotline is accessible at: 931-372-3331 or 855-206-8997.

As always, the Counseling Center is available during regular business hours to assist you. For more information, please contact the Counseling Center. *If students, faculty, and/or staff need emergency assistance during lunch hours (12 - 1 pm) that cannot wait until the office reopens in the afternoon, please contact the Tennessee Tech Police at 931-372-3234 or 911 or the Tennessee Tech Eagle Eye After-Hours Crisis Hotline.*

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 Counseling Center 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.

- Counseling Center professional staff will verify student death with the Tennessee Tech Chief Communication Officer.
- Counseling Center professional staff will verify if student death is that of a Counseling Center client (former or current) or non-center student.

- If the student death is confirmed to be a Counseling Center client (former or current), the treating clinician should be notified privately and in a timely manner.
- The Counseling Center clinical team will review clinical notes of the treating clinician.
- The Counseling Center clinical team will offer treating clinician debriefing, consult, and available resources.
- The Counseling Center clinical team will mobilize as needed to offer global campus support and resources.
- The Counseling Center clinical team will mobilize as needed to offer high risk groups and individuals support, debriefing, discussion sessions, psychoeducation sessions, screenings, and resources.
- The Counseling Center will advise the Vice President of Student Affairs, the University President, and the Chief Communications Officer that the Counseling Center has psychoeducational information, resources, and support to deploy where needed on campus. The Counseling Center will also advise that the off campus mobile crisis response team may be contacted to deploy as needed.
- The Counseling Center will coordinate with the University’s Chief Communications Officer to inform faculty and staff that the Counseling Center is available for support and resources.
- The Counseling Center clinical team will evaluate the postvention process.

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

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| 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 1-800-273-TALK (8255)
- 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

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Appendix

