

Oregon College and University Suicide Prevention Project (OCUSPP)
Progress Report
July 2013 – June 2014

OVERVIEW AND HIGHLIGHTS

Our member campuses continue to pursue various initiatives to reduce the likelihood of suicide on campus. This includes enhancing clinical skills and infrastructure for assisting students in crisis and assessing and managing suicide risk. It also includes adopting policies and procedures for addressing higher risk students as well as pursuing outreach and means restriction activities. Three OCUSPP schools were in various stages of adopting or implementing the Interactive Screening Program created by the American Foundation for Suicide Prevention.

We continued our efforts to partner and collaborate with others suicide prevention at the community and state level. To this end we invited Donna Noonan, Youth Suicide Prevention Coordinator for the State of Oregon, to attend our fall meeting. This led to a rich dialogue, and Donna Noonan shared informational resources that have been utilized by consortium members.

We were saddened by the death of Robin Williams. While the fact that his suicide occurred during the summer mitigated the direct impact on our campuses, nonetheless his death prompted campus media coverage, community conversations and a coming together of those involved in suicide prevention work.

OCUSPP PRIORITIES FOR 2013-14

- **Be more active in data collection. Use this data to target more effective interventions and programming.**
 - At our fall meeting we discussed making better use of the Healthy Minds Study and the American College Health Association (ACHA) survey. OSU presented results from its implementation of the Health Minds Study. At our spring meeting UO presented results from its implementation of the ACHA survey. One challenge for the consortium as a whole is that member campuses utilize different surveys or none at all.
- **Branding and marketing a solid image as the informed voice for college suicide prevention in the state if not nationally.**
 - A committee reviewed and made recommendations regarding editing and updating the OCUSPP website. The committee also consulted with a communications expert at UO. We then engaged a student employee to design an OCUSPP logo. We also hired an outside consultant to update the website, adding “100 Reasons to Stay” videos and making the website more dynamic and visual appealing.

Oregon College and University Suicide Prevention Project (OCUSPP)
Progress Report
July 2013 – June 2014

- **Cultivate and enhance relationships with other organizations providing suicide prevention efforts in Oregon.**
 - Our conversation with Donna Noonan at the Fall OCUSPP meeting was in line with this priority. We decided to continue this goal into the coming year, maintaining our current relationships while looking for opportunities to partner with other individuals and groups whose work is most relevant to our campus prevention efforts.

BRANDING, MARKETING AND OUTREACH TO OTHER CAMPUSES

In addition to updating the website, we decided to hold a continuing education event that would be open to other non-affiliated campuses and the community at large. We engaged David Jobes, Ph.D., APBB, to come to Portland over the summer and provide evidence-based training on the Collaborative Assessment and Management of Suicide (CAMS) approach. We marketed this event via the Oregon College Health Association meeting and professional listservs.

CAMPUS SUICIDE PREVENTION ACTIVITIES

During the 2012-13 academic year, OCUSPP member campuses engaged in these activities:

- Trained 44 college leaders, including as presidents, V-Ps, provosts and deans & directors
- Provided educational seminars to 127 students
- Trained 280 resident advisors
- Provided suicide prevention training to 184 faculty and staff
- Presented suicide prevention information to 600 parents
- Provided training to 110 health center staff and 20 counseling staff and trainees
- Sent two staff to suicide prevention conferences or workshops
- Participated in two SPRC or Jed Foundation webinars

Oregon College and University Suicide Prevention Project (OCUSPP)
Progress Report
July 2013 – June 2014

- One school has an established Active Minds chapter
- Three schools have a dedicated suicide prevention web page
- Four schools are connected to Ulifeline
- Actively participated with a suicide prevention task force
- Two schools have a mandatory assessment process that can be evoked for students at risk of suicide
- Letters were sent to over 5000 faculty and staff, making them aware of campus suicide prevention resources and trainings
- Three schools are in various stages of implementing the Interactive Screening Program – a partnership with the American Foundation for Suicide Prevention
- 419 students took an online depression screening
- Held a suicide awareness day
- Southern Oregon University created a “100 Reasons to Stay” video, involving students, faculty and staff
- Portland State University met with charter high school students to discuss suicide prevention

CAMPUS HIGHLIGHTS

Lewis & Clark College conducted a self-assessment of its suicide prevention strategies and shared this assessment with the Audit Committee of its Board of Trustees. The College moved case management services from the Dean of Students Office to the Counseling Service and developed a plan to expand the part-time case manager position started in 2012 to full-time beginning in fall 2014. Plans were also developed to increase counseling hours available to students in the Counseling Service in the coming year by adding both professional staff hours and two professional trainees to the Counseling Service staff. Efforts continued to formalize the procedure for mandating suicide risk assessments for selected students at risk of suicide. A policy has been drafted for the undergraduate college, and the hope is that in the coming year that policy will be expanded to apply to our Law School and Graduate School. The College's behavioral intervention team continued to be active in engaging students at risk--on one occasion this year, the College's behavioral intervention team collaborated with the Portland Police Bureau to identify and engage a student who had posted suicidal intent anonymously via social media. Staff were able to refer the student to appropriate care.

Oregon College and University Suicide Prevention Project (OCUSPP)
Progress Report
July 2013 – June 2014

The **University of Oregon** focused on rebuilding its Suicide Prevention Team (SPT) after the coordinator and several members left the University. Several new members joined the team from across the University, and the Team focused on revising the training materials and helping new members get up to speed in delivering gatekeeper training. A letter to the entire University elicited numerous requests for well-attended prevention trainings. Team members participated in the Eugene Out of Darkness Walk to help raise funds for the American Foundation for Suicide Prevention (AFSP). The team was also involved in putting on a Suicide Prevention Awareness Day in the spring. The University Counseling and Testing Center (UCTC) continued to implement the Interactive Screening Program (ISP) — an outreach program delivered to at-risk students who otherwise might not seek counseling. This was the second year of this partnership with the AFSP.

CHALLENGES AND OPPORTUNITIES

OCUSPP is run by the membership, which is comprised of front-line mental health staff or directors of their respective health and counseling services. There is no dedicated staffing for the organization. A primary challenge continues to be juggling consortium work and suicide prevention activities against the competing demands that arise at the campus level. As the demand for clinical services continues to grow, less time remains for prevention work and administrative tasks such as OCUSPP.

At a time when the soaring cost of higher education has put pressure on health fees and other revenue sources, campuses must weigh the benefits of continued consortium membership against the cost. OCUSPP's leadership is aware of these pressures, and fees for membership have been reduced substantially since the organization began. In addition, one third of the fee returns to each campus for suicide prevention related expenses. Moreover, the organization is exploring ways to return additional value to its members by offering high quality professional trainings free or at greatly reduced cost.

One positive development is that we have witnessed a shift in the campus culture around suicide prevention. Prevention has become integrated into training of residence life staff, and suicide is now part of the larger prevention conversation, which also includes substance abuse and sexual assault. Diverse segments of the campus have been engaged around suicide prevention and outreach and participate in other ways to make our schools safer for students.

FUTURE DIRECTIONS

- Continue to offer high quality trainings that are open to non-affiliated campuses and community practitioners.
- Offer training and resources to OCUSPP members on utilizing the public health model for suicide prevention.

Oregon College and University Suicide Prevention Project (OCUSPP)
Progress Report
July 2013 – June 2014

- Conduct an informal needs assessment with counseling center directors to assess how OCUSPP is perceived and what member and non-member campuses might want or need from the consortium.
- Now the website has been updated, build out the content.

DRAFT