Suicide Prevention and Awareness:
Two Campus Models

Foothill College
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Office of Psychological Services

De Anza College
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Counseling and Disability Support Services
Board of Trustees Presentation

De Anza College

Mental Health Services
Resources
Education

Supporting the Personal Well-Being
Of Our Students

by Laurel Torres and Kevin Glapion
March 23, 2007
Communication - Awareness - Intervention

Collaborative and Integrated Approach

* Communication
* Awareness
* Intervention

- Counseling & DSS
- Student Well-Being
- Campus Police
- Instruction
- Administration

FOOTHILL-DE ANZA Community College District
Counseling Services

- Brief solution focused counseling for personal issues including suicide assessment
- Supportive referrals to community mental health resources
- Drop-in and crisis counseling available to students Monday through Friday (both day and evening hours)
- Human Development and Counseling classes address effective management of life stressors
- Counseling maintains current crisis and mental health support resources on the De Anza College website
- Follow-up crisis and loss debriefing
Campus Health Services

- Drop-in, triage, and evaluation services
- Classroom presentations available upon request
- Psychological and medical referrals for International Students
- Physician appointments on campus at reduced fees
- Health newsletter “Salud” and “La Voz” student news articles
- Brochures and handouts re suicide, depression, anxiety, etc.
Campus Police and Security

- All officers trained in mental health assessment

- Responsible for determining when it is legally appropriate to detain a student involuntarily at a mental health facility

- Available for crisis intervention and physical stand-by presence

- Conflict resolution and de-escalation in tenuous or threatening circumstances.

- By request: enforcement of restraining orders submitted for protection of students, staff or faculty
Counselor Consultation

- Available by phone, e-mail, or in person regarding any student in emotional crisis
- Departmental consultation and presentations
- Faculty training in mental health management, awareness, and crisis intervention
- On going relationship with Pacific Graduate School of Psychology
- Participation in Northern CA Community College Psychological Services Consortium
Disability Support Services

- Disability management services for students with physical and/or psychiatric disabilities
- Evaluates and provides academic accommodation and educational support services
- Consults with treatment providers, community organizations, faculty, and staff
- Works closely with campus police and security in managing crisis situations and assessment of emotional stability of DSS students
- Provides faculty advisor for “DSU” (Disabled Students Unlimited) student club encouraging peer support and personal development
- Provides disability specific website
Instruction

- Often the first to learn of student distress
- Approach and assess distressed student in situation
- Assist student to locate appropriate services
- Consult appropriate campus resources for assistance
- Follow up with student as indicated
Consult, assess, and evaluate student needs

Incident reports bring mental health issues to the attention of college administration

Student grievance procedures highlight potential mental health needs
Recommendations

- Continue to foster and improve relations with community mental health providers
- Strengthen effectiveness of De Anza College crisis team
- Coordinate depression, anxiety, suicide prevention and eating disorder screening days on campus
- Publicize campus services
- Increase student awareness and peer support systems
Additional Information

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Depression and Suicide Prevention
A Campus Approach
March 23, 2007

Melanie Hale, LCSW and Ernest Schmidt, LCSW
Foothill College
Psychological Services and Personal Counseling

Program Overview

**Staffing**
- 2 Licensed Clinical Social Workers as Full-Time Faculty (1 with 25% teaching load)

**Services Provided**
- Short-Term Counseling (6 to 8 sessions a year)
- Crisis Intervention/Consultations/Referral
- Outreach and Prevention
Outreach and Prevention Activities

- Provide orientations to all *Introduction to College* classes and international students
- Warning signs of suicide

- Post Suicide and Crisis information on campus and distribute to all campus division offices

- Psychological Services web-site
Mass emails to students, faculty, and staff regarding suicide, depression, and our psychological services

Consult with faculty and staff
- Faculty and staff guide: “Working With The Emotionally Distressed Student”

All students using service are screened for risk of suicide

Psych Services class entitled: Stress, Wellness, and Coping
Foothill College
Psychological Services and Personal Counseling

Outreach and Prevention Activities

Feeling Blue?

THE WAY YOU LOOK MAY NOT SHOW HOW YOU Really FEEL.

REACH OUT TO OTHERS.

Foothill College
Psychological Services
and
Personal Counseling can help
Rm 6201
650-949-7241
http://www.foothill.edu/vcc/psych.php

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Community Linkages

Northern Community College Psychological Services Consortium
- 13 community colleges represented
- Collaboration/Consultation to strengthen campus mental health services

Internship Development
- San Jose State and San Francisco State University

Community Referrals (Partial List):
- Family and Children Services
- Kurt and Barbara Gronowski Psychology Clinic
- County Mental Health
- Support Network for Battered Women
Policy Recommendations

- A mental health department at every college
- Adequate funding and staff
  - UC Mental Health report recommends student/staff ratio be 1,000-1,500 to 1.
- Psychiatric consultation available to students
- Comprehensive suicide prevention program
  - Ongoing parent/student/faculty/staff education and outreach