

Board of Trustees Presentation

Suicide Prevention and Awareness: Two Campus Models



Foothill College



De Anza College

Foothill College

Melanie Hale, LCSW

Ernest Schmidt, LCSW

Office of Psychological Services

De Anza College

Laurel Torres R.N.C, M.S.

Kevin Glapion M.S., C.R.C.

Counseling and Disability Support Services

Board of Trustees Presentation

De Anza College

Mental Health Services Resources Education



Foothill College



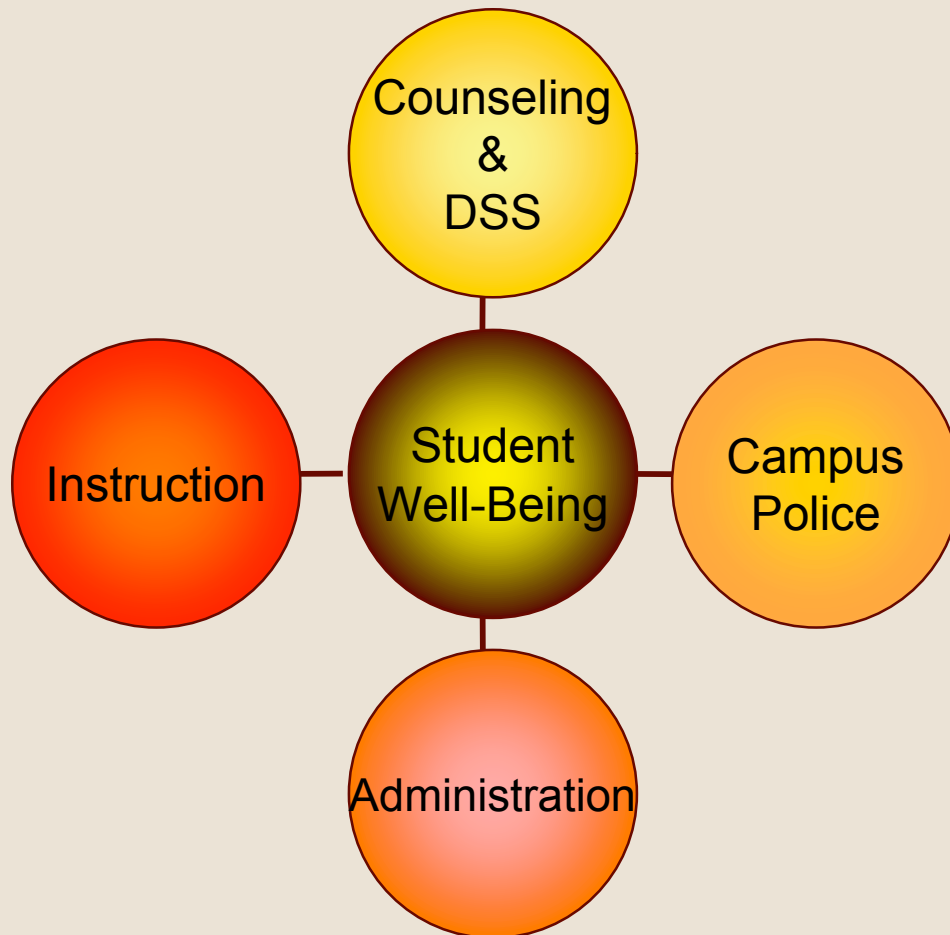
De Anza College

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 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

Administration

- 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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Board of Trustees Presentation



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De Anza College

Depression and Suicide Prevention A Campus Approach March 23, 2007

Melanie Hale, LCSW and Ernest Schmidt, LCSW



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



Foothill College
Psychological Services and Personal Counseling

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

COUNTY OF SANTA CLARA • MENTAL HEALTH DEPARTMENT

SUICIDE and CRISIS SERVICE

(408) 279-3312

Prevention • Intervention • Postvention

North County Toll Free (650) 494-8420		South County Toll Free (408) 683-2482
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24 Hours a Day • 7 Days a Week • Bus. Phone: (408) 885-6216



Foothill College
Psychological Services and Personal Counseling

Outreach and Prevention Activities

- 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*

Outreach and Prevention Activities

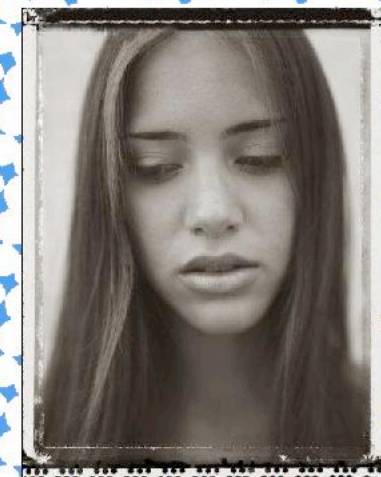


**THE WAY YOU LOOK
MAY NOT SHOW HOW
YOU Really FEEL.**

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>

Feeling Blue?



REACH OUT TO OTHERS

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Foothill College
Psychological Services and Personal Counseling

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