



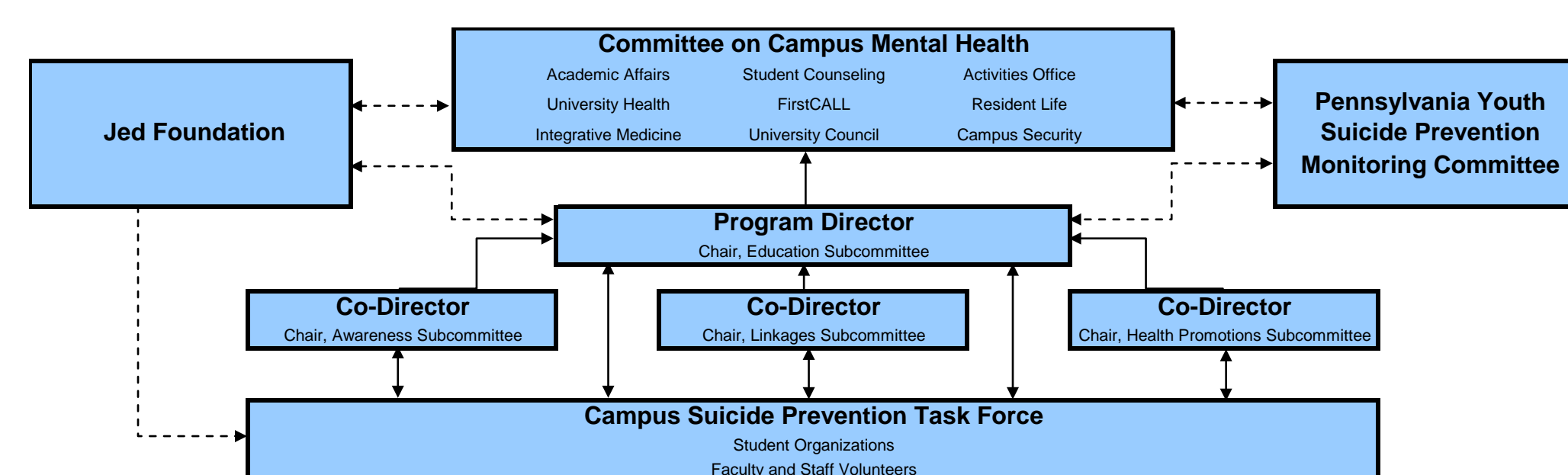
# JeffHELP

## Campus Suicide Prevention at Jefferson

### WHY JEFFERSON?

- Suicide is a significant public health problem and is believed to be the second leading cause of death among American college students
- Medical students face an increased risk of suicide compared to controls
  - Depression rates between 10-25%
  - Burnout
  - Reluctance to use mental health services
- Similar risk factors, including compassion fatigue, also exist for students in other health professions

### OBJECTIVE #1: Stakeholder Development



#### Campus Suicide Prevention Task Force

- Review campus mental health and suicide prevention activities
- Offer recommendations for activities and/or dissemination of activities
- Assist in the facilitation of prevention efforts
- Review findings throughout course of project and offer recommendations based on findings

#### Campus Suicide Prevention Task Force

- Comprised of representatives from numerous student organizations as well as faculty from each University School and College
- Assist in planning and dissemination of project activities

### OBJECTIVE #2: (H) Heightened Awareness

- Work with the Jed Foundation to promote existing awareness campaigns
  - U Lifeline.org
  - Halfofus.com

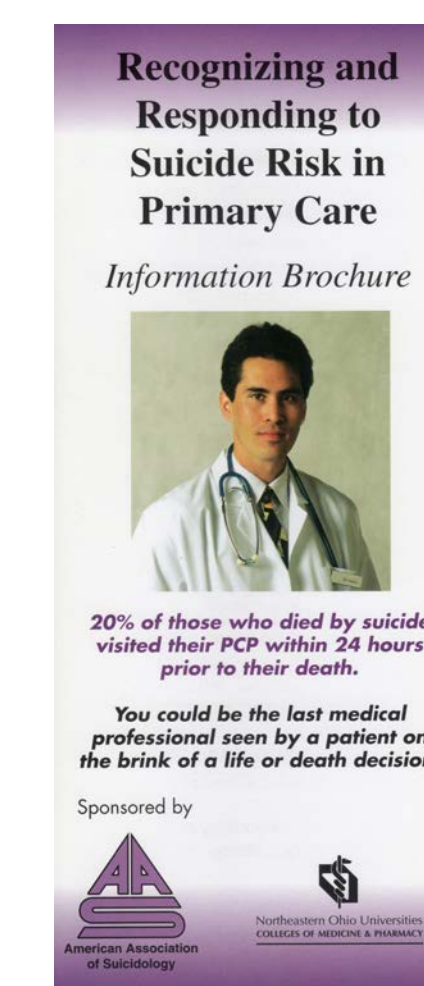


- Develop print materials on suicide risk and health promotion for campus organizations
- Develop print materials for families of students about risk factors and warning signs
- Promote National Suicide Prevention Lifeline
- Develop a video series on depression in health profession students, decreasing stigma, help-seeking, and assisting others to seek help



### OBJECTIVE #3 (E) Education about Suicide Risk Factors and Warning Signs

- Develop a brief training for students on suicide risk factors, warning signs, and risk assessment to be placed into existing curricula across campus
- Incorporate training on suicide risk and assessment in primary care and psychiatry clinical rotations
- Offer the American Association of Suicidology's *Recognizing and Responding to Suicide Risk in Primary Care* to attending physicians and preceptors in several key medical, nursing, and other clinical departments
- Make informational resources on mental health and suicide risk factors and warning signs available on Pulse



### OBJECTIVE #4 (L) Linkage to Services

- Promote the Student Personal Counseling Center (SPCC)
- Develop a web-portal for counseling referrals
- Implement the American Foundation for Suicide Prevention's Interactive Screening Program
  - Reach out to students
  - Increase awareness of campus mental health services
  - Identify those in need of services
  - Facilitate necessary linkages
- Implement the Behavioral Health Screen to students presenting to University Health Services



### OBJECTIVE #5: (P) Promoting Better Health Practices

- Partner with the Activities Office to facilitate peer social support networks and wellness
  - Create a Survivors of Suicide group
  - Stress management
  - Handling interpersonal challenges
  - Life skills, study skills, and coping skills
- Partner with the Jefferson Independent Blue Cross Wellness Center to promote healthy activities for students, faculty, and staff
- Partner with the Myrna Brind Center for Integrative Medicine to promote wellness services, workshops, and activities
- Promote research examining the effectiveness of wellness practices on mental health outcomes

