

Campus-wide Suicide Prevention Strategy

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Some things we know about university student suicide

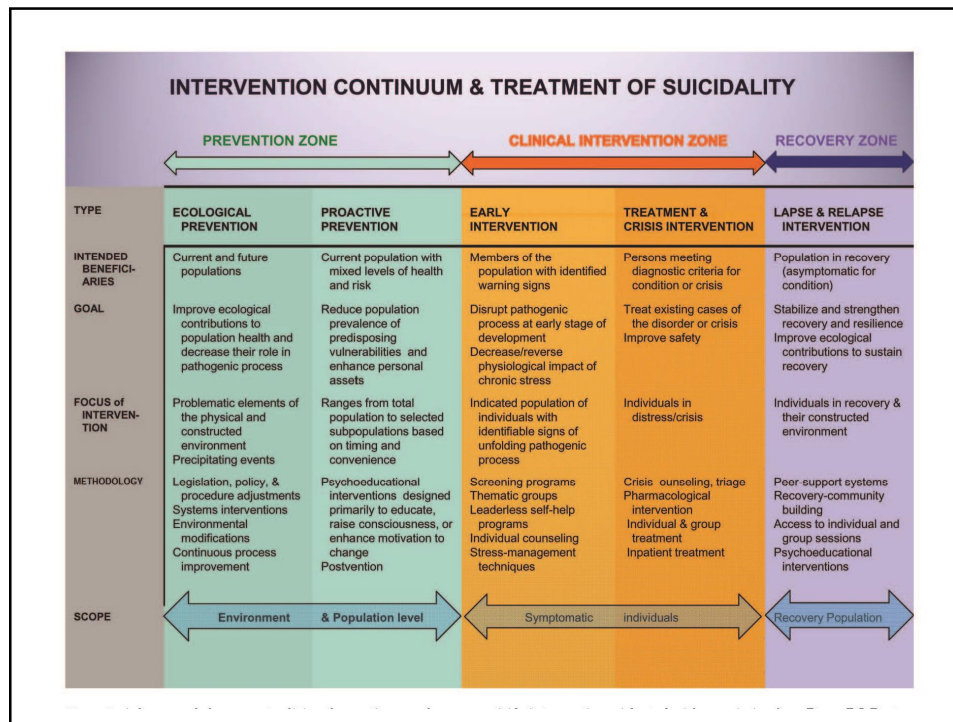
- “ 4-10% of students report seriously considering suicide within the past 12 months
- “ About 1% report an attempt within the past 12 months
- “ Perhaps 100 attempts per 1 death
- “ Rate of death by suicide among university students is 6.5-7.5 per 100,000 (U.S. data)
- “ Rate of suicide among university students is half that of non-university attending peers
- “ Students who receive counselling are 6 times less likely to die by suicide than those who don't

Recent in-depth study of suicidal experiences of university students (Drum et al., 2009)

- “ 18% - serious suicidal thoughts in their lifetime
- “ 55% - some form of suicidal thinking in their lifetime
- “ 6% - serious suicidal thoughts during past year
 - . 56% - lasted a day or less
 - . 5% - lasted for many months
 - . 46% - told no one about their thoughts

Drum et al., 2009 (cont.)

- “ 54% - had serious thoughts in past year and told someone about it
 - . 2/3 told a peer
 - . < 50% received professional help
- “ 69% - had thoughts of suicide that were recurrent
- “ 50% - had serious thoughts of suicide that they described as “strong”
- “ 31% - described their intent to kill themselves as “strong”



Early Intervention

- “ Early identification
 - . Online screening programs
 - . Routine screening in primary care
 - . As the result of training and awareness programs
- “ Outreach
 - . Individual or group treatment
 - . Coping skills, stress management
 - . Treatment for risk promoting conditions
 - “ Insomnia
 - “ Substance use

Proactive Prevention

- “ Primarily psycho-educational
- “ Interventions applied to the entire student population or specific sub-groups
- “ Interventions designed to promote health, increase internal assets, coping skills, interpersonal connectedness, etc.
- “ Interventions do not need to be about suicide
- “ Represent a shift in resources and target audience

Ecological Prevention

- “ Promoting connectedness
 - . Classroom structure
 - . Residence Life
 - . Architectural design
- “ Faculty incentives
 - . Courses
 - . Mentoring
- “ Policy
- “ Strong institutional support for key departments
- “ Aspects of campus environment

Treatment & Crisis Intervention

- “ Availability and accessibility
- “ Collaborative
- “ Important connections
 - . Hospital, Psych Unit, ER
 - . Psychiatry
 - . Campus Security, City Police
 - . Crisis Centre, Mobile Crisis Unit
- “ Proper assessment

Relapse Prevention

- “ Support high risk students
- “ Collaborative and coordinated follow-up treatment (privacy issues)
- “ System to track students
- “ Voluntary withdrawal and leave of absence policies

Resources

- “ Drum & Burton-Denmark (2012). Campus suicide prevention: Bridging paradigms and forging partnerships. Harvard Review of Psychiatry.
- “ Taub & Robertson (2013). Preventing college student suicide. New Directions for Student Services
- “ Lamis & Lester (2011). Understanding and preventing college student suicide.

More Resources

- “ The Jed Foundation
- “ The Jack Project
- “ American Foundation for Suicide Prevention
- “ Suicide Prevention Resource Center