

Suicide Prevention in Higher Education
Grant Agreement No. 19-CS181
Final Report-June 30, 2019
Period of Performance: 02/27/2019-06/30/2019

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Executive Summary of the Project

The Suicide Awareness for Career Colleges Project focused on suicide prevention education, training and support. The goal was to broaden sector awareness of the issue by conducting education and training campaigns for faculty, staff and students on various career school campuses around the state. The career and vocational college sector is traditionally resource deprived when it comes to mental health counseling and support. This sector has an extremely high percentage of veteran students; and veterans are at higher risk for completing suicide.

The project included training workshops centered around recognition and referral for suicide prevention; training and templates for developing institutional suicide prevention plans; training and templates for developing student awareness and resources materials; and a cultural competence framework for support in dealing with diverse student populations in the context of suicide prevention. In addition, the project provided thirteen QPR (Question, Persuade, and Refer) trainer certification courses to certain sector school representatives. These representatives will then go on to be certified (for three years) and be able to facilitate and lead QPR Gatekeeper trainings on their own school campuses (i.e. to faculty, staff and students). These thirteen representatives will be accountable for certain quantitative and qualitative reporting to the Northwest Career Colleges Federation at the November 2019 Board Meeting on post-training activities.

Furthermore, the project also provided schools with templates and various marketing materials to be able to share with faculty, staff and students with information about suicide prevention and resources for assistance- "What to Know and Where To Go." A whole "took-kit" full of resources was developed to share amongst sector schools.

Project activities description and Project Evaluation

Our project was designed to connect, discover needs and provide suicide prevention awareness and resources to postsecondary education institutes. We discovered that most institutes did not have systems in place to provide suicide prevention awareness and resources. We successfully identified gaps between the ability to provide students with services and information students need and provided a toolkit to what resources are currently available to provide those services. We conducted a series of five regional (and one virtual/online) QPR S.A.F.E. (Suicide Awareness For Everyone) trainings across the state. There were 1002 total participants from over thirty-four postsecondary education institutes. Additionally, there were ninety-six participants of the Northwest Career Colleges Federation Annual Education Summit who attended the lecture "Peak Mental Performance" by Dr. Joe Pace; The Pacific Institute's LGBTQ Sensitivity Training, and who were provided resource booth support with Comprehensive Healthcare, QPR, L.E.A.R.N., 211, and National Suicide Prevention Lifeline (along with additional Veteran's support). The project also provided a landing page with tools and toolkits for creating an institutional suicide prevention plan, including a cultural competence framework for supporting diverse student populations in the context of suicide prevention. Our project provided resources specific for Veterans and LGBTQ persons, and links to templates for creation of offline and digital marketing material. Using our train-the-trainer model, we have trained thirteen QPR Instructors, two Learn® Instructors and one Mental Health First Aid Instructor to provide future trainings and support.

Our approach was relatively simple, and included mostly grass roots campaigns, along with the use of social media platforms. We personally called and emailed everyone within a commutable distance of each class and visited career colleges to invite them in person. We made multiple phone calls and sent multitudes of follow up emails. We encouraged each school to send at least *ONE* person from each campus to a training. Northwest Career Colleges Federation's connection to career colleges is very strong, as member schools often look first to us on hearing about important issues that concern our schools.

We also shared the invitation with our member schools' state approving agencies and asked for them to share it with all of their private career colleges. The Workforce Training and Education Coordinating Board, who licenses several of our schools, sent an email out to *ALL* of their schools, which turned out to be the most successful outreach we experienced. We followed up their email with a phone call. We attended

and shared information during board meetings for Department of Health and The Department of Licensing. We discovered that when the school approving agencies endorsed our project, the school owners were more receptive. If this training was mandatory, more schools would have attended. We attended the Veteran's Resource Fair in Tacoma, connecting to local and national resources for our veteran students. We attended a Puyallup police event- "An Evening with Kevin Hines", who survived a 200-foot fall from San Francisco's Golden Gate Bridge and works today to tell his story of regret. There were suicide prevention and mental health resource tables that filled the Washington State Fair Agri Plex building. We were able to receive specific LGBTQ, Veteran and local crisis information for our project. This event should be the example for all other cities and should be duplicated throughout our state.

We've created and adopted several #hashtags and encouraged schools to repost those. Such #hashtags included: #suicideprevention; #divers; #perrytech; #chartercollege; #nwcareercollegesfederation; #comphec (comprehensive healthcare); #s.a.f.e.; #sb6514; #bethere; #beheretommorrow. This was important in laying the foundation for future trainings and future campus awareness campaigns.

The classes continued to gain momentum and we sincerely feel that there is a great need for more education of this sort. Those who were not able to make it to the scheduled classes in their areas are now calling to see when or where they may attend in the future. Our goal is to host future classes in those areas that are in the highest demand.

The landing page, toolkit, additional materials and marketing were highly anticipated by those who attended our trainings, as well as for those who were not able to attend. We also did a recording of a "virtual" S.A.F.E. training that was provided online on June 28, 2019 so that all schools could access the information when and where necessary in the future.

The amount of research, training and outreach for this project was beyond extensive and required many, many hours. We're very proud of our team, and even more proud of the number of participants we were able to include on the project. The project was most impactful.

Colleges or Organizations that Attended:

1. Pacific NW CDL
2. Alderleaf Wilderness College
3. Divers Institute of Technology
4. Emerald School of Dental Assisting
5. Summit Salon Academy
6. Pima Medical Institute - Renton
7. Northwest Academy of Art and Design
8. Bellevue Massage School
9. Charter College – Fife
10. Gary Manuel Aveda Institute
11. Seattle Film Institute
12. Valley Cities
13. Gene Juarez Academy
14. Academy of Interactive Entertainment
15. Pacific Truck School
16. A Plus Dental School
17. Charter College – Vancouver
18. Selton Catholic High School
19. Mt View High School
20. International Air and Hospitality
21. NW NAC Training
22. Vega’s Academy
23. Washington Spa Academy
24. Mena Nursing Assistant Training
25. Olympia Barbering College
26. Code Fellow
27. Pima Medical – Seattle
28. FSMTB
29. Perry Technical Institute
30. JD Barber School
31. Evergreen Beauty College
32. Charter College – Yakima
33. Inland Massage Institute
34. American Institute of Clinical Massage
35. Northwest Career Colleges Federation – Idaho
36. Comprehensive Healthcare Staff
37. Thurston County

Dates, locations, number of participants and lengths of trainings held:

March 1, 2019; Divers Institute of Technology; 76 attendees; 2 hours.

March 13, 2019; Perry Technical Institute; 876 attendees; 5 hours.

April 5, 2019; Charter College Fife; 17 attendees; 2 hours.

May 16, 2019; Northwest Career Colleges Federation Annual Summit (held @ Divers Institute of Technology); 20 participants in S.A.F.E. (and 96 other participants for "Peak Mental Performance" lecture and an LGBTQ sensitivity Class); 2 hours

June 15, 2019; Inland Massage Institute; 7 attendees; 2 hours.

June 28, 2019; Online Recorded Training; 6 attendees

1002 Total Participants of S.A.F.E. Training

Additionally:

13-certified QPR Instructors

1-Mental Health First Aid Instructor.

2-L.E.A.R.N. Suicide Prevention Instructors

**Suicide Prevention in Higher Education Grant Program
EXPENDITURE REPORT**

Fiscal Agent Partner Name: Divers Institute of Technology

Project Name: Suicide Awareness for Career Colleges

Report Period: 02/27/19-06/30/19

	LINE ITEMS	TOTAL ACROSS ALL PARTNERS
1.	Salary & wages	
2.	Fringe benefits	
3.	Services of independent contractors	23,150
4.	Materials and supplies	2,616
5.	Travel	8,269
6.	Other costs - QPR Gatekeeper Training & Stipends	8,925
7.	<i>TOTAL DIRECT COSTS</i>	42,960
8.	Indirect costs (subject to limits outlined in RFP)	
9.	<i>TOTAL GRANT FUNDS SPENT (line 8 + line 9)</i>	42,960
10.	Additional funding or in-kind contribution from other sources	

Next Steps

Thank you all so much for your support and the opportunity for us to be part of this incredible and most essential project. This project has made a huge impact and has opened so many valuable resources for Washington students for many years to come. The Divers Institute of Technology and the Northwest Career Colleges Federation will continue to offer additional trainings. Each of the Regional QPR Instructors have committed to continue to host additional classes. The QPR instructors have been encouraged to recertify and continue their training. Also to note, one of the QPR instructors-Caycee Clark, from Divers Institute of Technology, who is their Director of Financial Aid and who is the sitting representative for the proprietary school sector on the Washington State Financial Aid Association (WFAA) Executive Committee, will be conducting a QPR Gatekeeper training at the WFAA Annual Conference in Yakima, WA. in October 2019.

We will continue to develop and share resources for suicide prevention and mental health and will continue to utilize national and statewide resources for behavioral health and suicide prevention. We have been in contact with the JED Foundation who will take on the future task of exploring the unique needs of career college students versus traditional college students. We will provide the framework to launch a student "Seize the Awkward" campaign.


We are committed to future outreach, and to continuing to explore the unique needs of each school. Further exploring "What to Know and Where to Go," Northwest Career Colleges Federation will report post training activities of regional workshops and recommend any additional trainings or resources.


Northwest Career Colleges Federation will continue to grow their partnership with Comprehensive Healthcare; the goal of this continued partnership, being to be able to provide an "Employee Assistance Program" to various career colleges. Something that most of our schools are currently lacking.

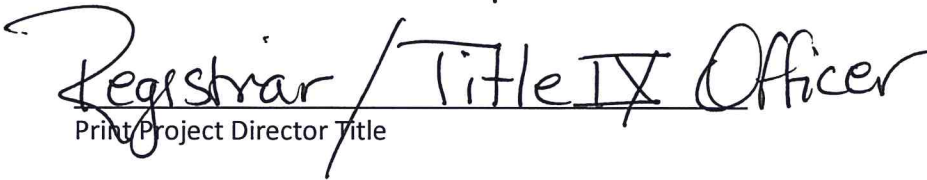
We are committed to continuing to be a resource and a voice for outcomes in support of any legislation offering resources for suicide prevention for our state.

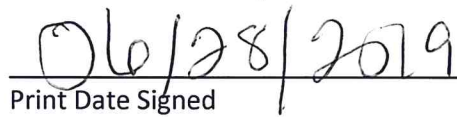
8. Certifications

The undersigned certify, to the best of their knowledge, that this report is accurate and complete. If employed by a postsecondary education institution, the undersigned also certify that the institution they work for completed the data survey outlined in Substitute Senate Bill 6514 and plans to complete future data surveys resulting from the bill.

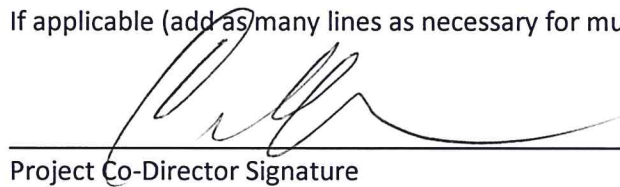

Project Director Signature


Print Project Director Name


Print Project Director Title

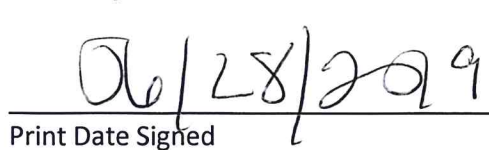

Print Date Signed

If applicable (add as many lines as necessary for multiple co-directors):


Project Co-Director Signature


Print Project Co-Director Name


Print Project Co-Director Title


Print Date Signed