



Suicide Prevention in Higher Education Grant Program Status Report 3/31/19

Introduction

The 2018-19 Suicide Prevention in Higher Education grant program implemented a component of Substitute Senate Bill 6514, which takes a comprehensive approach to addressing behavioral health and suicide prevention for the state's postsecondary students. The grant program was designed to help resource-challenged postsecondary education institutions create partnerships with health care entities to develop student suicide prevention programs. Projects could employ a variety of suicide prevention strategies, including strategies for promoting behavioral health, with priority for enhancing services to student veterans.

To implement this grant program, the Washington Student Achievement Council (WSAC), published a request for proposals, ran a selection process, and awarded grants to one private career college, one private nonprofit university, four public community or technical colleges, and two public universities. WSAC anticipates that three institutions will complete their work by 6/30/19 and five will complete their work by 12/31/19. A brief summary of the progress of each project as of March 31, 2019 follows.

Project Progress Summary

The project summaries below show the amount of grant money awarded to each project and outline the work each project proposed to do. The summaries also briefly describe project work done through 3/31/19, based on projects' midterm progress reports.

Private Colleges and Universities

The grant program funded a project led by Divers Institute of Technology, in partnership with Northwest Career Colleges Federation. The program also funded a project led by Heritage University, in partnership with Perry Technical Institute.

Divers Institute of Technology (\$43,000)

The Suicide Awareness for Career Colleges project uses a train-the-trainer model to provide recognition and referral training for career college personnel through a series of regional workshops across the state. The project also provides templates for developing resources and student awareness, including a cultural competence framework for supporting diverse student populations in the context of suicide prevention. As of 3/31/19, the project had provided training for a total 952 participants from 23 different career colleges.

Heritage University (\$42,999)

The Partners in Prevention of Suicide (PPS) project provides suicide prevention training for personnel and students at Heritage University and Perry Technical Institute. In addition, the project launches a suicide prevention awareness campaign, including posters, videos, flyers, and referral cards. The project also features review and improvement of internal and external systems,

including referral and early alert systems. As of 3/31/19, the project had completed a LEARN¹ trainer training for two staff (to serve as trainers back on campus), scheduled additional activities, and begun data collection.

Public Colleges and Universities

The grant program funded four projects at community and technical colleges and two projects at public universities, listed below with community and technical colleges followed by public universities:

Everett Community College (\$60,000)

The Suicide Prevention at Everett Community College project provides professional learning for personnel and training for students, including: LEARN training for personnel and students, LEARN train-the-trainer training for counselors, and Veteran's Peer Corps Mentor training for student veterans. The project establishes referral systems with community-based behavioral health providers and assesses the viability of co-locating community-based behavioral health care services on campus. In addition, it increases counseling staff capacity through hiring and training, resulting in additional counseling appointments available to students. As of 3/31/19, the project had completed five LEARN sessions serving a total of 89 participants.

Grays Harbor College (\$33,200)

The GHC Beyond Survival Partnership Project provides professional learning for staff, including Applied Suicide Intervention Skills Training (ASIST) and Cognitive Behavioral Therapy-based training. The project also provides three campus-wide events for students focused on: suicide awareness, depression/anxiety/post-traumatic stress disorder, and sexual assault awareness and prevention (because survivors often struggle with mental health). The project also helps with the college's development of a Hope Squad, which is a peer-to-peer suicide prevention program. As of 3/31/19, the project had held training events serving a total of 45 participants.

Lake Washington Institute of Technology (\$60,000)

The Suicide Prevention at Lake Washington Institute of Technology (LWTech) project provides Mental Health First Aid train-the-trainer training for personnel; additional mental health services, such as counseling and crisis intervention, for students; counseling referral materials for student veterans; and facilities improvements to limit student access to lethal methods that could be used for suicide, for example by installing locking handles for windows and safety barriers for catwalks. This latter approach is known as "means restriction." As of 3/31/19, the project had implemented additional mental health services for students (10 hours per week of onsite counseling) and scheduled its remaining activities for April-June.

Spokane Community College (\$59,996)

The Spokane Community College Suicide Prevention Program provides personnel with recognition and referral trainings (Question, Persuade, and Refer (QPR); Mental Health First Aid) and intervention trainings (ASIST). In addition, the project makes an online Veterans Behavioral Health Certificate course available. The project also provides QPR training and expanded Psychiatric Nurse Practitioner hours for students and expands clinical referral pathways to community health providers. Finally, the project includes purchase of an electronic health record system license. As

¹ LEARN training is offered by Forefront Suicide Prevention, which is housed in the University of Washington's School of Social Work. LEARN consists of five steps: Look for signs, Empathize and listen, Ask about suicide, Remove the danger, and Next steps.

of 3/31/19, the project had provided seven trainings serving a total of 51 participants, and nine Veterans Advisory Board members had registered for the Veterans Behavioral Health Certificate course. In addition, the college had begun conversations with community providers regarding streamlined referral pathways.

Central Washington University (\$59,800)

The CWU Suicide Prevention through Training and Education project focuses on providing prevention, early response, and referral training for students and personnel at Central Washington University, as well as community partner personnel and community members in Kittitas County. As of 3/31/19, the project had not started work yet, because the university is revising its work plan prior to starting. These revisions include the addition of LEARN training. The revisions also include practitioner training to standardize campus and community mental health providers' treatment protocols for suicidal patients.

Washington State University (\$60,000)

The Take Action to Prevent Suicide project provides Washington State University and Eastern Washington University personnel in Spokane with QPR instructor and Mental Health First Aid instructor training. In addition, the project provides counselors with Veterans Behavioral Health Certificate training. The project also includes Mental Health First Aid training for students, as well as development of a systematic approach to student need assessment and awareness of services. Finally, the project includes development of culturally relevant materials promoting suicide prevention. As of 3/31/19, the project had scheduled its training activities and collaborated with student leader groups in mental health promotion and suicide prevention.