

Suicide Prevention in Higher Education Grant Program

Washington Student Achievement Council

Report #2 – 7/1/19

The GHC Beyond Survival Partnership Project

Lead Partner: Grays Harbor College

Other Partners: Beyond Survival, Associated Students of Grays Harbor College (ASGHC), and
Grays Harbor Public Health & Social Services Department (Unofficial)

Project Term: January 18, 2019-June 30, 2019

Project Director: Dr. Jennifer Alt, Vice President for Student Services, Grays Harbor College

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Executive Summary of the Project (1-2 pages)

In this grant project, the **first objective** focused on the updating of skills, knowledge, and technique for our two counselors at GHC. They did not have extensive training in suicide prevention and wanted to increase that knowledge base. Additionally, we sought to provide them with the ongoing development of mental health counseling skills and ability through professional development opportunities. Our counselors along with other student support staff were able to attend trainings throughout this time period that have increased their skills and awareness around mental health and suicide awareness and prevention. GHC was also able to purchase goods and materials to help further training opportunities beyond the grant period through books, videos, and online trainings.

The **second objective** of the proposal included improvements in the professional capacity of the college's Behavioral Intervention Team (BIT). The BIT is in need of a formalized protocol and tools to assist in developing standard operating procedures and guidelines, such as the ones outlined through NABITA, an organization specializing in behavioral intervention teams in higher education. Our BIT team was able to attend trainings throughout this time period that have increased their skills and awareness around mental health and suicide awareness and prevention. GHC was also able to purchase goods and materials to help further training opportunities beyond the grant period through books, videos, and online trainings.

The **third objective** of the proposal was to build partnerships with local organizations to improve mental health awareness at GHC. GHC partnered with its student government (ASGHC) and Beyond Survival in the grant. However, a new third partnership was created informally through this grant and the doors it opened and we have partnered with Grays Harbor Public Health and Social Services Department.

GHC proposed three activities to involve local partners:

1. **Suicide Awareness Event:** GHC wanted to plan a community-wide suicide awareness event hosted at the college. On March 7, 2019, GHC hosted Beyond Survival employee and GHC Alum, Eric Morgan, from 12:00-1:00pm. Eric presented on QPR Suicide Awareness (Question, Persuade, Refer). From 9am-11:45am, Eric was also in the Student HUB tabling with resources for students around suicide prevention, mental health, sexual assault, and prevention.
2. **Depression/Anxiety/PTSD Event:** GHC wanted to plan and host a campus event to address depression, anxiety, and PTSD with a specific focus on veterans well-being. On May 23, 2019, GHC hosted psychologist David Luxton from 11:00am-12:00pm with tabling in the Student Union with resources for students around suicide prevention, mental health, and PTSD. The speaking engagement was followed by a wreath and flag ceremony for Memorial Day to honor fallen veterans.
3. **Sexual Assault Awareness and Prevention:** GHC wanted to plan and host a campus event to address sexual assault awareness and prevention with its partner, Beyond Survival. On Tuesday, April 30, 2019, GHC hosted Beyond Survival and their guest speaker, Nettie Rhea, from 12:00-1:00pm as well as tabling in the Student Union from 9am-11:45am

with resources for students around sexual assault and mental health. Nettie shared her story of survival and how she approached life after sexual assault while struggling with mental health.

The unexpected partnership that emerged as a result of this grant opportunity was with Grays Harbor Public Health and Social Services Department (GPHSSD). JEB Thornton, who helped craft our grant, reached out to Deputy Director of GPHSSD, Bethany Mizushima, and set up an informal meeting at a coffee shop. Jennifer Alt and JEB Thornton attended on behalf of GHC and in the conversation that ensued, the opportunity to partner with GPHSSD on their suicide prevention efforts in the local high schools emerged. They presented us with "HOPE SQUAD", a peer-to-peer intervention program for students who may be at risk for suicide. Few Hope Squads have been implemented on college campuses, but it was the direction that the founder of Hope Squad wanted to go. Since Hoquiam High School had already implemented the program, and Aberdeen High School was going to be on board to implement, it only made sense that GHC be the next step. Students who go from those schools to GHC will have a seamless transition and support by others who are on the Hope Squad.

GPHSSD offered to cover the first three years of the program for GHC and provided training from the founder of Hope Squad on May 22, 2019 for our students and staff who were interested in the program. We had approximately 20 students attend, with 15 signing up to participate. We had approximately 7 staff attend, with several signing up to serve as advisors. Hope Squad will be implemented at GHC in Fall 2019. Materials and supplies have been ordered and summer planning is beginning.

Project Activities Description

January 16th: Meeting with Bethany Mizushima, Deputy Director, Grays Harbor Public Health & Social Services Department. Discussed collaboration with QPR and HOPE Squad.

February 22nd: Meeting with Maddie Graves, Director at Beyond Survival. Mapped out all activity for the grant, including dates and speakers.

Thursday, March 7th: GHC hosted Beyond Survival employee and GHC Alum, Eric Morgan, from 12:00-1:00pm. Eric presented on QPR Suicide Awareness (Question, Persuade, Refer). From 9am-11:45am, Eric was also in the Student HUB tabling with resources for students around suicide prevention, mental health, sexual assault, and prevention. Approximately 45 students and 10 staff received information from the tabling or by attending the presentation.

March 8th-29th (Fridays only): Melting Away Resistance in CBT, Jill Levitt (TEAM), 4-week Course, for Counselors. Vivian Kaylor and Brian Shook (GHC Counselors) attended four webinars and completed the course in Melting Away Resistance.

March 18-19th: Certified Clinical Trauma Professional: Two Day Trauma Competency Conference: PESI, for Counselors. Vivian Kaylor and Brian Shook (GHC Counselors) attended the two-day training on Trauma Competency.

April 12th: Suicide Prevention: Creative Skills and Tools to Move Clients Toward Hope, Purpose, and Connection, PESI, for Counselors. Vivian Kaylor and Brian Shook (GHC Counselors) attended in person the one-day training on Suicide Prevention.

April 22nd-26th: GHC hosted Beyond Survival for a Sexual Assault Advocacy training for 20 hours (M-F from 1-5pm). This helped our counselors and student support staff understand how sexual assault impacts survivors and addressed mental health and suicide prevention as they support students who have experienced this trauma. GHC's two counselors are now certified with the state of Washington as official advocates. Five staff total attended this event daily with a few more that filtered in throughout the week here and there.

April 30th: GHC hosted Beyond Survival and their guest speaker, Nettie Rhea, from 12:00-1:00pm as well as tabling in the Student Union from 9am-11:45am with resources for students around sexual assault and mental health. Nettie shared her story of survival and how she approached life after sexual assault while struggling with mental health. Approximately 75 students and 20 staff received information from the tabling or by attending the presentation.

May 1st: Hosted another QPR Suicide Awareness session from Beyond Survival for the GHC Student Success Conference. Approximately 10 students attended the session.

May 17th & 18th: ASIST Training (Applied Suicide Intervention Skills Training) in St. Helen's, Oregon. GHC sent eight employees: Brian Shook (Counselor); Vivian Kaylor (Counselor); Belen Chavez (Disability Coordinator); Lori Christmas (Running Start Coordinator); Jamie Jones (GSA

Club Advisor/Faculty); Lance James (Campus Safety and Security Coordinator); Lindsey Coulson (Interim Student Life Director); and Kent Smaciarz (Coordinator of GHC Satellite Campuses).

May 19th: TEAM – CBT Methods for Anxiety Disorders: Step-by-Step Training for Therapists, for Counselors. Vivian Kaylor and Brian Shook (GHC Counselors) attended live online the one-day training on Anxiety Disorders.

May 22nd: Hosted Hope Squad founder for one-day training and recruiting participants. Approximately 20 students attended, with 15 signing up to participate. We had approximately 7 staff attend, with several signing up to serve as advisors.

May 23rd: Hosted psychologist David Luxton from 11:00am-12:00pm with tabling in the Student Union with resources for students around suicide prevention, mental health, and PTSD. The speaking engagement was followed by a wreath and flag ceremony for Memorial Day to honor fallen veterans. Approximately 50 students and 15 staff received information from the tabling or by attending the presentation and ceremony.

Project Evaluation

Objective 1: Updating skills, knowledge, and technique for our two counselors at GHC relative to suicide awareness and prevention. Objective Achieved.

GHC was able to invest a significant amount of time and training in its two counselors around mental health and suicide awareness and prevention. At one point, they apologized to me for asking me for professional development because they said that they were getting an overload of it with these opportunities. They have both written summaries of their professional development and included it in their professional growth plans as faculty counselors.

Objective 2: Improvements in the professional capacity of the college's Behavioral Intervention Team (BIT). Objective Achieved.

GHC was able to invest a significant amount of time and training in its BIT team and student support staff, as well as the faculty advisor for the GSA (Gender Sexuality Alliance). Resources have been purchased that will allow training to continue in the next several years to improve processes related to the behavioral intervention team as well as supporting students who are struggling.

Objective 3: Build partnerships with local organizations to improve mental health awareness at GHC. Objective Achieved.

GHC partnered with its student government (ASGHC) and Beyond Survival in the grant. Beyond Survival is continuing to partner with GHC in other endeavors as a result of this grant opportunity, including next year's sexual assault awareness and prevention month, where we are partnering on a performer at the Bishop Center for the Performing Arts who will share her story of survival and empowerment through a musical and speaking engagement. We are also partnering in offering facilities for events such as trauma stewardship for Beyond Survival staff and supporters.

The new partnership with Grays Harbor Public Health and Social Services Department continues through the implementation of the Hope Squad in Fall 2019. This partnership is phenomenal in that it is connecting two high schools and a college in our community through a peer-to-peer suicide intervention program. This partnership allows our community to work together in suicide prevention and awareness in ways we haven't done before and it is truly an exciting endeavor.

Expenditure Report

Suicide Prevention in Higher Education Grant Program EXPENDITURE REPORT

Fiscal Agent Partner Name: Grays Harbor College
Project Name: GHC Beyond Survival Partnership Project
Report Period: April 1 - June 30, 2019

	LINE ITEMS	TOTAL ACROSS ALL PARTNERS
1.	Salary & wages	
2.	Fringe benefits	
3.	Services of independent contractors	7,127
4.	Materials and supplies	9,610
5.	Travel/Trainings	6,058
6.	Other costs (specify, and include no indirect costs)	
7.	<i>TOTAL DIRECT COSTS</i>	22,795
8.	Indirect costs (subject to limits outlined in RFP)	5,359
9.	<i>TOTAL GRANT FUNDS SPENT (line 8 + line 9)</i>	28,154
10.	Additional funding or in-kind contribution from other sources	

Next Steps

1. GHC will work this summer to plan and implement a Hope Squad on its campus in Fall 2019, allowing for a peer-to-peer suicide awareness and intervention program to take shape.
2. GHC will partner with Beyond Survival on several ongoing projects related to sexual assault awareness and prevention and the tie-ins with mental health and suicide prevention.
3. GHC will begin implementing mandatory reading for the BIT team and counselors related to best practices for BIT's and begin to draft new policies and procedures to better support our students.
4. GHC will host monthly online trainings for all faculty and staff to attend that are related to mental health, safety/security, and well-being of students in higher education (as a result of NABITA membership).
5. GHC counselors and support staff will provide suicide awareness and prevention trainings for other faculty and staff on campus.
6. GHC will explore use and implementation of statewide resources for behavioral health and suicide prevention.
7. GHC plans to continue its work on suicide prevention and mental health awareness through submission of future grants related to this work, both statewide and federal.