

HSACCC & SAMHSA

Garret Lee Smith
Suicide Prevention
Grant

COLLEGE OF THE CANYONS
Student Health & Wellness Center

Larry Schallert LCSW
Assistant Director, Student Health & Wellness/Mental Health
Program

Health and Wellness Center Capacity Building

- Colocation
- Grants
- Additional Resources
- Resource Leveraging

• Major Goals of Program:

- Reduce Completed Suicides of COC Students to 0
- Create an Awareness of Suicide and Suicide Prevention on Campus and in the Community Through Outreach, Engagement, Wellness and Training Activities
- Link with Community Providers to Provide a Seamless Referral System
- Build Capacity and Improve Timely Access in Order to Serve Students Who are Referred for Services as a Result of Outreach, Training and Wellness Efforts
- Develop a Postvention Manual
- Complete NCHA Survey
- Reduce Stigma and Promote Concept of Recovery and the National Prevention Lifeline

Colocation.....

- VET Center: Veterans with Mental Health Issues, Linkage
- Child & Family Center: Transition Aged Youth, Psychiatric Services, MediCal, Drug & Alcohol, Longer Term Tx, Medical Necessity, Referrals
- Child & Family Guidance: Cal Works Mental Health
- SCV Domestic Violence Center: DV, Woman's Space, Events, Counseling
- Northeast Valley Health Corp: Health Insurance Enrollment
- Sam Dixon Health Center: Men & Women's Health
- Strengths United (formerly Valley Trauma)...Training, Sexual Assault, Access to Family Justice Center, future services

Outline

- ▶ Capacity Building
- ▶ Additional Resources
- ▶ Programs and Events
- ▶ Trainings (SPIRT, SAFE Zone, Autism, Anger Mgt, Mindfulness, Aggressive Student, SART, Etc.)
- ▶ Community Linkage
- ▶ Syllabus
- ▶ Discussion Issues

Grants/Additional Funding:

- SAMHSA: Suicide Prevention, Outreach, Education, Materials, Trainings, Community Engagement, website, resource list and links,
- Student Equity: Case Manager, Medical, Licensed MH, Monitor in Atrium, Interns
- Cal MHSA: Events, Trainings, Community Engagement, Supplies
- SMAA
- Family Pact
- General Fund (computers, secondary effects)

Additional Resources Recently Added

- ▶ Cougar Peer Counselors/Mentors/Educators
- ▶ Internship and Training Programs with Brandman & USC
- ▶ Additional Licensed Mental Health Staff Hours
- ▶ Autism Social Alliance (ASA)
- ▶ WomanSpace, Recovery Groups
- ▶ Case Manager for Housing/Homeless, Food, Health Ins Enrollment, Community Resource Linkage
- ▶ Post Doc
- ▶ Clubs: Active Minds, Autism Social Alliance, My Gen My Fight

Shine A Light on Suicide



Resource Leveraging

- Health Insurance: North East Valley Health Corp (FOHC).....more easy to refer MediCal and those with Covered Cal (builds capacity, more timely access)
- International Students, space
- Linkages with Community Providers (SCMH, CFC, DV Center, Strengths United, Private Providers etc)
- Website, SAMHSA funded college assistant
- Radio & TV (KHTS, SCV TV, Cougar News, Film School, Theater Arts Dept)

Major Events and Programs (con't)

- ▶ DV Summit
- ▶ Ask the Psychiatrist
- ▶ Play to Reduce Stress
- ▶ Mindfulness and Wellbeing, COC and UCLA
- ▶ NCHA Survey
- ▶ High School Orientations
- ▶ Send Silence Packing

Major Events and Initiatives

- ▶ Men Women Sex and Violence - Jackson Katz
- ▶ Josh Rivendel Dramatic Presentation on Suicide
- ▶ Syllabus, and National Suicide Hotline Campaigns
- ▶ Sexual Assault Response Trainings; U MATTER
- ▶ SNAC and other BMW Events
- ▶ Mental Health Summits (e.g. Veterans MH, Human Trafficking, SCV Strategic Planning, College MH with DMH)
- ▶ Shine a Light On Suicide + Nationally Recognized Speakers

Send Silence Packing



Major Events and Programs (con't)

- ▶ Listen...It Only Takes a Moment (Feature Length Movie involving whole community)
- ▶ My Gen My Fight Club.....Human Trafficking
- ▶ Healthy Relationships Healthy Boundaries (DV Center)
- ▶ Red Dress Day
- ▶ "The Great Escape" (DV: Pack Your Suitcase Day)
- ▶ Managing Stress
- ▶ Play Day...dance, games, coloring
- ▶ Operation Healthy Vet
- ▶ Veterans Community Coalition
- ▶ Kevin Berthia (Speaker)

Trainings

- ▶ Mental Health First Aide (MHFA)
- ▶ Applied Suicide Intervention Training (ASIST)
- ▶ Suicide Prevention, Intervention & Response (SPIRT)
- ▶ SAFE Zone
- ▶ Veterans MH Trainings
- ▶ Affirmative Consent by Peer Counselors
- ▶ Kognito (Veterans, LGBTQ, Distressed Student)
- ▶ Mindfulness Trainings
- ▶ BIT, SART & Red Folder
- ▶ Sexual Assault & Response Trainings
- ▶ Sports Psychology
- ▶ Class Presentations; Health & Mental Health



Suicide Prevention and Post Vention and Wellness Committee (3rd Thursday at 3)

- ▶ SAMHSA Community Advisory Committee and Subcommittee of the Mayors Blue Ribbon Task Force on Transition Aged Youth
- ▶ Clergy Breakfast and Faith Based Organizations
- ▶ School District Debrief, Consultation and Post-Vention Response
- ▶ Sheriff Roll Call Trainings
- ▶ SCV Ad Hoc Committee on Human Trafficking
- ▶ Mental Health Summit featuring Human Trafficking Panel
- ▶ Media Awareness (KHST)
- ▶ Resource List
- ▶ Transition from High School Planning
- ▶ Coping Strategies for 6th grade Elementary School Parents
- ▶ Foster and Former Foster Youth Committee
- ▶ Senior Mental Health

Major Events and Initiatives (con't)

- ▶ Autism Awareness Seminars
- ▶ Paws for Awhile (Therapy Dogs)
- ▶ Bi annual Resource Fairs (Body Mind Wellness - BMW- Community Events)
- ▶ Wellness Day (Cal MHSA Grant)
- ▶ Embrace Who You Are.....Body Image Series

SPIRT

- ▶ Suicide Prevention Intervention & Response Training

Outline:

- ▶ Mental health problems in the community and on the campus
- ▶ Depression
- ▶ Typical stressors
- ▶ Keep in Mind: Recovery, Stigma, Suicide *Prevention*, Cultural & Socioeconomic Issues, BIT, **Red Folder**
- ▶ Suicide and Risk to others: Risk Factors & Warning Signs
- ▶ **Mental Health First Aid**: ALGEE
- ▶ Resilience and Protective Factors
- ▶ **National Suicide Hotline** and other resources
- ▶ Handouts

Discussion issues with SAMHSA:

- ▶ Finance, Quarterly Reports, Carry Over Requests, Regular Phone Meetings
 - ▶ SPRC, SAIS, TRAC, SPARS
 - ▶ PostVenture Reports Interns Macro Project
 - ▶ Lessons Learned: *Have competent finance person and person who can manage data: build capacity first, don't underestimate time it takes to do administrative duties, data entry and collection??*
- 2017 Goals: PostVenture Guide, Analyze NCHA, Implement BMW events, Learn/Convert to SPARS, Evolve HS Orientations, Further Develop "Foster/Former Foster" System, More Services at CCC, Solidify Funding and Sustainability

Letter to Staff:

- ▶ *Greetings Faculty of College of the Canyons,*
- ▶ *As you know we are making every attempt to inform students that if they are having issues related to management of stress and mental health, or they know someone who is, they can contact the Student Health & Wellness Center for information and/or free personal counseling services. We are hoping that you consider placing something like the below in your syllabus this year as an effort to inform students who may not reach out to you directly when they are in distress. Feel free to modify as you like. The text is a variation of similar syllabi additions being used across the nation to address the issue of student suicide and violence on campus. Feel free to contact me for any questions or concerns throughout the school year. Please also note that if you have an immediate concern you can also contact anyone on the Behavioral Intervention Team (BIT), who will be more than happy to consult with you and assist in any way we can.*
- ▶ Thanks
- ▶ Larry

Sample Syllabus Text:

- ▶ **MANAGEMENT OF STRESS AND MENTAL HEALTH:**
- ▶ Often the pressure on our students is very strong, involving academic commitments, relationships, outside jobs and family pressure to name a few. The staff and faculty of College of the Canyons are here to see you succeed academically and care about your emotional and physical health. You can learn more about the broad range of confidential student services, including counseling and mental health services available on campus by visiting the Student Health & Wellness Center in the Student Services Building (across from the bookstore) or by clicking on <http://www.canyons.edu/offices/Health/Pages/default.aspx>. The phone number is 661-362-3259.
- ▶ Also, the **National Suicide Hotline** number is 1-800-273-8255. All students at COC are encouraged to enter that phone number in their cells. You can call it when you, or someone you know, is having thoughts of suicide or is in severe distress.