

# Project ECHO for Campus Suicide Prevention

Involving Faculty in Supporting Students in Distress

Nov. 2, 2020

Jane Wiggins, Ph.D.



The **Campus Suicide  
Prevention Center**  
of **Virginia**

The Campus Suicide Prevention Center of Virginia Project ECHO team:  
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Project ECHO® for Campus Suicide Prevention is part of the larger ECHO educational community that was created by the University of New Mexico's Health Sciences Center

In order to support Project ECHO®, we collect the following participation data:  
Participant's name, e-mail, credentials, role, and institution

These data allow Project ECHO® to measure, analyze, and report on the movement's reach. It may be used in reports, on maps and visualizations, for research, for communications and surveys, for data quality assurance activities, and for decision-making related to new initiatives.

## Data Collection



Logging on as an ECHO® participant through Zoom serves as permission to be included in the reporting and to be recorded. Each session is recorded, stored, and made available to other ECHO participants.

We will record the introduction and didactic portions of our sessions

We will NOT record case presentations

Portions of sessions will be recorded



1. Overview of ECHO® session (12:00 pm)
2. Introductions (12:05)
3. Didactic Presentation (12:15 pm)
4. Case presentation (12:35 pm)
  - A. Case presented (5 min)
  - B. Clarifying questions
    - a. ECHO® participants
    - b. CSPCVA hub
    - c. Case summary by ECHO® discussion leader
  - C. Recommendations
    - a. ECHO® participants
    - b. CSPCVA hub
    - c. Summary of recommendations by ECHO® discussion leader
5. Closing remarks and questions (1:20 pm)

What Does an  Session Look Like?



# Participation Tips

- All participants are muted during the presentation.
- If you have a question or comment during discussions, please raise your hand. We will call on you. Press your space bar to talk.
- ***We encourage participation.*** (Reminder: participation is recorded.)
- If you called with a phone to hear the audio, hit \*6 to unmute yourself.
- For technical problems (such as echoing, audio level etc.), use the chat function to contact our IT specialist, Gabe Anderson, who will assist.

# CE Credits

for Project ECHO for Campus Suicide  
Prevention will be available through  
James Madison University.

(see Project ECHO syllabus or website for more info)



# Protecting Privacy



# Introductions



The Campus Suicide  
Prevention Center  
of Virginia

# Involving Faculty in Supporting Students in Distress

Nov. 2, 2020

# Outline

- **Some fundamental beliefs**
- **Part of a comprehensive plan**
- **What faculty can do?**
- **Strategies for educating faculty**
- **Resources**

**1. Creating informed and caring communities is an important strategy for identifying and supporting people in distress.**

**Some fundamental beliefs**



**2. Catching problems early  
is an essential  
prevention strategy.**

**Some fundamental beliefs**



3. The primary job of faculty is to teach. It's important to help them understand what their helper role is, AND IS NOT.

Some fundamental beliefs



**4. There is no “one size fits all”  
strategy for educating faculty.  
A combination of options  
works best**

**Some fundamental beliefs**



# Faculty involvement as part of a Comprehensive Approach



# What can faculty do?

## Normalize the need for help

Let students know they can talk to you if they are struggling

Include MH resources in syllabus

Remind students that problems are easier to fix when addressed early

Model and promote self care

## What can faculty do?

# Check in with students when concerned

Quiet, private setting

Focus on specific behaviors  
(e.g., "I've noticed...")

Listen without judgement

Validate- "That sounds hard"

Appreciate- "Thanks for letting me know."

Have resources available

# What can faculty do?

Make referrals and reports  
when appropriate

Know “Red Flags” and “Warning Signs”

Know how to make a ***referral*** and  
recommend resources

Know how to make a ***report***

The CARE team?

The Threat Assessment Team?

## What can faculty do?

# Embed courses with well-being practices

- Build in short mindfulness activities
- Encourage good sleep and nutrition
- Assign self-care as homework
- Look for ways to build problem solving, resilience-building, conflict management and relationship health into curriculum

# Multiple Levels (no one size fits all)

- The basics- when and how to make a report/referral
- Tips for supporting students in distress
- Basic gatekeeper training
- Advanced gatekeeper training

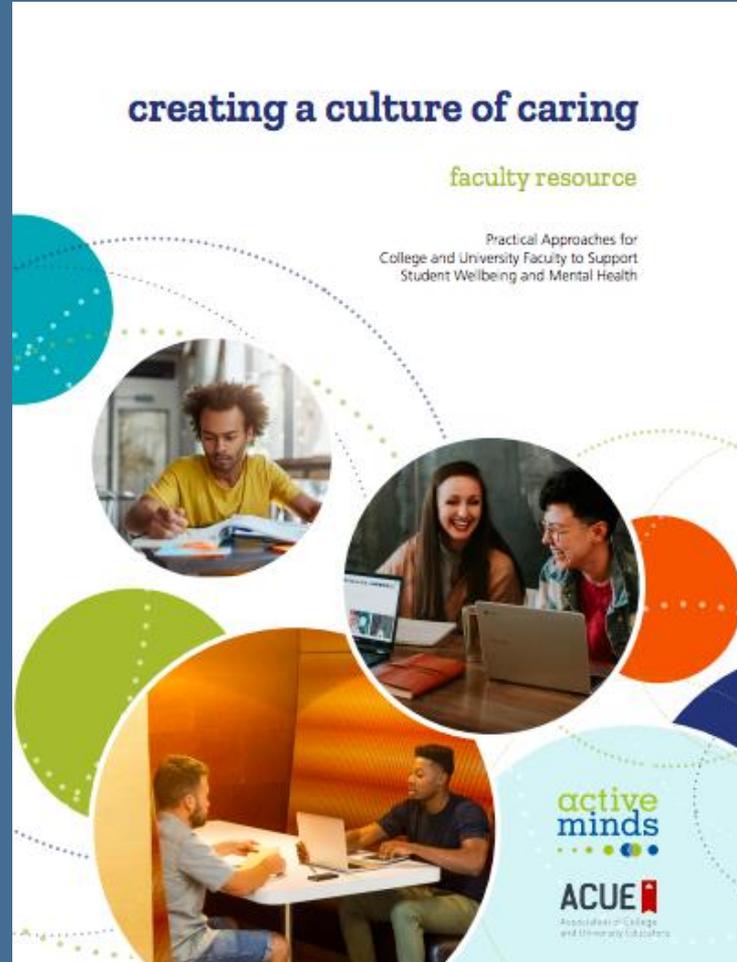
## Strategies for educating faculty

# Multiple Modalities

- New faculty orientation
- Online training options (e.g. Kognito Interactive)
- In-person training options (on request or intermittently)
- Information on website (but easy to find)
- Print material (wallet cards, Tip sheets, “Red Folder”)

**Strategies for educating faculty**

# Resources



# Active Minds

[Activeminds.org](https://activeminds.org)

# Resources

RECOGNIZING &  
RESPONDING  
to STUDENTS in  
**DISTRESS**  
A FACULTY HANDBOOK



The Campus Suicide  
Prevention Center  
of Virginia

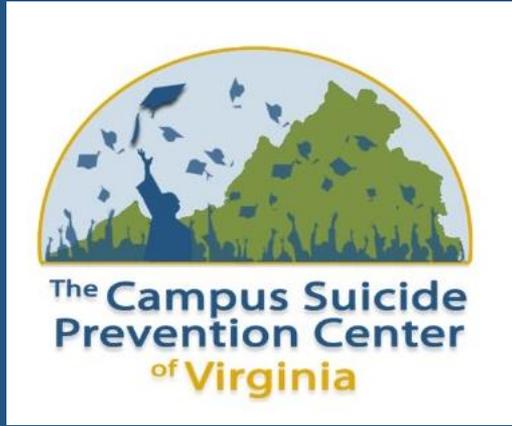
Available  
in an  
E-Book  
version on  
our website

**Resources**

**Coming in 2021:**

**Recognizing and  
Responding to Students  
in Distress**

**An online training for  
college faculty**



# Questions?

[www.CampusSuicidePreventionVA.org/](http://www.CampusSuicidePreventionVA.org/)

Acknowledgement:  
Funding received from the Virginia Department of  
Health's Virginia Project ECHO<sup>®</sup>



**Calling  
All to  
Volunteer!**

**Who Wants to Present a  
Case?**



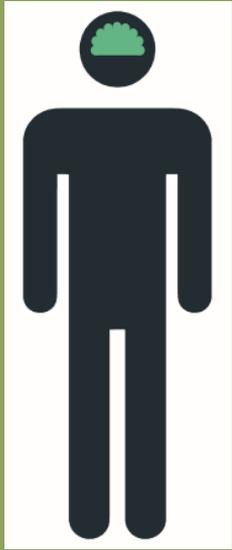
# **“ZZZ’s for Degrees: How a Positive Sleep Culture Promotes Student Well-Being and Success”**

November 9, 2020, 1-2:15 PM

Speakers: Birdie J. Cunningham, MA & J. Roxanne Prichard, PhD  
University of St. Thomas, St. Paul, Minnesota



# Join the Healthy Minds Study!



**National Survey on College Student  
Mental Health  
Virginia Consortium for 2020-2021**

**Email us if you would like  
more information**



# Interested in CAMS Training?

3 hour online course for counseling professionals in a suicide-specific treatment model

Contact Jane - [wigginjr@jmu.edu](mailto:wigginjr@jmu.edu)

# We have National Suicide Prevention Lifeline Cards

Packs of 100  
English and Spanish  
Email me: [wigginjr@jmu.edu](mailto:wigginjr@jmu.edu)

How many packs?  
Send mailing address

The Lifeline is **FREE**, confidential, and always available.

**HELP** a loved one, a friend, or yourself.

Community crisis centers answer Lifeline calls.

**NATIONAL SUICIDE PREVENTION LIFELINE**  
1-800-273-TALK (8255)  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Learn the Warning Signs.**

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

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OMHS-SVP-0125

### Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ♦ Talking about wanting to die or to kill oneself.
- ♦ Looking for a way to kill oneself, such as searching online or buying a gun.
- ♦ Talking about feeling hopeless or having no reason to live.
- ♦ Talking about feeling trapped or in unbearable pain.
- ♦ Talking about being a burden to others.
- ♦ Increasing the use of alcohol or drugs.
- ♦ Acting anxious or agitated; behaving recklessly.
- ♦ Sleeping too little or too much.
- ♦ Withdrawing or feeling isolated.
- ♦ Showing rage or talking about seeking revenge.
- ♦ Displaying extreme mood swings.

**Suicide Is Preventable.**  
**Call the Lifeline at 1-800-273-TALK (8255).**  
With Help Comes Hope



# Check your Inbox:

- Evaluation form link
- Link to video of today's didactic and PowerPoint
- Additional Resources
- Syllabus (topics, objectives, CE credits, etc.)
- Case presentation form link

# Thanks for your participation!

Next session: Tuesday, Nov. 17, 12-1:30pm

**Topic: What You and Your Students Want to Know about the National Suicide Prevention Lifeline and Crisis Text Line**