

## Introduction to Comprehensive Planning

*The Campus Suicide Prevention Center of Virginia (CSPCVA) serves ALL institutions of higher education in the Commonwealth by providing education, consultation, training, and resources to prevent suicide and promote emotional well-being among all members of the campus community. All services are free of charge. You may request services by contacting CSPCVA (CAN THIS BE ABBREVIATED THIS WAY?) at (INSERT CONTACT INFO HERE)*

*These videos, notes, and worksheets are designed to help you learn more about comprehensive suicide prevention and develop a plan for your campus community.*

### What does “Comprehensive Suicide Prevention” mean?

- It is a combination of many strategies to effectively prevent (AND RESPOND TO?) suicides.
- There are nine areas of a comprehensive suicide prevention plan. These are:
  - First, a campus must be ready to **Respond to Crisis**.
  - Second, a campus must **Increase Help-Seeking**.
  - Third, a campus must be equipped to **Identify and Assist** students in distress.
  - Fourth, students seeking formal services should be provided with **Effective Care or Treatment**, shown to reduce suicide risk and address other related mental health concerns.
  - Fifth, students seeking services from multiple providers should be supported during **Care transitions**.
  - Sixth, whenever possible, we must **Reduce Access to Means** someone might use to end their life.
  - Seventh, if a suicide does occur, we need a good **Postvention** plan in place, so that we can reduce the risk of contagion to other members of the campus community.

- Eighth, we also want to strengthen the emotional well-being of the entire campus by proactively building the **Life Skills and Resilience** of all students.
- And finally, we want to increase the **Connectedness** of everyone on campus to build a healthier community.

### **Why should campuses put in all this effort to prevent suicides if suicides on campus are relatively rare?**

- While rare, no campus community wants the heartbreak of losing one of its members to suicide.
- Recent surveys have shown that self-injury as well as suicidal thoughts and behaviors are steadily rising among college students.
- Students struggling with these behaviors are likely to drop out.
- Alternatively, when students receive the support they need, they are more likely to complete their degree, report greater satisfaction with the institution, and are more likely to support the school as an alumnus. Supporting emotional well-being is an investment well worth making for institutions of higher education.
- Just as important, this work helps create a campus culture dedicated to caring for the emotional well-being of all students.

### **How do we learn more?**

- As shared above, these videos, notes, and worksheets are designed to walk you through the process of putting these components into place on your campus.
- Each video and worksheet is designed to be short in order to break this enormous task down into bite sized pieces.
- Videos are designed to stand on their own and you can watch them in the order that best fits your campus needs and available resources.
- Check out the next video at [www.campussuicideprevention.org](http://www.campussuicideprevention.org)