Making sense of student suicide: Prevention and response

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Agenda

Scope  Risk Factors  Protective Factors  Warning Signs  Responding

Making sense of student suicide

U.S. 10th leading cause of death¹
2nd for youth²
College student suicide²
~ 7 per 100,000
~ half the rate for age-matched, non-students

Scope
Making sense of student suicide

**National College Health Assessment – UNC Charlotte**
- 7% seriously considered suicide
- 1.5% attempted
- 85% felt overwhelmed by all they had to do
- 37% felt so depressed it was difficult to function
- 62% felt overwhelming anxiety

**Scope**

**Cont’d**

**Risk Factors**
- Mental health disorders
- Substance abuse
- Trauma
- Family history
- Chronic illness

**Behavioral & Biopsychosocial**

**Environmental**
- Loss
- Lethal means
- Exposure to violence
- Victimization

**Sociocultural**
- Isolation
- Marginalization
- Limited help-seeking
- Barriers to treatment access
- Exposure to suicidal behavior

**Protective Factors**
- Resilience
- Coping/life skills
- Self-esteem
- Purpose
- Hope

**Personal**

**Environmental**
- Connectedness
- Accessible health care
- Exposure to violence
- Victimization

**Sociocultural**
- Belief system discouraging suicide
- Community responsibility & caretaking role
Warning Signs

- Ideation
- Substance abuse
- Purposelessness
- Anxiety
- Trapped
- Hopelessness
- Withdrawal
- Anger
- Recklessness
- Mood changes

Making sense of student suicide

Responding: Prevention

- Primary
  - Prevent disease/injury before it occurs
  - Education
  - Environmental safety
- Secondary
  - Reduce impact of existing disease/injury
  - Self-care
  - Early intervention
- Tertiary
  - Decrease impact of ongoing illness
  - Ongoing treatment

Campus Wide

- Decrease the impact of risk factors
- Build up protective factors
- Public health approach
Making sense of student suicide

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Personal
- Belief system discouraging suicide
- Community
- Responsibility & caretaking role

Environmental
- Connectedness
- Accessible health care

Your Role
- Spot warning signs
- Share your concern directly
- Encourage them to talk
- Don’t keep secrets
- Provide resources:
  - National Suicide Prevention LIFELINE
  - Referral to CAPS
  - 80% of those who complete not seen by a counselor

Responding: Secondary & Tertiary Prevention
Making sense of student suicide

Your Role
- Share concerns with a supervisor
- Consult CAPS
  - Mary Alexander Rd & Cameron Blvd.
    (704) 687-2311
caps.uncc.edu
Tips when concerned about a student
- On-call counselor business days, 8-5
- After-hours emergencies
  - Campus Police: (704) 687-2200
  - CAPS ProtoCall

Responding:
Secondary & Tertiary Prevention

Tips when concerned about a student
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- After-hours emergencies
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Faculty/Staff in ideal positions to notice signs and be “gatekeepers”
- Get prepared to notice and refer
- Gatekeeper trainings save time in the long run
  - Question, Persuade, Refer (QPR)
  - Kognito At-Risk for Faculty & Staff

Responding:
Gatekeeper Training

Responding:
Gatekeeper Training

Accessing the Simulations

URL: https://kognitocampus.com
Create Your Account
Also, access “Tips & Resources” to help promote and implement programs within schools