NIHCM Webinar: *Communities for Change: Preventing Suicide*

Campus Suicide: Michigan Model of Campus Mental Health

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A bit about this presentation:

The BCBSM Foundation:
- Who we are
- What we fund

The Problem

Preventing Suicide on College Campuses
- Our partnership with the JED Foundation
- The Michigan Model of Campus Mental Health

Preventing Suicide on Middle School and High School Campuses
- Our partnership with funders and the University of Michigan
- TRAILS
The forecast for America’s youth is bleaker than it should be

- Drug/alcohol accidents and suicide are the leading causes of death
- 1 in 5 have a mental health condition
- 46% did not receive treatment or counseling last year
- 1 in 8 young adults is disconnected – not working or going to school
- 76% turn to a peer for support when they are in distress

Sources: NAMI, SAMSHA, JED Harris Poll, 2017 County Health Rankings
Among our 21 million college students... at some point this year:

- 3 out of 5 felt overwhelming anxiety
- 1 out of 3 felt too depressed to function
- 1 out of 3 found their appearance traumatic
- 1 out of 3 binge drank regularly
- 1 out of 8 abused prescription drugs
- 2,205,000 had serious thoughts of suicide
- 1,533,000 cut or burnt themselves
- 336,000 attempted suicide
- 1,400 died by suicide

Source: ACHA-NCHA Survey 2016
JED’s baseline assessments showcase the need

- 71% of schools had at least one suicide in past academic year
  - 23% had 2 – 4 cases
- 78% of schools reported at least one suicide attempt
  - 22% reported 7 or more
- 70% reported at least one psychiatric hospitalization
  - 18% reported 9 or more

Based on 112 JED Campus baseline assessments
The JED Foundation
New York, NY
JED’S Comprehensive Framework

JED believes in a comprehensive, public health approach to promoting emotional well-being and preventing suicide and serious substance abuse. Utilizing JED’s Model for Comprehensive Mental Health Promotion and Suicide Prevention for Colleges and Universities, JED assesses efforts currently underway on campus and identifies existing strengths and areas for improvement.
Identify Students at Risk

- Collecting mental health and substance use history from incoming students
- Connecting students with positive history to services
- Wellness/screening days conducted across campus by many
- Training on how to identify, reach out to and if needed, refer students who may be struggling
- Behavioral Intervention/Care Teams (Electronic) reporting system
- Online resources for mental health and substance abuse screening, online CBT
JED Campus Journey

Onboarding Phase
- The school registers for JED Campus
- Healthy Minds Study #1 is administered

Preparation Phase
- The school builds an interdisciplinary team
- The Campus Advisor introduces the team to the project
- The school completes their assessment and prepares for their campus visit

Strategic Planning Phase
- The school receives their feedback report
- A JED subject matter expert visits the campus to review the feedback with the team
- A strategic plan is drafted and refined for the school to implement. The strategic plan covers all areas of the JED comprehensive framework

Implementation Phase
- The Campus Advisor maintains regular contact with the school to provide resources and track progress
- The school accesses the online playbook and resource library
- The school participates in the learning community through webinars, newsletters, and discussion boards.

Sustainability Phase
- The school takes the post-assessment
- Healthy Minds Study #2 is administered
- JED provides a pre-post analysis and consultation on how to continue to implement recommended practices and sustain the good work they have done
- The school continues to be a part of the JED Campus learning community

Year 1

Year 2-3

Year 4
TRAILS
Transforming Research into Action to Improve the Lives of Students
TRAILS CORE FEATURES: A 3-TIERED APPROACH

TIER 3 - SUICIDE PREVENTION & INTERVENTION
- Student suicide risk identification and management
- Resources for coordination of care

TIER 2 - EVIDENCE-BASED MENTAL HEALTH CARE
- Programming for students impacted by mental illness
- Resources to identify and refer students in need

TIER 1 - PREVENTION & STIGMA REDUCTION
- Training and materials to foster school-wide engagement
- Resources to facilitate all-staff and parent mental health education
Thank You

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