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WSU SUICIDE PREVENTION INITIATIVE

PURPOSE

- ❖ Eliminate deaths by suicide in the University community
- ❖ Infrastructure of education, training, and dissemination of information to all faculty, staff, students and their families

ENVIRONMENT CHANGE

- ❖ Mental health issues are not stigmatized
- ❖ Seeking help is encouraged and seen as a strength
- ❖ Members of the campus community step in to prevent harm to each other

DEVELOPMENT

- ❖ Collaborative networks
- ❖ Innovative marketing campaigns
- ❖ Gatekeeper training programs
- ❖ Culturally-appropriate educational programs

TARGET AT RISK STUDENTS

- ❖ LGBTQ
- ❖ Military veterans
- ❖ Residence halls
- ❖ Marginalized

THE NEED FOR SUICIDE PREVENTION

WSU AT A GLANCE

- ❖ Enrollment of over 27,000 students
- ❖ Nearly 90% of students living off campus
- ❖ Most ethnically diverse public university in Michigan

MENTAL HEALTH ON CAMPUS

- ❖ At least six suicides in last several years
- ❖ Accurate tracking has not been possible
- ❖ Students report stress, difficulties managing responsibilities, and many are not fully prepared academically

Students who seek services at University Counseling Center have higher symptom levels than are typical at the counseling centers of universities the size of WSU

METHODS

- 1) Create a networking infrastructure that links WSU with health care providers from the broader community and resources
- 2) Develop a gatekeeper training program on suicide prevention and mental health issues the University community
- 3) Develop and implement, both in person and online, culturally appropriate educational seminars to the University community
- 4) Develop a cohesive marketing strategy that is culturally appropriate and advertises the WSU network infrastructure (and resources), the gatekeeper training (Kognito modules and Mental Health First Aid), the education seminars, college and national suicide prevention hotlines and Crisis Text Line
- 5) Develop culturally appropriate online and print educational resources for parents and families

❖ SUICIDE PREVENTION PRESENTATIONS

18 - presentations

418 - campus community members trained

FEEDBACK

97% can recognize warning signs of suicide

95% know where to find resources and services

92% plan on incorporating what they learned

❖ MENTAL HEALTH FIRST AID ON CAMPUS

13 - trainings (1912 in-person training hours)

MHFA TRAINEES

114 - mental health/healthcare professionals & trainees

125 - general campus community members

FEEDBACK

Significant increases in

Attitudes, confidence, and knowledge

❖ KOGNITO ONLINE TRAINING MODULES

3 module for students and higher ed faculty/staff

TRAINEES

364 - general campus community members

85 - mental health/healthcare professionals & trainees

RESULTS AND IMPACT

248,869

- ❖ Individuals reached for suicide prevention messaging

10,786

- ❖ Individuals reached for outreach and awareness

40

- ❖ Students & community member Advisory board

101

- ❖ Collaborations with campus and community organizations

69

- ❖ Outreach and awareness events



NEXT STEPS

- ❖ Continued monthly awareness events and training sessions on campus
- ❖ Expansion of monthly newsletter for larger audience
- ❖ Gatekeeper training incorporated into academic programs
- ❖ Creation of multi-credit Suicide Prevention Course