



# Making sense of student suicide: *Prevention and response*



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# *Making sense of student suicide*

## Agenda



# *Making sense of student suicide*



## Scope

**U.S. 10<sup>th</sup> leading cause of death<sup>1</sup>**

- 2<sup>nd</sup> for youth\*

**College student suicide<sup>2</sup>**

~ 7 per 100,000 z

~ half the rate for age-matched, non-students

# *Making sense of student suicide*



**Scope  
Cont'd**

## ***National College Health Assessment UNC Charlotte<sup>3</sup>***

- **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**

# Making sense of student suicide



## Risk Factors<sup>4</sup>

### ***Behavioral & Biopsychosocial***   ***Environmental***   ***Sociocultural***

- Mental health disorders
  - Substance abuse
  - Trauma
  - Family history
  - Chronic illness
- Loss
  - Lethal means
  - Exposure to violence
  - Victimization
- Isolation
  - Marginalization
  - Limited help-seeking
  - Barriers to treatment access
  - Exposure to suicidal behavior

# Making sense of student suicide



## Protective Factors<sup>5</sup>

### *Personal*

- Resilience
- Coping/life skills
- Self-esteem
- Purpose
- Hope

### *Environmental*

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

### *Sociocultural*

- Belief system discouraging suicide
- Community
- Responsibility & caretaking

# Making sense of student suicide



## Warning Signs<sup>6</sup>

- ✦ **I** *Ideation*
- ✦ **S** *substance abuse*
  
- ✦ **P** *purposelessness*
- ✦ **A** *anxiety*
- ✦ **T** *trapped*
- ✦ **H** *hopelessness*
  
- ✦ **W** *withdrawal*
- ✦ **A** *anger*
- ✦ **R** *recklessness*
- ✦ **M** *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

# *Making sense of student suicide*



**Responding:  
Primary  
Prevention**

## ***Campus Wide***

- **Decrease the impact of risk factors**
- **Build up protective factors**
- **Public health approach**

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**Responding:  
Secondary &  
Tertiary  
Prevention**

## **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<sup>4</sup>**

# *Making sense of student suicide*



**Responding:  
Secondary &  
Tertiary  
Prevention**

## **Your Role**

- **Share concerns with a supervisor**
- **Consult CAPS**
  - **Mary Alexander Rd & Cameron Blvd.**  
**(704) 687-0311**  
**[caps.uncc.edu](http://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**

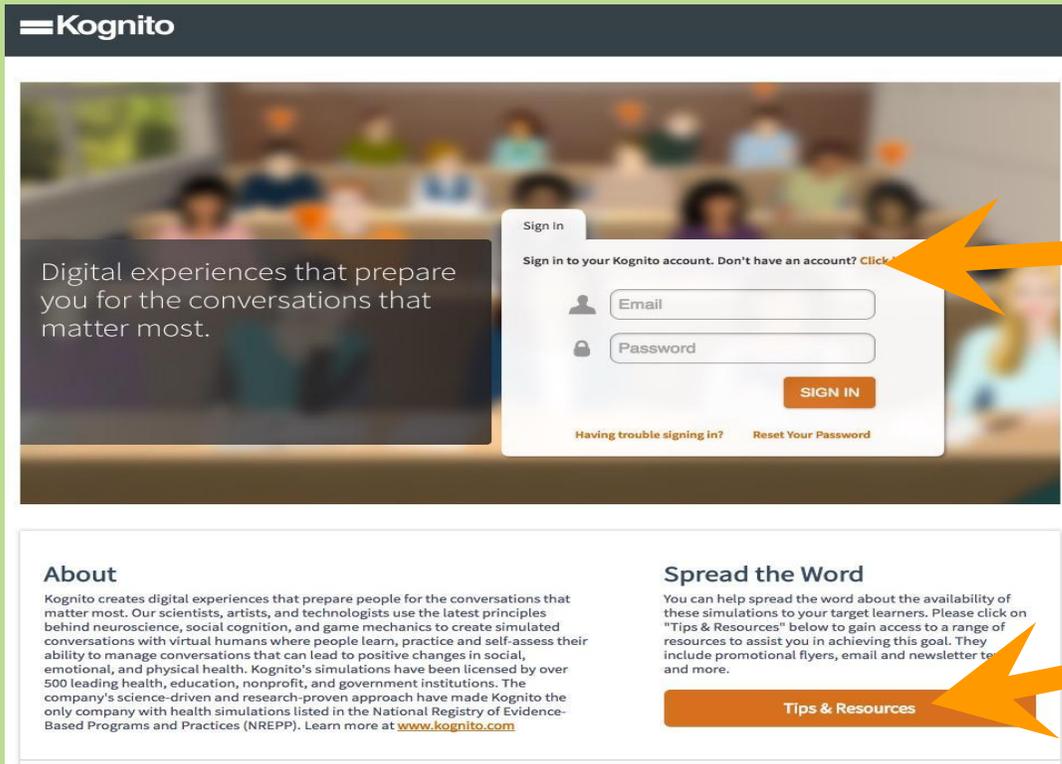
# *Making sense of student suicide*



## Responding: Gatekeeper Training

- 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)**  
[QPR trailer](#)
  - **Kognito At-Risk for Faculty & Staff**  
[Kognito Trailer](#)

## Accessing the Simulations



The screenshot shows the Kognito website interface. At the top left is the Kognito logo. Below it is a banner with the text "Digital experiences that prepare you for the conversations that matter most." In the center is a "Sign In" form with fields for "Email" and "Password", a "SIGN IN" button, and links for "Having trouble signing in?" and "Reset Your Password". Below the banner are two columns of text: "About" and "Spread the Word". The "About" section describes Kognito's mission and mentions its listing in the National Registry of Evidence-Based Programs and Practices (NREPP). The "Spread the Word" section encourages users to help spread the word about the simulations and provides a "Tips & Resources" button. Two orange arrows point from the right side of the slide to the "Sign In" form and the "Tips & Resources" button.

More information at [CAPS Website: At-Risk Simulation](#)

Access Kognito at: <https://kognitocampus.com>

Create Your Account

- Enrollment key for faculty/staff: **uncc89**
- Enrollment key for students: **uncccharlotte**

Questions: contact Dr. Jessalyn Klein

- (704) 687-0311
- [JKLEIN14@uncc.edu](mailto:JKLEIN14@uncc.edu)

Also, "Tips & Resources" to help promote

# Questions & Comments

