



The **Campus Suicide  
Prevention Center**  
of **Virginia**

# Project ECHO for Campus Suicide Prevention

April 27, 2021

Introduction to the Comprehensive  
Planning Video Series

Danette Gibbs, PhD

End of Semester Discussion led by:

Jane Wiggins, PhD

The Campus Suicide Prevention Center of Virginia Project ECHO team:  
Jane Wiggins, Ph.D., Danette Gibbs, Ph.D., Gabriel Anderson, M.S.

Project ECHO® for Campus Suicide Prevention is part of the larger ECHO educational community that was created by the University of New Mexico's Health Sciences Center

In order to support Project ECHO®, we collect the following participation data:  
Participant's name, e-mail, credentials, role, and institution

These data allow Project ECHO® to measure, analyze, and report on the movement's reach. It may be used in reports, on maps and visualizations, for research, for communications and surveys, for data quality assurance activities, and for decision-making related to new initiatives.

# Data Collection



Logging on as an ECHO® participant through Zoom serves as permission to be included in the reporting and to be recorded. Each session is recorded, stored, and made available to other ECHO participants.

We will record the introduction and didactic portions of our sessions

We will NOT record case presentations

Portions of sessions will be recorded



1. Overview of ECHO® session (12:00 pm)
2. Introductions (12:05)
3. Didactic Presentation (12:15 pm)
4. Case presentation (12:50 pm)
  - A. Case presented (5 min)
  - B. Clarifying questions
    - a. ECHO® participants
    - b. CSPCVA hub
    - c. Case summary by ECHO® discussion leader
  - C. Recommendations
    - a. ECHO® participants
    - b. CSPCVA hub
    - c. Summary of recommendations by ECHO® discussion leader
5. Closing remarks and questions (1:25 pm)

What Does an  Session Look Like?



# Participation Tips

- All participants are muted during the presentation.
- If you have a question or comment during discussions, please raise your hand. We will call on you. Press your space bar to talk.
- We encourage participation.*** (Reminder: participation is recorded.)
- If you called with a phone to hear the audio, hit \*6 to unmute yourself.
- For technical problems (such as echoing, audio level etc.), use the chat function to contact our IT specialist, Gabe Anderson, who will assist.

# CE Credits

for Project ECHO for Campus Suicide  
Prevention will be available through  
James Madison University.

(see Project ECHO syllabus or website for more info)

# Protecting Privacy



Identifying  
Information

# Introductions



The Campus Suicide  
Prevention Center  
of Virginia

# Introduction to the Comprehensive Planning Video Series



# Taking a Comprehensive Approach to Suicide Prevention

Implementing Multiple Strategies

Investment from Multiple Stakeholders



# Zoom Polls

What is needed to help your campus implement a comprehensive approach to suicide prevention?

# The Comprehensive Planning Video Series

Can you spend a coffee break with us?



**How Can You Use This  
Resource?**

# Assemble a Team

Use the summer to start assembling your team



# Assign a Video or Module



# Review Handout

## Selecting Strategies



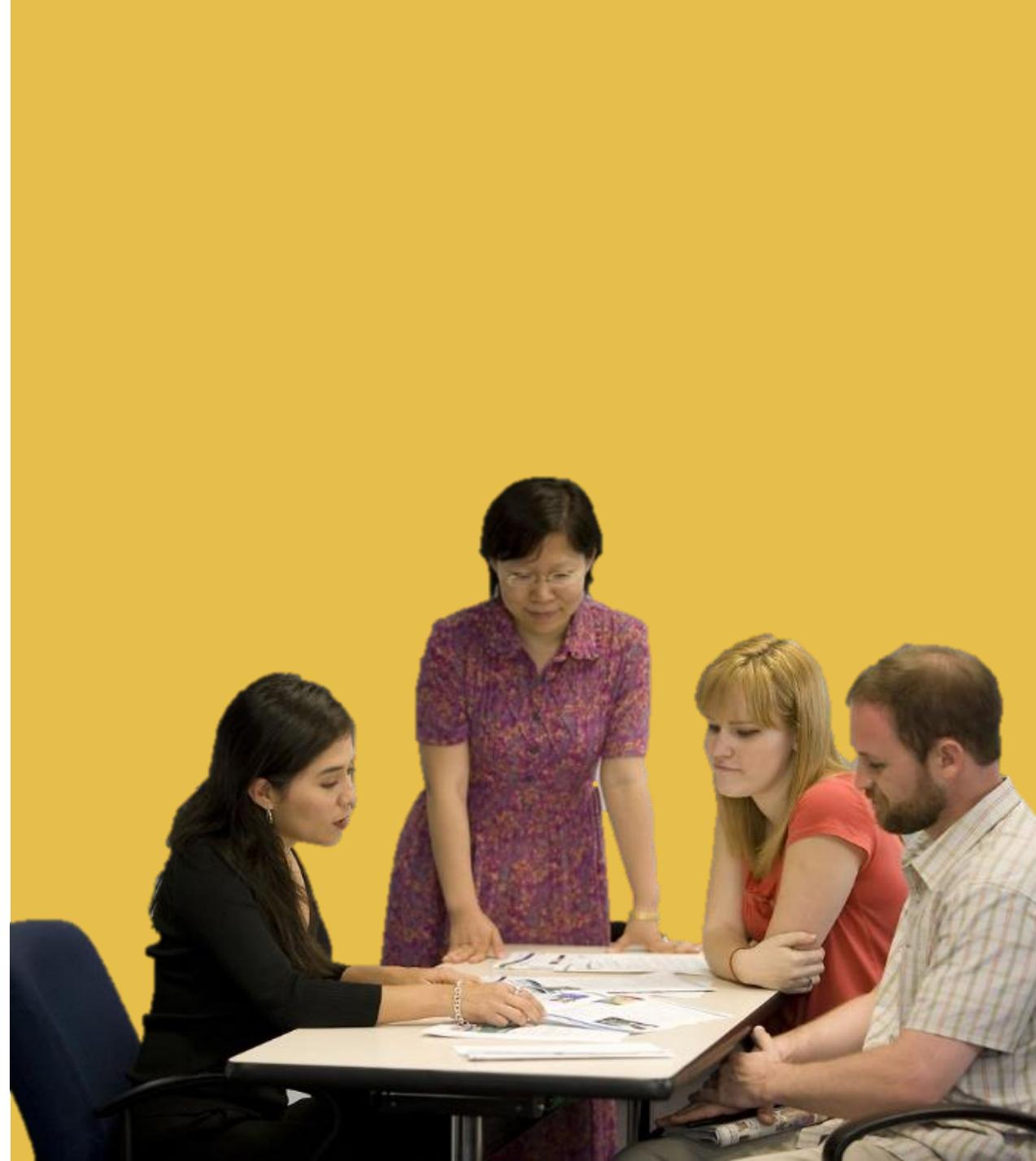
These are some ideas for goals and strategies. Not every goal is written perfectly (i.e., following all SMART guidelines), but can serve as a springboard for generating some of your own ideas. Additionally, while most goals fall under one or more of the 9 strategies for a comprehensive approach to suicide prevention, some items you select based off of your campus self-assessment may not neatly fit into any category. We included a few examples of such goals and strategies.

Comprehensive Approaches	Possible Goals	Possible Strategies
Identify and Assist	<ul style="list-style-type: none"> <li>• Increase number of unique faculty making a referral</li> <li>• Increase number of screenings completed online</li> <li>• Increase number of at-risk students referred to counseling</li> <li>• Equip students w/ skills needed to talk to a friend they are concerned about</li> <li>• Increase number of faculty and staff on campus who refer students to counseling, either on or off campus</li> <li>• Increase number of students who refer a friend to counseling.</li> <li>• Increase the number of students who ask a friend about suicidal thoughts.</li> </ul>	<ul style="list-style-type: none"> <li>• Gatekeeper trainings for faculty and staff (esp. those in positions most likely to encounter students in distress).</li> <li>• Gatekeeper trainings for students.</li> <li>• Depression and anxiety screenings for all students seen at campus health services</li> <li>• Implement online screening form accessible through campus counseling center website, and incentivize participation.</li> <li>• Have counseling center present at department meetings about what is available for students and when and how to refer and do a Q and A.</li> <li>• Presentations by health promotion staff to student organizations on warning signs and where to refer.</li> </ul>
Increase Help-seeking	<ul style="list-style-type: none"> <li>• Number of unique students seeking formal helping resources</li> <li>• Ensure all official communications follow recommended reporting guidelines</li> <li>• Increase the number of students who go to counseling, either on campus or off campus</li> <li>• Increase number of students who can identify at least two resources to call if there is an after-hours crisis.</li> <li>• Reduce barriers to seeking counseling among specific population groups.</li> <li>• Decrease the number of students with mental health problems who don't seek treatment.</li> </ul>	<ul style="list-style-type: none"> <li>• Create optional language for syllabi regarding availability of counseling center.</li> <li>• Incorporate presentation on counseling center and mental health resources into freshman orientation.</li> <li>• Provide educational workshop for all campus media outlets on safe messaging guidelines (both university offices and student media).</li> <li>• Add walk-in hours to counseling center schedule.</li> <li>• Place counselors in departments or other campus locations where students are likely to access them.</li> <li>• Public awareness campaign of National Suicide Prevention Lifeline, counseling center, campus security, and emergency services numbers for crises.</li> </ul>

Contains summary, examples, resources, and brainstorming prompts

# Meet To Discuss and Plan Implementation

**One Step!**



## Discussion

How can we promote the series?

How can we make the series useful to your work?

What barriers might prevent you from using this series?

- How can we address those?

# Challenges and Celebrations

**Looking  
Ahead**

**CASES!  
Fall 2021**



**Didactics, Didactics, Didactics!**

**All of our old didactic presentations  
are available online for you to watch  
and share with colleagues.**

**(Under Project ECHO on our website)**

# Interested in CAMS Training?

(Collaborative Assessment and Management of Suicidality)

3-hour online asynchronous course

8-hour online advanced  
practice-based training (May 21<sup>st</sup>)

For counseling professionals

Contact Jane - [wigginjr@jmu.edu](mailto:wigginjr@jmu.edu)

# Applied Suicide Intervention Skills Training

The most widely used intervention skills training in the US.  
2-day intensive, interactive and practice-dominated  
Caregivers learn basic, “first aid” suicide intervention skills.

**Summer and Fall Courses now being scheduled**

For more information  
contact Jane Wiggins at [wigginjr@jmu.edu](mailto:wigginjr@jmu.edu)

**We are hiring!**

**Program Director**

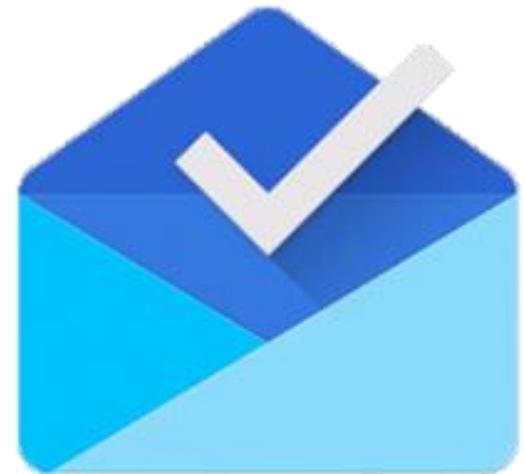
**Program Coordinator**

**For more information:**

**[campussuicidepreventionva.org](http://campussuicidepreventionva.org)**

# Check your Inbox:

- Evaluation form link
- Link to video of today's didactic and PowerPoint
- Additional Resources
- Case presentation form link



**Thanks for your participation – have a wonderful summer!**

**We hope to see you in the Fall!**

**Stay in touch:**

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[gibbsdc@jmu.edu](mailto:gibbsdc@jmu.edu)

