



OHIO PROGRAM FOR
CAMPUS
SAFETY & MENTAL HEALTH

#RaisingStudentVoice

First Afternoon Breakout Session

Kevin Kuntz, Ed.S., David Nardecchia, Ph.D., Kellee Ellis, M.Ed: Suicide Prevention & Mental Wellness at Community Colleges

Location: Columbus Room

This presentation will examine the unique qualities of community college students and their mental wellness. An overview of depression and suicide symptoms will be presented, along with the multiple factors of community college students that put them at an elevated risk of suicide. A recently developed phone app will be demonstrated. Community college students face a number of challenges related to their mental wellness.

Anxiety, depression, and relationship problems are the three highest reported reasons that community college students seek out counseling services (AUCCCD, 2016). More than half of all college students have had suicidal thoughts. Of these students, half never seek counseling services and of those who die by suicide, 80-90% were not receiving help from their college counseling center (Active Minds, 2018). Suicide is the 10th leading cause of death in the United States and 2nd among college students. Nearly 1,100 college students die by suicide each year. Community college students often face significant stressors beyond the classroom, including work, transportation, homelessness, or supporting their family. The JED Foundation recently reported that nearly half of all parents surveyed had not discussed the potential for anxiety or depression as their teens prepared to go to college (2018).

These stresses, along with developing or manifesting mental health issues, pose as significant issues for community college students. Issues like isolation and mental health stigma may be tremendous barriers to help-seeking behaviors. This presentation will examine the unique qualities of community college students and their mental wellness. An overview of depression and suicide symptoms will be presented, along with the multiple factors of community college students that put them at an elevated risk of suicide. This presentation will also review suicide as a



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health epidemic and how a multi-campus referral system may be beneficial to community colleges and their students.

Active Minds (2018). <http://www.activeminds.org/> Association for University and College Counseling Center Directors (2016).

<https://www.aucccd.org/assets/documents/aucccd%202016%20monograph%20-%20public.pdf>

The JED Foundation (2018).

<https://www.jedfoundation.org/mental-health-concerns-not-focus-preparing-high-school-students-college-despite-increased-risks/>

**Mark Munetz, M.D., Northeast Ohio Medical University: Psychiatrists
Roundtable Discussion
Location: Westerville Room**

Facilitated discussion among Dr. Munetz and prescribers.

**Jennifer Wright Berryman: University of Cincinnati College Hope Squad: A Peer-
to-Peer Suicide Prevention Program
Location: Gray Room**

Research suggests that when a young adult is suicidal, they often tell peers instead of getting professional help. Therefore, training students to do intentional outreach with distressed peers is a model that can save lives on college campuses. Hope Squad (www.hopesquad.com) is an evidence-supported, peer leader, suicide prevention model found in 500 schools in the U.S. and Canada. Hope Squads can be found in elementary, junior high, high schools, and college campuses, and each level has its own unique curriculum and materials. Participants in this session will learn about the college Hope Squad program, the data supporting its effectiveness, and how students are becoming the essential lifesavers on their campuses.



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Bryan Gerber, Psy.D.,: Supporting the Whole Student

Location: Buckeye Room

The Stark State College chapter of the Psi Beta National Psychology Honor Society opened a Students Serving Students Food Pantry in the spring of 2015. This initiative has served hundreds of students through the years. The pantry is 100% student led, student facilitated, and institutionally supported. The level of learning and impact on volunteer students and patrons was unanticipated. The overall value of service learning and empathetic understanding of community engagement in creating a safe and collegial campus atmosphere is the focus of this presentation.

**Kenneth Browner, Psy.D., Lakeland Community College: There's an App for That:
Putting Suicide Prevention and Mental Health Resources at Your Students'
Fingertips**

Location: Scarlett Room

Ken developed Lakeland's award-winning Reach Out mobile app, which provides easy access to information and resources for suicide prevention and mental health promotion. He has partnered with the Ohio Suicide Prevention Foundation to create the Reach Out Campus Affiliate Program. Participating colleges can utilize grant funding to customize the Reach Out app for their own campuses. Information about the program can be found at:

http://www.ohiospf.org/content.php?pageurl=reach_out