

Completed by
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INVENTORY OF CAMPUS MENTAL HEALTH AND SUICIDE PREVENTION PROGRAMS, POLICIES & SERVICES

IDENTIFYING STUDENTS AT RISK

UCC } yes

1. What medical history information you collect from incoming students?

- History of depression
- History of psychiatric hospitalization
- Prior suicide attempts
- Use of psychotropic medication
- Alcohol and/or other drug abuse
- Other (specify):

2. Which mental health screening tools do you use?

	Tool(s) Used	Target Audience(s) or Setting (e.g., freshman/int'l students, graduate students)	Setting(s) (e.g., health services, counseling services, national screening day)
Anxiety	UCC website	self assessments	
ADD/ADHD			
Bipolar disorder	web-sa.		
Deliberate self-harm/cutting			
Depression	web sa.		
Drug or alcohol abuse	web s.a.		
Eating disorders	web s.a. - EDI R-F		
Homesickness			
Schizophrenia			
Social isolation			
Stress/coping difficulties			
Suicide attempts	clinical assessments on all clients		
Other (specify): PTSD	web sa.		

UCC -
clinical assessments
- mental status
exams
- psychological
testing

UCC used PHQ 9 project w/SHS
Fall 2010.
currently use CCAB 34

Inventory continues on next page...

UCC does not offer the "gatekeeper" program but

3. Do you offer gatekeeper training to: (1) enable identification of students in distress; and (2) promote taking necessary steps to get them help? Yes No

do educate faculty, staff + students about mental health + referral procedures.

- a. What are the target audiences for your gatekeeper training efforts?
- | | |
|--|---|
| <input type="radio"/> Administration | <input type="radio"/> Judicial affairs |
| <input type="radio"/> Alumnae/alumna | <input type="radio"/> Ministries |
| <input type="radio"/> Athletic department | <input type="radio"/> Parents |
| <input type="radio"/> Campus health services providers | <input type="radio"/> Public safety |
| <input type="radio"/> Campus media | <input type="radio"/> Residence life |
| <input type="radio"/> Commuter services | <input type="radio"/> Students |
| <input type="radio"/> Disability office | <input type="radio"/> Student activities/ student (campus) life |
| <input type="radio"/> Faculty | <input type="radio"/> Student affairs |
| <input type="radio"/> Fraternities and sororities | <input type="radio"/> Student government |
| <input type="radio"/> Graduate student associations | <input type="radio"/> Student clubs |
| | <input type="radio"/> Other (specify): |

4. Does your institution have a case management committee that meets to discuss the mental health needs of individual students? Yes No

CLAST

- a. How often does the case management committee meet?
 b. How long has the committee been in place?
 c. Who leads the case management committee?

Additional efforts to identify students at risk:

UCC provides training to housing staff regularly + other campus groups as requested

MENTAL HEALTH SERVICES

5. What places on campus can students get some type of counseling or mental health service?

- | | |
|---|--|
| <input type="radio"/> Academic advising/ tutoring services | <input type="radio"/> Greek life office |
| <input type="radio"/> Alcohol and other drug office - this is UCC + peer educators w/ Sandy Lucke | <input type="radio"/> Health services |
| <input type="radio"/> Athletic dept. | <input type="radio"/> International student office |
| <input type="radio"/> Career services - UCC does career counseling | <input type="radio"/> Ministries |
| <input type="radio"/> Counseling center/ mental health service | <input type="radio"/> Psychiatry dept. |
| <input type="radio"/> Disability services | <input type="radio"/> Psychology dept. |
| <input type="radio"/> Education dept. | <input checked="" type="radio"/> Residence halls |
| <input type="radio"/> Graduate student office | <input type="radio"/> Sexual assault office - but UCC provides Sexual Assault Counseling + Women's Center works with victims + provides IMPACT prog. |
| | <input type="radio"/> Student-run hotline |
| | <input type="radio"/> Other (specify): |

+ Apt Comm Ctr evening hours 1x wk (for 8 hrs) Wilkinson Counseling in Residence program

6. How many health and mental health professionals work at your institution?

	Licensed MHEs	Non-Licensed MHEs	Based in which office?	Trained to manage suicidal students?
Counselors	4			
Psychologists	2	plus one FTE in hiring process currently	UCC	
Psychiatrists - part-time at UCC		4 hrs/week		
Social Workers				
Doctors (non-psychiatrists)	SHS			
Nurse Practitioners - psychiatric NP part-time at UCC				8 hrs/week
Other Nurses	SHS			
Physician Assistants	SHS			
Other (specify):				

* E.g., counseling center, sexual assault office, ministries.

** Completed specific training in managing a suicidal client.

7. Are students required to have health insurance? Yes No - see SHS/UND Policy

	% of Students Covered	Covers MH Services? (Y/N)	Types of MH Services Covered	# of Annual Sessions Covered
Student health insurance plan				
Student supplemental health insurance plan				

8. Regarding the counseling center/mental health service:

a. During what hours is it open? M, T, Th + F 8-4:30 + Wed 8-6 - main office

b. What types of therapy are offered to your students? Check all that apply.

- i. Individual therapy
- ii. Group therapy
- iii. Short-term therapy
- iv. Long-term therapy
- v. Cognitive behavioral therapy
- vi. Dialectical behavioral therapy
- vii. Dynamic therapy
- viii. Interpersonal therapy
- ix. Supportive therapy
- x. Other (specify):

all

9. What types of after-hours and emergency mental health services are available at your institution? Please describe or attach. see DOS crisis team

10. What hotline services are offered? 24hr crisis back up + daytime crisis walk-in hours

On-campus, staffed by clinicians Yes X No
 On-campus, staffed by students Yes X No
 Community-based X Yes No
 Other (specify): NEHSC + 211

↳ Crisis Team # is answered 24/7.

Clinical Staff Interns + Practic Student

UCC services are funded in part by student fees

UCC's Apt Comm. Satellite office Tues 4-8pm

W. Kenson Counselor in Residence office (evening) 10hr/1

EMDR Schema-focus Cognitive Therapy

- Career counseling
 - couples
 - crisis intervention
 - psychiatric services including med mgmt

11. Does your institution have working relationships with community mental health providers for off-campus referrals? Yes No

UCC

- a. Do you maintain an updated referral list for community services?
 Yes No
- b. Are appointment hours and fees known? Yes No
- c. Do these off-campus providers accept the student insurance and supplemental insurance? Yes No *UNK.*
- d. If no to (c), have sliding scale fee arrangements been made? Yes No
- in some agencies it is available.

Additional efforts to provide access to effective mental health services:

CRISIS MANAGEMENT

12. What is included in your institution's crisis management protocols?

UCC

	FOR ADMINISTRATORS		FOR CLINICAL STAFF	
	Protocols (Y/N)	Written (Y/N)	Protocols (Y/N)	Written (Y/N)
Suicide threat				
Suicide attempt			<i>yes</i>	<i>yes</i>
Suicide			<i>yes</i>	<i>yes</i>
Other trauma on campus				

13. How are these protocols shared with parents, students, and others in the campus community? *DOS, Code of Student Life*

14. Do you have a medical leave policy or process in place that includes leave for mental health reasons? Describe or attach all. *NO*

- a. Do you have both voluntary and mandatory medical leave policies?
 b. Do you have a policy or process for re-entry from medical leave?

15. How does your institution interpret HIPAA/FERPA? *UCC follows UND policies*

16. What is your institution's approach to parent or emergency contact notification?

info found in Code of Student Life
 Additional efforts to develop and follow crisis management protocols:

INCREASING HELP-SEEKING BEHAVIOR

17. How are students, parents, faculty, staff, administrators, coaches, etc., made aware of the mental health services available to students at your institution (e.g., Web sites, orientation, health fairs, etc.)? *UCC outreach / Peer Educators*
18. Do you have any specific support program for incoming students who have already been diagnosed with a mental health disorder? *Getting Started presentations*
19. Who is in charge of mental health-related outreach activities? In what office is this person(s) based? *UCC does MH " / - Health Promotions Office*
20. What outreach activities do you provide? *UCC*

Topic	Y/N	Type*	Frequency
Alcohol or drug abuse			
Anxiety	<i>Yes</i>		
Bipolar disorder			
Depression		<i>as</i>	
Diet & exercise (N/A) <i>see wellness</i>			<i>Requested</i>
Eating disorders			
Healthy lifestyles			
Help-seeking behaviors			
Homesickness			
Learning disabilities (N/A) <i>see DS</i>			
Schizophrenia			
Sexual assault prevention			
Sleep			
Social isolation			
Stress/coping skills			
Suicide			
Symptom recognition in self			
Symptom recognition in others			
Treatment efficacy			
Winter blues			
Other (specify:)			

* Types of outreach activities include articles in school newspaper, brochures, mental health fairs, mental health student clubs, orientation talks, Web sites, etc.

Additional efforts to increase help-seeking behaviors:

MEANS RESTRICTION

21. Are there any physical locations on your campus that have become associated with suicide?
not to my knowledge - could check w/UPD or crisis team
22. What efforts have you taken on your campus to limit access to potentially lethal means?
See code of Student Life

	Yes	No	Unknown
Specific policies regarding firearms	UPD		
Restrict access to tall buildings			
Restrict access to bridges			
Restrict access to balconies			
Restrict access to windows			
Restrict access to atriums			
Restrict access to alcohol			
Restrict access to drugs			
Restrict access to chemicals			
Gatekeepers and mental health staff incorporate questions about means (firearms, drugs) in assessing students at high risk for suicide	yes		Staff routinely assess for safety & suicidal/homicidal ideation
Other (specify):			

Additional efforts to restrict potentially lethal means:

then provide plan + treatment as appropriate

Inventory continues on next page...

INCREASING STUDENTS' LIFE SKILLS AND COPING ABILITIES

23. What life skills programs does your institution offer?

	Incoming Students	All Students
Balancing peer pressures against personal values		
Communication		
Consequences of using substances as coping mechanisms		
Exam-taking		
Importance of balancing work and social life		
Importance of exercise		
Importance of forming social ties		
Job searches		
Mind-body techniques/relaxation exercises		
Money management		
Problem-solving		
Proper sleep hygiene		
Proper nutrition		
Relationship management (at school & back home)		
Stress management		
Study abroad: re-entry to home school		
Study habits		
Time management		
Other (specify):		

Additional efforts to develop life skills:

SOCIAL NETWORK PROMOTION

24. What efforts have you have taken on your campus to reduce student isolation and promote a feeling of community belonging (e.g., school-wide parties, small freshman groups that meet all year, peer-to-peer support groups, etc.)?

NCC
 Support groups
 Counseling / social skills training

NCC would address for refer for these if student requested - services are generally client-driven unless required is part of a sanction by Housing or DOS.