

The California State University System

Stigma and Discrimination and Suicide Prevention Efforts in Higher Education

Presented at the CalMHSAs Statewide Coordination Meeting

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www.calstate.edu

Nation's largest, most diverse university system

- 437,000 students
- 44,000 faculty and staff
- 23 campuses
- Stretches from Humboldt in the north to San Diego in the south.



The Student Mental Health Initiative (SMHI) focuses on prevention strategies, which address the mental health needs of students within the California State University system.



As of August 30th:

- 83,429 students, faculty and staff have been reached through campus activities, campaigns, and presentations.

- 4,663 students, faculty, staff and community-based partners received training.

- 84 participants have completed MHFA and ASIST T4T trainings.



Training

- The majority of campuses have certified trainers who are providing suicide prevention and stigma reduction trainings to the campus community and community based partners.
- Several campuses are providing training on threat assessment and school violence for campus police.

Types of Training:

- Mental Health First Aid(MHFA) T4T
- Applied Suicide Intervention Skills Training(ASIST) T4T
- Question, Persuade, and Refer(QPR) T4T
- Kognito
- Active Shooter
- Interactive Video Simulation Training (IVST) T4T

Congrats to all SHC Staff who have completed the Mental Health First Aid Training! Thanks to Dr. Fries and Ana from the Chancellor's office for the wonderful training!

Yay for ALGEE!!



Quote from a participant who attended an ASIST Training:

“Playing the role of a veteran in the A.S.I.S.T. workshop was an enlightening experience. The role gave me an appreciation for the realities of some of the challenges that veterans go through. After acting out symptoms of PTSD, reminding all in the room that I had difficulty relating to civilians, and feeling left behind because I was graduating later than my colleagues, reinforced the difficulty that some veterans are challenged with. I now have even more respect and sympathy for veterans that are going through difficult times.”

N. Avery

Social Marketing Campaign

Student Health 101: Is an electronic magazine that focuses on mental health and wellness, suicide prevention, and stigma reduction that allows for our CSU campuses information to be updated and inserted in each monthly issue. The campaign images and messages represent the diversity of our entire CSU student body and to give particular focus to undeserved communities and students with particular needs (e.g., veterans, disabled students, first generation students.)



Student Health 101

71,830 students have accessed Student Health 101.

Electronic Resources

- MERLOT Site- A central electronic database has been developed for system-wide resource sharing (e.g., program descriptions, workshop materials, posters, training manuals, podcasts, Power-Point slides). All campuses will contribute to the database and benefit from other campus' proven successful programs and interventions.

MHAP
Mental Health Advocacy & Promotion

Search this site

Search MERLOT materials

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University Programs & Best Practices

Best Practices at the CSU campuses

CSU Campus	Nationally	Other Nationally Recognized	Innovative Outreach

Trainings

Challenge

High demand

Facilitators

Identify trainers in the region.

Support

Provided each campus with a list of trainers by county.

Formal Partnerships with Counties

Challenge

Formalizing the relationship.

Facilitators

Task force meetings, forums, events

Support

CalMHSA and CO staff

Recruiting staff and faculty

Challenge

Engage other departments.

Facilitators

Vice-Presidents, PI of grant and Counseling staff providing information to the campus community.

Support

Systemwide effort and its being administered through the CSU Office of the Chancellor.



Materials available

- Campus Profiles
- Mental Health First Aid Training Application
- Comprehensive list of trainers in California
- CalMHSA CSU Campus Coordinators Contact Sheet

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