

# County Partnerships with Student Mental Health



**San José State**  
UNIVERSITY


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**SANTA CLARA  
VALLEY  
MENTAL  
HEALTH  
DEPARTMENT**

Statewide Coordination Workgroup Meeting  
Los Angeles, CA

# **SJSU: Student Mental Health Services**

- **A Thousand Lights Event**
  - **Three-Tiered Mental Health/Suicide Prevention Program: QPR, Thousand Stars, ASIST, and MHFA**
  - **Mental Health Ambassadors**
  - **El Llanto**
  - **Difficult Dialogues**
  - **Mental Health Advisory Board (Start in November, 2013)**
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# SCC Suicide Prevention Program


## **Adopted a SP Strategic Plan:**

- STRATEGY ONE: Suicide Intervention Programs
- STRATEGY TWO: Education/Information Programs
- STRATEGY THREE: Develop "Best Practices" w/Media
- STRATEGY FOUR: Implement Policy/Systems Change
- STRATEGY FIVE: Establish Robust Data Collection/Monitoring System

# Facilitators and Barriers

- Common Goals/Objectives in reducing stigma around mental illness and suicide deaths
  - Open to community-based input and support on our implementation strategies
    - Workgroups, coalitions, etc.
- Diverse populations within SCC and SJSU
  - Insufficient public awareness in general
  - Not enough political will regarding suicide prevention policies


# Impact of Collaboration

- Suicide and crisis services (SACS) has trained SJSU past and present students (80 training hours and a 2 year commitment as a crisis line counselor)
  - Suicide prevention coalitions also offer a forum for local and more specific implementation, it guides program planning and policy development
  - SJSU is the agency/organization that has most people completed the county's on-line QPR training
  - SJSU students become certified QPR trainers and provide QPR trainings at SJSU
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# Do Not Reinvent the Wheel

- Find a win-win solution: internship, recognition, professors who need tenure and presentation and data.
- Use available resources
  - Ambassadors Handbook and Suicide Prevention Handbook available to the public, and many other universities have used/adopted.
- Get more allies to speak for you, become active members in your county's suicide prevention workgroups and committees

## In Summary....

- What is your suicide prevention plan?
  - What is the burden of suicides in your county?
  - Increase awareness about resources
  - Create training opportunities for facilitators (SJSU students, etc)
  - Involve the community in your work
  - Understand the needs and ask for help
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# Contacts

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