CTCs in 2019:
A first look at behavioral health support

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Number of 18-24 year olds in WA state, 2019
Total: 594,600

- Not Attending: 56%
- CTCs: 23%
- 4-year*: 21%

*estimated total

Washington ERDC, CDC WISQARS
Objectives

1. Suicide behaviors among postsecondary students – how big is this issue?

2. Assets in place or lacking – every campus is different.

3. The INSPIRE Resources – created to help the CTCs.
Suicide among postsecondary students — how big is this issue?
2018 National Statistics

Suicides, ages 18-25
16.5 per 100,000

Suicides, ages 18-25, male
26.3 per 100,000

Serious thoughts about suicide, ages 18-25
11%

Made a plan, ages 18-25
3.4%

Suicide attempts, ages 18-25
1.9%

CDC, 2018
2018 WA State Suicide Rates

Male/Female, All Ages, WA State 2018

Male suicides
936 – 24.8 per 100,000

Female suicides
316 – 8.4 per 100,000

2018 WA State Suicide, Male, All Races 2018

Total Age Range
26.4 per 100,000

18-24 years
32.7 per 100,000

25-34 years
24.8 per 100,000

35-44 years
27.7 per 100,000

CDC, 2018
Student Suicides: February-April 2019 (n=28)

Overall (CTCs & 4-year) - 11 suicides & 80 suicide attempts in 90 days

7 Student Suicides (CTCs)

4 Student Suicides (4-year)

37 Student Suicide Attempts (CTC)

43 Student Suicide Attempts (4-year)

2019 Report, (Table 2, p. 18)
Assets in place or lacking — every campus is different.
Critical Assets: Mental Health Counselors (N=19)

10,271 Average CTC student headcount

1 FTE to 3,000 students
Avg CTC counselor to student ratio

2.4 Avg licensed MH Counselor

0.6 Avg FTE of degreed, but not licensed MH counselors

2019 Report, (Table 5, p. 25)
Additional Data

1. Prevention
2. Intervention
3. Crisis response
4. Taking a break; preparing to return
5. Postvention
Prevention: Building Protective Factors

Three-quarters or more of responding CTCs address:

• Managing stress & anxiety – 25 CTCs (89%)
• Building resilience – 21 CTCs (75%)
• Encouraging help-seeking behavior – 24 CTCs (85%)

Half or more of responding CTCs address:

• Identifying & regulating emotions – 19 CTCs (68%)
• Excessive alcohol use – 16 CTCs (57%)
• Destigmatizing mental illness – 14 CTCs (50%)

2019 Report, (Table 4, p.23; Table 7, p.30, Table 9)
Prevention: Screening, Peer Efforts, Awareness

Fewer than half of responding CTCs offer:

• Mental health screening
  – 13 CTCs (46%)
• Substance use screening
  – 6 CTCs (21%)
• Peer to peer engagement for mental health
  – 9 CTCs (32%)

More than three-quarters of responding CTCs:

• Make students aware of institutional mental health resources
  – 27 CTCs (96%)
• Make faculty/staff aware of institutional mental health resources
  – 25 CTCs (89%)

2019 Report, (Table 4, Table 6a, Table 9)
More than three-quarters of responding CTCs offer trainings:

- To recognize/refer students with suicidal warning signs – 23 CTCs (82%)

Very few individuals actually receive suicide prevention training

- 2.7 faculty per 1,000 students
- 1.05 academic advisors per 1,000 students
- 6.3 students per 1,000 students
Intervention: Connecting to Mental Health Help (N=28)

- 18 CTCs offer MH services
- Maximum allowed sessions: 5 sessions average per quarter
- 10 CTCs do not offer MH services
- 9 CTCs refer students to community BH services
- 177 students received referrals to community providers (Feb-April 2019)

2019 Report, (Table 3, p.21)
Intervention: What CTCs are Offering (n=28)

Number of CTCs That Offer Various Services (n=28)

- Mental Health Counseling: 18
- Substance Use Disorder Counseling: 6
- Group Therapy: 3
- Mindfulness or Meditation: 6
- Skills Groups: 2
- Support Groups: 2
- Medication Management: 1

2019 Report, (Table 4, p.23)
Crisis, Reentry, Postvention: Protocols (N=28)

5. Have a postvention protocol

7. Have carry & storage policies for firearms

15. Ensure continuity of care after a suicidal crisis

17. Have done facility means safety review

8. Communicate with families during mental health emergencies

2019 Report, (Table 10a, p.34; table 11, p. 35; Table 11a, p.36)
Objective 3

The INSPIRE Resources – created to help the CTCs
Creating Postsecondary Resources Promoting Behavioral Health and Reducing Suicide

www.INSPIRE-PSED.org
Resources: Model Protocols

Model protocols offer a map for each CTC to create protocols that suit their needs.

1. **Prevention**: screening, training and other preventive steps
2. **Intervention** resources
3. **Crisis response** plans for mental health or suicidal emergencies
4. **Mental health leave and re-entry** before a crisis hits
5. **Postvention**, in the wake of a student suicide
Prevention Resources

LEARN SAVES LIVES™ a customizable suicide recognition & referral training offered for free to all post-secondary institutions.

• Live & virtual
• Train the Trainer

Look for signs
Empathize and listen
Ask about suicide
Reduce the danger
Next steps
Prevention Resources

Model Messaging
- Samples of MH promotion campaigns with downloadable materials
- A guide to support students creating a customized MH promotion campaign

Culturally Responsive Materials
- Faculty, staff and counselors will all find resources to help them build new awareness, understanding and communication skills
Supporting Student Veterans

- Understanding veterans’ culture
- Directory of non-profits working with veterans
- Best practices in the classroom
- Introducing veterans to your mental health services

Powered by Forefront Suicide Prevention
Parent & Family Guide

Coming Soon

- Educating families on common mental health concerns
- Emotional support for a postsecondary student
- Learning about available resources
- Understanding FERPA
- Your student is struggling with MH concern
- Suicidal thinking: Your role

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Thank you!