

Tennessee College of Applied Technology Jackson is committed to and cares about all students. Support services are available for any person at Tennessee College of Applied Technology Jackson who is experiencing feelings of being overwhelmed, hopelessness, depression, thinking about dying by suicide, or is otherwise in need of assistance.

For immediate help contact the 988 Suicide & Crisis Lifeline Number by texting or calling 988. If you are a veteran, select option 1, and you will be transferred to the Veterans' Crisis Line. Additionally, you may choose to call the Trevor Lifeline at 1-866-488-7386.

Tennessee College of Applied Technology Jackson – Suicide Prevention Plan and Protocol

College students are in a state of life transition and can be overwhelmed with new opportunities and new responsibilities. Lifestyle changes, such as sleep deprivation and substance abuse, can contribute to suicidal behavior.

- Suicide is the **second** leading cause of death for college students
- Approximately **1,100** college students die by suicide every year
- **6%** of college students report they have seriously considered suicide over the past year; **90%** of those students created a suicide plan, **14%** actually attempted suicide, and **60%** continued to have thoughts of suicide. (tspn.org)

As such, and in compliance with the requirements of T.C.A. § 49-7-172, Tennessee College of Applied Technology Jackson has developed a suicide prevention plan and an associated protocol that engages in a variety of initiatives to improve crisis services.

PREVENTION

- Suicide or Mental Health Wellness Syllabus Course Handbook/Statement: All faculty syllabus documents of Tennessee College of Applied Technology Jackson and/or program handbooks will prominently display the following statement:

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- Relationships: Tennessee College of Applied Technology Jackson will establish relationships with local Mental Health facilities for the purpose of providing annual suicide prevention education and outreach, programming, and/or prevention screenings.

Tennessee College of Applied Technology Jackson has a relationship in place with the following community agencies, hereby referred to as Agency, to provide the noted services (may include crisis referral services, prevention screenings, etc.):

Agency 1: Pathways Behavioral Health Services provides crisis services as needed; service as a referral agency as needed; and literature, training, and suicide prevention screenings as requested. Contact Information: For an appointment, call 1-800-587-3854. For a crisis, call 1-800-372-0693.

Agency 2: Employee Assistance Program administered by Optum provides up to five visits per problem per year for any full-time employee at no cost. Contact Information: Call 1-855-Here4TN (1-855-437-3486) or visit the website www.here4TN.com.

Information regarding such relationships at Tennessee College of Applied Technology Jackson is available at <https://tcatjackson.edu/sites/default/files/Suicide%20Prevention%20for%20Quick%20Links.pdf>. A list of partners and services available to members of the Tennessee College of Applied Technology Jackson community, which may include crisis referral services, prevention screenings, training programs, etc. is found at the above location and in the Student Services Office.

- Training: Tennessee College of Applied Technology Jackson will offer annual suicide prevention training to faculty and staff. The training can be scheduled/offered through third party providers via relationships with community-based organizations/individuals and/or the Tennessee Suicide Prevention Network, Pathways Behavioral Health Services, and/or Employee Assistance Program.
- Dissemination of Information: Tennessee College of Applied Technology Jackson will promote the available resources related to suicide prevention services to include, but not be limited to, its Partnership Relationships, campus resources, and the 988 Suicide & Crisis Lifeline. Tennessee College of Applied Technology Jackson will share information during Orientation, post flyers/posters around campus, and list available resources on the website.
- Tennessee College of Applied Technology Jackson will disseminate a link to the plan each academic term via appropriate and effective channels of communication to faculty, staff and students, e.g. email, mass text, social media, etc. The Director of Practical Nursing and Allied Health will be responsible to disseminate the plan and record each dissemination.

INTERVENTION

SUICIDE WARNING SIGNS

There is no typical suicidal person. No age group, ethnicity, or background is immune. Fortunately, many troubled individuals display behaviors that deliberately or inadvertently signal their suicidal intent. Recognizing the warning signs and learning what to do next may help save a life.

The Warning Signs:

Note: The following behavioral patterns may indicate possible risk for suicide and should be watched closely. If they appear numerous or severe, seek professional help at once. The 988 Suicide & Crisis Lifeline at 988 (call or text) provides access to trained telephone counselors, 24 hours a day, 7 days a week.

- Talking about suicide, death, and/or no reason to live
- Preoccupation with death and dying
- Withdrawal from friends and/or social activities
- Experience of a recent severe loss (especially a relationship) or the threat of a significant loss

- Experience or fear of a situation or fear of humiliation or failure
- Drastic changes in behavior
- Loss of interest in hobbies, work, school, etc.
- Preparation for death by making out a will (unexpectedly) and final arrangements
- Giving away prized possessions
- Previous history of suicide attempts, as well as violence and/or hostility
- Unnecessary risks, reckless and/or impulsive behavior
- Loss of interest in personal appearance
- Increased use of alcohol and/or drugs
- General hopelessness
- Recent experience of humiliation or failure
- Unwillingness to connect with potential helpers' Feelings, Thoughts, and Behaviors

Nearly everyone at some time in his or her life thinks about suicide. Most everyone decides to live because they come to realize that the crisis is temporary, but death is not. On the other hand, people in the midst of a crisis often perceive their dilemma as inescapable and feel an utter loss of control.

Frequently, they:

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't sleep, eat, or work
- Can't get out of the depression
- Can't make the sadness go away
- Can't see the possibility of change
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control

What Do You Do?

- Be aware. Learn the warning signs listed above.
- Get involved. Become available. Show interest and support.
- Ask if they are thinking about suicide.
- Be direct. Talk openly and freely about suicide.
- Be willing to listen. Allow for expressions of feelings and accept those feelings.
- Be non-judgmental. Avoid debating whether suicide is right or wrong, whether someone's feelings are good or bad, or on the value of life.
- Avoid taunting the person or daring him/her to "do it".
- Avoid giving advice by making decisions for someone else to tell them to behave differently.
- Avoid asking "why." This only encourages defensiveness.
- Offer empathy, not sympathy.
- Avoid acting shocked. This creates distance.
- Don't keep someone else's suicidal thoughts (or your own) a secret. Get help, silence can be deadly.

- Offer hope that alternatives are available. Avoid offering easy reassurance; it only proves you don't understand.
- Take action. Remove anything that the person could use to hurt themselves. Get help from individuals or agencies specializing in crisis intervention and suicide prevention.

Who Can You Talk To?

- A community mental health agency
- A private therapist
- A school counselor or psychologist
- A family physician
- A suicide prevention/crisis intervention center
- A religious/spiritual leader

If you or someone you know is severely depressed or is potentially or actively suicidal, call the 988 Suicide & Crisis Lifeline at 988. Trained counselors in your area are standing by to provide you with the help you need.

Saving College Student Lives in Tennessee:

Saving College Student Lives in Tennessee is a brochure available through The Tennessee Suicide Prevention Network. It can be found at <https://tnsuicidepreventionnetwork.s3.us-east-2.amazonaws.com/2020/11/TSPN-Trifold-2019-College-Students.pdf>. This brochure provides information about signs and risk factors, related to the potential for suicide, as well as resources and information on how to help.

INTERVENTION PROTOCOL

Tennessee College of Applied Technology Jackson has intervention protocols in place with the understanding that some students/faculty/staff will be thinking about suicide but not be in imminent danger while other suicidal students/faculty/staff may have made plans and/or have the means to complete suicide. Appropriate assistance for these students, faculty, and/or staff varies from acknowledging their thoughts and providing counseling to helping them learn coping skills, hospitalization to keep them safe and provide mental health treatments, and/or treating them after they have attempted suicide to keep them alive. The counselor or other trained professional can assess the individual thinking about suicide and determine a plan of care.

Information regarding such relationships at Tennessee College of Applied Technology Jackson is available at <https://tcatjackson.edu/sites/default/files/Suicide%20Prevention%20for%20Quick%20Links.pdf>. A list of partners and services available to members of the Tennessee College of Applied Technology Jackson community, which may include crisis referral services, prevention screenings, training programs, etc., is found at the above noted location and in the Student Services Office.

This process should be followed if an employee encounters a suicidal student, faculty, or staff member.

- Do not leave the suicidal person alone.
- If the suicidal person has plans and access to a lethal means, is planning to make an attempt very soon, or is currently in the process of making an attempt, this individual is in imminent danger. Immediately call 911.

- Notify the Student Services Office if you encounter a suicidal student, faculty, or staff member. Should an incident involving a student occur after hours, the Director of Practical Nursing and Allied Health is to be notified of the situation. Should an incident involving an employee occur after hours, the Campus President is to be notified of the situation.
- Student Services will respond to the student who is contemplating suicide by contacting the referral agency. The contact information for Pathways Behavioral Health Services 24-Hour Crisis Line (utilized for students or part-time faculty/staff) is 1-800-372-0693. Pathways' Mobile Crisis Unit will come to the Jackson or Lexington campuses when needed. While the Mobile Crisis Unit does not service the Humboldt, Henderson, Whiteville, or Brownsville campus locations, a Pathways representative will provide guidance as to immediate actions to take. The contact information for the Employee Assistance Program (utilized for full-time faculty/staff) is 1-855-Here4TN (1-855-437-3486).
- If the designated agency will come to campus, a student services representative or their designee will remain with the student, faculty, or staff member until the person notified or referral agency has arrived to render assistance. A suicidal person should not be left alone.
- If the agency will not come to campus and the student, faculty, or staff member is not identified as being in immediate danger, the agency may provide additional guidance and/or the statewide crisis line may be called by dialing 988. The directions/recommendations of the counselor from the agency and/or the statewide crisis line should be followed.
- Document the incident: Provide documentation of the event to the Behavioral Intervention Team (BIT). Students, faculty, or staff who are identified as being at risk for suicide, have voiced serious suicidal ideation, or have attempted suicide should be reported to the BIT team using the institutional reporting form located in Addendum A.

POSTVENTION

Because all student/faculty/staff deaths affect our community, whether that death is accidental, due to illness, or the result of self-inflicted injury, it is important for Tennessee College of Applied Technology Jackson to respond to and recognize all deaths in a consistent manner. Campus leadership and the communications department developed a protocol that includes a campus response to a student/faculty/staff suicide to decrease the trauma experienced by the students and other campus community members left behind and to help prevent further suicides through contagion.

GOALS OF POSTVENTION

The goals of a postvention response after a suicide include:

- Providing resources to those impacted.
- Stabilizing the community and restoring balance and routine to campus at a pre-crisis level of functioning.
- Preventing further suicides through contagion and decreasing the trauma experienced by students.
- Facilitating understating and processing the emotional impact of grief and loss.

Note: If a student/staff/faculty member is affected by suicide that is not connected to the campus community, the individual should be connected to mental health resources in the area.

PROCEDURE

The following should take place if a student, staff, faculty member death occurs by suicide.

- The Campus President or their designee will be notified immediately, regardless of the awareness of the incident occurring during or after office hours.
- The Campus President will lead the response on behalf of the institution. This individual will need to confirm that the death was indeed a suicide, contact outside resources that are now needed on campus, etc.
- Pathways Behavioral Health Services, the Tennessee Suicide Prevention Network, and/or the Employee Assistance Program will serve as resources to assist the campus community and its members in working to decrease community trauma.

The Higher Education Mental Health Alliance has created the document *Postvention: A Guide for Response to Suicide on College Campuses*. This document provides information institutional leadership can use while making plans before an incident and how to proceed after an incident. The document is located at <http://hemha.org/wp-content/uploads/2018/06/jed-hemha-postvention-guide.pdf>.

RESOURCES

CAMPUS and COMMUNITY RESOURCES

Please refer to this staff/faculty contact list for all personnel mentioned in this document as a contact/resource – office, title, contact information (phone and email).

On Campus Resources	
Department	TCAT Jackson Contact Information
Student Services	731-424-0691 ext. 140 or 198 for Jackson ext. 212 for Lexington ext. 303 for Whiteville/Brownsville
Human Resources	731-424-0691 ext. 114
Campus President	731-424-0691 ext. 108
Director of Practical Nursing	731-424-0691 ext. 120

Local Emergency Resources		
Name	Phone	Website
Emergency Services	911	N/A
Tennessee Statewide Crisis Line	855-CRISIS-1 (855-274-7471)	https://www.tn.gov/behavioral-health/need-help/crisis-services/tn-statewide-crisis-phone-line.html
Tennessee Suicide Prevention Network	615-297-1077	www.tspn.org
Police Department	731-425-8630	https://jacksontn.gov/government/departments/police

Local Hospitals		
Name	Phone	Address
Jackson Madison County General Hospital	731-541-5000	620 Skyline Drive, Jackson, TN

Local Alcohol, Drug, and Mental Health Treatment Resources		
Name	Phone	Website
Pathways Behavioral Health Services	800-587-3854	https://www.wth.org/services/pathways-behavioral-health-services/
Employee Assistance Program	855-Here4TN (855-437-3486)	https://www.here4tn.com

Crisis Support		
Name	Phone	Website
Hopeline Network	800-784-2433	NA
Trevor Lifeline for LGBT Youth	866-488-7386	https://www.thetrevorproject.org
988 Suicide & Crisis Lifeline	Call or Text 988	https://suicidepreventionlifeline.org
7 Cups - Online Chat	NA	https://www.7cups.com
I'm Alive - Online Chat	NA	https://www.imalive.org
Adult Statewide Crisis Phone Line	855-CRISIS-1 (855-274-7471)	NA

Tele-Health Resources		
Well-Via	855-WELLVIA	http://www.wellviasolutions.com/

REGIONAL RESOURCE GUIDE

(From <https://www.tn.gov/content/dam/tn/health/program-areas/vipp/TDH-Suicide-Prevention-Resource-Guide-Final-Draft-9-24-2021.pdf>)

Carey Counseling Center	Pathways Behavioral Health	Professional Care Services	Quinco Mental Health Centers
Counties: Benton, Carroll, Gibson, Henry	Counties: Crockett, Dyer, Haywood, Henderson, Lake, Madison, Obion, Weakley	Counties: Fayette, Lauderdale, Tipton	Counties: Chester, Decatur, Hardin, Hardeman, McNairy
ADULT CRISIS 800-353-9918	ADULT CRISIS 800-372-0693	ADULT CRISIS 800-353-9918	ADULT CRISIS 800-467-2515

Addendum A

Tennessee College of Applied Technology Jackson Reporting Form

Date individual identified as at risk: _____

Name of Individual: _____

Date of Birth: _____

Contact Number: _____

Address: _____

Emergency Contact Name and Number: _____

Who identified individual as being at risk: _____

Reason for concern: (Please provide detailed information including verbal threats/actions, etc.)

Action Taken: (Please provide detailed information about any interventions taken.)

