

THE OHIO STATE UNIVERSITY **SUICIDE PREVENTION PROGRAM**

Informational Webinar: OSPF Suicide Course

Laura Lewis, MA, LPCC-S, Assistant Director
(lewis.1422@osu.edu)



THE OHIO STATE UNIVERSITY

OFFICE OF
STUDENT LIFE

COLLEGE OF
EDUCATION AND
HUMAN ECOLOGY

GRADUATE
SCHOOL

MILITARY
AND VETERANS
SERVICES

Our Mission:

To develop a comprehensive, effective, culturally responsive, technologically advanced, and sustainable system of suicide prevention at the Columbus and the five regional campuses of The Ohio State University.

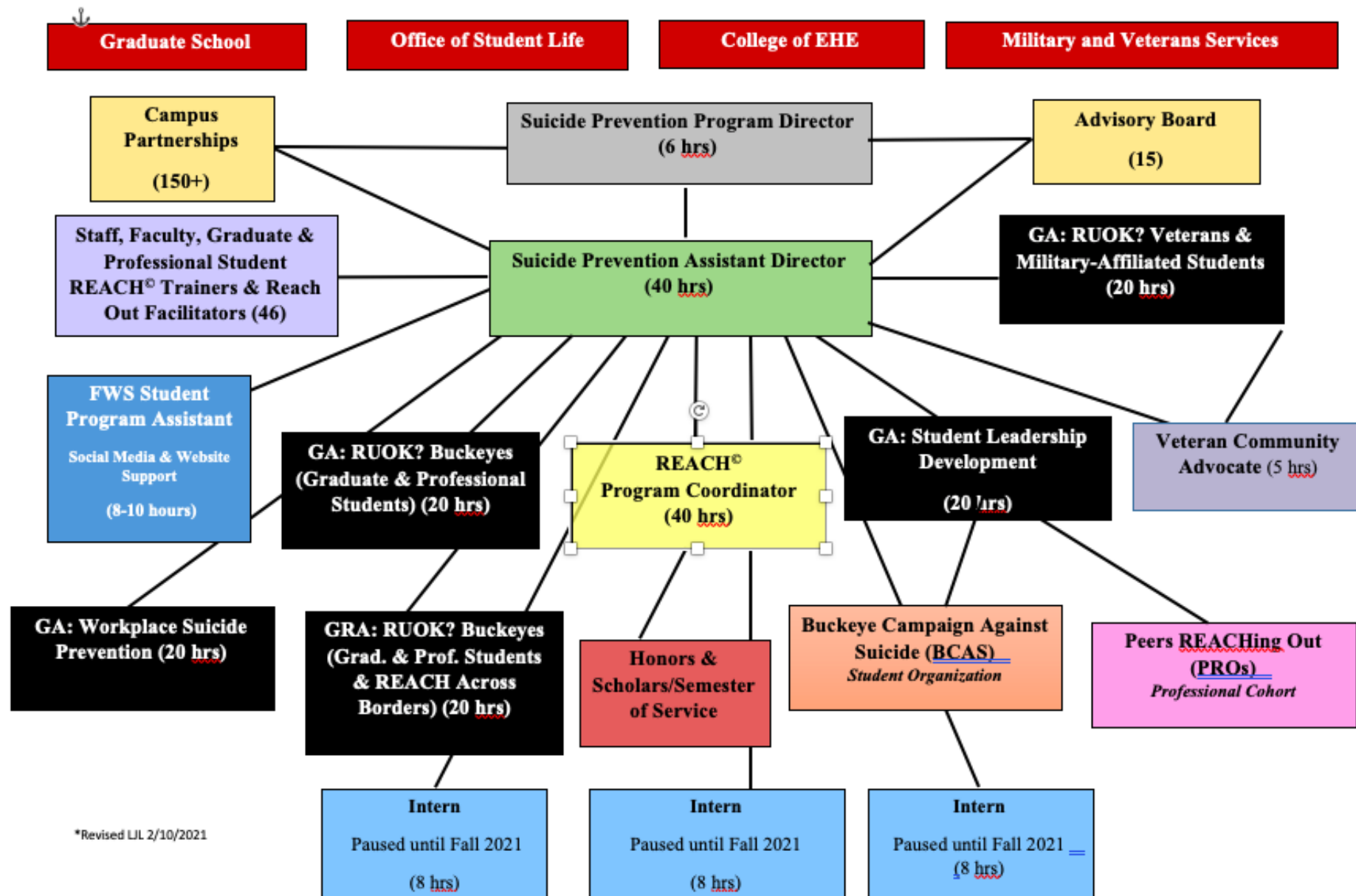
Creating a Culture of Care

About OSUSPP

- Located in the Physical Activities and Education Services (PAES) Building.
- Established in 2006 with the SAMHSA Garrett Lee Smith Grant.
- Stand-alone office largely supported by Student Life, the College of Education and Human Ecology, the Graduate School, Military and Veterans Services, and the Ohio Suicide Prevention Foundation.
- Use a partnership model – collaborate with over 150+ on campus partners and many off campus.
- Largest campus suicide prevention program in the nation.
- Use evidence-based practices and standards.
- Conduct research on effectiveness of our work and programs.
- Involvement in state/national/international policy, programming, and collaboration.

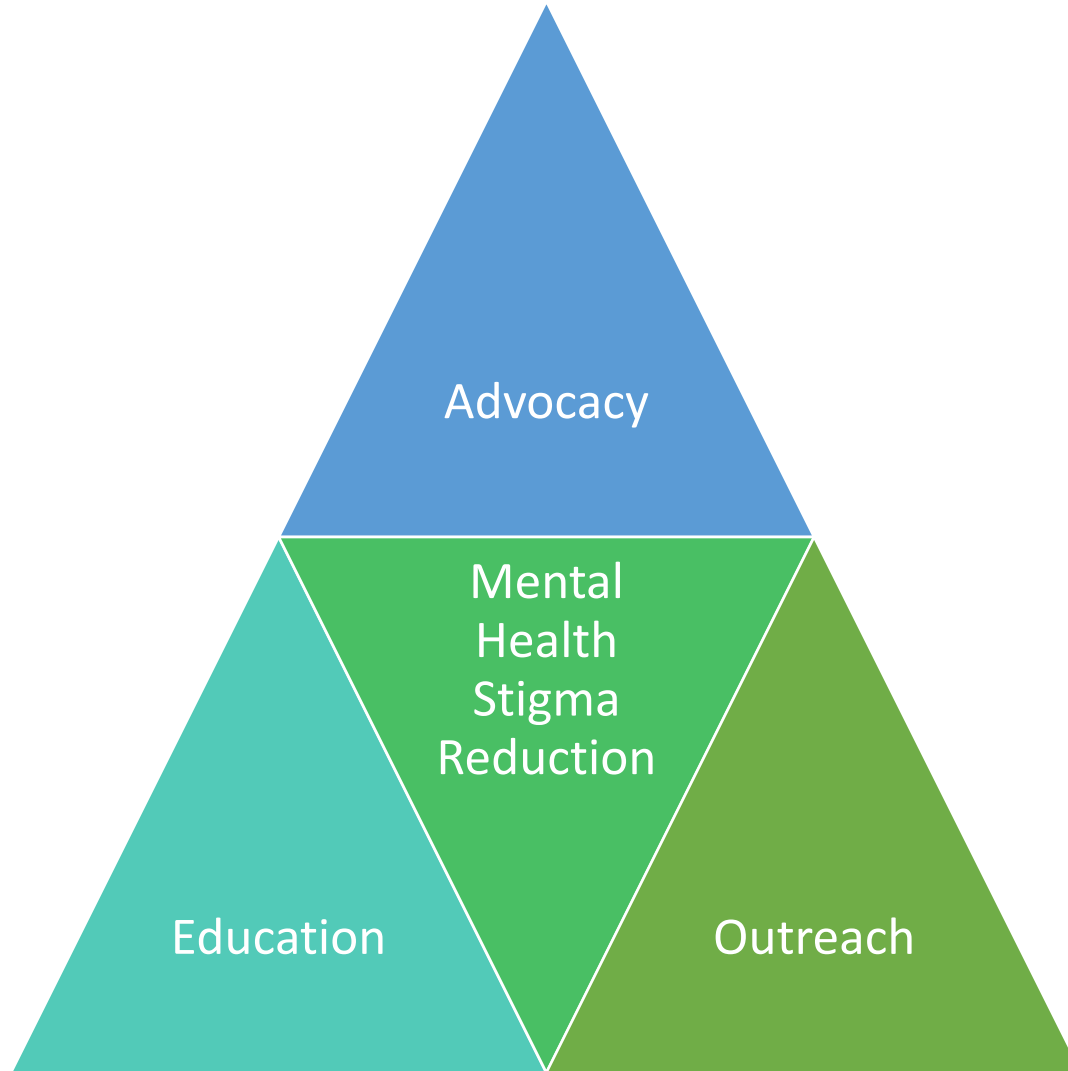


THE OHIO STATE UNIVERSITY SUICIDE PREVENTION PROGRAM



*Revised LIL 2/10/2021

Prevention



- “Taking action to eradicate, eliminate, or minimize the impact of disease and disability”
- Working on the front end
- Education, advocacy, outreach
- Stigma remains the #1 reason people don’t seek help

Pillars of Comprehensive Campus Suicide Prevention

- Advocacy
- Infrastructure & Staffing
- Partnerships
- Education
- Opportunities for Collaboration
- Screening
- Leadership
- Student Leadership Development
- Policy
- Marketing

We Believe . . .

- It may not be possible to eliminate the risk of suicide, **but it is possible to reduce this risk.**
- Suicide is preventable!
- Stigma reduction is critical to reduce suicide risk & promote a campus culture that encourages mental health help-seeking.
- Suicide prevention and mental health are critical components of student academic and overall success.
- Suicide prevention programming should use, and contribute to, empirical research and should be grounded in evidence-based best practices.
- Suicide is not just a medical or mental health problem and cannot be viewed this way – it is a public health issue.
- ***Suicide Prevention is a Shared Campus Responsibility.***

REACH[®] Suicide Prevention Gatekeeper Trainings

- In-person REACH[®] Trainings are 90-minute, certifiable training experiences designed to teach OSU staff, faculty, and students how to:
 - R**ecognize warning signs
 - E**ngage with empathy
 - A**sk directly about suicide
 - C**ommunicate hope
 - H**elp suicidal individuals access care & treatment
- Each semester:
 - 2,500+ staff, faculty, and students are trained
 - 125+ trainings
- From 2013 – present:
 - 22,000+ gatekeepers
 - 850+ trainings



ReachOut: An Education & Advocacy Session for Suicide Prevention[©]

- **Virtual ReachOut[©] Sessions are 60-75-minute synchronous learning experiences** intended to provide basic information about how to prevent suicide to Ohio State's community.
- Attendees learn about suicide risk factors, warning signs, protective factors, as well as how to break down the stigma of help-seeking.
- From fall 2019 – present:
 - 1000+ participants
 - 60+ sessions

Help promote a campus culture of care by signing up for a **Reach Out session** today at [**go.osu.edu/ReachOutSessions**](https://go.osu.edu/ReachOutSessions)

THE OHIO STATE UNIVERSITY SUICIDE PREVENTION PROGRAM

THE OHIO STATE UNIVERSITY
SUICIDE PREVENTION PROGRAM