

**NIHCM Webinar: *Communities for Change: Preventing Suicide***

# **Campus Suicide: Michigan Model of Campus Mental Health**

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# A bit about this presentation:

## **The BCBSM Foundation:**

- Who we are
- What we fund

## **The Problem**

### **Preventing Suicide on College Campuses**

- Our partnership with the JED Foundation
- The Michigan Model of Campus Mental Health

### **Preventing Suicide on Middle School and High School Campuses**

- Our partnership with funders and the University of Michigan
- TRAILS

TIME

ANXIETY,  
DEPRESSION  
AND THE  
MODERN  
ADOLESCENT

By Susanna Schrobsdorff



## The forecast for America's youth is bleaker than it should be

- Drug/alcohol accidents and suicide are the leading causes of death
- 1 in 5 have a mental health condition
- 46% did not receive treatment or counseling last year
- 1 in 8 young adults is disconnected – not working or going to school
- 76% turn to a peer for support when they are in distress



**Among our 21 million  
college students . . .**

**. . . at some point this year:**

3 out of 5 felt overwhelming anxiety

1 out of 3 felt too depressed to function

1 out of 3 found their appearance traumatic

1 out of 3 binge drank regularly

1 out of 8 abused prescription drugs

2,205,000 had serious thoughts of suicide

1,533,000 cut or burnt themselves

336,000 attempted suicide

1,400 died by suicide

## JED's baseline assessments showcase the need

- 71% of schools had at least one suicide in past academic year
  - 23% had 2 – 4 cases
- 78% of schools reported at least one suicide attempt
  - 22% reported 7 or more
- 70% reported at least one psychiatric hospitalization
  - 18% reported 9 or more

# The JED Foundation

New York, NY



# JED'S Comprehensive Framework

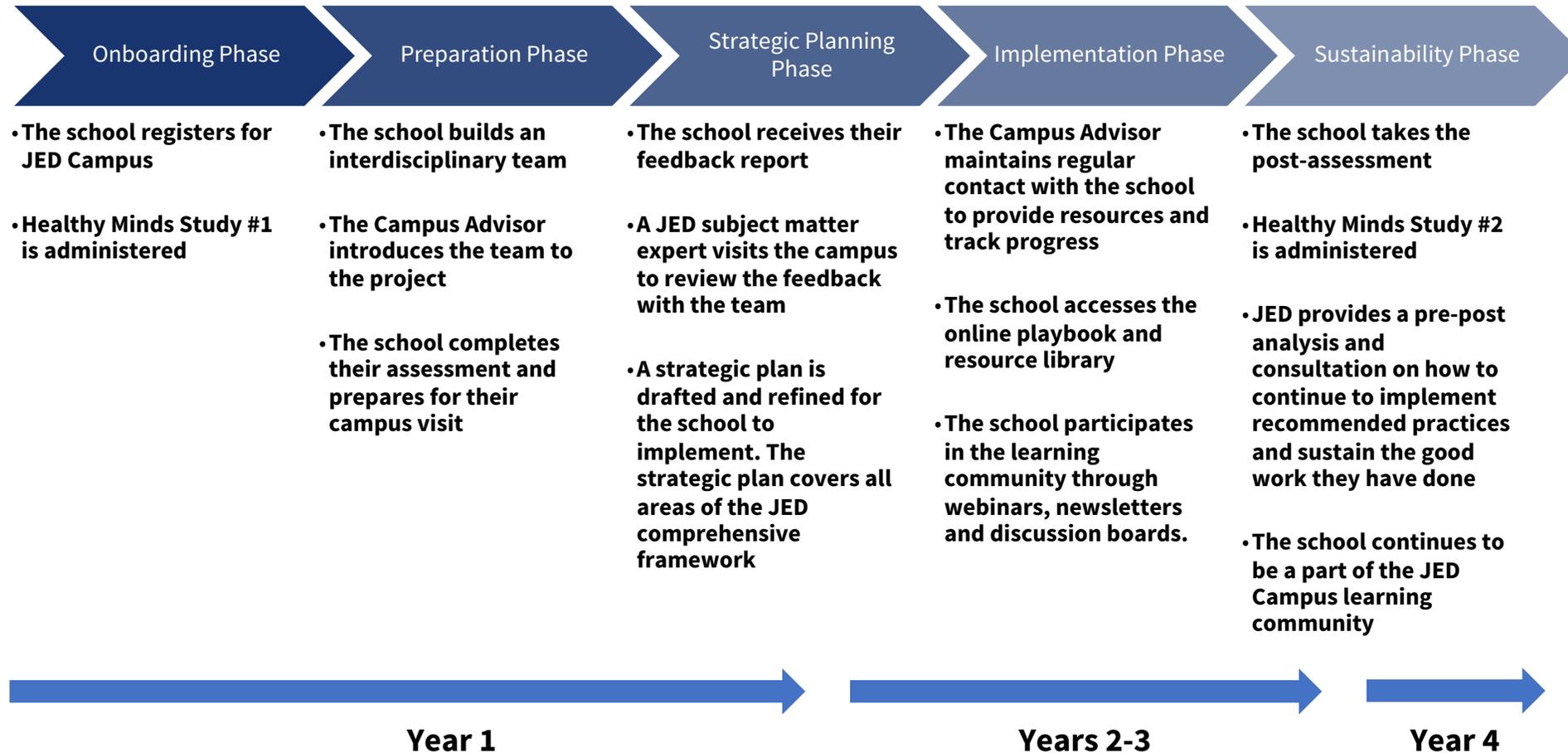
JED believes in a comprehensive, **public health approach** to **promoting emotional well-being and preventing suicide and serious substance abuse**. Utilizing JED's *Model for Comprehensive Mental Health Promotion and Suicide Prevention for Colleges and Universities*, JED assesses efforts currently underway on campus and identifies existing strengths and areas for improvement.

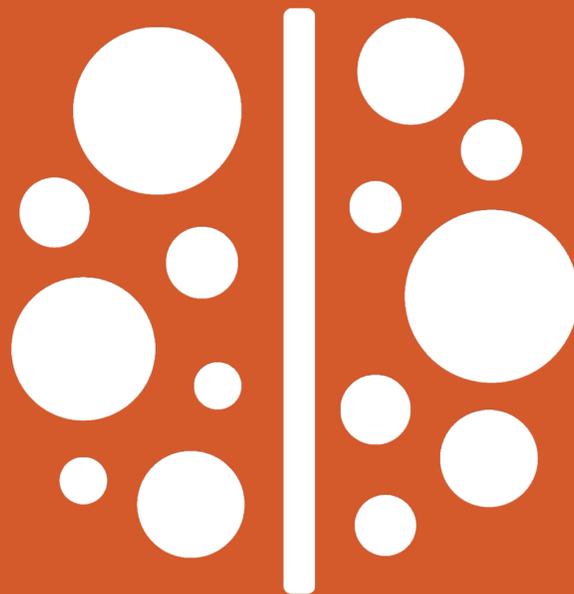


# Identify Students at Risk

- Collecting mental health and substance use history from incoming students
- Connecting students with positive history to services
- Wellness/screening days conducted across campus by many
- Training on how to identify, reach out to and if needed, refer students who may be struggling
- Behavioral Intervention/Care Teams (Electronic) reporting system
- Online resources for mental health and substance abuse screening, online CBT

# JED Campus Journey





# TRAILS

Transforming Research into Action  
to Improve the Lives of Students



## **TRAILS CORE FEATURES: A 3-TIERED APPROACH**

### **TIER 3 - SUICIDE PREVENTION & INTERVENTION**

- Student suicide risk identification and management
- Resources for coordination of care

### **TIER 2 - EVIDENCE-BASED MENTAL HEALTH CARE**

- Programming for students impacted by mental illness
- Resources to identify and refer students in need

### **TIER 1 - PREVENTION & STIGMA REDUCTION**

- Training and materials to foster school-wide engagement
- Resources to facilitate all-staff and parent mental health education

# Thank You

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