

Southwest Tennessee Community College

Suicide Prevention Plan

Southwest Tennessee Community College is committed to the mental health wellness of our students, faculty and staff. As such, and in compliance with the requirements of T.C.A. § 49-7-172, Southwest has developed a suicide prevention plan that engages a variety of initiatives to improve and provide crisis services.

The Southwest Tennessee Community College Suicide Prevention Plan will be disseminated to faculty, staff, and students each academic term via email and will be available on the counseling and social services and human resources website.

Prevention

Southwest Tennessee Community College has developed a comprehensive approach to increase mental health awareness through various prevention efforts.

Contact

Southwest Tennessee Community College's contact for suicide prevention work is Audrey Elion, Regional Chair for the Tennessee Suicide Prevention Network for Memphis and Shelby County. Elion's phone number is (901) 292-2672.

Prevention Components and Resources

Key components of Southwest Tennessee Community College's suicide prevention work include:

- A suicide or mental health wellness syllabus statement included on faculty syllabi for all courses.
 - *Southwest Tennessee Community College is committed to and cares about all students. Support services are available for any person at Southwest who is feeling overwhelmed, hopeless, depressed, thinking about dying by suicide, or is otherwise in need of assistance. For immediate help, contact the National Suicide Lifeline Number 1-800-273-TALK(8255) or Text "TN" to 741741 or the Trevor Lifeline at 1-866-488-7386. Veterans may also contact the Veterans Crisis Line at 1-800-273-8255 (press 1) or Text 838255. For non-emergency appointments, contact Southwest's counseling department at (901) 333-5121.*
- Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/community resources are available through:
 - Southwest Tennessee Community College's counseling and social services website <http://tn.edu/counseling/>
 - Additional methods such as flyers and posters throughout the college's campuses
- Utilizing community resources and agencies to provide prevention services for Southwest Tennessee Community College community members. Southwest has established relationships with the following local mental health facilities for the purpose of providing prevention education, training and/or prevention screenings.
 - Southwest Tennessee Community College has purchased training videos that educate faculty and staff on best practices when working with potentially suicidal persons. These

videos were produced by NaBit, an organization that provides support and professional development for behavior intervention team members and is committed to providing education, resources, and support to those who work to make campuses safer through caring prevention and intervention. These videos will be shown annually at a campus wide “watch party” and facilitated by Southwest’s mental health counselor. They will also be available on PAWS, and can be accessed at any time by faculty and staff.

- Tennessee Suicide Prevention Network provides prevention education and training
- Alliance Healthcare Mobile Crisis provides emergency crisis services

Additional Information

Information regarding such relationships at Southwest Tennessee Community College is available at the counseling office, student development offices, police services, and counseling website. The counseling office will have available a comprehensive list of partners and services available to members of the Southwest community which may include crisis referral services, prevention screenings, training programs, etc. Any campus member interested in accessing the services/agencies and training noted above, or for more information about Southwest’s suicide prevention efforts, should contact Mental Health Counselor Julia Rhea at (901) 333-5121, or Director of Student Development Phoenix Worthy at (901) 333-4179.

Intervention

There is no typical suicidal person. No age group, ethnicity, or background is immune. Fortunately, many troubled individuals display behaviors deliberately or may inadvertently signal their suicidal intent. Recognizing the [warning signs \(http://tspn.org/warning-signs\)](http://tspn.org/warning-signs) of suicidal intent and learning what to do when you do see them, may help save a life.

Contact

If someone exhibits behavioral patterns that may indicate possible risk for suicide, they should be watched closely. If they appear numerous or severe, seek professional help at once. **The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) provides access to trained telephone counselors, 24 hours a day, 7 days a week and can also be reached through the Crisis Text Line by texting TN to 741741.**

If a student, faculty, or staff member encounters a suicidal student, faculty, or staff member, contact the following individual immediately:

- Julia Rhea, LPC-T, MS, NCC, mental health counselor for Southwest Tennessee Community College at (901) 333-5121.
- The mental health counselor will conduct an assessment to determine the risk level of the person in question. The mental health counselor will complete a thorough safety plan with the person, which includes alternative actions when the person is faced with triggering situations, emergency contacts, support system information, and a no harm contract. The mental health counselor will determine if mobile crisis needs to be contacted to provide further assessment and treatment and will provide recommendations for future services.

Should the incident occur after hours, or the above noted individual is not available, the following should be contacted immediately:

Police Services:

Macon cove campus (901) 333-4242

Union campus (901) 333-5555

Maxine Smith center (901) 333-6005

Whitehaven center (901) 333-6479

Gill center (901) 333-5970

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 and should not be left alone. Get the person help immediately. Determine who can get there quickly and keep the individual safe.

Should you have this concern, you should immediately call 9-1-1.

Intervention Resources

Southwest Tennessee Community College has established relationships with the following local mental health facilities for the purpose of crisis referral services.

- Alliance Healthcare provides mobile crisis services at (901) 577-9400
- Crisis Intervention Team provides mobile crisis intervention at (901) 545-2677 ext. 0; tell the dispatcher this is a mental health consumer

The safety and wellbeing of our students, faculty, and staff is of utmost importance. In situations that require immediate action because of safety or other concerns, Southwest Tennessee Community College will take any reasonable administrative action or accommodation protocols that are appropriate. Such interim actions may include, but are not limited to: adjustments to schedules, ADA accommodations, adjustments of course, exam, schedules, facilitation of hold harmless voluntary withdrawals, incompletes, etc.

Additional Information

Information regarding such relationships at Southwest Tennessee Community College is available in the counseling office, student development, and on the counseling website. The counseling office will have available a comprehensive list of partners and services available to members of the Southwest community. Any campus member interested in more information about Southwest's suicide intervention protocol should contact the counseling and social services department, specifically, Julia Rhea, mental health counselor, at (901) 333-5121 or jrhea@southwest.tn.edu.

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 Southwest Tennessee Community College 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.

Contact

If a student, staff, or faculty member death occurs by suicide, the following person, or their designee, should be notified immediately:

- Julia Rhea, mental health counselor at (901) 333-5121 or jrhea@southwest.tn.edu
- Phoenix Worthy, director of student development at (901) 333-4179 or pworthy@southwest.tn.edu
- Rhonda Warren, director of human resources at (901) 333-5039 or rlwarren@southwest.tn.edu

Postvention Components and Resources

Southwest Tennessee Community College has established relationships with the following local mental health facilities for the purpose of working to decrease community trauma.

- University of Memphis Psychological Services provides outpatient counseling
- Adult Child and Family counseling provides additional outpatient counseling
- Here4TN EAP services for faculty and staff

Additional Information

Information regarding such relationships at Southwest Tennessee Community College is available at the counseling and social services office, student development, and on the counseling website. The counseling and social services office will have available a comprehensive list of partners and services available to members of Southwest Tennessee Community College. Any campus member interested in more information about Southwest's suicide prevention protocol should contact Julia Rhea, mental health counselor, at (901) 333-5121 or jrhea@southwest.tn.edu

Comprehensive Response Protocol

Southwest Tennessee Community College's comprehensive suicide prevention, intervention and postvention protocol is available to the campus community and campus administration. For more information, please contact Julia Rhea, mental health counselor, at (901) 333-5121 or jrhea@southwest.tn.edu

