

# Jackson State Community College's 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, Jackson State Community College 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 Published Statement:** All major college documents, including the Jackson State Catalog and Student Handbook and/or program handbooks, will prominently display the following statement:
  - Jackson State Community College is committed to and cares about all students. Support services are available for any person at Jackson State 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 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 wish to contact the Veterans Crisis Line at 1-800-273-8255 (press 1) or Text 838255.
- **Relationships:** Jackson State has established relationships with local mental health facilities for the purpose of providing annual suicide prevention education and outreach, programming, and/or prevention screenings. The college works with three area mental health facilities to provide general information and suicide prevention training each fall and spring semester. These trainings include QPR and Mental Health First Aid for both employees and students.
- Jackson State has a relationship in place with the following community agencies to provide the noted services:
  - Pathways Behavioral Health Services, which provides 24-hour crisis response for persons living in any West Tennessee county. They can be reached at 1-800-372-0693. They also offer prevention initiatives and training, including Mental Health First Aid.

- Carey Counseling Center, Inc., which provides crisis response services at 1-800-353-9918 for Gibson, Benton, Carroll, and Henry county residents; and offers Mental Health First Aid training.
  - Quinco Mental Health, which provides crisis response services for adults age 18 and older in Chester, Decatur, Hardeman, Hardin, Henderson, Madison, and McNairy counties. They can be reached at 1-800-467-2515 and 1-855-274-7471. They also provide assistance with information resources.
- Information regarding such relationships at Jackson State is available through the Counselor's and the Dean of Students' offices. They have available a comprehensive list of partners and services available to members of the Jackson State community which includes crisis referral services, prevention screenings, training programs, etc.
  - Training: Jackson State will provide suicide prevention training to faculty, staff, and students each fall and spring semester, utilizing support from the three mental health agencies named above and the Tennessee Suicide Prevention Network.
  - Dissemination of Information: Jackson State promotes the available resources related to suicide prevention services to include, but not be limited to, its community partners, campus resources, the National Suicide Prevention Lifeline, and the Crisis Text Line on the Jackson State website, jWeb internal portal, and jTV.
  - Jackson State will disseminate the college's Suicide Prevention Plan each academic term via college email to all employees and students. The Dean of Students 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 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: 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 National Suicide Prevention Lifeline at 1-800-273-TALK (8255) provides access to trained telephone counselors, 24 hours a day, 7 days a week or the Crisis Text Line by texting TN to 741741.

- 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 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 humiliation or failure
- Unwillingness to connect with potential helpers

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?

1. Be aware. Learn the warning signs listed above.
2. Get involved. Become available. Show interest and support.
3. Ask if s/he is thinking about suicide.

4. Be direct. Talk openly and freely about suicide.
5. Be willing to listen. Allow for expressions of feelings and accept those feelings.
6. 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.
7. Avoid taunting the person or daring him/her to "do it."
8. Avoid giving advice by making decisions for someone else to tell them to behave differently.
9. Avoid asking "why." This only encourages defensiveness.
10. Offer empathy, not sympathy.
11. Avoid acting shocked. This creates distance.
12. Don't keep someone else's suicidal thoughts (or your own) a secret. Get help, silence can be deadly.
13. Offer hope that alternatives are available. Avoid offering easy reassurance; it only proves you don't understand.
14. Take action. Remove anything that the person could use to hurt themselves means. 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, potentially, or actively suicidal, call the National Suicide Prevention Lifeline at 1-800-237-TALK (8255). 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 and available in the Dean of Students' office. 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

Jackson State Community College has an intervention protocol in place with the understanding that some student/faculty/staff will be thinking about suicide but not be in imminent danger while other

suicidal students, faculty, or staff may have made plans and/or have the means to complete suicide. Appropriate assistance for these students, faculty, or staff varies from acknowledging their thoughts and providing counseling to help them learn coping skills, hospitalization to keep them safe and provide mental health treatments, 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 support services at Jackson State is available from the college's Counselor in the Student Center and the Dean of Students. These individuals have available a comprehensive list of partners and services available to members of the Jackson State community, which can include crisis referral services, prevention screenings, training programs, etc.

This process should be followed if an employee encounters a suicidal student, faculty, or staff member in person or online, including social media.

- Notify the JSCC Campus Police, (731) 225-5952, should you encounter a suicidal student, faculty or staff member. Should the incident occur after hours, Campus Police should be notified of the situation.
- Campus Police will contact the Counselor for assistance during the Counselor's work hours.
- Campus Police also will notify other members of the college's Immediate Response Team (IRT), whether the situation arises during or outside of regular work hours.
- The college Counselor or a member of the IRT will respond to the student who is contemplating suicide by connecting them with one of the three area crisis resource agencies with which the college has a relationship.
- The suicidal person should not be left alone. Campus Police, or their designee will remain with the student, faculty, or staff member until the Counselor has arrived to render assistance. If the Counselor is not available, or if the Counselor determines there is imminent danger, Campus Police will transport the suicidal person, as needed, to Pathways Behavioral Health Services or another local agency.
- If the suicidal individual is engaged in person or online, such as through eLearn, email, or social media, and 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.
  - If the suicidal person is on the Jackson campus, notify Campus Police at (731) 225-5952. Campus Police then will notify other members of the IRT and the Counselor.
  - If the suicidal person is at an off-campus center or another off-campus location, get the person help immediately by calling 9-1-1 to facilitate contact with the appropriate law enforcement agency in the person's area.
- Document the incident: Provide documentation of the event to the Behavioral Intervention Team (BIT) by completing the online "See Something, Say Something" reporting form found on the college homepage under "Report Safety/Security Concerns" and on jWeb under the "Work Life" tab.

## 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 Jackson State to respond to and recognize all deaths in a consistent manner. Campus leadership and the public relations and marketing 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 includes:

- 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.

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

### PROCEDURE

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

- The Director of Public Relations and Marketing, or their designee, will be notified immediately, regardless of the awareness of the incident occurring during or after office hours. They then will notify other appropriate college administrators, depending if the situation involves a student or employee.
- The Dean of Students/Director of Human Resources will lead the response on behalf of the institution. They will confirm that the death was indeed a suicide and contact outside resources that are then needed on campus.
- They will work with the Director of Public Relations and Marketing to disseminate information on support services to the college community.
- Local mental health facilities and the college's Employee Assistance Program provider will serve as resources to assist the campus community and its members in working to decrease community trauma.

## RESOURCES

### CAMPUS and COMMUNITY RESOURCES

<b>On Campus Resources – JSCC Main Line (731) 424-3520</b>			
Department	Name/Title	Phone	Website
Counseling	Counselor	Ext. 50260	Email: <a href="mailto:scounselor@jscc.edu">scounselor@jscc.edu</a>
Alcohol & Drug Prevention	Dean of Students	731-425-2618	<a href="https://www.jsc.edu/about-jackson-state/student-services/counseling/links-for-support.html">https://www.jsc.edu/about-jackson-state/student-services/counseling/links-for-support.html</a>
Dean of Students		731-425-2618	
Campus Police Department	Shane Young/Chief	731-425-2627 731-225-5952	
Office of Human Resources	Amy West/Director	Ext. 52643	
Employee Assistance Program	Optum	1-855-437-3486	Here4TN.com

<b>Local Emergency Resources</b>		
Name	Phone	Website
Emergency Services	911	
Jackson Police Department	(731) 425-8400	
Madison County Sheriff	(731) 423-6000	
Humboldt Police Department	(731) 784-1322	
Gibson County Sheriff	(731) 855-1121	
Lexington Police Department	(731) 968-6666	
Henderson County Sheriff	(731) 968-7777	
Paris Police Department	(731) 642-2424	
Henry County Sheriff	(731) 642-1672	
Savannah Police Department	(731) 925-4989	
Hardin County Sheriff	(731) 925-3377	

<b>Local Hospitals</b>		
Name	Phone	Address
Baptist Memorial Hospital – Carroll County	(731) 986-4461	631 R.B. Wilson Drive, Huntingdon, TN 38344
Bolivar General Hospital	(731) 658-3100	650 Nuckolls Road, Bolivar, TN 38008
Camden General Hospital	(731) 593-6300	175 Hospital Drive, Camden, TN 38320
Decatur County General Hospital	(731) 847-3031	969 Tennessee Avenue, South, Parsons, TN 38363
Hardin Medical Center	(731) 926-8000	935 Wayne Road, Savannah, TN 38372

Henderson County Community Hospital	(731) 968-3646	200 W. Church Street, Lexington, TN 38351
Henry County Medical Center	(731) 642-1220	301 Tyson Ave., Paris, TN 38242
Humboldt Medical Center Emergency Department	(731) 824-5571	3525 Chere Carol Road, Humboldt, TN 38343
Jackson Madison County General Hospital	(731) 541-5000	620 Skyline Drive, Jackson, TN 38301
Lauderdale Community Hospital	(731) 221-2200	326 Asbury Avenue, Ripley, TN 38063
Milan General Hospital	(731) 686-1591	4039 South Highland, Milan, TN 38358
West Tennessee Healthcare North Hospital	(731) 661-2000	367 Hospital Boulevard, Jackson, TN 38305
Perimeter Behavioral Hospital of Jackson	(731) 868-7073	49 Old Hickory Blvd., Jackson, TN 38305
Western Mental Health Institute	(731) 228-2000	11100 Old Highway 67 West, Bolivar, TN 38008

<b>Local Alcohol, Drug, and Mental Health Treatment Resources</b>		
Name	Phone	Website
Pathways Behavioral Health Services	1-800-372-0693	<a href="https://www.wth.org/services/pathways-behavioral-health-services/">https://www.wth.org/services/pathways-behavioral-health-services/</a>
Carey Counseling Center	1-800-353-9918	<a href="https://www.careycounselingcenter.org/">https://www.careycounselingcenter.org/</a>
Quinco Mental Health	1-800-467-2515	<a href="http://quincocmhc.com/home/3181485">http://quincocmhc.com/home/3181485</a>
JACO A	(731) 423-3653; after hours (731) 343-1800	<a href="https://www.jacoa.org/">https://www.jacoa.org/</a>
Aspell Recovery Center	(731) 427-7238	

<b>Crisis Support</b>		
Hopeline Network	1-800-784-2433	
Trevor Lifeline for LGBT Youth	1-866-488-7386	
National Suicide Prevention Lifeline	1-800-273-8255	
Crisis Text Line	Text "TN" to 741741	
7 Cups of Tea -online chat	7cupsoftea.com	
I'm Alive - online chat	Imalive.org	
Lifeline Crisis Chat - online chat	CrisisChat.org	
Adult Statewide Crisis Phone Line	1-855-CRISIS-1 or 1-855-274-7471	
Veterans Crisis Line	1-800-273-8255 and press "1" or Text 838255.	

Jackson State has two online referral forms for individuals to report their concerns. The Student Care Team (SCT) Referral Form is found on employees' jWeb portal and is used to report concerns about students. The person submitting the referral is required to identify themselves.

The screenshot shows the top portion of the "Student Care Team (SCT) Referral Form" on the Jackson State Community College website. The page header includes the college logo and the title "Student Care Team (SCT) Referral Form". Below the header, there are links for "Admin Menu" and "Log Out". A reminder text states: "As a reminder, in case of any emergency, call 911 and the Jackson State Police Department at (731) 225-5952." The form contains several input fields: "Your Name", "Position/Title", "Phone", "Email", "Student Name", and "Student J number". Below these fields is a section titled "Student's Role" with three radio button options: "Student of Concern", "Victim", and "Witness". The next section is "Other involved parties" with a text area for providing details such as witnesses and victims, including J-Numbers.

This screenshot shows the middle portion of the "Student Care Team (SCT) Referral Form". It features a section titled "I've already tried the following:" with a list of actions and checkboxes: "Reported student's academic needs to their advisor", "Met with the student", "Called the student", "Emailed the student via JSCC email, personal email, eLearn", "Referred the student to the Writing Center", "Referred the student to the Academic Assistance Center/Smarrthinking", and "Referred the student to the Counseling and Career Services Office". There is a text input field for "Other (please specify)". Below this is a section titled "These are the results of my efforts marked above:" with a large text area. The next section is "Were JSCC Police involved?" with "Yes" and "No" radio button options. At the bottom, there is a section for "Additional relevant information on student" with a text area.

Student Care Team (SCT) Referral

stjccc.edu/enter.referral.php

Yes   
No

**Additional relevant information on student**

i.e. house just burned down, identified as having disability, etc.

**Referral purpose**

For information only   
Please contact student   
Referred student to resources, please follow up   
Referred student to resources, student declined

**Feedback**

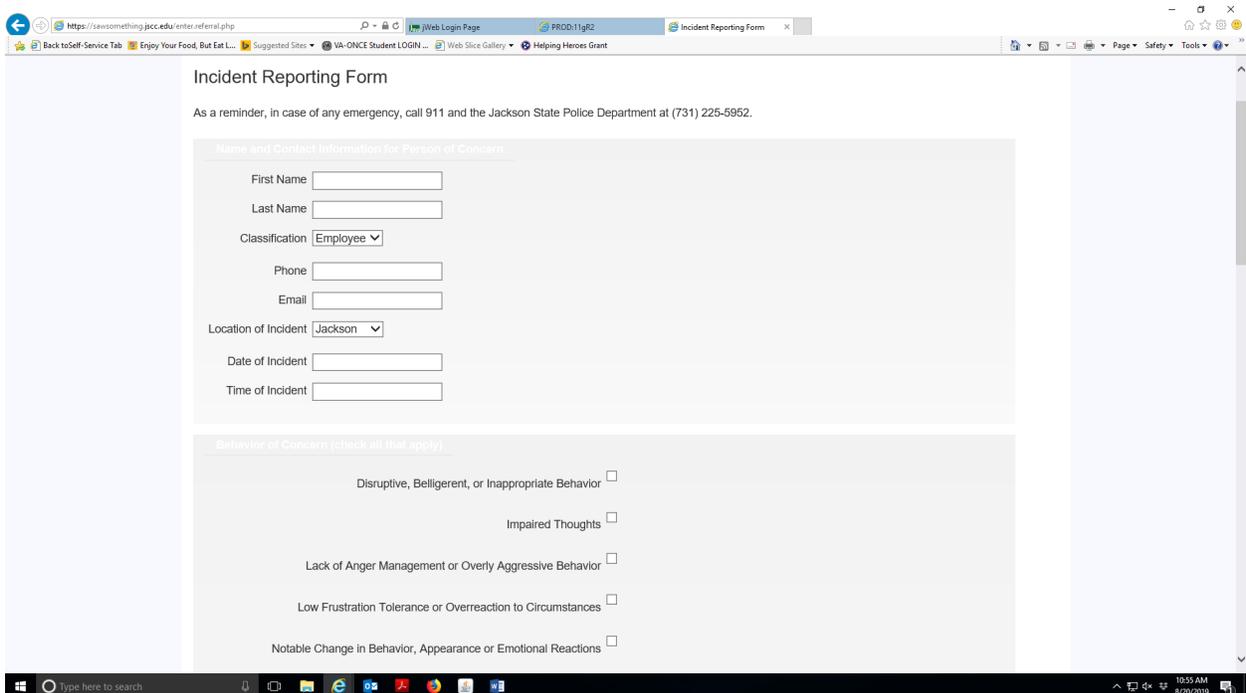
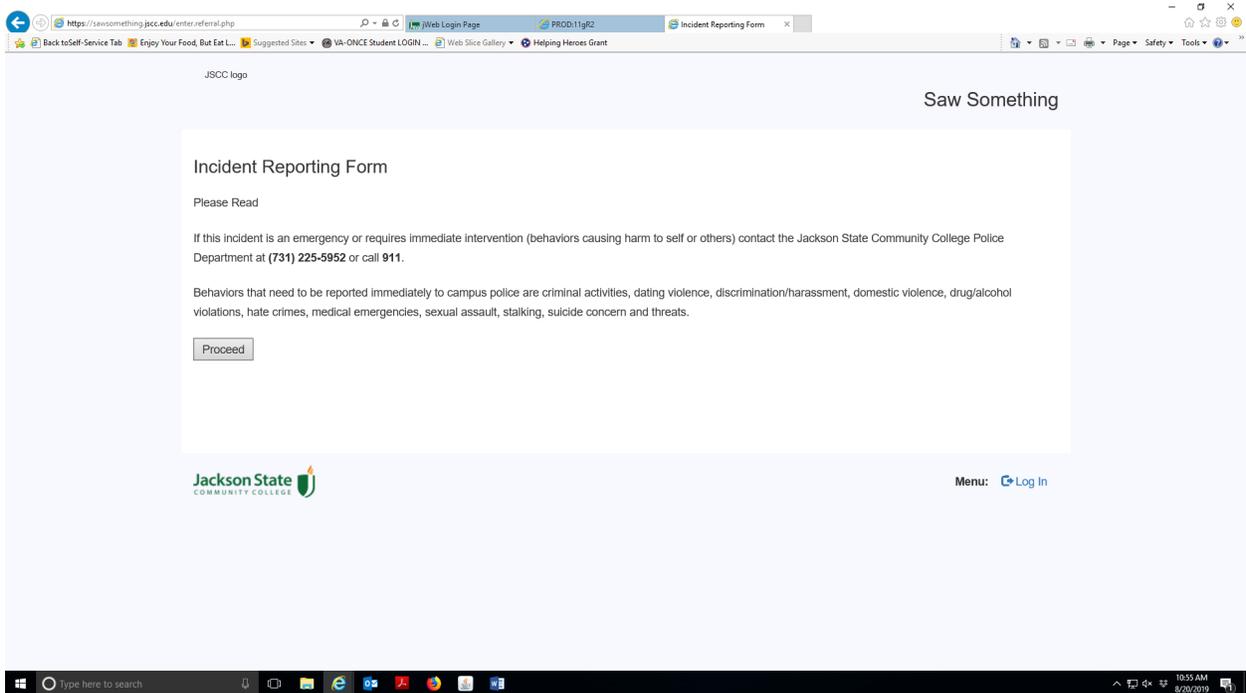
I request information on result of referral   
I do not need information on results of referral

Submit

Type here to search

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The college also has a public-facing reporting tool as part of the “See Something, Say Something” effort. This incident reporting form is found at the bottom of the college’s home page under “Report Safety/Security Concerns.” It also is found on students’ and employee’s jWeb portal with the “See Something, Say Something” logo. People submitting concerns using this form can do so anonymously or they can identify themselves.



Verbal or Written References to Violence, Harm to Self, or Harm to Others

Violation of Student Conduct Rules

Person Self-disclosed Behavior or Incident

Drug Possession/Paraphernalia/Sales

Vandalism

Larceny/Theft

Burglary

Assault

Weapons

Other

Complete, detailed description of behavior/incident

Please share detailed information about the incident, what you saw and/or heard, where it occurred, how often this has occurred, any other witnesses, etc. You may drag the lower right corner of the text area to expand it.



Witnesses (if available)

Witness 1 Name

Phone

Email

Witness 2 Name

Phone

Email

Action Taken

What action, if any, have you or anyone taken to address this situation? What was the result?

Your Contact Information (Optional)

Your First Name

Your Last Name

Your Phone

Your Email

Your Classification



Action Taken

What action, if any, have you or anyone taken to address this situation? What was the result?

Your Contact Information (Optional)

Your First Name

Your Last Name

Your Phone

Your Email

Your Classification

File Upload

Hold CTRL + CLICK for multiple file uploads



Menu: [Log In](#)

## RESOURCES FOR ADDITIONAL STUDY

[Tennessee Suicide Prevention Network \(TSPN\)](#) The statewide public-private organization responsible for implementing the Tennessee Strategy for Suicide Prevention as defined by the 2001 National Strategy for Suicide Prevention. TSPN is a grass-roots association which includes counselors, mental health professionals, physicians, clergy, journalists, social workers, and law enforcement personnel, as well as survivors of suicide and suicide attempts. TSPN works across the state under the direction of our Executive Director to eliminate the stigma of suicide and educate communities about the warning signs of suicide, with the ultimate intention of reducing suicide rates in the state of Tennessee.

[The Jed Foundation](#) The nation's leading organization working to prevent suicide and promote mental health among college students.

[Jed Foundation's HALF OF US Series](#) Half of us struggle with depression, and all of us have the power to help ourselves and others by fighting the stigma around mental health and speaking up when we need support.

<http://suicide.org/> Suicide Prevention, Awareness and Support

[Suicide Prevention Resource Center](#) Customized information for College Students

[National Suicide Prevention Hotline](#) 1-800-273-TALK (8255)

[ULifeline](#) Online College Mental Health Services for Students