

## Rhode Island Higher Education Suicide Prevention Advisory Group

### Meeting Notes

Tuesday, September 18<sup>th</sup>, 2018

Bryant University

Fisher Student Center, Meeting Room 2C

3:00 PM to 4:30 PM

#### Meeting Opening

- The President of Bryant University, Ronald Machtley, welcomed the group to Bryant University
  - President Machtley relayed stories of hearing recent losses of students at other schools and recalled the impact of an attempt that happened on Bryant's campus many years ago.
  - He also stated his thanks for this group taking the time to come together and work across campuses to help share resources and lessons learned to help reduce the prevalence of suicide and support students who are suffering from mental illness

#### Butler Hospital Young Adult Programs: Erin Ursillo, LMHC, Young Adult Program Manager

- Erin Ursillo took the time to describe all of the Young Adult Programs at Butler Hospital and the levels of care, types of services, and general features of each.
- The Young Adult Partial Hospital Program began in 2015 and now includes the following aspects:
  - It is designed to meet the needs of 18-26-year-old young adults
  - Runs Monday through Friday 9AM to 3:30PM
  - Program's framework utilizes cognitive behavioral therapy (CBT), dialectical behavior theory (DBT), and acceptance and commitment therapy (ACT)
  - On average a patient for this program stays for 5 to 8 days, with constant evaluation throughout to determine if any changes in care are necessary
  - Patients receive a consultation with a psychiatrist at the beginning and end of their stay along with on-demand consult as needed.
  - Includes individual and group therapy modalities as well as access to occupational therapy to help patients cope with returning to work or school settings
  - Has slots for 24 individuals but the max size a group is 12
- Butler also provides 2 Intensive Outpatient Programs (IOPs) that run 3 to 4 days per week and include:
  - The True Self IOP: a program for LGBTQ+ young adults and seeks to provide mental health counseling services in a supportive and affirming environment
    - Includes working with a therapist, occupational therapy assistant, and a physician to ensure positive outcomes.
    - Runs Monday through Thursday 3:15 to 6:15 PM and most patients enroll for about four to six weeks
    - Also includes consult with a psychiatrist upon admission and discharge in addition to as needed throughout the program
    - Has capacity for 10 patients at a time
  - The College Student IOP: A program designed for matriculating college students ages 18-26 who are struggling in the academic environment due to mood related issues such as depression or anxiety.
    - Assigns patients to a multidisciplinary team that includes a therapist, a occupational therapy assistant, and a psychiatrist.

- Runs Monday through Thursday from 3 to 6 PM and most patients enroll for about four to six weeks
  - Includes daily group therapy with individual therapy ever two weeks
  - Has capacity for 10 patients at a time
- Erin also stressed that Butler staff works hard to ensure seamless transitions as needed between different programs or from outpatient to inpatient services depending on the need of the patient.
- The physical location of the Young Adult Program was designed by a designer who normally works in college residence halls, therefore the space has a college feel with plenty of common space for patients to interact with each other and staff.
- Butler is willing to discuss Memorandums of Understanding with different institutions or community partners and for those who are interested in establishing an MOU they should reach out to Diane Ferreira, the Chief Nursing Officer at [dferreira@butler.org](mailto:dferreira@butler.org)
- Butler also has a 24/7 hotline for appointments/referrals: 1-844-401-0111, or Erin is willing to have counseling centers contact her directly regarding referrals to a Young Adult program
  - [eursillo@butler.org](mailto:eursillo@butler.org) , 401-680-4239
- Erin also spoke about the Zero Suicide efforts that are ongoing at Butler, Zero Suicide is a framework for healthcare providers designed to help them reduce the number of suicides among their patients (for more information please visit: <https://zerosuicide.sprc.org/> )
- Patients with co-occurring disorders, such as substance abuse, are addressed by working with staff from Butler’s substance abuse unit to ensure patients receive all of the services they need.
- Erin also distributed pamphlets with information on all of the Young Adult programs she spoke about, there were extras at the end of the meeting so if you unable to attend but would like to receive them please contact Travis Vendetti ([travis.vendetti@health.ri.gov](mailto:travis.vendetti@health.ri.gov) ) or Erin Ursillo ([eursillo@butler.org](mailto:eursillo@butler.org))

RI College Mental Health Summit Planning: Bess Wilbur, Executive Director of the RI Nursing Education Center and Travis Vendetti, Youth Suicide Prevention Program Coordinator, RI Department of Health

- Travis and Bess explained how the proposal for a “RI College Mental Health Summit” emerged:
  - It began in the Governor’s office and eventually proceeding to the RI Office of Postsecondary Commissioner, who created a multi-disciplinary group of stakeholders from different state agencies as well as representatives from the public colleges as well as private institutions
  - Bess and Travis were asked to chair a sub-committee of this group and are tasked with developing a draft Summit agenda for the rest of the group to approve.
  - Both Bess and Travis stressed that the goal of this Summit was to engage the leadership of different RI colleges on the topic of mental health while also providing useful and/or interesting information that can be used to better serve the college population in RI moving forward.
  - To that end, they presented the current draft agenda to the group and asked for verbal and written feedback via forms provided to them.
  - Some of the verbal feedback included:
    - Utilizing national data sources on the mental health status of college students rather than seeking to aggregate data at the local level using a unified assessment tool. Counselors reported that the national results essentially mirror what they have seen within their own schools

- Specifically, the Center for Collegiate Mental Health located at Penn State, which includes results/input from 147 college and university counseling centers, for more information visit: <http://ccmh.psu.edu/ccmh-home/>
    - The Summit should include less represented student groups, such as College Unbound students, who focus serving adult learners who have faced significant barriers to attending college.
    - Ensuring an adequate student perspective, including groups such as Active Minds chapters, students belonging to minority group (race, gender, etc.), international students, those with lived experience, and potentially including a parent perspective.
  - There was extensive written feedback provided as well but is too lengthy to include here, Travis encourages all members of this group to continue providing feedback and ideas on the Summit, as the organizing group plans to continue holding regular Summits or meetings going forward. So even if a topic or group is not included in this Summit due to time constraints it could be included in a future meeting/summit.
    - Please send all feedback, thoughts, concerns, or ideas for future summits directly to Travis at [travis.vendetti@health.ri.gov](mailto:travis.vendetti@health.ri.gov)

#### Suicide Prevention Resources from Bryant: Robert Richards, Assistant Director, Counseling Services

- Bryant University was kind enough to share a packet of protocols, policies, and resources that their staff utilizes when responding to a student who is in a mental health crisis or exhibiting signs of suicidal ideation.
  - An electronic copy of the packet is attached to these notes for your reference

#### Wrap-Up

- Due to the planned “RI College Mental Health Summit” in January 2019, Travis Vendetti is considering skipping the next quarterly meeting of this group or incorporating the meeting into the Summit itself.
- In either case, please contact Travis if your institution would be interested in hosting a meeting ([travis.vendetti@health.ri.gov](mailto:travis.vendetti@health.ri.gov))