

The CARE Net Program: Development and Implementation of a Collaborative Campus Response to Residential Students who Present with Suicide Risk

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New York State College Health Association Annual Meeting
Syracuse, New York - October 22, 2014



UNIVERSITY COUNSELING CENTER

University at Albany State University of New York

Learning Objectives

At the end of this presentation, attendees will be able to:

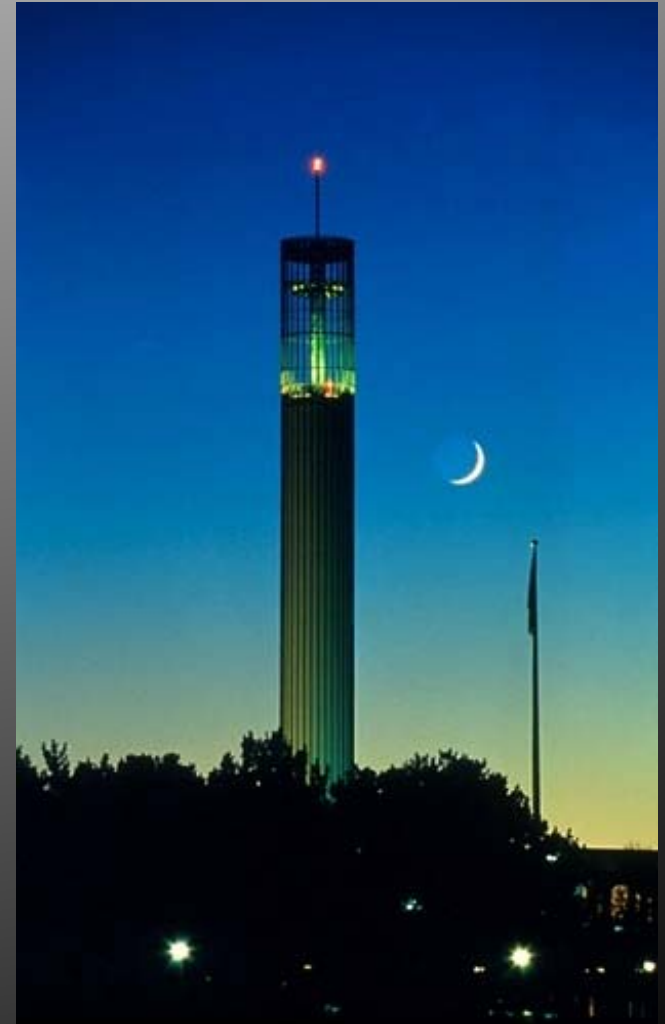
- List the essential elements of the assessment of students who have displayed risk for suicide.
- Identify the key components of the CARE Net program.
- List outcome indices supporting the success of the CARE Net program on student retention in school.
- Articulate the importance of interdepartmental collaboration in the success of assessment and referral programs that respond to risk for suicide among residential students in colleges and universities.

University at Albany Profile

- University Center, 64-campus System
- Urban Setting
- Research University
- NCAA Division I

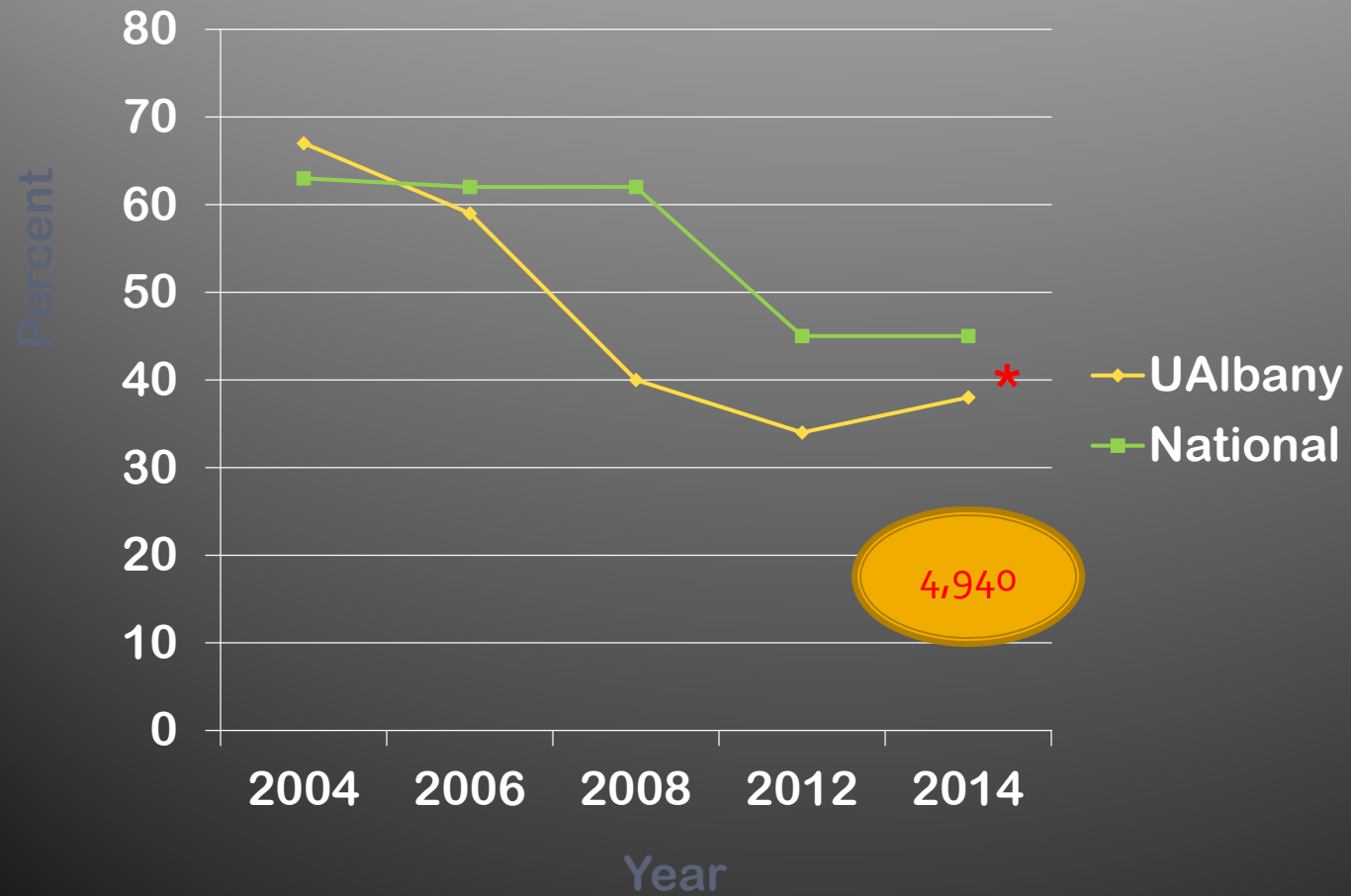
- Students:
 - Undergraduates - 12,822
 - Graduate Students - 4,516
- Faculty: 1,200
- Employees: 4,197

- Degree Programs:
 - Undergraduate - 120
 - Doctoral/Masters 138



The UAlbany Landscape

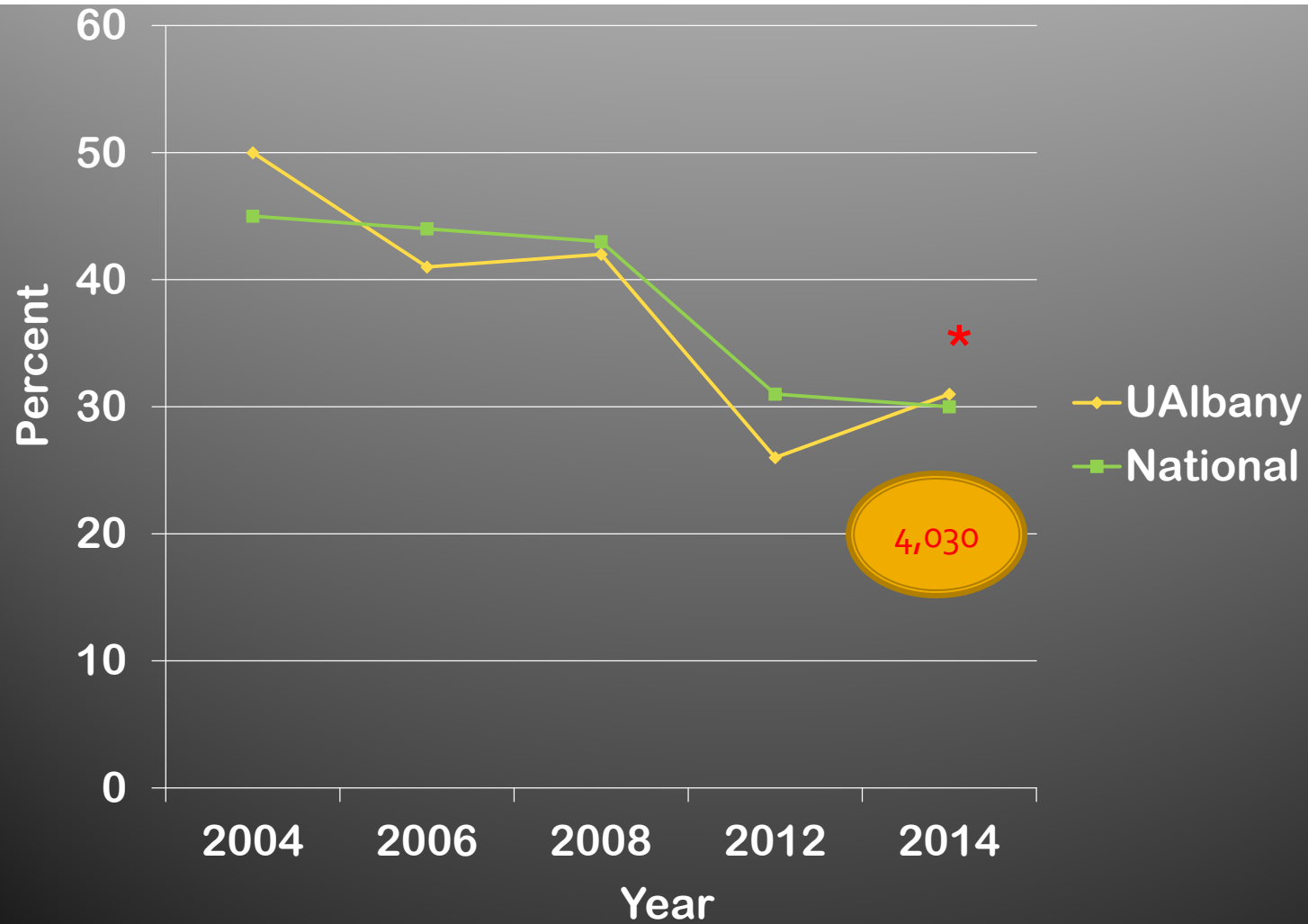
In the last 12 months, have felt hopeless



4,940

Significant
*p < .05

In the last 12 months, have
felt so depressed that it was difficult to function



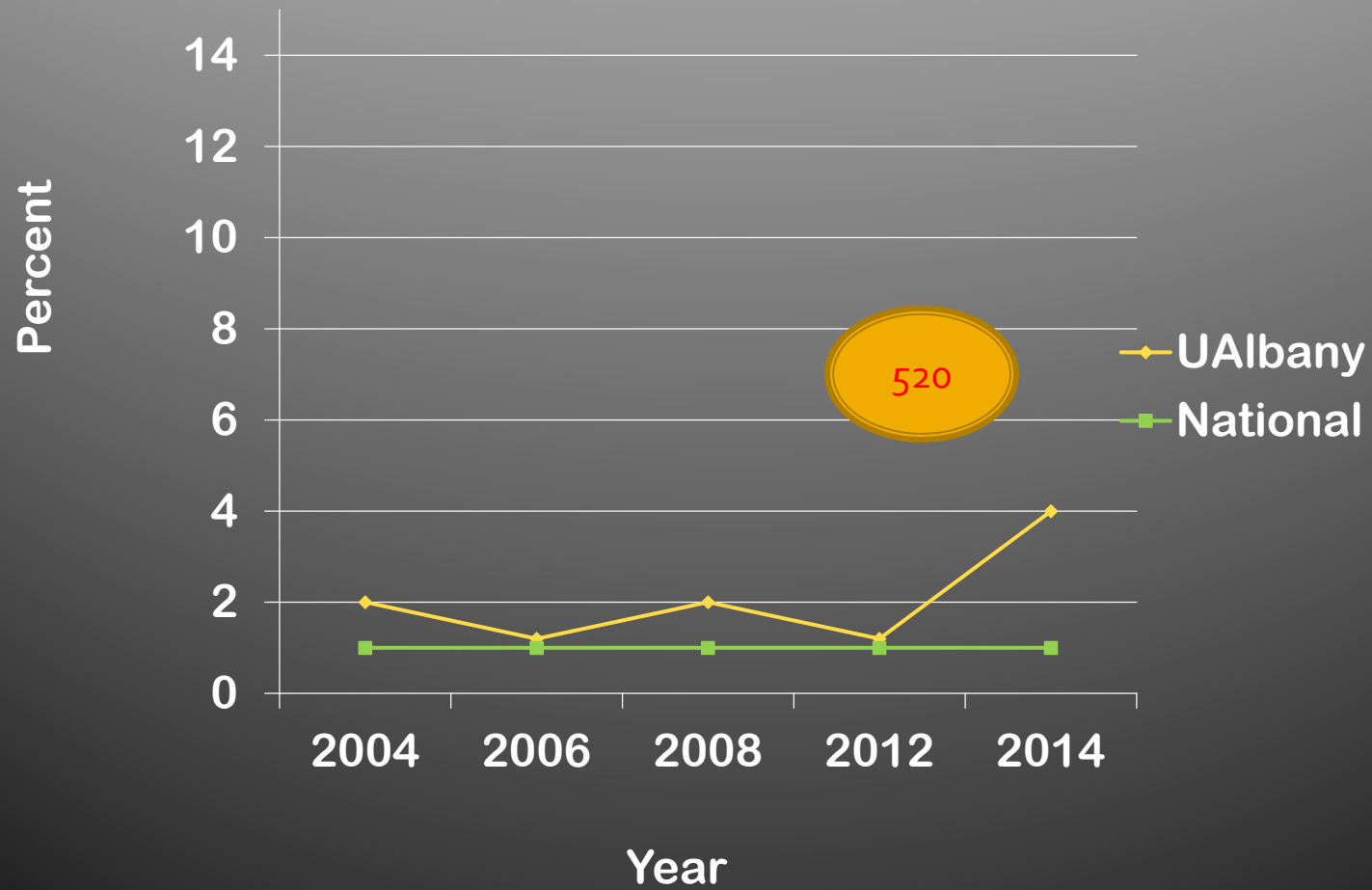
Significant
*p < .05

In the last 12 months, have seriously considered suicide



Significant
*p < .05

In the last 12 months, have
attempted suicide



The CARE Net Program



Context and Need for CARE Net

- National attention and incidence of college student suicide attempts
- Incidence of suicidal crises in UAlbany residence halls
- Disruptive effect of suicidal crises on residential community
- Need to address suicidal behavior in a fair and timely manner using current psychological theory and proactive as well as appropriate due process

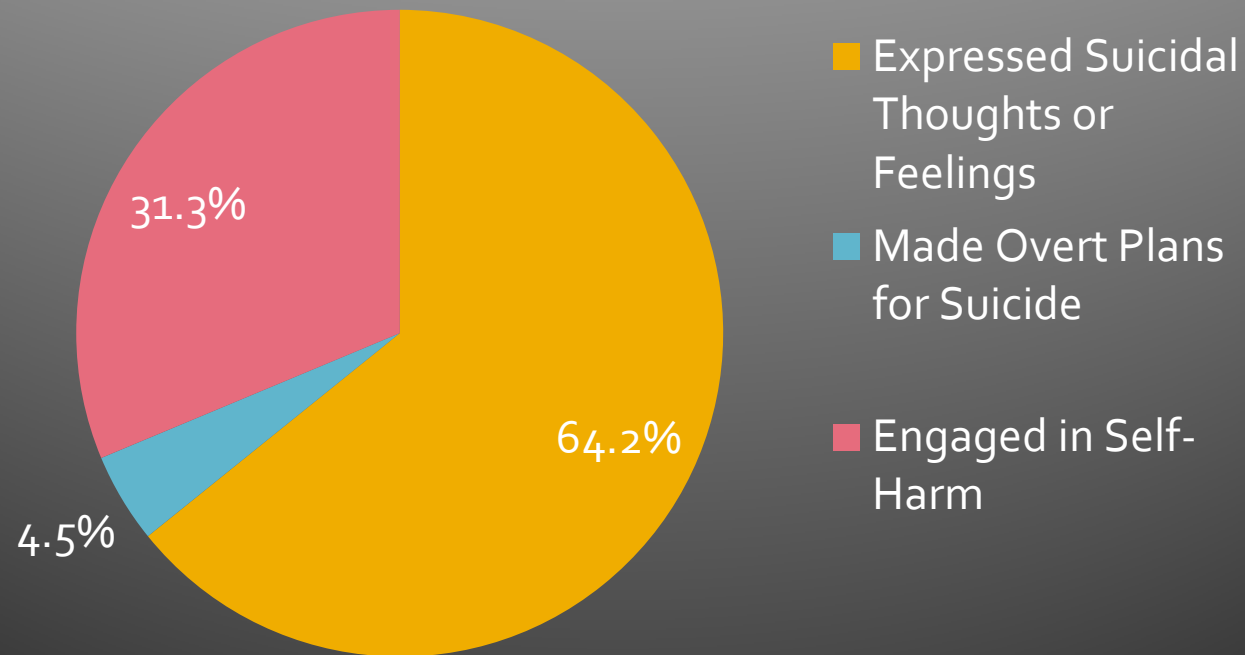
CARE Net Program Objectives

- Assess present suicide risk
- Evaluate student's willingness and ability to refrain from threatened and actual self-injurious behaviors
- Provide consultation regarding recommended psychiatric, psychological, and educational services
- Minimize disruption of normal functioning for roommates and suitemates in the residence community
- Augment existing crisis intervention services, psychological treatment resources, and consultation with Residential Life staff and students

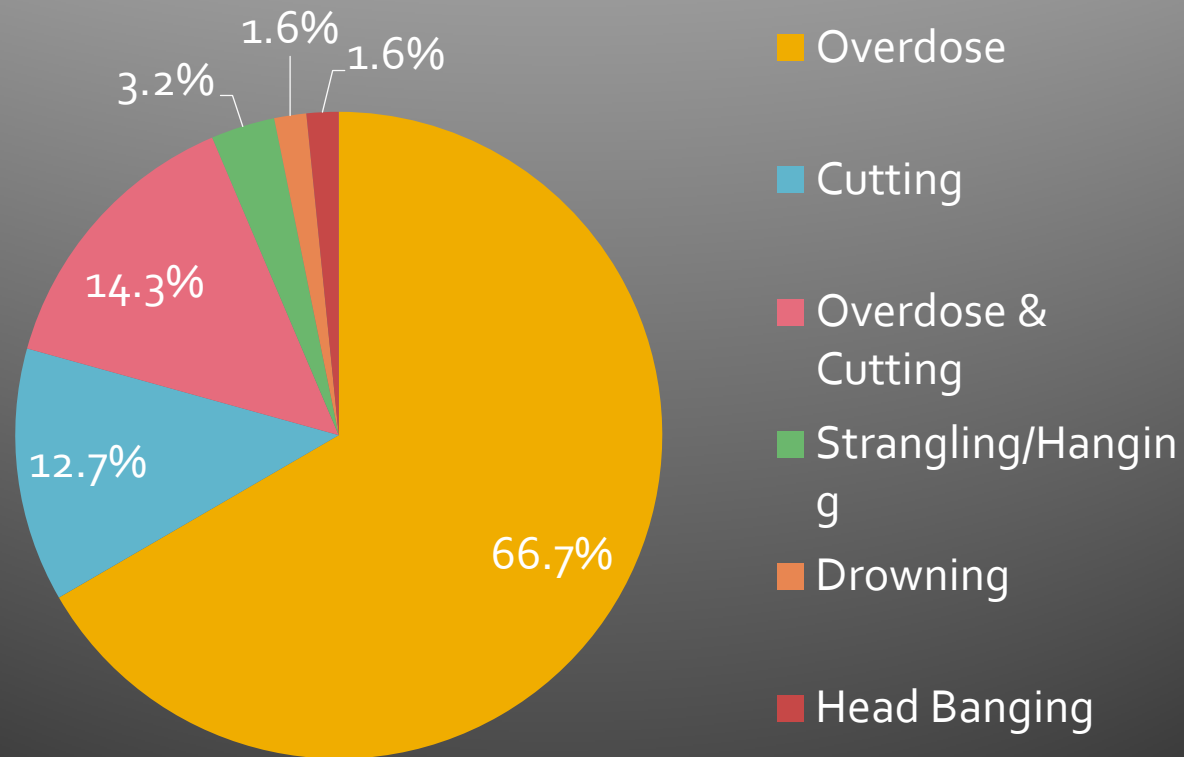
Key Referral Markers

- Student has threatened suicide verbally or in writing
- Student is making overt plans and preparations for suicide
- Student has deliberately caused serious injury to self

Referrals: Severity of Suicidal Intent (2004-2014)



Referrals: Method of Self-Harm (2004-2014)



Referral Process

- Residential Life staff member refers student to Director of Residential Life
- Director of Residential Life refers student for CARE Net evaluation
 - CARE Net evaluation should be scheduled within 7 to 10 days of student referral
- Director of Residential Life contacts parents/ legal guardians of student upon referral to CARE Net

Where do I go for my appointment?

The Counseling Center is located at 400 Patroon Creek Blvd., Suite 104.

FREE shuttle service

- Every 30 minutes from Collins Circle & the Science Library.

Driving Directions

- Follow Washington Ave. East from Campus.
- Take Exit 85W.
- Take the first left over Washington Ave., following signs for I-90.
- Move immediately to the right lane.
- Patroon Creek sign and entrance will be on the right.
- Park in front of 400 Patroon Creek.

Service Providers

CARE Net services are provided by licensed psychologists.

Cost

All University Counseling Center services have been paid as part of tuition and University fees.

Confidentiality

Clients are assured of confidentiality in accordance with ethical and legal standards. Student visits and conversations do not become part of the academic record.



University Counseling Center

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Albany, NY 12208
Phone: (518) 442-5800
Fax: (518) 442-3098
E-mail: consultation@albany.edu
www.albany.edu/counseling_center/

Department of Residential Life

Building 25 (Former Health & Counseling Center Bldg. next to Empire Commons)
University at Albany, State University of New York
Albany, NY 12222
Phone: (518) 442-5875
E-mail: reslife@albany.edu
www.albany.edu/housing/

Emergency Services

OFF-CAMPUS emergency:
Dial 911
Albany County Mobile Crisis Unit: (518) 447-9850

ON-CAMPUS emergency:
Dial 911 from a CAMPUS PHONE
Dial 442-3131 from a NON-CAMPUS PHONE

Non-Emergency Services

University Counseling Center
(518) 442-5800

Middle Earth Peer Hotline
(518) 442-5777

University Health Center
(518) 442-5454



STUDENT SUCCESS

UNIVERSITY AT ALBANY State University of New York



CARE Net Program

A Joint Project of the
University
Counseling Center
& the Department of
Residential Life

A Guide for Students
Referred to CARE Net



What is CARE Net?

CARE Net stands for *consultation and resource evaluation*. It is a **required** program for students, living in a residential hall, who display suicidal behavior. Suicidal behavior can be:

- A suicide threat (verbally or in writing).
- Plans or preparations for suicide.
- Serious self-inflicted injury.

The **goal** of CARE Net is to help people get the assistance and support they need. If the Department of Residential Life refers you to CARE Net, then failure to complete this program will result in a referral to the Office of Conflict Resolution and Civic Responsibility.

Your appointment is scheduled for:

Date: _____

Day: _____

Time: _____

With: _____

What should I expect?

Within **10 days** of your referral, you will participate in a 2-hour consultation with a University Counseling Center licensed psychologist. Occasionally, more than one session is needed to complete this process. During the session(s), the psychologist will:

- Assess your present suicidality.
- Evaluate your willingness and ability to refrain from suicidal threats and behavior in the future.
- Recommend psychiatric, psychological, and educational services, as needed.
- Help you develop a CARE Plan (a plan to access services and keep yourself safe).



What should I bring?

In order to help you, we will need to contact your parents or guardians and/or treatment provider. Your CARE Plan will be forwarded to the individuals you identify so that they can assist you in carrying out your plan.

Bring with you:

- ✓ The address and phone number of your parents or guardians.
- ✓ The name, address, and phone number of a current or potential treatment provider (e.g., clinical social worker, psychologist, or psychiatrist).

This can be a provider you have worked with previously, a preferred provider listed under your insurance plan, a University Counseling Center psychologist, or a University Health Center psychiatrist.

Parent/Family Involvement

- **Reasons for Notification:**
 - To involve parents as a key element in the student's support system
 - To underscore degree of concern over incident
 - To enhance compliance with CARE Net referral
- No parent/family notification is carried out when such notification may be detrimental or harmful to the health and well-being of the student

CARE Net Interview Process

- ❖ Students provided with a written informed consent stipulating the limits of confidentiality and the specific information to be released
- ❖ An orientation to the CARE Net program.
- ❖ A review of the circumstances surrounding the recent development of suicidal ideation and intent
- ❖ Assessment of present/immediate danger (i.e., evidence of on-going suicidal intent and the means “on hand”) and undertaking appropriate steps to safeguard students who are determined to be “in crisis”

CARE Net Interview Process

- ❖ Assessment of the student's willingness and ability to look for alternatives to threatened or actual self-injurious behaviors as manifested in the collaborative development of a safety plan identified as a CARE Plan
- ❖ Collaborative development of a CARE Plan, identifying general and specific potential sources of psychiatric, psychological, and academic assistance tailored to the student's particular needs
- ❖ Referral for additional needed services, e.g., alcohol assessment or treatment, couples counseling, academic support services, psychiatric assessment
- ❖ In usual circumstances, written notification to parents and/or other emergency contacts and existing treatment providers of the student's CARE plan

Target Areas Assessed

- Details of Circumstances Precipitating Referral
- Assessment Findings
 - Evaluation of level of risk
 - Evaluation of strengths/resources
- Actions Needed
 - Referral to treatment, academic accommodations, medical withdrawal, etc.

Student Non-Compliance

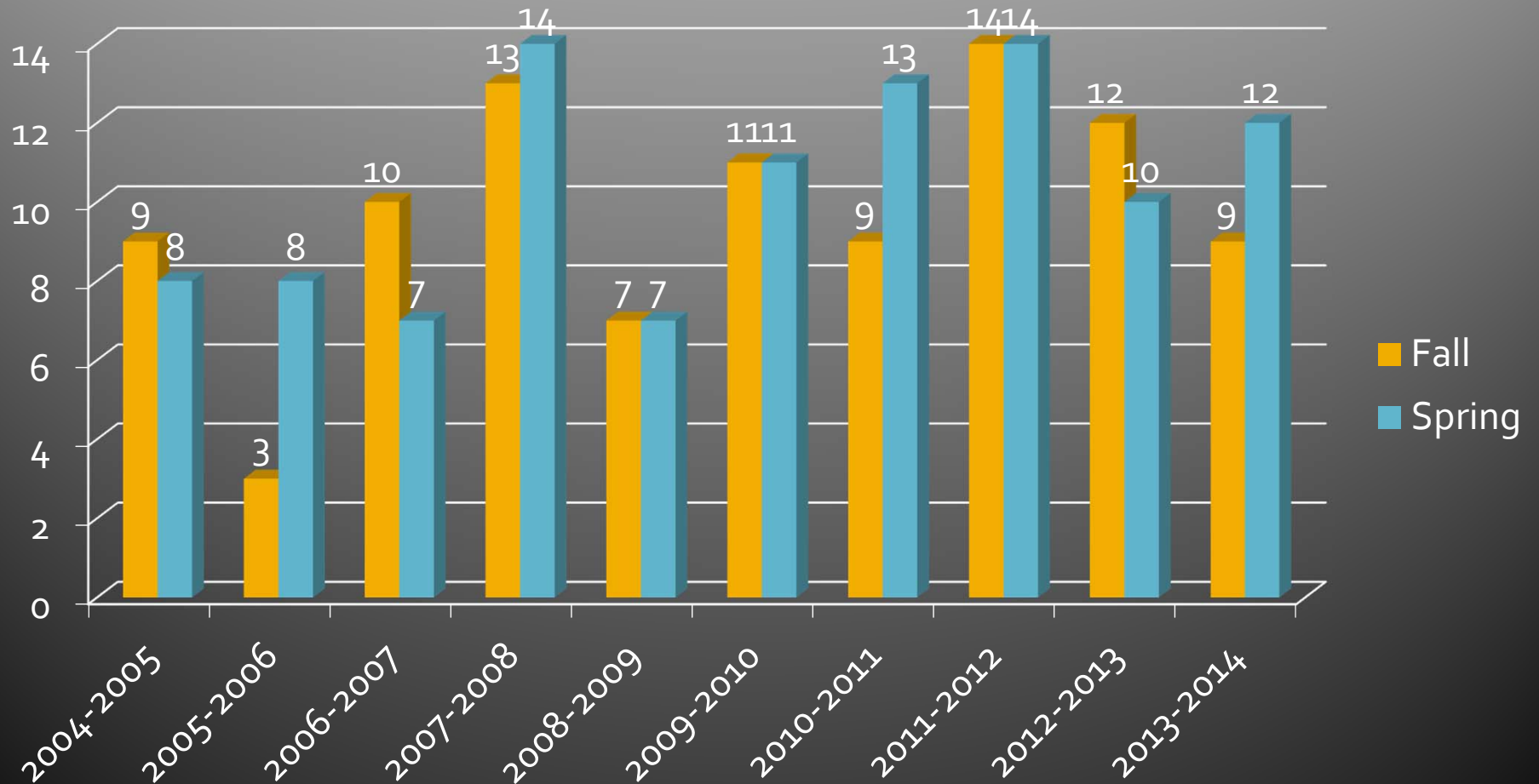
Students are referred to the University Judicial System by the Director of Residential Life if...

1. They do not appear for their scheduled CARE Net appointment
2. They do not cooperatively engage in the CARE Net assessment during the scheduled appointment

Program Evaluation

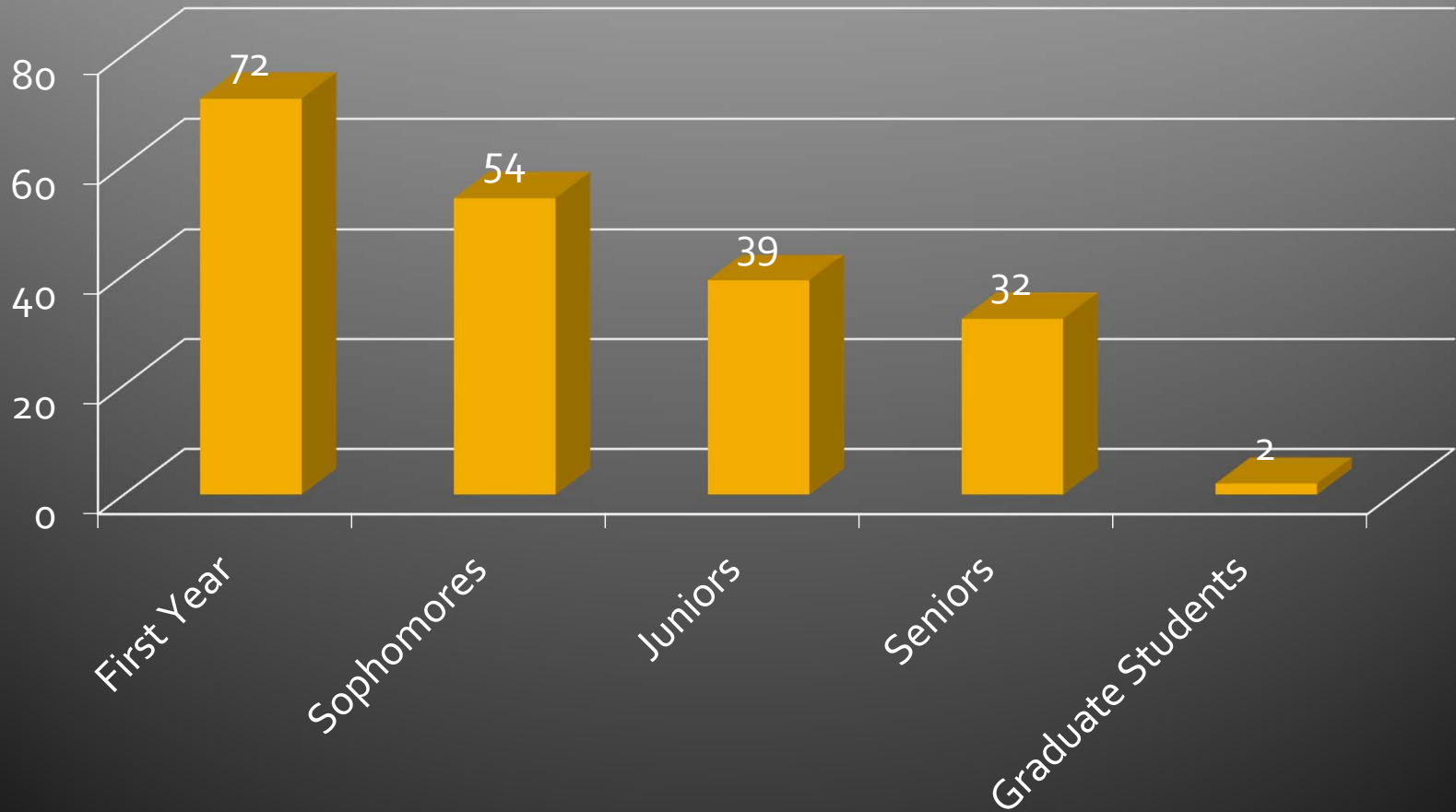


Program Evaluation: Total Referrals by Semester (2004-2014)

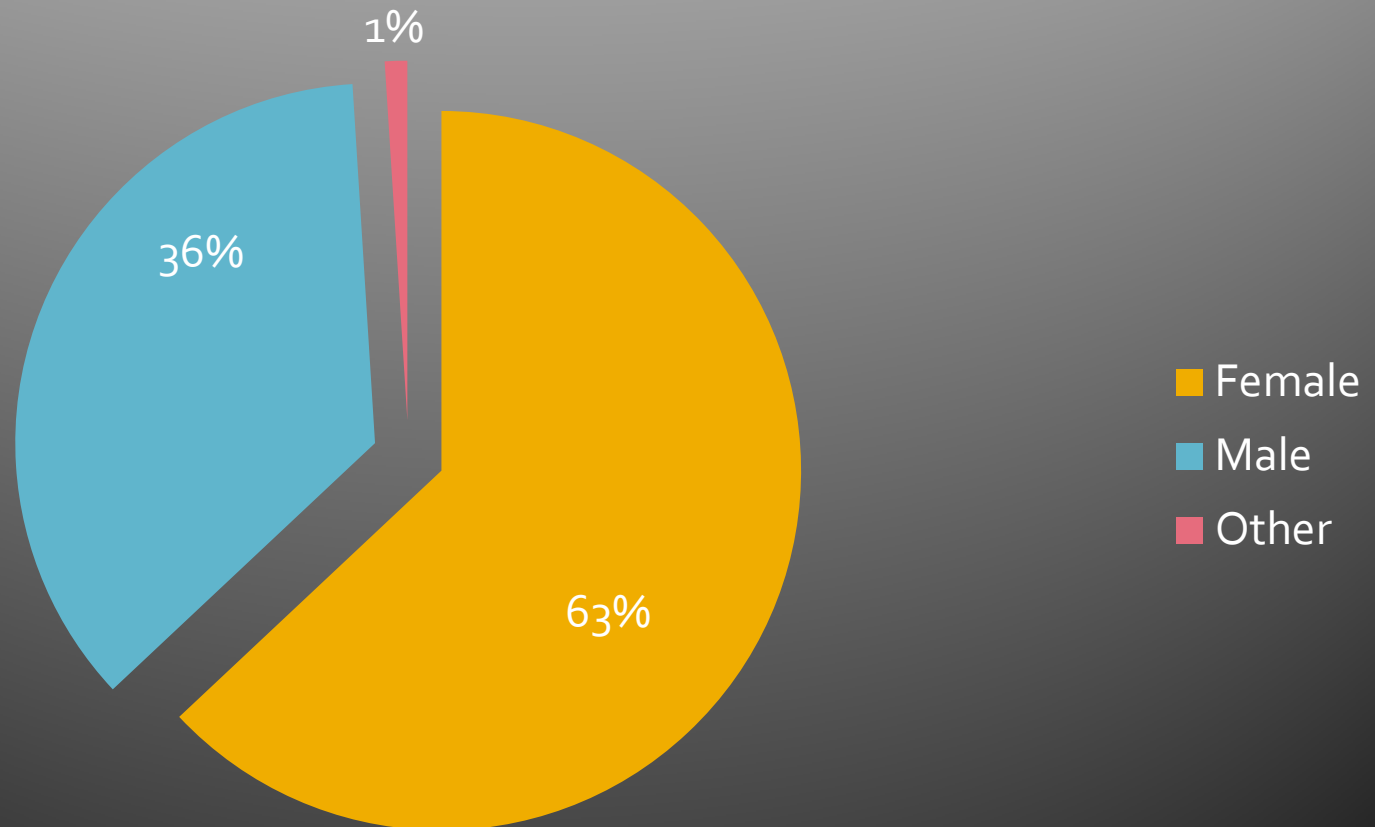


Program Evaluation: Referrals by Academic Year 2004-2014

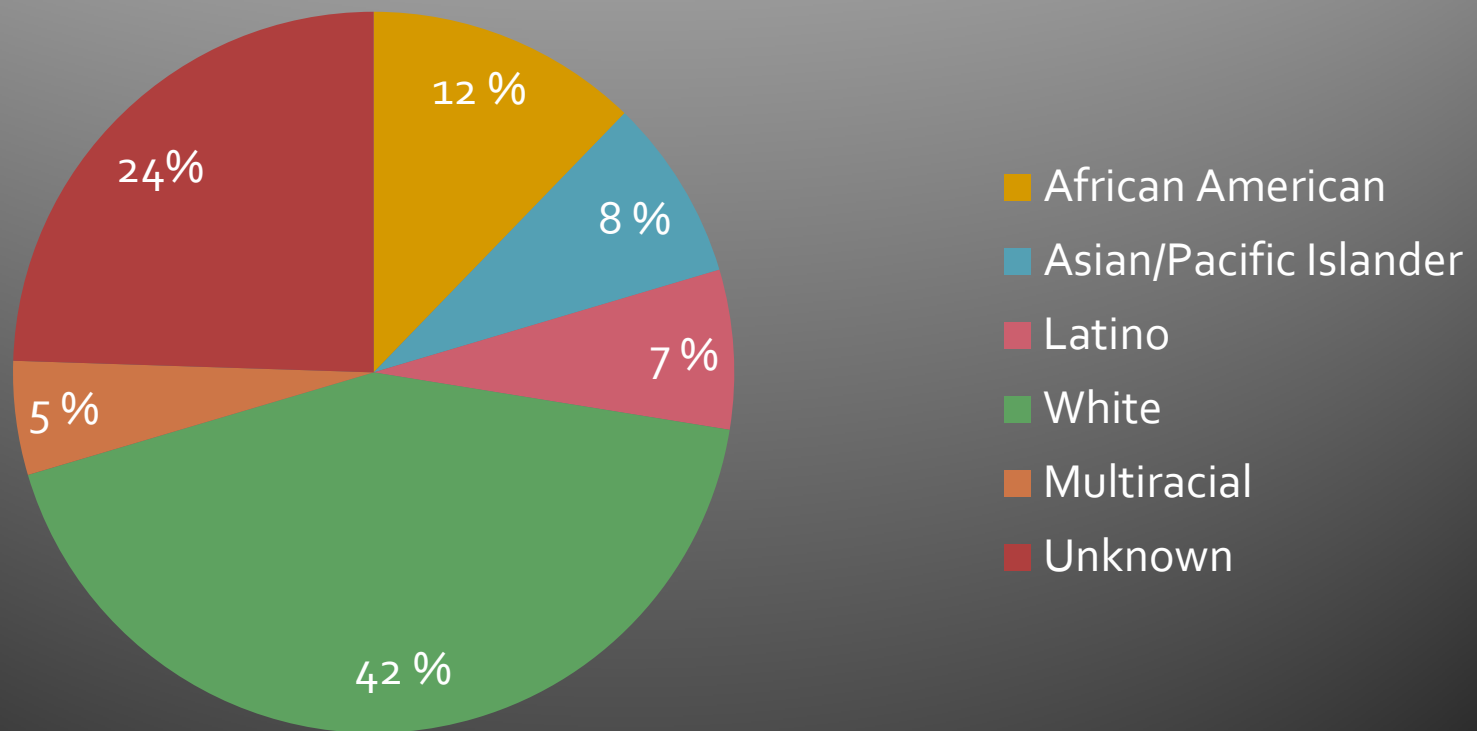
Total Referrals N=201



Program Evaluation: Referrals by Gender (2004-2014)

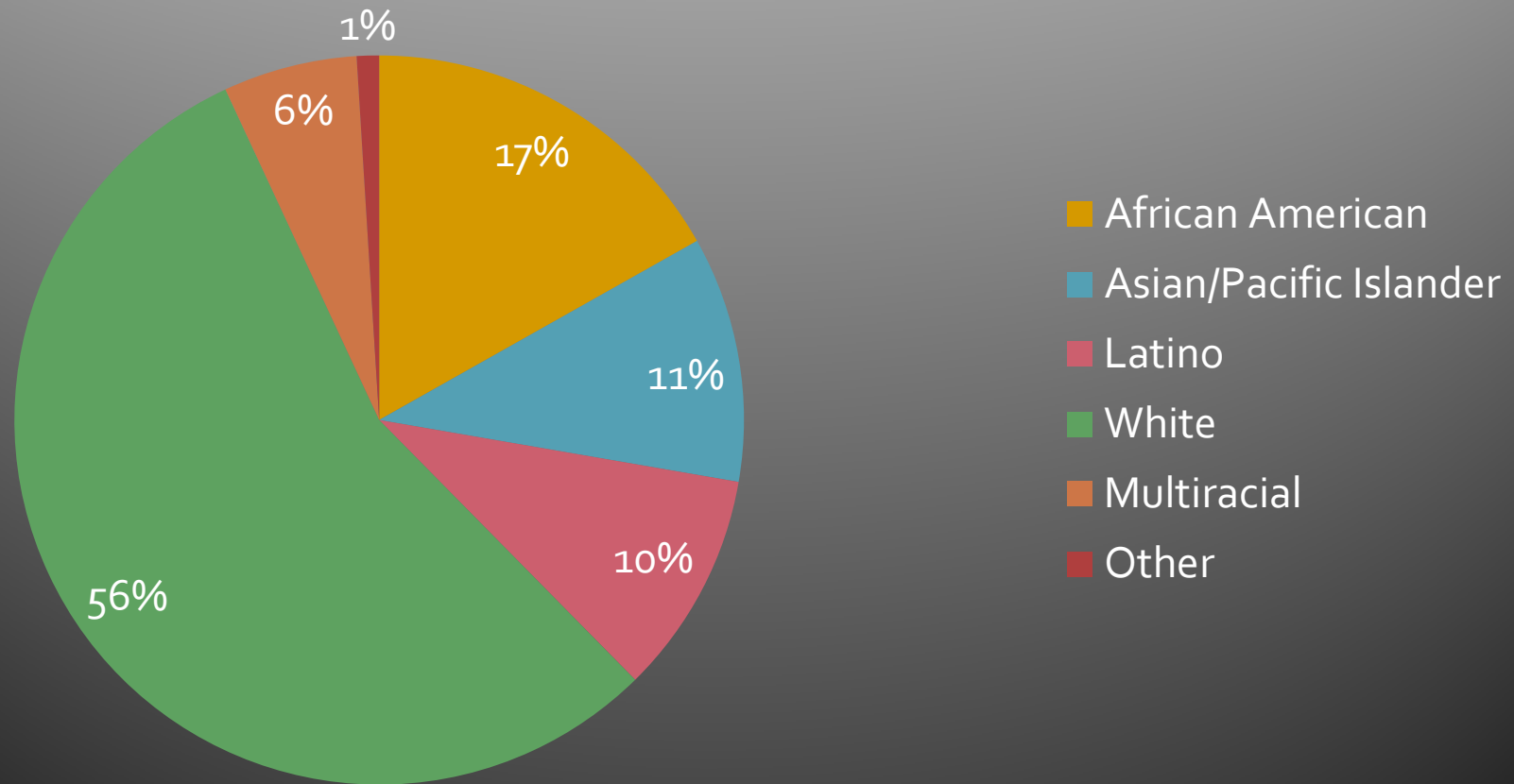


Program Evaluation: Referrals by Race-Ethnicity (2004-2011)*



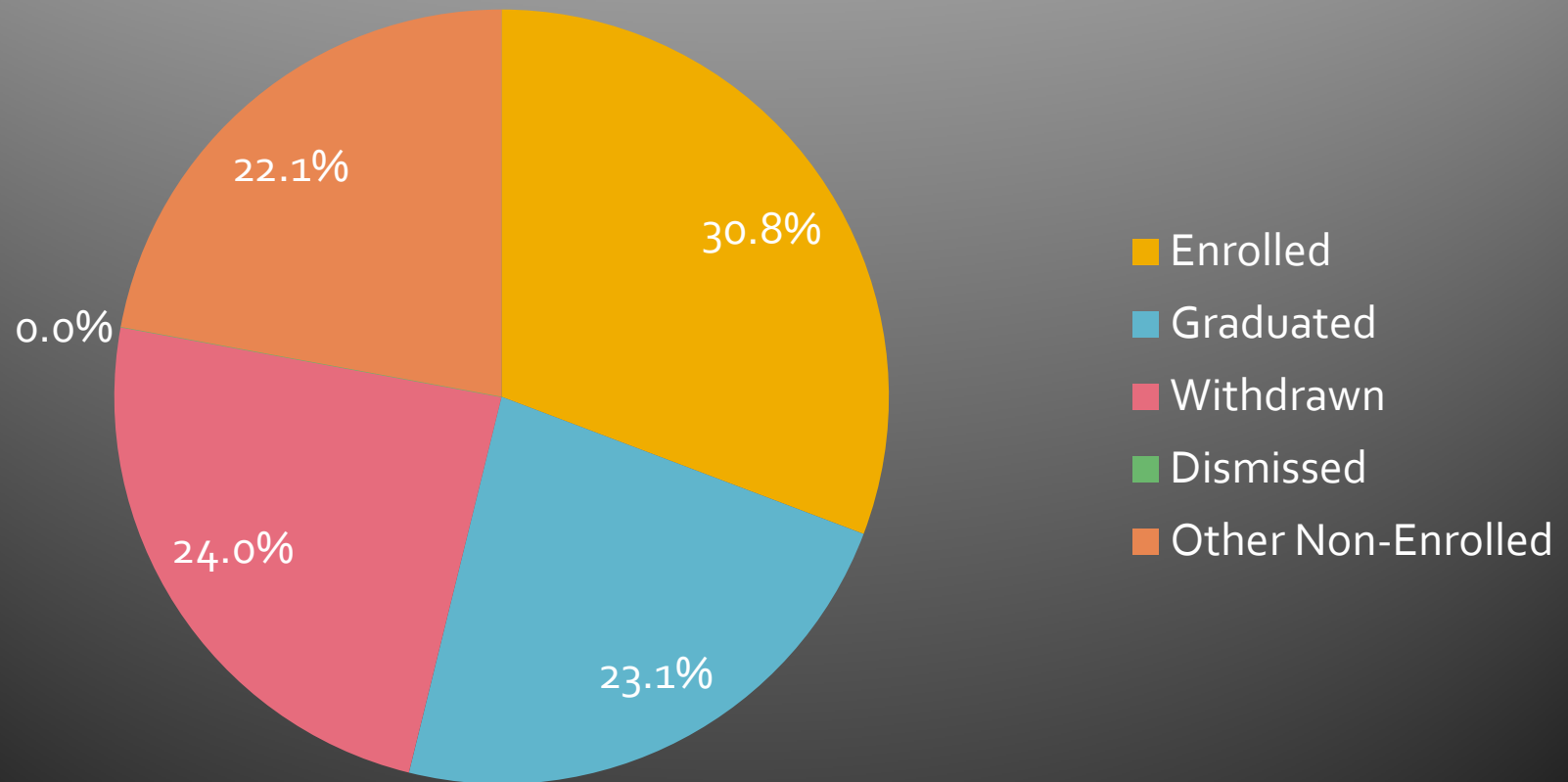
* Race-Ethnicity data available for n = 82

Program Evaluation: Referrals by Race-Ethnicity (2004-2014)*



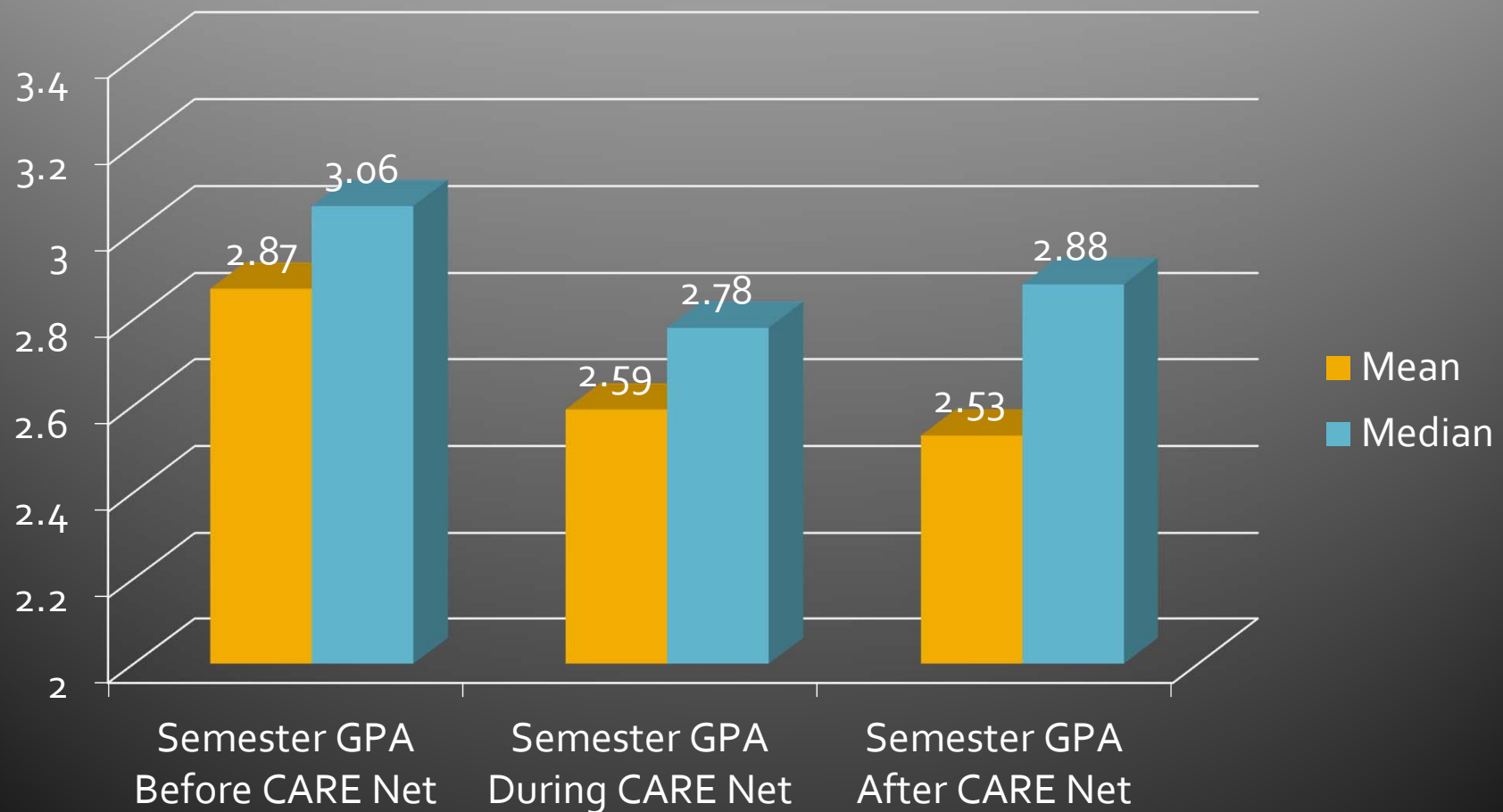
* Race-Ethnicity data available for n = 169

Program Evaluation: Enrollment Status & Retention Rates (2009-2014)



Retention rate = 53.8%

Program Evaluation: Grade Point Average (2004-2014)



Lessons Learned & Keys to Successful Implementation



Lessons Learned

- University Policy Issues
- Liability Issues
- Staff Buy-In & Training Issues
- Referral Issues
- Communication Issues
- Student Privacy vs. "Need to Know"

Keys To Successful Implementation

- Buy-in at all university levels
- Clear statements of protocols and procedures
- Consistent implementation of stated procedures with appropriate tracking
- Training and ongoing communication with professional and support staff

Discussion & Questions

Thank You!



Acknowledgements

Our Funder (SAMHSA)

- Substance Abuse and Mental Health Services Administration-Center for Mental Health Services

Our Program Development Team

- Joseph E. Bernier, Ph.D.
- Estela M. Rivero, Ph.D.
- Judith A. Stanley, Ph.D.

Our University at Albany Colleagues

- University Counseling Center Psychologists
- Department of Residential Life
- Office of the Vice President for Student Success
- Office of Legal Counsel

Our Project Coordinator and Evaluator

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