

# Northeast State Community College

## Suicide Prevention Plan

Northeast State 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. § 49-7-1, Northeast State has developed a suicide prevention plan that engages in a variety of initiatives to improve and provide crisis services.

Northeast State Suicide Prevention Plan will be disseminated to faculty, staff, and students each academic term. The mental health wellness statement will be posted on D2L. The statement will also provide a direct link to the webpage: [www.NortheastState.edu/suicideprevention](http://www.NortheastState.edu/suicideprevention). The statement:

Northeast State is committed to and cares about all students. Support services are available for any person at Northeast State who is experiencing feelings of; being overwhelmed, hopelessness, depression, thinking about dying by suicide, or is otherwise in need of assistance. Students may contact Counseling Services, 423.323.0211 Monday – Friday from 8:00 a.m. – 4:30 p.m. 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.

### Prevention

Northeast State has developed a comprehensive approach to increase mental health awareness through efforts of prevention.

### Contact

Northeast State’s contact for suicide prevention work is Denise Walker, Dean of Student Services/Counselor. Her number is 423-323-0211 and email is [dpwalker@northeaststate.edu](mailto:dpwalker@northeaststate.edu).

### Prevention Components & Resources

Key components of Northeast State’s suicide prevention work include:

- Providing Question, Persuade, and Refer (QPR) for faculty, staff and students by a Northeast State QPR trained staff person and/or community QPR trainers.
- Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/community resources are made available through:
  - Northeast State’s website <https://www.northeaststate.edu/Campus-Resources/Counseling-Services/Suicide-Prevention-and-Awareness>
  - Counseling Services Quick Guide for Counseling, Crisis & Support Resources brochure
  - TSPN posters with hotline and text line posted at all campuses.
  - Bookmark with tips for managing anxiety and panic on one side and contact information for NeSCC’s Counseling Services, and the National Suicide Prevention Lifeline and the Crisis Text Line.
- Utilizing community resources and agencies to provide prevention services for Northeast State’s community members. Northeast State has established relationships with the following local Mental Health facilities for the purpose of [providing prevention education, training and/or prevention screenings].
  - Partners for Strong Communities (formerly Bristol Crisis Center)
  - National Alliance for the Mentally Ill (NAMI)
  - Frontier Health
  - Tennessee Suicide Prevention Network (TSPN)

## Additional Information

Information regarding such relationships at Northeast State is available at Counseling Services, in room C2101, General Studies Building on the Blountville campus. The email is [counseling@northeaststate.edu](mailto:counseling@northeaststate.edu). Counseling Services has a comprehensive list of partners and services available to members of the college community and is available to provide QPR training, crisis intervention, counseling and referral. Information on area resources for crisis referral and mental health resources is available online at [www.northeaststate.edu/communityresources](http://www.northeaststate.edu/communityresources).

## Intervention

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. Some of the warning signs for students may include a drastic change in behavior, increased absenteeism, decreased productivity, withdrawing from other students, or irritable or intense emotional reactions. Recognizing the [warning signs](http://tspn.org/warning-signs) (<http://tspn.org/warning-signs>) and learning what to do next 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 at imminent risk, 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 741 741. The Frontier Health crisis line, 877-928-9062 is answered 24 hours a day, 7 days a week by trained mental health professionals. Frontier Health's Turning Point is a free walk-in crisis clinic in Johnson City for assessment and is open 24 hours a day, 7 days a week.

If a student, faculty, or staff express suicidal ideation verbally or in a written format the following individual should be contacted immediately:

Northeast State Campus Police, Chief Brian Johnson, 423.677.7927

Counseling Services, Denise Walker, Dean of Student Services/Counselor, 423.323.0211

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

Northeast State Campus Police, 423.677.7927

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

Northeast State has established relationships with the following local Mental Health facilities for the purpose of [crisis referral services].

- Frontier Health

The safety and wellbeing of our students, faculty, and staff is of the utmost importance. In situations that require immediate action because of safety or other concerns, Northeast State 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.

## 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 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.

- The Employee Assistance Program, EAP, will be contacted to provide support for faculty and staff.
- Frontier Health, Partners for Stronger Communities, and/or TSPN will be contacted to provide support and direction for faculty, staff, and students on campus and/or for follow-up.
- Counseling Services will provide ongoing support for faculty, staff, and students.
- Admissions and Records will be notified to close access to the student's records.

## Contact

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

Brandon Dotson, Dean of Enrollment Management and Dean of Students, 423.323.0205

Dr. Susan Graybeal, Vice President for Institutional Excellence and Student Success, 423.354.2549

## Postvention Components & Resources

Northeast State has established relationships with the following local Mental Health facilities for the purpose of working to decrease community trauma.

- Frontier Health – MOU
- Partners for Stronger Communities

## Additional Information –

Information regarding such relationships at Northeast State Community College is available in Counseling Services, C2101, General Studies Building, [www.NortheastState.edu/counseling](http://www.NortheastState.edu/counseling). Counseling Services has a list of comprehensive list of partners and services available to members of the college. Any campus member interested in more information about Northeast State's suicide prevention protocol should contact Denise Walker, Dean of Student Services/Counselor, 423.323.0211, [dpwalker@NortheastState.edu](mailto:dpwalker@NortheastState.edu).

## Comprehensive Response Protocol

Northeast State's comprehensive suicide prevention, intervention and postvention protocol is available [to the campus community, campus administration, etc.]. For more information, please contact Denise Walker, Dean of Student Services/Counselor, 423.323.0211