

Northeast State Community College

Suicide Prevention Plan

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

Northeast State's Suicide Prevention Plan will be disseminated to faculty, staff, and students each academic term by email and web postings. The notice will also provide a direct link to the webpage, www.NortheastState.edu/SuicidePrevention. A Mental Health Wellness statement will be posted on the College's Learning Management System during Campus Safety Week in the fall semester and during February in the spring semester. The statement is below:

Northeast State Community College 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 or counseling@NortheastState.edu, Monday - Friday from 8:00 a.m. - 4:30 p.m. For immediate help, contact the National Suicide Prevention Lifeline at 1.800.273.TALK (8255) or text TN to 741741. Call the TrevorLifeline at 1.866.488.7386 or text START to 678678. Veterans may wish to contact the Veterans Crisis Line at 1.800.273.8255 (Press 1) or text 838255. For information and resources go to [Northeast State's Suicide Awareness and Prevention webpage](#).

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, Director of Student Services/Counselor. Her number is 423.323.0211, and her email is dpwalker@NortheastState.edu. Mrs. Walker is a Licensed Professional Counselor/Mental Health Service Provider (TN #3832).

Prevention Components & Resources

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

- development of a suicide prevention statement added to all course syllabi by academic year 2020-2021.
- provision of Question, Persuade, and Refer (QPR) training for faculty, staff, and students facilitated by QPR-certified college staff and/or community QPR trainers.

- completion of a required Crisis Intervention and Suicide Prevention online training module by faculty and staff annually.
- facilitation of “Navigating Northeast State ... A Safe Campus Saves You and Saves Others”, a Safe Northeast program that includes resources for crisis intervention. The module is presented each semester in EDUC 1030 College and Lifelong Learning, a required first-year experience course.
- promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and other campus and community resources that are made available through:
 - Northeast State’s website at www.NortheastState.edu/SuicidePrevention, www.NortheastState.edu/SafeNortheastResources, and www.NortheastState.edu/CommunityResources.
 - Counseling Services’ “Quick Guide for Counseling, Crisis & Support Resources” brochure.
 - a contact card advertising the Crisis Text Line and the College’s Counseling Services.
 - Tennessee Suicide Prevention Network (TSPN) posters with crisis line and text line contact numbers posted at all campuses.
 - a bookmark with tips for managing anxiety and panic, with contact information for NeSCC’s Counseling Services, the National Suicide Prevention Lifeline, and the Crisis Text Line.
- promotion of the Employee Assistance Program (EAP). Eligible employees of the College and their dependents may participate in the College’s Employee Assistance Program. Professional counseling services are available. The counseling services are voluntary and strictly confidential. The services are without charge for up to five sessions for eligible employees and their immediate family members. Contact Partners for Health at 1.855.Here4TN (437.3486) or visit www.Here4TN.com. Contact NeSCC Human Resources at 423.323.0204 for additional information.
- utilization of community resources and agencies to provide prevention services for Northeast State community members. Northeast State has established relationships with the following Mental Health agencies and alliances for the purpose of providing prevention education, training, and prevention screenings:
 - Bristol Crisis Center, Inc.
 - Frontier Health
 - National Alliance for the Mentally Ill (NAMI)
 - Tennessee Suicide Prevention Network (TSPN)

Additional Information

Information regarding community Mental Health partnerships and resources at Northeast State is available in Counseling Services, Room C2101 of the General Studies Building, on the Blountville campus. The email is counseling@NortheastState.edu. The phone number is 423.323.0211. Counseling Services maintains a comprehensive list of partners and services available to members of the College community, which may include crisis referral services, prevention screenings, and training programs, and staff are available to provide QPR training, crisis intervention, counseling, and referral services. Any campus member interested in accessing the services/agencies and training noted above, or for more information about Northeast State’s suicide prevention efforts, should visit www.NortheastState.edu/Counseling or www.NortheastState.edu/SuicidePrevention.

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. 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 the signs 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 contact the Crisis Text Line by texting TN to 741741. Trained mental health professionals answer the Frontier Health crisis line at 877.928.9062 24 hours a day, 7 days a week. Frontier Health provides 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 member encounters a suicidal student, faculty, or staff member, one of the following individuals should be contacted immediately:

- Brian Johnson, Chief of Police, Northeast State Police Department, 423.677.7927
- Andrew Mitchem, Deputy Chief of Police, Northeast State Police Department, 423.677.7927
- Denise Walker, Director of Accessibility, Counseling, and Testing Services/Counselor, 423.323.0211

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

Northeast State Police Department, 423.677.7927 (Emergency Cell)

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 an established relationship with the following local Mental Health facility for the purpose of crisis referral services:

- Frontier Health 877.928.9062
www.frontierhealth.org
Frontier Health offers treatment for mental health, co-occurring, and substance abuse problems, recovery and vocational rehabilitation, and developmental and intellectual disabilities services.

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 for Northeast State 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 persons, or their designees, should be notified immediately:

- Dr. Susan Graybeal, Vice President for Institutional Excellence and Student Success, 423.354.2549
- Jennifer Starling, Assistant Vice President for Student Success and Dean of Student Development, 423.279.7635
- Megan Jones, Director of Human Resources, 423.323.0226

Postvention Components & Resources

Northeast State has established relationships with the following Mental Health agencies and alliances for the purpose of working to decrease community trauma:

- Bristol Crisis Center, Inc.
- Frontier Health
- National Alliance for the Mentally Ill (NAMI)
- Tennessee Suicide Prevention Network (TSPN)

Campus protocols include:

- The Employee Assistance Program (EAP) will be contacted to provide support for faculty and staff.
- Frontier Health, Bristol Crisis Center, and/or TSPN will be contacted to provide support and direction for faculty, staff, and students on campus and/or for follow-up as appropriate.
- Counseling Services will provide ongoing support for faculty, staff, and students.
- Appropriate notifications of death will be made in the student or employee's file and on the Banner System.
- Additional protocols per NeSCC Policy [04:32:00](#) will be activated for student deaths:
 - Office of the President will send a letter of condolence to the family.
 - Business Office will process refunds as appropriate. ○ Financial Aid Office will process financial aid accounts as appropriate. ○ Computer Services will disable

and process user accounts as appropriate. ○ A student's current-term instructors will be notified.

Additional Information

Information regarding community Mental Health partnerships and postvention resources at Northeast State is available in Counseling Services, Room C2101 of the General Studies Building, on the Blountville campus or by visiting www.NortheastState.edu/Counseling or www.NortheastState.edu/SuicidePrevention. Counseling Services has a comprehensive list of partners and services available to members of the College community. Any campus member interested in more information about Northeast State's suicide postvention protocols should contact Denise Walker, Director of Accessibility, Counseling, and Testing Services/Counselor, at 423.323.0211 or dpwalker@NortheastState.edu.

Comprehensive Response Protocol

Northeast State Community College's comprehensive suicide prevention, intervention, and postvention protocol is available to the campus community, campus administration, and community partners. For more information, please contact Denise Walker, Director of Accessibility, Counseling and Testing Services/Counselor, at 423.323.0211 or dpwalker@NortheastState.edu, or Megan Jones, Director of Human Resources, at 423.323.0226 or majones@NortheastState.edu.