

Southwest Tennessee Community College Suicide Prevention Plan

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

Southwest Tennessee Community College Suicide Prevention Plan will be disseminated to faculty, staff, and students each academic term via email and it will be available on the counseling and social services and human resources website.

Prevention

Southwest Tennessee Community College has developed a comprehensive approach to increase mental health awareness through efforts of prevention.

Contact

Southwest Tennessee Community College's contact for suicide prevention work is Tennessee Suicide Prevention Network, Audrey Elion Regional Chair for Memphis/Shelby County, aelion1@yahoo.com

Prevention Components & Resources

Key components of Southwest Tennessee Community College's suicide prevention work include:

- A suicide or mental health wellness syllabus statement included on Faculty Syllabi for all courses.
- *Southwest Tennessee Community College is committed to and cares about all students. Support services are available for any person at Southwest 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 Suicide and Crisis Hotline formerly known as the National Suicide Lifeline Number at 988 or 1-800-273-TALK (8255) or Text "HOME" to 741741 from anywhere in the United States. LGBTQ youth who are in crisis can contact the The Trevor Lifeline at 866-488-7386 or text a message to 678-678 or chat at <https://www.thetrevorproject.org/get-help/>. Veterans can use the new option for contacting the Crisis Hotline by dialing 988 and pressing 1 to contact the Veterans Crisis Line. Veterans may still reach the Veterans Crisis Line with the previous phone number by dialing, by texting (838255), and through chat at [VeteransCrisisLine.net/Chat](https://www.veteranscrisisline.net/Chat).* Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/community resources are made available through:
 - Southwest's counseling and social services website <http://tn.edu/counseling/>
 - Additional methods, such as flyers and posters throughout campuses
- Utilizing community resources and agencies to provide prevention services for Southwest's community members. Southwest Tennessee Community College has established relationships with the following local Mental Health facilities for the purpose of providing prevention education, training and/or prevention screenings.
 - Southwest has purchased training videos that educate faculty and staff on best practices when working with potentially suicidal persons. These videos were produced by NaBit, an organization that provides support and professional development for Behavior Evaluation Threat Assessment (BETA) team members and is committed to providing education, resources, and support to those who work to make campuses safer through caring prevention and intervention available on PAWS, and can be accessed at any time by faculty and staff.
 - Tennessee Suicide Prevention Network provides prevention education and training
 - Alliance Healthcare Mobile Crisis provides emergency crisis services

Additional Information

Information regarding such relationships at Southwest Tennessee Community College is available at the counseling office, student development offices, police services, and counseling website. The counseling office will have available a comprehensive list of partners and services available to members of the Southwest Tennessee Community College community which may include crisis referral services, prevention screenings, training programs, etc. Any campus member interested in accessing the services/agencies and training noted above, or for more information about Southwest Tennessee Community College's suicide prevention efforts should contact one of the mental health counselors Kimberly Weddington (901) 333-5121 and Sharael Royal (901) 333-5272 or Chateeka Farris, Director of Student Advocacy and Support, (901) 333-4589.

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 they appear numerous or severe, seek professional help at once. **The Suicide and Crisis Hotline at 988** formerly known as **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. **The Crisis Text Line may be contacted by texting HOME to 741 741 from any location in the United States.**

If a student, faculty, or staff member encounters a suicidal student, faculty, or staff member, the following individual should be contacted immediately:

Kimberly Weddington, MS- Mental Health Counselor, (901) 333-5121 for students

Sharael Royal, LPC-MHSP, NCC, MS- Mental Health Counselor, 901-333-5272

Human Resource, 901-333-5340 for staff and faculty

The mental health counselor will conduct an assessment to determine the risk level of the person in question. The mental health counselor will complete a thorough safety plan with the person, which includes alternative actions when the person is faced with triggering situations, emergency contacts, support system information, and a no harm contract. The mental health counselor will determine if mobile crisis needs to be contacted to provide further assessment and treatment and will provide recommendations for future services.

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

Police Services:

Macon cove campus (901) 333-4242

Union campus (901) 333-5555

Maxine Smith center (901) 333-6005

Whitehaven center (901) 333-6479

Gill center (901) 333-5970

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

Southwest Tennessee Community College has established relationships with the following local Mental Health facilities for the purpose of crisis referral services.

- Alliance Healthcare provides mobile crisis services (901) 577-9400.
- Call the Memphis Police Department Non-Emergency Number for the Crisis Intervention Team (901-545-2677 and press "0"). Tell the dispatch this is a mental health consumer.

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, Southwest Tennessee Community College 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.

Additional Information

Information regarding such relationships at Southwest Tennessee Community College is available in the counseling office, student development, and on the counseling website. The counseling office will have available a comprehensive list of partners and services available to members of the Southwest community. Any campus member interested in more information about Southwest's suicide intervention protocol should contact one of the mental health counselors in the counseling and social services department, Kimberly Weddington- (901) 333-5121, kweddington@southwest.tn.edu or Sharael Royal- (901) 333-5272, smroyal@southwest.tn.edu.

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 Southwest Tennessee Community College 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 person, or their designee, should be notified immediately:

Kimberly Weddington, Mental Health Counselor at (901) 333-5121 or kweddington@southwest.tn.edu

Sharael Royal, Mental Health Counselor at (901) 333-5272 or smroyal@southwest.tn.edu

Chateeka Farris, Director of Student Advocacy and Support at (901) 333-4589 or cfarris@southwest.tn.edu

Jennifer Townes, Assistant Vice President of Human Resources at 901-333-5367 or jtownes1@southwest.tn.edu

Postvention Components & Resources

Southwest Tennessee Community College has established relationships with the following local Mental Health facilities for the purpose of working to decrease community trauma.

- Chris Vickers, Counseling Services
- Here4TN EAP services for faculty and staff

Additional Information

Information regarding such relationships at Southwest Tennessee Community College is available at the counseling and social services offices and on the counseling website. The counseling and social services office will have available a comprehensive list of partners and services available to members of Southwest Tennessee Community College. Any campus member interested in more information about Southwest's suicide prevention protocol should contact one of the mental health counselors Kimberly Weddington, (901) 333-5121, kweddington@southwest.tn.edu or Sharael Royal, (901)333-5272, smroyal@southwest.tn.edu.

Comprehensive Response Protocol

Southwest Tennessee Community College's comprehensive suicide prevention, intervention and postvention protocol is available to the campus community and campus administration. For more information, please contact one of the mental health counselors Kimberly Weddington, (901) 333-5121, kweddington@southwest.tn.edu or Sharael Royal, (901) 333-5272, smroyal@southwest.tn.edu