Case Management Teams: Early Intervention for At-Risk Students

Joanna Locke, MD, MPH
Executive Director, Programming, The Jed Foundation
Agenda

- Mental health and suicide as public health problems requiring a comprehensive approach
- Case management committees as one element of this approach
Public Health Approach
“Health care is vital for all of us some of the time, but public health is vital to all of us all of the time.”

- C. Everett Koop
Effective prevention is

- Strategic
- Planned
- Comprehensive
Levels of Prevention

- Mental health promotion
- *Early recognition and intervention*
- Treatment
- Postvention
TJF/EDC Comprehensive Approach

- Identify Students at Risk
- Increase Help-seeking Behavior
- Promote Social Networks
- Provide Mental Health Services
- Develop Life Skills
- Follow Crisis Management Procedures
- Restrict Access to Potentially Lethal Means
Case Management Teams
How many of you have one?
Research Summary

Questions:
- Are campuses using case management teams?
- If yes, how do they operate? What are the challenges?
- If not, why not?
Methodology

- Literature review
- Pre-survey interviews
- On-line survey - 65 IHEs
  - 38.5% response rate
- Telephone interviews
  - 4 IHEs randomly selected
Survey Questions: Yes

- Why was it formed?
- How often does it meet?
- Who is on the committee?
- What kind of problems trigger review?
- How are referrals made?
- Are notes taken?
- What are the challenges?
Survey Questions: No

- Why not?
  - Not aware of approach?
  - Lack of cooperation among departments?
  - Lack of personnel capacity?
  - FERPA or HIPAA prohibits?
  - Legal counsel advised against it?

- Has campus considered using a case management team?
  - Yes, may be useful
  - No, not needed
  - Need more information
Results

- 50% reported having case management committees
  - Rationale
  - Membership
  - Coordination
  - Triggers
  - Established procedures
Challenges

- Lack of knowledge about student behaviors
- Misunderstandings about FERPA and HIPAA
- Lack of mechanisms to get information to the team
- Concerns about professional confidentiality
- Reluctance to share information
Results

- Of those without teams:
  - 50% -- small campus, don’t need one
  - 10% -- unaware of the approach
  - 20% -- lack personnel capacity
  - 30% -- believe approach may be useful
  - 50% -- need more information
Recommendations
Recommendations

- Establish a central team
- Ensure team visibility
- Establish information-sharing system
- Ensure follow-up
Establish Central Team

- Formal
- Include key departments:
  - Student affairs, counseling services, health services, housing/res life, academic affairs, judicial affairs, and campus safety/police
- Designate coordinating department/person
- Meet regularly
Ensure Visibility

- Visible
- Emphasize caring role
  - Clarify misperceptions
- Link to academic success and campus safety
Establish System for Information-Sharing

- Formalize protocols and structures
- Educate the community
  - Who tells what to whom?
  - Then what happens?
- Remove perceived and real barriers
  - FERPA misperceptions
  - HIPAA misperceptions
Ensure Follow-Up

- Keep meeting notes
- Designate a “case manager”
- Establish and adhere to re-entry plan
  - Develop necessary relationships with outside providers
  - Case management team review
Final Thoughts and Questions
Youth Resources Bibliography Now Available Online
SPRC has compiled an annotated bibliography of resources about youth suicide prevention and mental health promotion. The list is organized by the following sections: youth-general, college, juvenile justice, resources for youth, research and data.

What Co-Workers Can Do to Prevent Suicide
Part of SPRC's Customized Information Series, this web resource, also available as a PDF document, describes how people can recognize and respond to signs of suicide among their colleagues at work. The resource includes links to additional relevant websites, publications and organizations.

Newest issue of Advancing Suicide Prevention now available
This January 2006 issue focuses on youth suicide and includes:
- a message from Charles G. Curts at SAMHSA about new data on suicidal ideation in youth,
- a feature on barriers to treatment of suicidal youth,
- an interview with researcher DeQuincy Lee who is a multiple suicide attempt survivor,
- and a special report on the rise in suicide deaths in the hurricane-ravaged Gulf Coast.

Download the issue now.


Now Guide for Working with the Media Available from SPRC and SPAN USA
The "Guide to Engaging the Media in Suicide Prevention" is a 44-page guide that teaches you how to serve as an effective media spokesperson and how to generate media coverage to create awareness of suicide prevention. The publication describes how to use television, radio, and print media and provides examples of press releases, media advisories, pitch letters, op-eds and more. It also gives tips for identifying appropriate media outlets, creating up-to-date media lists, and tracking your results.

SAMHSA Awards States, Campuses and SPRC Suicide Prevention Grants
The Substance Abuse and Mental Health Services Administration (SAMHSA) announced 37 grants with a first year total of $9.7 million to support national suicide prevention efforts: Read more.

More of "This Month Don't Miss"....

News Highlights
Subscribe to the Weekly Spark, our weekly Enewsletter. Click here to read more of this week's news.

National:
Mississippi, Arkansas, Indiana, Maryland, New Jersey, Utah receive over $22 million for Hurricane Katrina crisis counseling assistance
CampusHealthandSafety.org is an online resource for higher education administrators, students, parents, and other professionals who are seeking information about creating healthier and safer living and learning environments for college and university students, both on campus and in the surrounding community. This Web site emphasizes a comprehensive public health-based approach to addressing alcohol and other drug use and violence and in promoting mental health wellness among students.

On this site, you will find an overview of this approach, termed environmental management, and how it may be applied to alcohol and other drug prevention, violence prevention, and mental health promotion on campus. This site also presents the latest data on the scope of these problems, information on how students and campuses are affected by them, and examples of prevention approaches that professionals and concerned citizens can implement on their own campuses and neighboring communities.

CampusHealthandSafety.org is created by the Center for College Health and Safety.
Welcome to The Jed Foundation

A college student’s suicide is a tragedy that devastates not only the surviving family and close friends but the student’s entire campus community. The Jed Foundation, a national nonprofit organization, was born from one such tragedy following the loss of Jed Satow, a college sophomore. Jed died by suicide without anyone fully understanding that his life was in imminent danger.

Unfortunately, the circumstances surrounding Jed’s death are not unique; each year, approximately 1,100 college students die by suicide, the majority of whom were not in treatment with a mental health professional at the time of their death. More teenagers and young adults die from suicide than from all other medical illnesses combined.

However, suicide can be prevented. While some suicides occur without any outward warning, most do not. Most young people who feel suicidal give definite warning signs that they plan to die by suicide, but these signs are often not understood, recognized, or acted upon by the student’s family, peers, professors, or others in the campus community. Fewer than one in five college students receive any information about suicide prevention.

The Jed Foundation is committed to reducing the young adult suicide rate by furthering understanding of the underlying causes of suicide, by increasing awareness of the issue of college student mental health and suicide, and by creating effective prevention programs on college campuses.
Contact Information

Joanna Locke, MD, MPH
The Jed Foundation
212.647.7544
jlocke@jedfoundation.org

Laurie Davidson, MA
Suicide Prevention Resource Center
617.618.2361
ldavidson@edc.org