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Suicide Prevention Plan

Tennessee College of Applied Technology- Dickson (TCAT Dickson) 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, Tennessee College of Applied Technology has developed a Suicide Prevention Plan (SSP) that engages in a variety of initiatives to improve and provide crisis services.

TCAT Dickson's Suicide Prevention Plan will be disseminated to faculty, staff, and students each academic term.

1. The plan is covered at New Student Orientation.
2. Posters and pamphlets from TSPN are displayed around campuses.
3. SSP information is available in the Student Handbook/Catalog.
4. SSP information is available on the institutional website.
5. Information is shared on college social media accounts.

Prevention

Tennessee College of Applied Technology- Dickson has developed a comprehensive approach to increase mental health awareness through efforts of prevention.

Contact

Tennessee College of Applied Technology –Dickson's contact for suicide prevention work is the Student Service Coordinator, 615-441-6220 ext. 102.

Prevention Components & Resources

Key components of TCAT Dickson's suicide prevention work include:

- A suicide or mental health wellness syllabus statement included on Faculty Syllabi for all courses. Please see statement below:

The Tennessee College of Applied Technology Dickson and Clarksville Campus is committed to, and cares about, all students. If you or someone you know at TCAT feels overwhelmed, hopeless, depressed, and/or is thinking about dying by suicide, supportive services are available and effective. For immediate help contact the State Care Line at 1-800-272-8255 or text TN to 741 741. More information and local resources are located at www.tcatdickson.edu.

- Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/community resources are made available through:
 - Tennessee College of Applied Technology website www.tcatdickson.edu, and
 - Through additional methods, such as student handbook, flyers, posters, orientation PowerPoint.

- Utilizing community resources and agencies to provide prevention services for TCAT Dickson community members. Tennessee College of Applied Technology has established relationships with the following local Mental Health facilities for the purpose of providing prevention education, training and/or prevention screenings:
 - Tennessee Suicide Prevention Network

Additional Information

Information regarding such relationships at TCAT Dickson is available at www.tcatdickson.edu or in the Student Service Office. The Student Service Office will have available a comprehensive list of partners and services available to members of the TCAT Dickson 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 TCAT Dickson suicide prevention efforts should contact the Student Service Coordinator at 615-441-6220 ext. 102; and, the Student Services Counselor, Clarksville Campus, at 931-572-1694 ext. 104.

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 and learning what to do next may help save a life.

THE WARNING SIGNS

The following behavioral patterns may indicate possible risk for suicide and should be watched closely. If they 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.

- Talking about suicide, death, and/or no reason to live
- Preoccupation with death and dying
- Withdrawal from friends and/or social activities
- Experience of a recent severe loss (especially a relationship) or the threat of a significant loss
- Experience or fear of a situation of humiliation or failure
- Drastic changes in behavior
- Loss of interest in hobbies, work, school, etc.
- Preparation for death by making out a will (unexpectedly) and final arrangements
- Giving away prized possessions
- Previous history of suicide attempts, as well as violence and/or hostility
- Unnecessary risks; reckless and/or impulsive behavior
- Loss of interest in personal appearance
- Increased use of alcohol and/or drugs
- General hopelessness
- Recent experience humiliation or failure
- Unwillingness to connect with potential helpers

FEELINGS, THOUGHTS, AND BEHAVIORS

Nearly everyone at some time in his or her life thinks about suicide. Most everyone decides to live because they come to realize that the crisis is temporary, but death is not. On the other hand, people in the midst of a crisis often perceive their dilemma as inescapable and feel an utter loss of control. Frequently, they:

- Can't stop the pain
- Can't think clearly
- Can't make decisions
- Can't see any way out
- Can't sleep eat or work
- Can't get out of the depression
- Can't make the sadness go away
- Can't see the possibility of change
- Can't see themselves as worthwhile
- Can't get someone's attention
- Can't seem to get control

WHAT DO YOU DO?

1. Be aware. Learn the warning signs.
2. Get involved. Become available. Show interest and support.
3. Ask if s/he is thinking about suicide.
4. Be direct. Talk openly and freely about suicide.
5. Be willing to listen. Allow for expressions of feelings and accept those feelings.
6. Be non-judgmental. Don't debate whether suicide is right or wrong, or feelings are good or bad. Don't lecture the value of life.
7. Don't dare him/her to do it.
8. Don't give advice by making decisions for someone else to tell them to behave differently.
9. Don't ask "why." This encourages defensiveness.
10. Offer empathy, not sympathy.
11. Don't act shocked. This creates distance.
12. Don't be sworn to secrecy. Seek support.
13. Offer hope that alternatives are available, do not offer glib reassurance; it only proves you don't understand.
14. Take action. Remove means. Get help from individuals or agencies specializing in crisis intervention and suicide prevention.

WHO CAN YOU TALK TO?

- A community mental health agency
- A private therapist
- A school counselor or psychologist
- A family physician

- A suicide prevention/crisis intervention center
- A religious/spiritual leader

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 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.**

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

Student Service Coordinator, Dickson Campus, 615-441-6220 ext.102
Student Service Counselor, Clarksville Campus, 931-572-1694 ext. 104

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

Vice President, 615-441-6220 ext. 109

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

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

- Centerstone provides [service]
- Mental Health Cooperative provides [service]

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, TCAT Dickson 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 TCAT Dickson is available in the Student Service Office. The Student Service Coordinator will have available a comprehensive list of partners and services available to members of the Tennessee College of Applied Technology community. Any campus member interested in more information about Tennessee College of Applied Technology's suicide intervention protocol should contact the Student Service Coordinator at 615-441-6220 ext. 102.

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 important for TCAT Dickson 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:

President, 615-441-6220 ext. 117 or Vice President, 615-441-6220 ext. 109

Postvention Components & Resources

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

- State of TN EAP
- Local Pastors

Additional Information

Information regarding such relationships at Tennessee College of Applied Technology is available in the Student Service Office. The Student Service Coordinator will have available a comprehensive list of partners and services available to members of the Tennessee College of Applied Technology. Any campus member interested in more information about TCAT Dickson suicide prevention protocol should contact the Student Service Coordinator at 615-441-6220 ext. 102.

Comprehensive Response Protocol

Tennessee College of Applied Technology comprehensive suicide prevention, intervention, and postvention protocol is available to the campus community and the public. For more information, please contact Student Service Coordinator at 615-441-6220 ext. 102.