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Suicide and Violence Prevention Newsletters

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2011

## 2011 December Newsletter

Nova Southeastern University

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# OFFICE OF SUICIDE AND VIOLENCE PREVENTION

## Advances in Suicide Prevention

In September 2010, Tyler Clementi, a student at Rutgers University, wrote on his Facebook page, "Jumping off the GW bridge, sorry." Tragically, Clementi followed through with his threat and subsequently lost his life. Many individuals believe that his suicide may have been prevented and consequently the Substance Abuse and Mental Health Services Administration and the National Suicide Prevention Lifeline have collaborated with Facebook to create a new feature that will enable Facebook users to report suicidal content posted on Facebook. There are two ways to access this feature.

1. Paste this link into your browser and fill out the form:  
[https://www.facebook.com/help/contact.php?show\\_form=suicidal\\_content](https://www.facebook.com/help/contact.php?show_form=suicidal_content)
2. Follow these step-by-step directions:
  - On the top right of each status update there is a drop box. Click on the drop box and select report story or spam.
  - An option will appear reading, "If this story is abusive, please file a report." Select this option.
  - A box will appear asking you if this post is about you or someone else.
  - Under the heading, "No, it is about someone else," click the bubble that reads violent or harmful behavior.
  - A drop box will appear, choose the suicidal content or self-harm option.

When Facebook receives your report, it will automatically contact the individual and provide him/her with the number for the suicide prevention hotline. The individual will also have the ability to chat online with a suicide prevention counselor immediately. This feature is only available in the U.S. and Canada, however Facebook hopes to make it available to all 800 million active users as soon as possible. By creating this feature, SAMSA, the National Suicide Prevention Hotline, and Facebook are making Facebook a safer place for people who are in crisis.

## *Expansion of Prevention Initiatives Off-Campus (EPIC) Project*

**Are you faculty, staff, or a student at one of the Student Educational Centers or in an online program?  
If so, we need your help!**

Because suicide is the 2<sup>nd</sup> leading cause of death among college students, NSU is committed to extending a safety net across its Student Educational Centers and beyond to its online community of scholars. To help meet this goal, the NSU Office of Suicide and Violence Prevention is conducting a study designed to develop and enhance a web-based suicide and violence prevention program. We are asking you to help the university as a whole by participating in a pilot training program. The study is completed via the WebCT platform and all of the information obtained in this study is strictly confidential. If you are interested, please contact Dr. Erin Procacci at [samhsa@nova.edu](mailto:samhsa@nova.edu) for more information.

Thank you in advance for your participation!!

## ISSUE 3, DECEMBER 2011

### Look Inside:



Get to know the Henderson Student Counseling Center

2



Read about Jordan Burnham's visit at NSU

3



Hear about one of the SVP members & his contributions to the community

4



Know who to call in times of crisis: The National Suicide Prevention Lifeline

5

*"It Takes a University to Create a Living Safety Net"*

## Henderson Student Counseling Center

Henderson Student Counseling Services is the primary behavioral health resource for the campus community and students of Nova Southeastern University. Individual, family, and group counseling services are designed to provide students with an opportunity to develop personal insight, identify and solve problems, and implement positive strategies to better manage their lives both academically and personally.

The counseling center is staffed by licensed mental health professionals, a licensed psychologist, and a psychiatrist. In addition to free counseling, students can access psychiatric services for a nominal fee that is covered 100% if they have the school's insurance.



### What should every student know????

Students can participate in up to 10 sessions per year FOR FREE!

The counseling relationship is strictly confidential!

An on-call counselor is available after hours in times of crisis

Just call (954) 424-6911 to make an appointment!

*"The only real risk is in doing nothing"*



Office of Suicide & Violence Prevention

Student-Focused Workshops

- *Suicide Prevention*
- *Stress Management*
- *Test Taking Strategies*
- *Relaxation Techniques*

### SVP Office: Going Beyond Suicide Prevention

Since the opening of the Suicide & Violence Prevention office, we have had great success in reaching out to the university community and providing over 200 suicide prevention trainings to faculty, students, and staff.

Although our major focus remains in building and strengthening awareness in suicide prevention and we will continue to do so with our presentations, we are pleased to announce that we can now provide workshops and presentations tailored to a variety of student needs including stress management, test taking strategies and relaxation techniques.

We believe that providing these workshops to NSU students will help in the effort towards suicide prevention. If you would like to request any of these presentations for your department please follow the link below. We thank you for helping us build a strong safety net within our NSU community.

Request the training/workshops via our website:

[http://www.nova.edu/suicideprevention/presentation\\_requests.html](http://www.nova.edu/suicideprevention/presentation_requests.html)



## Jordan Burnham: Changing the conversation about suicide.

By Oren Schwartz

On September 28, 2008, Jordan Burnham woke up excited for the day. It was the day that he would practice a round of golf for the state tournament. He was chosen from a large pool of high school players and felt honored to participate in the tournament. Additionally, he had recently been nominated for the homecoming court. He was a senior in high school, a popular kid with many friends, and a great student. Everything seemed to be going Jordan's way. The day ended with Jordan in the hospital with multiple broken bones and internal injuries that resulted from jumping out of his 9<sup>th</sup> story bedroom window, 90 feet from the ground. Everyone who knew Jordan asked the question, why?

On October 25, 2011, Jordan Burnham walked into a room in the Carl DeSantis Building at Nova Southeastern University. The room was filled with students from various programs in the university including over 150 students. He walked with a slight limp and sat while speaking, but otherwise appeared completely healed from his fall. He came to share his story and discuss his ongoing battle with depression. He spoke matter-of-factly about his life leading up to his suicide attempt and his experiences with mental health professionals following this event. To an uninformed individual, he seemed like a normal guy. He was an engaging, humorous, and insightful speaker. Through his presentation, much of the audience had the same question in mind; why? Why would this young man sitting in front of us try to take his own life? Aren't people who attempt suicide usually depressed and desperate?

Jordan explained that he suffers from depression. He said that he has experienced symptoms of depression as long as he can remember. He described his depression by saying that even when everything is going well for him he constantly feels down. When he was in high school and something bad happened or he got in trouble, his feelings of worthlessness were so intense that they were difficult to handle. He described that he lacked effective coping strategies and therefore he dealt with these feelings by consuming alcohol. His use of alcohol often caused problems with his parents, who had a strict anti-alcohol policy for their son. On the day of his jump, his father found bottles of alcohol in the trunk of his car. Jordan reported that this was not the first time he had been caught with alcohol and his parents were disappointed in him. He felt that he had let them down and that thought tore him apart. He felt as though it was not worth living because he was not a good son to his parents. Jordan's recollection of that day ended there because he has no memory of the actual fall. He described standing in his room and then waking up in the hospital.

Shortly after his recover, Jordan began speaking out to increase awareness of mental health issues, provide resources, and serve as a liaison between individuals and mental health professionals. He currently tours the country speaking to children, teens, and college students for an organization called Active Minds. He stresses the importance of seeking help if someone has feelings of depression or other mental health concerns. He stated that if he had known to seek help earlier his suicide attempt might have been prevented. One of the most important points of his talk was that feelings of depression are normal. Many people have depressive feelings and we need to make sure that we know to seek help. His job now is to spread the word about mental health to prevent his story from repeating itself with others.

Jordan reported that his depression is now under control. He still experiences symptoms of depression, but he manages them with medication and therapy. It is hard to believe that the vibrant young man in front of us suffers from depression. Jordan did more than educate and entertain us with his stories, anecdotes, and jokes; he normalized feelings of depression. Although he made it clear that every day is a battle, he demonstrated that a person with depression can be happy. Jordan Burnham is an example that with the proper help and determination anything is possible.





## EVENTS

### Live Love Hope & Out of the Darkness Walk

#### Lambda Theta Alpha Latin Sorority

On Wednesday November 16, 2011, the members of the Lambda Theta Alpha held the Live Love Hope event to kick start their Philanthropy/Suicide Prevention Week. Fellow students and faculty alike attended the event aimed at identifying, preventing, and treating mental health difficulties. Individuals were educated on the risk factors and warning signs surrounding suicidal thoughts and behaviors. NSU resources available to students, staff, and faculty were also provided. Members of the audience were encouraged to share their personal experiences revolving around how suicide has touched their lives.

Lambda Theta Alpha continued their philanthropic endeavors by hosting the Out of the Darkness Walk on Sunday, November 20, 2011, on Nova Southeastern University's Campus. The walk benefited the American Foundation for Suicide Prevention (AFSP) in its mission to prevent suicide and assist those affected by suicide. Over 500 individuals attended the walk and Lambda Theta Alpha raised over \$40,000 for AFSP. The event included live entertainment, a kid zone, and a continental breakfast. Members of agencies in the surrounding community provided walkers with information and resources available to children, adults, and families dealing with mental health concerns. The morning opened with a presentation from AFSP on their mission, objectives, and goals with the assistance of fundraisers and volunteers. AFSP is the leading nonprofit organization dedicated to informing individuals and preventing suicide with the use of research, education, and advocacy. More specifically, AFSP provides resources for research, implements educational programs for professional, promotes policies and legislation regarding issues related to suicide and prevention, and provides resources for survivors of suicide, people at risk for mental health concerns, and families of the abovementioned populations.

Following breakfast and an inspirational speech, walkers were off to complete the walk as a united front. Music filled the air as the individuals left to walk for the cause, a lost loved one, or for the hope that the numbers will decrease in the future. These individuals returned to live music, including young singers inspired by the cause. The day concluded with a closing butterfly ceremony. Many of the butterflies lingered around the community similar to the way the newly learned information resonated with the individuals present for the event.

## SVP Spotlight



Dr. Scott Poland  
Associate Professor, CPS

Dr. Scott Poland recently presented to local law enforcement at a three day conference hosted by NSU. The conference was entitled, *Special Topics for Hostage Negotiators* and was attended by FBI and local law enforcement from eight different agencies. Dr. Poland's presentation was on school violence.

He also served as a keynote speaker at the beginning of school year for all University Middle School parents on the topic of safeguarding their children in today's world. Additionally, he spoke with all University Middle School faculty about the importance of building positive and preventative relationships with their students.

Dr. Poland also contributed to a panel presentation hosted by NSU on bullying prevention. The panel was conducted during October, which is national bullying prevention month. The panel had representatives from NSU faculty and the Broward County Schools. In addition, he recently authored an article on bullycide that was published by the Florida Association of School Psychologists.

Dr. Poland also served as the keynote speaker at two state suicide prevention conferences this past summer in Idaho

How do you Remember the Warning Signs of Suicide?

Here's an Easy-to-Remember Mnemonic:

## ***IS PATH WARM?***

I	Ideation
S	Substance Abuse
P	Purposelessness
A	Anxiety
T	Trapped
H	Hopelessness
W	Withdrawal
A	Anger
R	Recklessness
M	Mood Change



**If you or someone you know is in a crisis, do not wait to seek help! Call 9-1-1 and seek out additional help from resources on this page.**

### **Suicide Prevention Resources**

National Suicide Prevention Lifelines  
1-800-SUICIDE or 1-800-273-TALK (8255)

The Ganley Foundation  
<http://ganleyfoundation.org/>

The Trevor Project  
<http://www.thetrevorproject.org>

American Association of Suicidology  
[www.suicidology.org/](http://www.suicidology.org/)

American Association for Suicide Prevention  
[www.afsp.org](http://www.afsp.org)

Suicide Prevention Resource Center  
[www.sprc.org](http://www.sprc.org)

Florida Office of Suicide Prevention  
[www.helppromotehope.com](http://www.helppromotehope.com)

Florida Initiative for Suicide Prevention  
[www.fisponline.com](http://www.fisponline.com)

Mobile Crisis Response Teams

**Broward - Henderson:**

954-463-0911

**Palm Beach:**

North: 561-383-5777

South: 561-637-2102

**Miami-Dade - Miami Behavioral:**

305-774-3627

### **Henderson Student Counseling**

Student counseling provides the opportunity for students to benefit from working on personal issues with experienced professionals.

The counseling center is staffed by licensed mental health professionals, a licensed psychologist and a psychiatrist

**3538 S. University Drive Davie, FL 33328**  
**Located at the University Park Plaza**  
**(Just east of the NSU Bookstore)**

**Phone: (954) 424-6911**

**Fax: (954) 424-6915**

#### **Hours of Operation**

**Monday..... 9:00 am - 5:00 pm**

**Tuesday..... 9:00 am - 8:00 pm**

**Wednesday..... 9:00 am - 8:00 pm**

**Thursday .....9:00 am - 5:00 pm**

**Friday .....9:00 am - 5:00 pm**