

Suicide and Violence Prevention Newsletters

2015

2015 April Newsletter

Nova Southeastern University

Office of Suicide & Violence Prevention

Nova Southeastern University

April 2015

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SVP Spotlight: Josh Rivedal

Actor, playwright, speaker, advocate, and more!

Josh Rivedal is an actor, playwright, global speaker on suicide prevention, and writer for The Huffington Post. When Rivedal's father died by suicide in 2009, he soon became involved in the areas of suicide prevention and mental health. The tragic and sudden loss of his father led him to write and develop a one-man play with 30 characters, "The i'Mpossible Project: Kicking My Blue Genes in the Butt" (formerly titled "The Gospel According to Josh"), which he has performed across the U.S., Canada, the U.K., and Australia. Rivedal's play is a comedic, yet poignant piece about his coming to terms with his father's suicide as well as his journey into adulthood. His creative performance is accompanied with an educational presentation on suicide prevention in which he provides the audience with helpful resources and information. Rivedal's "Kicking My Blue Genes in the Butt" was recently developed into a book of the same name, which was added to The American Foundation for Suicide Prevention's recommended reading list for survivors of suicide loss. He has two new books in progress, including an untitled English/Spanish fantasy novel (2017), and "The i'Mpossible Project Volume 2—40 Stories of Hope, Healing, and Becoming Your Best Self" (2016).

In addition to his performances, presentations, and written work on suicide prevention, Rivedal previously served on the board of directors for the New York City chapter of The American Foundation for Suicide Prevention and currently serves on the advisory board for Elijah's Journey: A Jewish response to suicide prevention.

Rivedal also completed a community-based training program in suicide prevention, the Applied Suicide Intervention Skills Training (ASIST), through the Suicide Prevention Center of New York. To learn more about Rivesal's work, visit his websites, iampossibleStoryproject.com and JoshuaRivedal.com.

Suicide Prevention in Schools is Essential: Understand the Liability and Mental Health Issues

Scott Poland is giving a free and informative 1 hour webinar on mental health issues and suicide prevention in schools on Wednesday, April 22 at 2:00 pm EDT. Dr. Poland will answer the following crucial questions:

- How do we deliver the most effective suicide prevention programming while considering liability?
- What do our students and community believe about youth suicide that we need to address first?
- Unfortunately there has been a suicide in my community, now what can I do to prevent further suicides from happening?

Sign up below!

https://attendee.gotowebinar.com/register/4230594553986505473?mc_cid=77b8692137&mc_eid=3e2649ce67

SVP Spotlights

Dr. Douglas Flemons and Dr. Scott Poland are leading contributors to the area of suicide and violence and prevention. Here are some recent updates of their recent and upcoming work.

- Dr. Poland provided the keynote address on school safety for DARE officers in Anchorage, Alaska on February 27th.
- Dr. Flemons co-presented a workshop with Shelley Green at the Annual Conference of the Texas Association of Marriage and Family Therapy titled, Within and between: Brief relational couples therapy in February 2015.
- Dr. Poland was invited to present on suicide clusters at Stanford University on March 20th.
- Dr. Flemons presented a talk on Relational Suicide Assessment at Psychiatry Grand Rounds at the University of Calgary medical School in March 2015.
- Dr. Poland was invited to provide a workshop on Postvention in schools at the American Association of Suicidology conference in Atlanta, Georgia on April 15th.
- Dr. Flemons will be presenting at Nova Southeastern University on Relational Suicide Assessment: Risks, Resources, and Possibilities for Safety on April 17th.
- Dr. Poland will be lecturing at Broward Victims' Rights Coalition training on April 24 on How traumatic events affect children and schools

Dr. Courtney Cantrell and Stephanie Guedj, M.S. who work for the SVP office have also participated in lectures and outreach in the community.

- Dr. Cantrell lectured with Dr. Ralph Cash, Jacki Rosen, and a representative from 211 at the Children's Services Center in Fort Lauderdale, FL on Suicide Prevention.
- Stephanie Guedj collaborated with NSU students and presented the 3 posters at the National Association of School Psychologists in Orlando, Florida.



Pictured above: The Office of Suicide and Violence Prevention. Douglas Flemons, Ph.D., Stephanie Guedj, M.S., Courtney Cantrell, Psy.D., and Scott Poland, Ed.D.

Campus Safety

Mr. James Ewing, Director of Public Safety at NSU, provided SVP with a brief review of the safety features in place for NSU students, faculty, and staff. Below is a brief overview of the safety precautions in place. He suggested to consult the Campus Safety Handbook on Nova's website for more information.

- All individuals entering the dormitory parking lot must have card access.
- Camera's in each dormitory entrance recording the entry and exit of students and guests.
- Public safety officers are present in the dormitories on the midnight shift checking in students and guests.
- During the evening hours, there are 2 Davie police officers in the dormitory parking lot should there be an emergency.
- Public safety provides escort services around campus on an as needed basis.
- Blue light phones are strategically placed around campus should emergency help be needed.
- Mass notification system via email and telephone provides campus alerts to students, faculty, and staff.

Get the KNOW HOW on Student Loan Reduction

No doubt doctoral training in clinical psychology has become increasingly expensive over the past decade, particularly for those attending private schools. According to the U.S. Department of Education's National Center for Education Statistics (NCES), the average price of a doctorate degree in the 2007-2008 school year ranged from \$23,200 to \$35,800 annually. Most doctoral programs take five full-time years to complete, bringing the total cost to about \$123,500-\$181,500. At NSU specifically, current costs are slightly higher, with the expected first year Psy.D. curriculum including 38.5 credits at \$970 per credit for a total of \$37,345 the first year alone. These tuition costs do not include additional expenses, such as textbooks, various student fees, living expenses, and often the cost of a relocation. Many students are forced to take multiple loans to cover this hefty cost, which thankfully are often deferred until the time of graduation. If you are beginning to think that reading this article is triggering severe anxiety symptoms, never fear. I've discovered there are several options designed to help us tackle our student debt and make repayment more manageable.

The good news is that a little research will lead you to many programs meant to offset some of the enormous debt by way of loan forgiveness, grants for loan repayment, and service-based scholarships. One such program is the Health Profession Scholarship Program intended for those students interested in serving in the military as a psychologist for a period of 2 to 4 years in exchange for a scholarship covering 1-3 years educational costs.

The exact amount reimbursement varies by branch and time of acceptance so I would recommend that anyone interested contact a recruiter early in the program, preferably during one's first year of training for maximum benefit. Further I strongly advise that a student gather information from recruiters of multiple branches to select the one that best fits with personal service interests, expectations and financial incentives.

Another popular debt reduction program for up and coming psychologists is the Public Service Loan Forgiveness (PSLF) program, created to encourage young clinicians to work full-time in public service jobs. As part of this program, individuals may qualify for forgiveness of the remaining balance due on federal loans after making 120 qualifying payments on loans while employed full-time by certain public service employers (i.e., nonprofit, tax-exempt 501(c)(3) organizations, federal, state or local governments, tribal governments, military, public schools and colleges, and AmeriCorps or Peace Corps). Generally, eligibility requires regular, minimum payments for a period of about 10 years throughout the period of such employment.

Some programs are more specific to type of work or area of specialty. For example, students interested in pursuing careers in research should consider the NIH Loan Repayment Program.

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What's new in Suicide Prevention?

- Suicide Prevention App for health care providers. Conduct suicide assessments and develop safety plans. Free from SAMHSA.
<http://store.samhsa.gov/apps/suicidesafe/>
- Safety Plan App for Clinicians
<https://itunes.apple.com/us/app/safety-plan/id695122998?mt=8>

Loan Reduction Continued



Request an SVP Presentation

The Office of Suicide and Violence Prevention has provided over 300 presentations to various departments at Nova Southeastern University. SVP has presented to over 6,100 faculty, staff and students of Nova. Presentation topics include suicide and violence training, stress management, and test taking anxiety. Use the link below to request a presentation!

http://nova.edu/suicideprevention/presentation_requests.html

SVP Newsletter Contributors

Interested in becoming a contributor to the SVP newsletter? Graduate students looking to write articles on the topics of suicide and violence prevention can email Stephanie Guedj at sg1181@nova.edu for further information.

Participants must agree to spend half of their time for two years conducting nonprofit or government-funded research, but in exchange the NIH repays half of the individuals' educational debt (up to \$35,000 a year). Likewise, young clinicians looking to work in the field of community mental health, might consider checking out the National Health Service Corps (NHSC), which offers loan repayment as a means of improving the health of those living in underserved communities. This program accepts primary-care clinicians, including health-service psychologists and other behavioral health professionals. Practitioners provide 2 years of clinical service at approved sites in underserved areas and receive up to \$50,000 of repayment for government or commercial loans.

Participants also earn a salary and benefits from the community sites where they work. Additional programs exist for those working in some specific subfields, such as school psychologists or in primary care. Moreover, several states offer additional debt reduction programs for healthcare professionals (including psychologists) licensed and practicing in the respective state (e.g., New Mexico, Florida, Louisiana, Oregon, Minnesota, Wisconsin and Massachusetts).

Many more programs exist to reduce the financial burden of young clinicians, especially those hoping to work in high need areas, so if those listed herein do not apply, I encourage everyone to keep looking for options tailored to your specific interests! Further, even if loan forgiveness and repayment are not options, most loan companies permit income-based repayment (IBR) that decrease monthly payments, if requested. I hope you find this information to be helpful as we continue our journey to becoming successful and debt-free psychologists!

Facebook Adds a New Feature for Suicide Prevention!

- Facebook partnered with Now Matters Now, the National Suicide Prevention Lifeline, Save.org, and Forefront: Innovations in Suicide Prevention to give the social media users more options when they see an alarming post.
- If you see a post that you believe to imply self-harming or suicidal behavior the individual can click the top right arrow of the click and "Report post".
- Drop down menu of options can be selected: contact the person who posted the statement, contact a friend for support or contact a suicide helpline.
- Facebook also will provide simple relaxation techniques, or help someone find a self-care expert.
- Facebook can also show videos of people who have dealt with suicidal thoughts.
- Facebook has had means of reporting suicidal statements since 2011 but this is the first time that support can be provided for each post.

Nova Southeastern University's Counselor in Residence, Leonnette Lee

This year, Nova Southeastern University has a new Counselor in Residence, Leonnette Lee! Leonnette provides on call coverage to respond to emergency situations involving mental health issues, crisis situations, and emotional concerns of the residential population.

Residential students can schedule an appointment with Leonnette by phone, (954) 262-8911 or email, counselorinresidence@nova.edu.

Leonnette also holds weekly office hours at Goodwin Residence Hall, Room 209B.

Meet...
LEONNETTE LEE

Supporter
Motivator Mentor
Resource

NSU Counselor in Residence

Goodwin Residence Hall,
Room 209B

To schedule an appointment, please call (954) 262-8911
or email counselorinresidence@nova.edu.

Student counseling service also available through
Henderson Student Counseling Center 24/7 by
calling (954) 424-6911.

NSU NOVA SOUTHEASTERN UNIVERSITY
Office of Residential Life and Housing

Suicide Prevention Resources

1-800-SUICIDE or 1-800-273-TALK

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

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

American Association of Suicidology
www.suicidology.org/

American Association for Suicide Prevention
www.afsp.org

Suicide Prevention Resource Center
www.sprc.org

Florida Office of Suicide Prevention
www.helppromotehope.com

Florida Initiative for Suicide Prevention
www.fisponline.com



Henderson

Student Counseling Services

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!

Hours of Operation

Monday.....9:00 am - 5:00 pm
Tuesday..... 9:00 am - 8:00pm
Wednesday..... 9:00 am - 8:00 pm
Thursday9:00 am - 5:00 pm
Friday9:00 am - 5:00 pm