
Suicide and Violence Prevention Newsletters

2015

2015 November Newsletter

Nova Southeastern University

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Office of Suicide & Violence Prevention

Nova Southeastern University

November 2015

Meet SVP's New Post-Doctoral Resident:
Oren Schwartz, Psy.D.

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Out of the Darkness Walk Comes to NSU!



Please join NSU in raising suicide awareness by participating in the annual **Out of the Darkness Walk** which is co-sponsored by the American Foundation for Suicide Prevention and Lambda Theta Alpha Latin Sorority.

Date: 11/15/2015
Location: NSU Main Campus
Walk Begins: 9:00 am
Check-in Begins: 8:00 am
Walk Ends: 11:15 am

You can register in advance online through the AFSP website (<http://afsp.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=3510>) or in person the morning of the event.

Interview with Thomas Joiner, Ph.D.

Professor of psychology, book author, and expert in the field of suicidology

Your research shows a fresh perspective on suicide prevention. How did you develop it?

I have a habit of being omnivorous in my intellectual pursuits in that I am able to combine ideas and concepts from different fields of thought. In addition, although I am not fond of anecdotal evidence, approaches taken by past scholars did not seem to match with my personal familial experience. I wouldn't use [personal experience] as the final test of a theory but my experiences raised enough questions in my mind to develop a new way of thinking about suicide. Once that is done, it is the obligation of responsible scientist and scholars to refute those ideas.

Using the approach you described, omnivorous juxtaposition, you draw ideas from different fields to come up with a different gestalt based upon that juxtaposition.

Gestalt is a good way to describe it. I had a professor in graduate school that often spoke about "breaking set." His idea was that you need to "break set" to keep your research from being stale and repetitive and to create progress and novel ideas.

What do you think universities need to do differently to promote awareness and prevent suicide?

Largely the same steps that need to be taken in society at large. One is to promote the idea that suicide is almost entirely due to mental disorders and, though those disorders are miserable, they are treatable. Another key point is to publicize the resources available to the public such as 1800-273-TALK. In addition, restricting the means of suicidal students is very important. Lastly, here at [Florida State University], we have a very healthy relationship between the mental health community and law enforcement that features open communication. This is important as the officers are the ones handling the suicide attempts.

We agree that that relationship is important to ensuring student safety and additionally communication with the residence halls and their staff can be helpful. In general, universities have the ability to intervene and keep students safe that is not available at a larger societal level.

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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 SVP's recent and upcoming work.

- Dr. Poland and his wife Dr. Donna Poland, a long time school principal, completed a suicide prevention plan for the Texas schools for the Texas Mental Health Association. [To view the plan, click here.](#)
- Dr. Poland was interviewed by the Epoch Times in an article about school shooting. [To read article, click here.](#)
- Dr. Poland and Carlye Conte authored an article in the Florida Association of School Psychologist (FASP) Fall Newsletter entitled: School Shootings and Solutions.
- Dr. Poland and Dr. Gene Cash of the College of Psychology recently met with Clark Flatt, the President of the Jason Foundation to discuss proposing the Jason Flatt Act in Florida. In addition, Dr. Poland recently completed two film modules for the Jason Foundation regarding suicide, bullying and self-injury. Please click [here to visit The Jason Foundation's website.](#)
- Dr. Poland delivered the keynote address at the FASP annual conference on October 28th, entitled: The Power of Psychology.
- Dr. Poland lectured on school crisis intervention at Penn State University in State College, Pennsylvania as part of the annual The Robert G. Bernreuter Lecture Series.
- This summer, Dr. Flemons and his wife and colleague Dr. Shelley Green secured a contract with W. W. Norton to edit a new edition of their classic textbook, Quickies: Handbook of Brief Sex Therapy.
- On September 8, Dr. Flemons offered a 4-hour workshop on suicide assessment for family therapy and psychology students, as well as for professionals in the community. Thirty peer counselors from the Fort Lauderdale Police Department participated.
- Dr. Flemons will be traveling to Mexico on November 12 to give two workshops at Congresso Internacional en Psicología, one on relational suicide assessment and the other on the concept and practice of therapeutic utilization.

Meet our Newest SVP Team Member: Oren Schwartz, Psy.D.



Oren Schwartz, Psy.D. is a recent graduate of Nova Southeastern University's Clinical Psychology program. He is a former graduate assistant at SVP and has returned to complete his post-doctoral residency at SVP and the College of Psychology's School Psychology Assessment and Clinical Interventions (SPACI) clinic. Dr. Schwartz completed his pre-doctoral internship at Chrysalis Health, a member of NSU's South Florida Consortium Internship Program and his previous experiences include community mental health and psychological, psychoeducation, psychosexual, and neuropsychological assessments.



SVP Team Members
Carlye Conte, Dr. Flemons, Dr. Poland, & Dr. Schwartz



Interview with Thomas Joiner, Ph.D. (cont'd from page 1)

Good point about the residence halls because along with law enforcement that is a key leverage point.

What is your opinion on the recent legislation passed by the state that requires suicide prevention training at all colleges and universities?

It is a really encouraging sign. I believe that Washington was the first state to require suicide prevention of all mental health professionals. Currently, there is a group attempting to require physicians to do the same. Kentucky has also been successful.

Where do you see the field of suicide prevention going?

There are a few ideas that have begun to move forward. One is examining the "ideation to action" framework. Specifically, I have examined the role of fearlessness in people progressing from suicidal ideation to action. Another concept that has been present in many models of suicidality is "intractability" which is the idea that people get into states in which they feel hopeless, in my model it is because of burdensomeness or low belonging, and believe them to be permanent. I can see these two threads going forward and advancing the research in suicidology.

Are you currently involved in suicide prevention efforts at FSU?

I have been the clinical director of the psychological services at FSU for many years and we have a reputation in the region for expertise in managing suicidal behavior. In addition, we recently received a Garret Lee Smith Act grant for campus suicide prevention. We are focused on providing resources to front line employees of the university, mainly professors. Many of them do not have the knowledge to recognize warning signs in students and provide them with resources such as 1800 273 TALK or the student counseling center.

What are your recommendation for beginning clinicians with regards to suicide assessment and management?

I have recently been involved in legal consultation and have seen that clinicians often make basic mistakes in crisis situations that open them up to litigation. One of them is the mischaracterization of risk level. Another mistake is when the clinician accurately assess risk but lack the proportionate management of that risk. An example is a clinician who recognizes that a client is at a high risk for suicide but does not take appropriate action except for making the client promise to stay safe. A third category that is becoming more prevalent is the overestimation of protective factors. There are many cases in which a client is at high risk [for suicide] but makes a passing comment that they are religious and it is against their religion [to die by suicide] or would not do that to their family. The clinician gets distracted and focuses on these comments instead of all the ominous risk factors that the client presents with.

Basic mistakes made when assessing suicidal clients:

1. Mischaracterization of risk level.
2. Accurate risk assessment but not taking appropriate action to secure client safety.
3. Overestimation of the effect of protective factors.

-Dr. Thomas Joiner

The kind of philosophy I am drawn to is to make fairly bold statements and invite other scientist to falsify them. In that way we are certain to learn something important. Either the hypothesis is not proven to be false, in which case we gain a valid idea or it is falsified and we learn which piece is right and which piece is wrong. Either way we have advanced our knowledge of the subject.

-Dr. Thomas Joiner



Interview with Thomas Joiner, Ph.D. (cont'd from page 3)

If you had the ability to influence Baker Act receiving facilities in our state, are there are rules you would put into place to make hospitalization more than a prevention of access to means?

Yes. I would urge them to take steps to mitigate modifiable factors that are usually in play such as insomnia, agitation, nightmares, social withdrawal, and things of that nature. Perhaps more importantly, I would urge them to have a system in place in which patients are contacted within hours, as opposed to days or weeks of being released, from the hospital as this is a dangerous time period during which, even patients who appear to not being experiencing suicidal ideation, could have a surge of suicidality. The research to support this is not vast but what exists, is supportive.

In your book, you commented on the Black Diamond warning on anti-depressants for adolescents, do you think that is holding back many adolescents from receiving the necessary medication?

I think there is no doubt of it. It is a controversial topic in some quarters but my candid opinion is that the Black Box warning has killed people because it has kept antidepressants from them.

What is the motivation behind your framework for future research? It seems that you put forth effort to create what seemed to be an airtight construction of the ideas.

The kind of philosophy I am drawn to is to make fairly bold statements and invite other scientist to falsify them. In that way we are certain to learn something important. Either the hypothesis is not proven to be false, in which case we gain a valid idea or it is falsified and we learn which piece is right and which piece is wrong. Either way we have advanced our knowledge of the subject.

What is your next project? Do you have another book in mind?

I am currently working on a book that critiques, what I perceive to be, a misdirection in the mindfulness movement. In my view, mindfulness teaches the unimportance of any particular thought or feeling as opposed to the current teachings that emphasis the importance of each thought and feeling.

Do you see much progress in the training of clinicians on an university level?

Yes. It has been slow but it is important to recognize that it has occurred. When I was in graduate school in the 80s, university laboratories that were devoted to training scientist and scholars in suicidal behavior did not exist. Now, I can think of quite a few: mine, Matt Knock at Harvard, Dave Jobes at Catholic, just to name a few.

Thank you for your time.

Happy to do it.

To see a full transcription of the interview with Dr. Joiner please click here to visit [the SVP website](#).



Special Feature: Guns on Campus

Carlye Conte, M.S.

Postsecondary Education, School Safety, and Guns on Campus

Throughout the United States postsecondary institutions provide education for a little more than 28 million students annually and employ almost 4 million faculty and staff in various college and university positions (National Center for Education Statistics, 2015). Campus carry laws have sparked a national debate regarding whether or not students, faculty, and staff should have the right to carry a concealed weapon on campus. Proponents have argued that campus carry laws would allow those with concealed weapons permits to protect themselves against armed intruders and campus attacks. Opponents have argued that guns on campus would detract from a healthy learning environment and create additional risks to safety. Campus carry bills have received a mixed response with those in favor arguing for reduced restrictions for concealed weapons on campus and those in opposition arguing for stricter gun laws to keep all guns off campus (National Conference of State Legislatures, 2015).

Campus school shootings, such as the recent tragedy at Umpqua Community College, have been cited by both proponents and opponents during state committee hearings as support for either side of the argument. On October 1, 2015, the mass shooting at the UCC campus claimed the lives of eight students, a professor, and injured nine others. At the time of this shooting Oregon was one of 7 states that currently allows concealed weapons to be carried on campus. Although proponents of campus carry laws have argued that UCC was a 'gun-free zone', recent reports indicate that students with concealed weapons permits were allowed to have guns on campus with written authorization (Legum, 2015). Proponents have also argued that guns on campus are necessary to prevent extreme acts of school violence; however, research indicates that violence on campus is a relatively rare phenomenon and college students are victimized at a significantly lower rate than same age non-students (Hart, 2003).

Of all crimes that occur on campus and are reported to police 97% are property crimes and 3% are violent crimes (Gellert, 2010). Since 2001, the overall rate of campus crime has decreased 29% (Robers, Zhang, Morgan, & Musu-Gillette, 2015). Of all crimes occurring against college students, 93% occurred off campus (Baum & Klaus, 2005). According to a report published by the Bureau of Justice Statistics (2005), the rate of violent victimization is lower for college students (61 per 1,000 students) than for same age non-students (75 per 1,000). The most common form of violent crime committed against college students is simple assault, which accounts for 63% of all violent victimizations. Between the years of 1995 and 2002 the rate of violent crimes against college students decreased nearly 54% (Baum & Klaus, 2005).

In an examination of homicide trends over time young adults between the ages of 18 and 24 were found to have the highest rate of both homicide offending (29.3 per 100,000) and homicide victimization (17.1 per 100,000) based on data collected over a 28 year period (Cooper & Smith, 2011). Homicide is one of the leading causes of death for young adults between the ages of 18 to 24, yet only 0.32% of these homicides occur at institutions of higher education (Federal Bureau of Investigation, 2014; U.S. Department of Education, Office of Postsecondary Education, 2015). Sexual assault constitutes approximately 6% of all violent crimes committed against college students (Baum & Klaus, 2005). The rate of sexual assault of female victims between the ages of 18 and 24 is 1.2 times higher for non-students (7.6 per 1,000) than for students (6.1 per 1,000) (Sinozich & Langton, 2014). In approximately 10% of the incidents the offender had a weapon during the assault. For female students 4% of rape or sexual assault victimization occurred at school, with the majority of incidents occurring at home or at the home of an acquaintance.

Violence in the form of homicide and sexual assault has received the most attention in terms of supporting the carrying of guns on campus, yet there has been minimal discussion regarding the role of firearms in suicide. Suicide is the second leading cause of death for college students, with approximately 1,100 suicide deaths occurring at college campuses each year (American College Health Association, 2014). Additionally, statistics on both undergraduate and graduate students shows that in the last 12 months, approximately 7.5% of all students seriously considered suicide, 2.3% made a suicide plan, and 1.2% attempted suicide (Suicide Prevention Resource Center, 2014). In a special report published by the Harvard School of Public Health, a firearm was found to be the most common method of suicide and the presence of, or access to, a firearm significantly increased suicidal risk (Drexler, 2013).



Special Feature: Guns on Campus (cont'd from page 5)

Education and Crime in Florida Postsecondary Institutions

The most recent data from the National Center for Education Statistics indicates that there are a total of 223 postsecondary institutions in Florida (43 public, 57 private not-for-profit, and 123 private for-profit), with approximately 1.6 million students enrolled in graduate and undergraduate institutions (2015). There are 176,423 individuals employed as faculty and staff at postsecondary institutions, with 65,000 employed as professors or instructors. The U.S. Department of Education, Office of Postsecondary Education, collects data on crime statistics occurring within college and university educational facilities. The following table shows the number of murders and sexual assaults at Florida postsecondary institutions, occurring on campus or in a student housing facility, between the years of 2004 and 2014.

Number of Murders and Sexual Assaults Occurring at Florida Postsecondary Institutions, 2004-2014											
	2004	2005	2006	2007	2008	2009	2010	2011	2012	2013	2014
Murder											
On Campus	3	2	1	1	0	1	1	0	0	0	0
Student Housing Facility	1	0	0	0	0	0	0	0	0	0	0
Sex Offenses											
On Campus	62	49	55	61	46	61	61	60	100	129	118
Student Housing Facility	32	33	40	40	29	41	39	40	69	94	83

Data Retrieved from the Office of Postsecondary Education, Campus Safety and Security Data Analysis Cutting Tool

Concealed Weapons Permits in Florida

The Florida Department of Agriculture and Consumer Services (FDACS) can issue a license to carry a firearm to any U.S. resident over the age of 21 who desires a legal means to carry a firearm for self-defense and demonstrates competence with a firearm by completing an approved training class and receiving a certificate of completion (2014). The following conditions can disqualify an individual from obtaining a license:

1. A physical infirmity which prohibits the safe handling of a firearm.
2. Having been committed or found guilty of substance or alcohol abuse over the last 3 years.
3. Having been adjudicated as incapacitated or committed to a mental institution within the last five years.
4. Having been issued a domestic violence injunction.
5. Having been convicted of a felony.
6. Having been convicted of a misdemeanor within the last three years.

According to Florida Statute 790.001, a concealed weapon or firearm is defined as a handgun, electronic weapon or device, tear gas gun, knife, or billie, but not a machine gun.

In Florida, there are approximately 1.4 million concealed weapons permits, 21% of which are issued to individuals living in the tri-county area (West Palm Beach, Broward, and Miami-Dade). Of those with concealed weapons permits, approximately 250,000 are between the ages of 21 and 35, and 77% are male (FDACS, 2015).

Number of Concealed Weapons Permits	
Broward	103,185
Miami-Dade	116,087
Palm Beach	84,380

State Comparison of Campus Carry Laws

Currently, there are 19 states that ban carrying a concealed weapon on campus, 8 states that allow concealed weapons to be carried on campus, and 23 states that allow each college or university to decide whether to permit or ban concealed weapons on campus (National Conference of State Legislatures, 2015).



Special Feature: Guns on Campus (cont'd from page 6)

Ban (19)		Allow (8)	Decision of College/University (23)	
<ul style="list-style-type: none"> • California • Florida • Georgia • Illinois • Louisiana • Massachusetts • Michigan • Missouri • Nebraska • Nevada 	<ul style="list-style-type: none"> • New Jersey • New Mexico • New York • North Carolina • North Dakota • Ohio • South Carolina • Tennessee • Wyoming 	<ul style="list-style-type: none"> • Colorado • Idaho • Kansas • Mississippi • Oregon • Texas • Utah • Wisconsin 	<ul style="list-style-type: none"> • Alabama • Alaska • Arizona • Arkansas • Connecticut • Delaware • Hawaii • Indiana • Iowa • Kentucky • Maine • Maryland 	<ul style="list-style-type: none"> • Minnesota • Montana • New Hampshire • Oklahoma • Pennsylvania • Rhode Island • South Dakota • Vermont • Virginia • Washington • West Virginia

Florida Campus Carry Laws: SB 68 and HB 4001

Senate Bill 68 has been proposed to delete the provision in Florida Statute 790.06 that prohibits individuals with concealed license permits from openly carrying a handgun or carrying a concealed weapon or firearm into a college or university facility. College facility is defined as any classroom buildings, residence halls, dining halls, libraries, laboratories, and sports or entertainment arenas. A similar bill was filed earlier this year but died amidst strong opposition. This bill was reintroduced on August 3rd, 2015, and received favorable votes by the Senate Committee of Criminal Justice on September 9th, 2015 (3-2 vote) and the Senate Committee of Higher Education on October 20th, 2015 (5-3 vote). HB 4001 is a companion bill that was filed in the Florida House of Representatives in August 2015. In September this bill received favorable votes by the Criminal Justice Subcommittee (8-5 votes) and is currently awaiting a vote in the Higher Education and Workforce Subcommittee. A legislative bill analysis submitted to the Committee on Higher Education and Criminal Justice Committee indicates that the implementation of this bill would result in an indeterminate increase in recurring and non-recurring administrative costs (including increased litigation), a fiscal impact due to the hiring of additional law enforcement to patrol the grounds of each institution, and an indeterminate fiscal impact on insurance premiums paid by colleges and universities (2015).

Although the proposed amendments (SB 68 and HB 4001) specify that weapons on campus must be concealed, SB 300 was filed in September 2015 which would allow individuals to openly carry firearms in public areas unless otherwise specified by law. The Criminal Justice Committee voted in favor of this bill (3-2 vote) in October 2015, and it is currently awaiting review in the Judiciary. If both SB 300 and SB 68 were to be signed into law, individuals with a concealed weapons permit would be allowed to openly carry guns on Florida campuses.

Spotlight on Texas

Texas is the most recent state to pass a campus carry bill, with SB 11 signed into law by Gov. Greg Abbott on June 13, 2015. This law will go into effect on August 1, 2016, prior to the start of the Fall 2016 academic school year. At the University of Texas, there has been strong opposition from faculty, staff, and students. The following highlights some of these reactions:

- A student led opposition on change.org that currently has more than 5,000 signatures.
- A petition initiated by professors with more than 160 signatures, all of whom state that they will not allow students to carry concealed weapons in their classroom, regardless of if the student has a permit and if the law allows them to do so.
- The resignation of Daniel Hamermesh, who is a Professor Emeritus and teaches economics. In an interview with Inside Higher Ed, he explains why he has chosen to resign in response to the passage of SB 11: "As much as I have loved the experience of teaching and introducing these students to economics at the university, I have decided not to continue. With a huge group of students my perception is that the risk that a disgruntled student might bring a gun into the classroom and start shooting at me has been substantially enhanced by the concealed-carry law. I cannot believe that I am the only potential or current faculty member who is aware of and disturbed by this heightened risk. ... Anything that can be done to mitigate this risk should be implemented. Applying this law broadly will detract from both faculty well-being and from the national and international reputation of this university" (2015).



Special Feature: Guns on Campus

(cont'd from page 7)

Proponents and Opponents of Florida Campus Carry Laws

SB 68 is sponsored by Republican Senator Greg Evers and supported by lobbyist groups such as the National Rifle Association (NRA). Proponents of this bill claim that it will enhance public safety by allowing students and faculty with concealed weapons permits to carry firearms on college campuses in order to defend themselves against active shooters, sexual predators, and campus attackers. Opponents of this bill argue that arming students and faculty will create a more dangerous environment, an atmosphere of fear and intimidation, and the allocation of resources that could instead be used to improve current safety security measures or increase mental health services.

Recent news reports indicate that during a committee hearing in mid-October, many individuals, including police chiefs, university presidents, faculty, and students, spoke in opposition of this bill.

Committee Hearing Highlights

Stephen Barnes, Student Advocate

“The ‘good guy with a gun’ narrative that is being pushed by advocates of this bill is false. There are very few instances of anyone using their gun in a mass shooting-type situation having a good outcome”

Michael Brawer, CEO of the Association of Florida Colleges

“I urge you to, please, look at other solutions. Put together a work group, a task force of people who can help forge a viable solution to solve the problem of campus security at all levels and not look at just outsourcing it to common citizens to do the job”

Maria Sachs, Florida Senator

“We will have campus security that will need to be armed, and I mean militarized.” If the goal of this bill is to increase campus security, funding should be used to increase accessibility and improve the quality of mental health care available to students and faculty

Amendment Proposed by Senator Maria Sachs

Democratic Senator Maria Sachs introduced an amendment to SB 68 which would allow each state university or Florida college system institution board of trustees to create policies prohibiting the possession or carrying of a concealed weapon or firearm within campus boundaries. Sachs proposed to extend this provision to include nonpublic postsecondary school campuses. In an essence, this amendment would allow colleges and universities to ‘opt-out’ of campus carry should these laws be passed. Currently, SB 68 is awaiting votes in the Judiciary Committee and the proposed effective date of this bill is July 1, 2016.

National Surveys: Guns on Campus

Ball State University (2014) survey of 400 college and university presidents: “University Presidents’ Perceptions and Practice Regarding the Carrying of Concealed Handguns on College Campuses”

- 95% of college and university president respondents were not supportive of campus carry laws. 92% stated that they believed students, faculty, and school personnel would feel unsafe if concealed weapons were allowed on campus.

Ball State University (2013) survey of 1,649 undergraduate students across 15 Midwestern colleges and universities: “Student Perceptions and Practices Regarding Carrying Concealed Handguns on University Campuses”

- 78% of student respondents were opposed to allowing concealed weapons on campus, 79% said they would not feel safe if concealed weapons were allowed on campus, and 78% stated that they would not obtain a permit to carry a handgun on campus.

Campus Safety (2014) Guns on Campus Survey

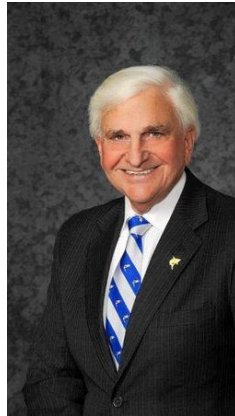
- 73% of individuals in school protection personnel roles were opposed to allowing students to carry concealed weapons on campus (2014).



Special Feature: Guns on Campus (cont'd from page 8)

Nova in the News: President George Hanbury's Stance on Guns on Campus

Dr. George L. Hanbury II, the president of Nova Southeastern University, expressed his opinion in a recent article published in the Sun-Sentinel, titled "On Campus, Limit Guns to Professionals" (2015).



The following excerpts from this article illustrate Dr. Hanbury's stance on guns on campus:

- As a concerned university president and grandfather of five school-age children, I believe weapons should not be allowed on school grounds unless carried by a licensed law enforcement officer. As the president and chief executive officer of one of the largest private, not-for-profit universities in the United States with nine campuses throughout Florida and Puerto Rico, I – and my staff – place the highest priority on the safety and security of our students, faculty, staff and visitors on our campuses.
- We have established excellent working relationships with law enforcement and other first-responder agencies. Furthermore, we've put emergency plans in place, and we continually update and practice the procedures we have to be ready in the event a crisis situation arises. We are one of the safest campuses in the nation, and we take security with the utmost seriousness. As such, we have a complete security system with one key integral component: we do not allow any weapons on any of our campuses unless they are in the possession of a licensed law enforcement officer. Thus, we believe our campuses are safe.
- Some may argue that if faculty or students were allowed to carry weapons, there could be safety in the classroom through the threat of action by those of greater reasoning. This, too, is an erroneous assumption and could lead to even greater injury and loss of life by confusion and ambiguity of law enforcement officers by not immediately identifying the real perpetrator.
- I am calling on all educators and those who love education to join with me and work with all of those in authority to prohibit any weapons on educational grounds unless they are carried by licensed law enforcement officers. While there are many options open to us, the one option that is not viable is to do nothing and remain silent.

[Please click here to view the complete article from the Sun-Sentinel](#)

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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 Oren Schwartz at os138@nova.edu for further information.

CRISIS TEXT LINE |

Help at your fingertips, 24/7

Get Help: Text "START" to 741-741

For more information go to:

<http://www.crisistextline.org/>

Active Minds: Send Silence Packing



SEND SILENCE PACKING

1,100

COLLEGE STUDENTS DIE BY SUICIDE EACH YEAR

Active Minds is a non-profit organization that empowers students on campuses to speak out and educate others about mental health. They aim to remove the stigma from college students seeking help for mental health issues. Beginning in 2008 on the National Mall in Washington D.C., Active Minds has showcased an exhibit called Send Silence Packing. It is a traveling exhibit that travels to college campuses across the country and is comprised of backpacks that represent college students that have died by suicide which contain stories about each individual. Below is the remaining schedule for this year:

Harvard Westlake High School, November 4, 2015

Beverly Hills High School, November 6, 2015

Temescal Canyon High School, November 9, 2015

University of California Irvine Student Center Terrace & Ring, November 13, 2015

More information is available through the active minds website:
<http://activeminds.org/>



KnowBullying, a free app from SAMHSA

Includes conversation starters, tips, warning signs, reminders, social media strategies, and a section for educators.

The free app is available through the following link:
<http://store.samhsa.gov/apps/knowbullying/index.html>

About the Crisis Text Line: since 2013, crisis counselors have responded to over 9 million text messages.

- Text 741741 when in crisis, anytime, anywhere.
- You'll receive an automated text asking what your crisis is.
- Within minutes, a live trained counselor will answer your text.
- Crisis counselors use active listening skills to help texters through the moment of crisis. Counselors can provide referrals and help texters create an action plan for themselves to continue to feel better.
- All information is confidential and text messages are free.

Crisis Text Line Volunteers: individuals interested in serving as a crisis text line volunteer first submit an application. If accepted, volunteers participate in a 6 week, 34 hour training program that consists of online modules, live training sessions, role-plays, and crisis text line observation.



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.



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!

 A portrait of Leonnette Lee, a young woman with dark hair, wearing a red and white patterned top.

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
Division of Student Affairs
Office of Residential Life and Housing

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

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

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

