



The Graduate School / Office of Postdoctoral Education

Promoting Graduate & Postdoctoral Mental Health Through Enterprise-Wide Suicide Prevention Strategies

Angela Stowe, PhD

Laurence M. Boitet, PhD

Lisa M. Schwiebert PhD

“

*...develop recommendations for
a collaborative, comprehensive
and coordinated suicide
prevention strategy...*

”

Dr. Ray Watts, UAB President, Fall 2018

Suicide Prevention Team Leaders



Angela Stowe, PhD

Director of
Student Counseling



Laurence Boitet, PhD

Postdoctoral Scholar
of Medicine

About Birmingham, AL

- Founded in **1871**, then, one of the foremost industrial centers for iron and steel production
- Now a leading center for **health care** and **medical industries**
- Known for its role in the **Civil Rights Movement**



About UAB

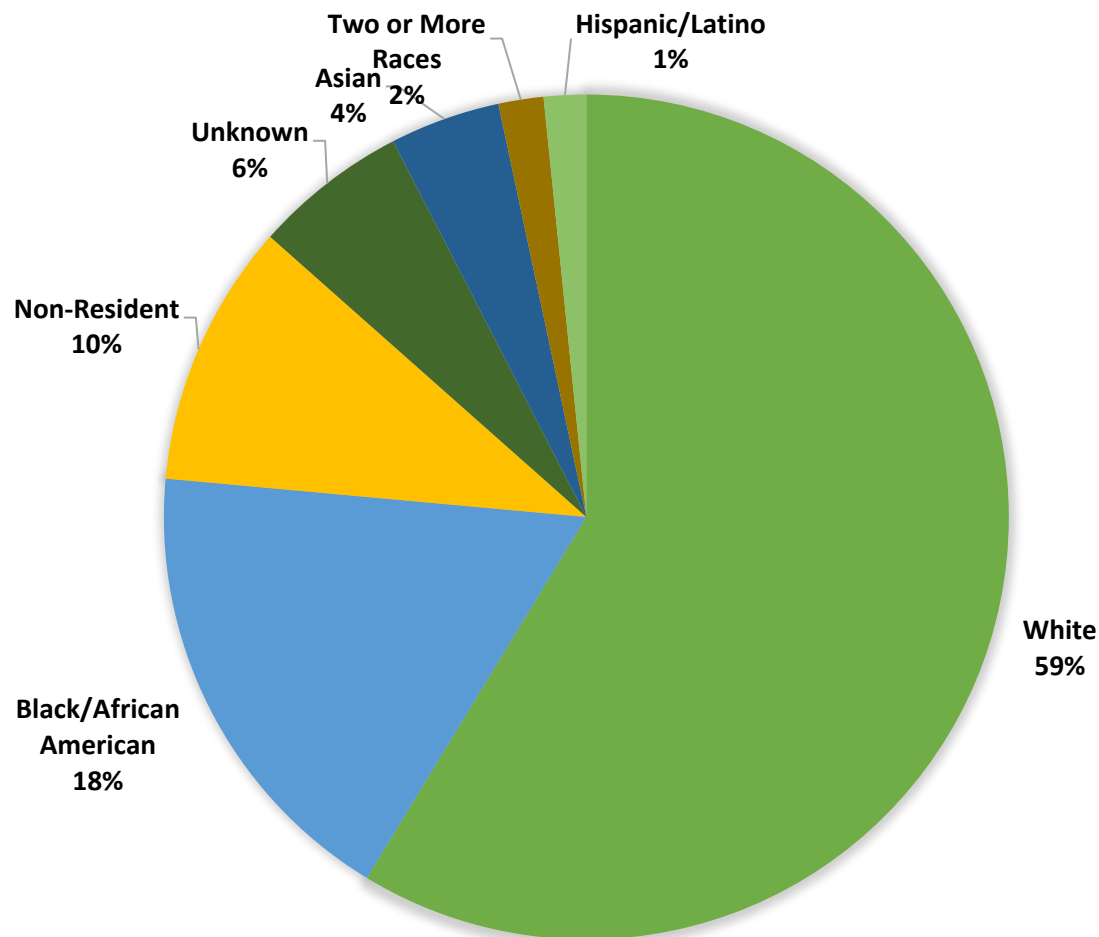
- Established in **1969**
- One of the **largest public academic medical centers** in the US
- In **top 10% of universities globally** for research and reputation per *U.S. News*
- Named five straight years as a **Diversity Champion** by *Insight Into Diversity*
- Named **America's #1 Best Large Employer** by Forbes in 2021



UAB Graduate Student & Postdoc Demographics



- Over 7,500 graduate students, including 1000 pre-doctoral students
- Approximately 300 postdoctoral scholars
- **>50% Female**



Timeline of UAB Suicide Prevention Initiative

Fall 2018

Develop comprehensive suicide prevention strategy for students

AY 2018-2019

Task Force members appointed; conducted a comprehensive process to assess need and develop recommendations

April 2019

Recommendations approved; Task Force transitioned to *Leadership and Implementation Team* to enact recommendations enterprise-wide

AY 2019-2020

Leadership and Implementation Team expanded; recommendations revised and expanded to be enterprise-wide

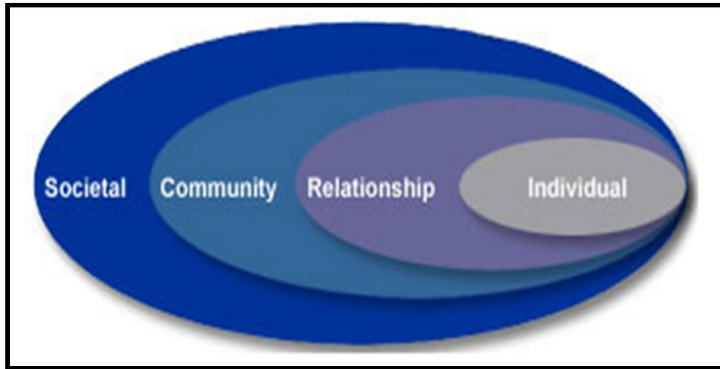
And then 2020...



Theoretical Model and Framework

Public Health Approach

Social Ecological Model

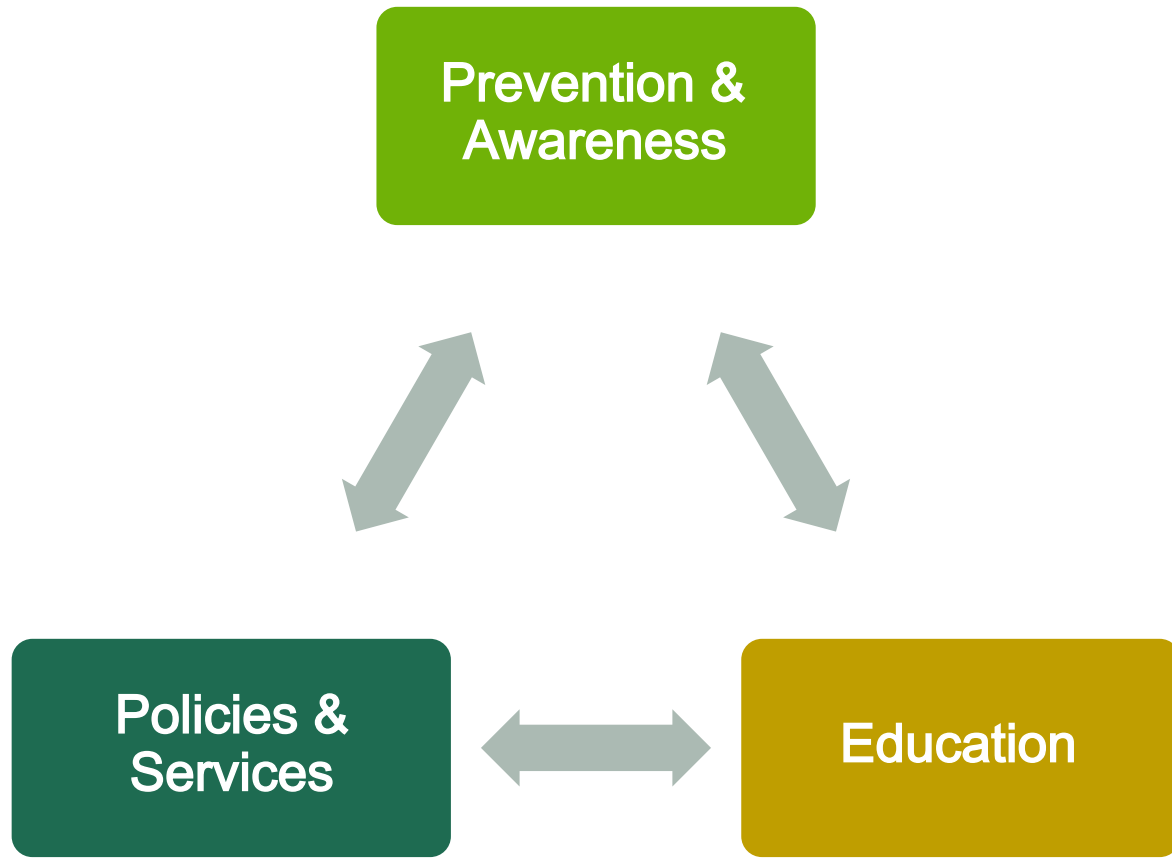


Suicide Prevention Framework

Suicide Prevention Resource Center and the Jed Foundation, drawing on the U.S. Air Force Suicide Prevention Program



Recommendation Categories



Summary of Recommendations

UAB Cares brand,
campaign, assets

UAB Cares
enterprise-wide
website

Campus Signage

Suicide Prevention
Conference

Graduate Resiliency
Outreach and
Wellness (GROW)
Student Org

HB 711 Mental
Health Promotion
for Grad and
Postdocs course

Kognito

Gatekeeper Training

Coordinated policies
for students re:
hospitalization,
crises, postvention

National Crisis Text
Line partnership

Student Resiliency
Initiatives

Employee Resiliency
Initiatives

Suicide Prevention Initiative Branding



Grad Student & Postdoc Wellness Groups



MENTAL HEALTH
AMBASSADORS



Honors College | School of Public Health | Student Counseling Services

Presented by GROW in collaboration with the UAB Counseling Program:

Join our wellness community on the
First Friday of every month!

DE-STRESS POWER HOUR

Topic of the Month:
Tampering with Temperament

Friday, November 4, 2022

Meeting ID: 854 2116 7204
Passcode: DeStress

For more information and
disability support services, contact:
Lmblac@uab.edu



2022 Inaugural Suicide Prevention Conference

	Day 1	Day 2
Faculty & Staff	79	88
Student & Trainee	95	80
Keynote: Kevin Hines (virtual and in person)	340	
Faculty QPR Trained	61	
Students QPR Trained	30	

“The combination of hearing personal stories combined with thoughtful information was great. And coming away with usable skills (QPR) was key!”– attendee evaluation

INAUGURAL SUICIDE PREVENTION CONFERENCE
FOR STUDENTS AND TRAINEES

MAY 17 - 18, 2022
8:00 A.M. – 1:30 P.M.

HILL CENTER BALLROOMS

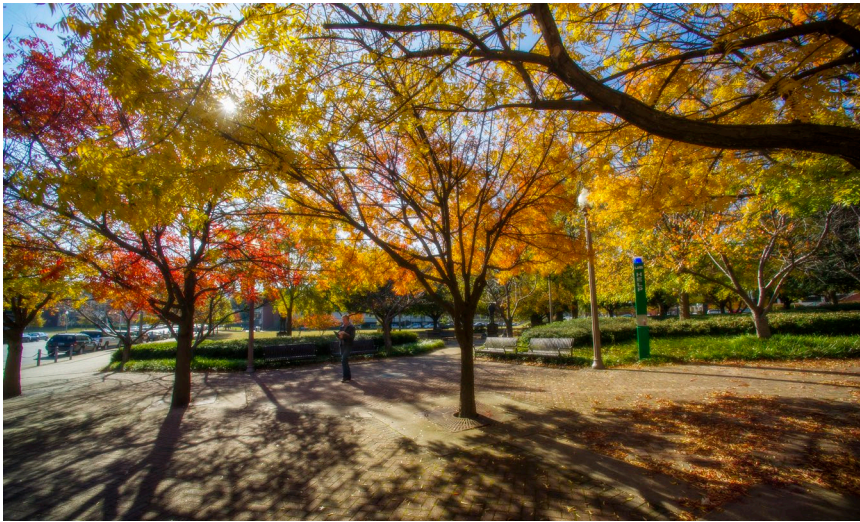
1ST 75 REGISTRANTS GET FREE BREAKFAST & LUNCH

UAB THE UNIVERSITY OF ALABAMA AT BIRMINGHAM STUDENT AFFAIRS STUDENT COUNSELING SERVICES UAB GRADUATE SCHOOL The University of Alabama at Birmingham UAB EMPLOYEE ASSISTANCE & COUNSELING CENTER The University of Alabama at Birmingham UAB HONORS COLLEGE The University of Alabama at Birmingham UAB MEDICINE Office of Wellness

HB 711 Advanced Mental Health Promotion: Service Learning

Fall 2022

Elective Spotlight



- Mental health promotion and **evidence-based** approaches
- **Research-practice partnerships** to address public mental health
- **Experiential learning** related to mental health promotion
- Create **mental health promotion initiatives**

Instructors:

Dr. Robin Lanzi

Health Behavior

Dr. Angela Stowe

Student Counseling

Dr. Lisa Schwiebert

Graduate School/CDIB

Student Mental Health Support

- AY2021 – 2022 = 16 licensed counselors
 - 10,978 appointments (12% increase)
 - 200 crisis/urgent appts (40% increase)
 - 22% of initial appointments indicated thoughts of *killing or harming oneself* in the previous 2 weeks
 - 69 Suicide Safety Plans created



Next Phase of Suicide Prevention Recommendations

Shift of Scope Mental Health Promotion and Suicide Prevention

Develop Updated strategies Post-pandemic across academic and hospital enterprise

Evaluate Team Membership Employee and student enterprise-wide

Funding Mental Health Fellows, President's Strategic Initiative Grant

Suicide Prevention Leadership & Implementation Team

Angela Stowe, Ph.D. (Chair)

Division of Student Affairs, Director, Student Counseling Services and Wellness Promotion

Jonathan Adams

Division of Student Affairs, Director, Student Conduct and Outreach

Laurence Black

Postdoctoral Fellow, Department of Medicine, Division of Nephrology

Beth Caine

Psychiatric Administrator, Center for Psychiatric Medicine

Blessing Falola, MD

Division of Student Affairs, Psychiatrist, Student Health Services

Jennifer Griffin

Division of Student Affairs, Director, Student Leadership and Involvement

Mica Harrell

Division of Student Affairs, Director, Wellness Promotion

Destyni Cravens

Undergraduate Student, Psychology Major; Masters in Public Health

Mercedes Tarasovich

Graduate Student, Graduate Student Government

Ritika Samant

Undergraduate Student, Active Minds

Jazmine Benjamin

Graduate Student, Graduate Student Government Association

Brian Johnson

Division of Student Affairs, Director, Residence Life

Rebecca Kennedy, Ph.D.

The Division of Student Affairs Assistant Vice President, Student Health and Wellbeing

Robin Lanzi, Ph.D.

Professor, Health Behavior, School of Public Health

Tami Long, Ph.D.

Director, Employee Assistance and Counseling Center

Tracy Lyons, Ph.D.

Executive Director, UAB Retention Initiatives

Brandi McCleskey, MD

UAB Medicine, Forensic Pathology

Vani Mittal

Undergraduate Student, Active Minds

Rosie O'Beirne

University Relations, Interim Associate Vice President, Digital Strategy and Marketing

Leslie Riley

Counselor, Student Counseling Services

Nisha Patel

UAB Medicine Office of Wellness, Executive Director of Operations, Wellness, and Administration

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Shannon McCarthy, Ph.D.

School of Education, Department of Human Studies, Counseling Program

Chad Petit, Ph.D.

Assistant Professor, Biochemistry and Molecular Genetics, Graduate Biomedical Sciences

Scott Pruett, M.D.

Psychiatrist, UAB Psychiatry

Lisa Schwiebert, Ph.D.

Professor & Senior Associate Dean for Graduate and Postdoctoral Affairs

Allison Solomon

Division of Student Affairs, Director, Disability Support Services

Taylor Stewart

Division of Student Affairs, Director, Marketing and Communications

Mary Wallace, Ph.D.

The Division of Student Affairs Assistant Vice President Student Experience

Zandral Washington

Deputy Chief of Police, UAB Police Department

Josh Williams

Division of Student Affairs, Counselor, Student Counseling Services

Brandon Wolfe, Ph.D.

Assistant Vice President, Campus & Community Engagement, Office of Diversity, Equity and Inclusion

Be Vigilant About YOUR Self-Care



Set a routine. Include breaks and boundaries.



Be kind to yourself and others. Practice self-compassion and offer grace.



Be mindful of **sleep, nutrition, and movement.** Be gentle on yourself.



Do something. Create, learn, serve, or connect.



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ALABAMA AT BIRMINGHAM.

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Questions?

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