

## **UMKC POLICY ON SUICIDE PREVENTION RESOURCES AND RELATED PROCEDURES**

Pursuant to Missouri Senate Bill 52 (2017) amending Chapter 173 of the Missouri Revised Statutes, the University of Missouri—Kansas City is required to develop and implement a policy to advise students and employees on suicide prevention programs available on- and off-campus. The policy shall also advise students and employees of the proper procedures for identifying and addressing the needs of students exhibiting suicidal tendencies or behavior, and shall provide for training, where appropriate. This information, as well as mental health and support services, shall be provided to all incoming students and posted on the Institution's website.

UMKC is committed to promoting the mental health and wellness of our campus community and works together to increase awareness of and access to mental health resources in support of our student, faculty, and staff.

### Collaborations and Strategic Planning

- A. [UMKC CARE Team](#) – the CARE Team receives referrals of students who may need assistance and support for their mental health needs. The CARE Team will reach out directly to the student to provide referrals to on- and off-campus resources.
- B. Chancellor's Mental Health Council – charge of the team is to review and promote the mental health and wellness needs of our campus community.
- C. [Partners in Prevention](#) – Missouri's higher education substance abuse consortium, includes 21 universities and colleges across Missouri that focus on lowering college student underage and high-risk drinking and other health behaviors with negative consequences. Partners in Prevention administers the Missouri Assessment of College Health Behaviors (MACHB) Survey.

### Resources and Programs

- A. **Crisis intervention access (national, state, and local suicide prevention hotlines)**
  - [National Suicide Prevention 24-Hour Lifeline](#) • Dial 988
  - [Veterans Crisis 24-Hour Hotline](#) • Dial 988, press 1
  - [MO Department of Health](#) Crisis Line (Jackson County) • 1-800-279-8188
  - [Johnson County Mental Health](#) (Kansas) 24-Hour Crisis Line • 913-268-0156
  - [Trans Lifeline](#) 24-Hour Hotline • (877) 565-8860
  - [Trevor Project](#) LGBTQ Youth 24-Hour Hotline • 1-866-488-7386 and [online chat hotline](#)
  - [National Alliance on Mental Illness Warmline](#) • 1-800-950-NAMI(6264)
  - [MHAH Compassionate Ear Warmline](#) • (913) 281-2251
  - [National Sexual Assault 24-Hour Hotline](#) • 1-800-656-HOPE(4673) and [online chat hotline](#)
  - [National Domestic Violence 24-Hour Hotline](#) • 1-800-799-SAFE(7233)
  - [First Call](#) addiction/recovery 24-Hour Hotline • (816) 361-5900
- B. **Mental health program access (local mental health clinics, student health services, and counseling services) and support services**
  - [UMKC Counseling Services](#) • 5110 Oak Street, Suite 201 • 816-235-1635
  - [UMKC Student Health & Wellness](#) • 5110 Oak Street, Suite 237 • 816-235-6133
  - [UMKC MindBody Connection](#) • Student Union, Room 413 • 816-235-5169

- [UMKC Veteran Student Support Services](#) • Student Union, Room 310 • 816-235-5599
- [University Health Behavioral Health](#) • 300 W. 19<sup>th</sup> Terr • 816-404-5709
- [Research Psychiatric Center](#) • 2323 East 63<sup>rd</sup> St. • 816-444-8161
- [St. Luke's Psychiatry](#) • various locations • 816-932-1711
- [Swope Health Behavioral Health](#) • 3801 Swope Parkway, KCMO • 816-923-5800
- [Community Counseling and Assessment Services](#) • UMKC School of Education, Social Work, and Psychological Sciences, 615 E. 52<sup>nd</sup>, Suite 212 • 816-235-2725
- [UM Employee Assistance Program](#) • 816-931-3073
- [WellConnect](#) School of Medicine Wellness Program • 816-235-1862

**C. Multimedia application access (crisis hotline contact information, suicide warning signs, resources offered, and free-of-cost applications)**

- [Ask Listen Refer](#) – online training program for UMKC campus community
- [RESPOND](#) – Suicide prevention training for UMKC faculty and staff
- [Suicide Prevention Information](#) – from MO Partners in Prevention
- [Suicide Prevention Resources](#) – from MO Department of Mental Health
- [Missouri Suicide Prevention Network](#)
- Free On-line Mental Health Screening Tools:
  - [Mental Health Screening](#)
  - [ULifeline](#)
  - [Life Values Inventory](#)
  - [Anxiety and Depression](#)
  - [Mental Health Is Health](#)

**D. Student-run Organizations for individuals at risk or affected by suicide**

- For a full directory of UMKC student organizations, please see [RooGroups](#)
  - [National Alliance on Mental Health](#)
  - [Oliver Club](#)

**E. Procedures for identifying and reporting suicide concerns**

- Common warning signs exist that can indicate a person may be considering harming themselves or others. Some, but not all, warning signs are:
  - Depression
  - Mood swings
  - Feelings of isolation, helplessness, and hopelessness
  - Feelings of ambivalence or feeling like a burden
  - Experience of a significant loss
  - Erratic/unusual sleep patterns
  - Reckless or impulsive behavior
  - Abuse or increased use of alcohol or other drugs
  - Talking about suicide
  - Giving away personal possessions
  - Previous attempts at suicide
  - Making a suicide plan

- All members of the university community should be aware of these warning signs and feel comfortable reporting concerns to any of the resources listed in this policy.
  - Our campus community is encouraged to take the [Ask Listen Refer](#) suicide prevention training program to help them identify suicide warning signs, ways to listen compassionately and express concern, and how to make referrals.
  - Faculty, staff, and students are encouraged to contact the Dean of Students or the [UMKC Student HelpLine](#) at 235-2222 to make a referral for the [UMKC CARE Team](#) for intervention if a student shows signs of distress.
  - Faculty and staff can raise alerts through UMKC Connect (online advising system) for students who present mental health stress or crisis. UMKC Counseling Services will follow-up with students directly.
  - [UMKC Counseling Services](#) offers crisis walk-in hours Monday through Friday at 10am and again at 2pm—no appointment needed. For follow-ups or initial consultation, please call directly at 816-235-1635.
  - Faculty, staff, and students may utilize the [UMKC Police Silent Witness](#) program for anonymous reporting concerning unsafe, potentially harmful, dangerous, violent, or criminal activities, or the threat of such activities.
  - Faculty, staff, and students are encouraged to contact campus police at 235-1515 or 911 if a student’s conduct is clearly and imminently reckless, dangerous, or threatening including self-harm or suicidal behavior.

**F. Communication plans (outreach plans regarding educational and outreach activities on suicide prevention)**

- Parents of all new students under the age of 21 receive PIP brochure on how to have conversations with their students about alcohol, mental health, and drugs.
- At the beginning of the Fall semester, all students will receive suicide prevention information in a “Health & Safety” email message.
- Suicide prevention and UMKC Counseling Services information will be included in the syllabus template for faculty.
- [Ask Listen Refer](#) training will be advertised to the university community.
- Counseling Services conducts annual suicide prevention training for all Residential Life staff and others as requested.
- Other outreach efforts will take place throughout the year for students, staff, and faculty, including New Student Orientations and during Suicide Prevention month (September).

**G. Post intervention plans (strategic plan to communicate effectively with students, staff, and parents after the loss of a student to suicide)**

- In the event of a current student’s death, the Division of Student Affairs office works with the student’s faculty and advisors to assist with communicating the information and to provide the assistance of UMKC Counseling Services for their students and colleagues.
- The Dean of Students sends a condolence letter to the family and is the contact for any further University-related correspondence.