



## **CampusMHAP Part II: *Identifying Priorities***

### **Additional Resources**

#### **General Resources**

##### **The Jed Foundation**

<http://www.jedfoundation.org>

The Jed Foundation's newly redesigned site has sections for campus professionals, parents, and students.

##### **CampusHealthandSafety.org Mental Health Pages**

<http://www.campushealthandsafety.org/mentalhealth/>

This site outlines a public health approach to promoting student mental well-being, including an overview of the literature on the negative consequences of poor mental health in college students. See sidebar "Addressing Mental Health from a Public Health Perspective."

**Suicide Prevention Resource Center.** (2004). *Promoting Mental Health and Preventing Suicide in College and University Settings*. Newton, MA: Education Development Center, Inc.

[http://www.sprc.org/library/college\\_sp\\_whitepaper.pdf](http://www.sprc.org/library/college_sp_whitepaper.pdf)

This paper summarizes much of what is known about suicidal behavior among college students and recommends strategies to promote mental health and prevent suicide on campuses.

#### **Identifying Priorities**

##### **Strategic Planning for Prevention Professionals on Campus**

<http://www.higheredcenter.org/files/product/strategic-planning.pdf>

This publication describes a strategic planning process for developing campus-based programs and policies. Although it addresses alcohol, other drugs, and violence prevention, the basic planning steps come from the wider literature on health promotion and prevention and are consistent with the U.S. Department of Education's principles of effectiveness for prevention programs.

### **Getting to Outcomes 2004: Promoting Accountability through Methods and Tools for Planning, Implementation, and Evaluation**

[http://www.rand.org/pubs/technical\\_reports/TR101/](http://www.rand.org/pubs/technical_reports/TR101/)

This manual presents a ten-step process that enhances prevention skills while empowering readers to plan, implement, and evaluate programs. It includes text and worksheets and can be applied to any type of prevention programming.

### **Stanford University's Student Mental Health & Well-Being Task Force**

<http://www.stanford.edu/group/mhwb/index.shtml>

Stanford's Task Force website includes its October 2008 report with recommendations and proposed actions to improve the University's commitment to supporting students' mental health and well-being.

### **Sources of Data on College Student Mental Health and Suicide**

- American College Health Association-National College Health Assessment: [http://www.acha-ncha.org/pubs\\_rpts.html](http://www.acha-ncha.org/pubs_rpts.html)
- CORE Drug and Alcohol Survey: [http://www.siu.edu/departments/coreinst/public\\_html/](http://www.siu.edu/departments/coreinst/public_html/)
- Healthy Minds Study: <http://www.healthymindsstudy.net/home.html>
- National College Health Risk Behavior Survey: <http://www.cdc.gov/mmwr/preview/mmwrhtml/00049859.htm>
- National Survey of Counseling Center Directors: <http://www.iacsinc.org/>
- National Survey of Student Engagement: <http://nsse.iub.edu/index.cfm>
- Profile of Today's College Student: <http://www.naspa.org/profile>
- Survey of College Mental Health and Well-Being: <http://www.crpsib.com/projects.asp>
- The Nature of Suicidal Crises in College Students: [http://www.cmhc.utexas.edu/rc\\_project5.html](http://www.cmhc.utexas.edu/rc_project5.html)

### **Risk and Protective Factors for Suicide**

<http://www.sprc.org/library/srisk.pdf>

This is a list of protective factors and the bio-psycho-social, environmental, and socio-cultural risk factors for suicide.