



Suicide Prevention Resource Center

Promoting a public health approach to suicide prevention



The nation's only federally supported resource center devoted to advancing the *National Strategy for Suicide Prevention*.

Marijuana and Prescription Drug Use Among College Students: Bridging research to practice



June 9, 2014

Substance Abuse and Suicide

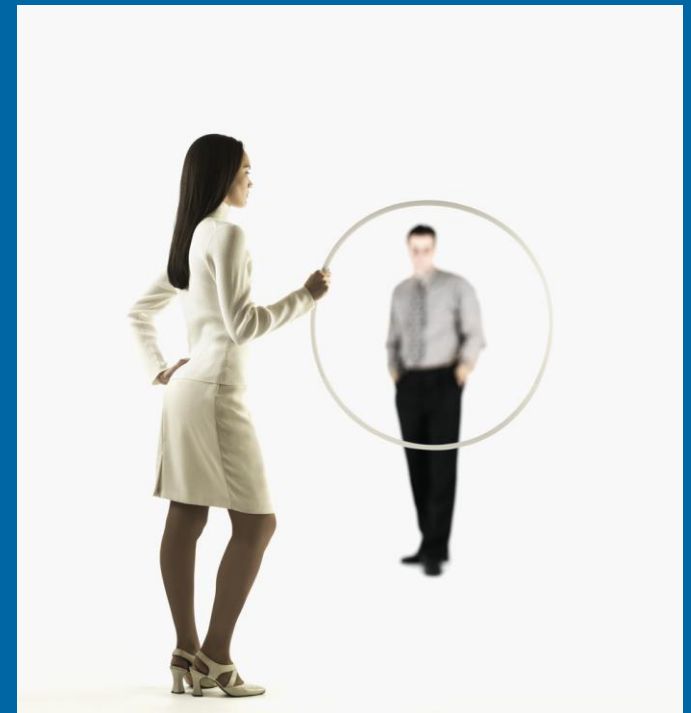
- ✓ Suicide is the leading cause of death among people with substance use disorders
- ✓ Shared risk and protective factors
- ✓ Overlapping populations seen by mental health and substance abuse providers

(Zeller, SAMHSA, 2013)

GLS Key Informant Interviews

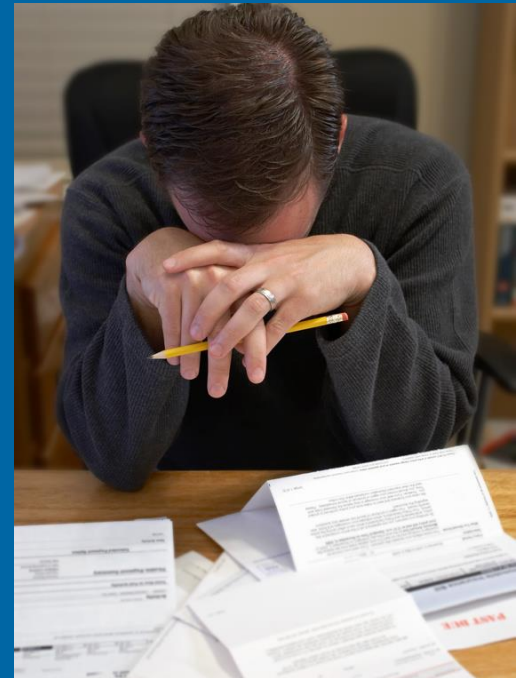
✓ *Challenges to collaborating with substance abuse prevention:*

- Absence of shared goals/language
- Inadequate cross-training
- Political context/resistance from leadership
- Turf issues



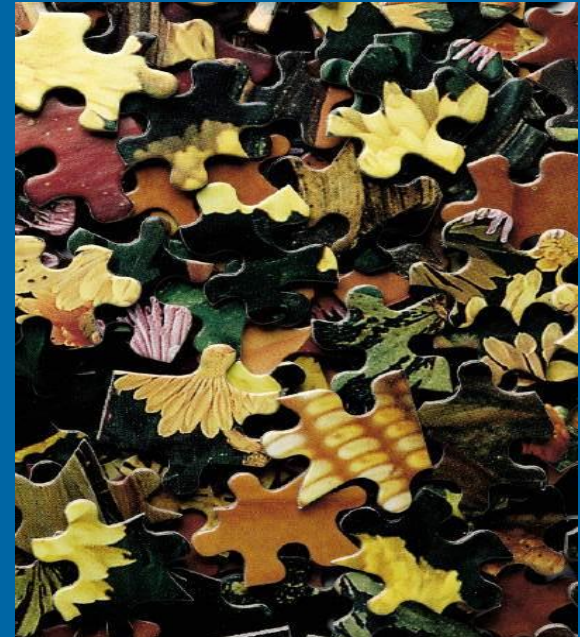
Barriers to Collaboration

- Differing philosophies and funding streams between mental health and substance abuse professionals
- Campus readiness for change
- Lack of leadership
- Turf issues



Facilitators to Collaboration

- Leadership
- Coalitions and task forces
- Shared understanding of the continuum of care (prevention, treatment and maintenance)



Language Matters: Resource



Crosswalk of Suicide Prevention and Substance Abuse

The table contains common concepts and definitions used in the fields of substance abuse prevention/treatment and suicide prevention.

Concept	Suicide Prevention (SP)	Substance Abuse (SA)
Recovery	Recovery occurs after suicidal thoughts and/or attempts. Strengthening mental health acts as primary prevention.	Recovery is more than an abstinence from alcohol and drugs; it's about building a full, meaningful, and productive life in the community. The ability to effectively manage and withstand triggering emotions is a cornerstone of SA recovery. May involve peer-support programs, professional counseling and/or medication.
Prevention	Effective prevention programs and policies stress the importance of wellness, resiliency, and protective factors; effective suicide response and intervention programs address risk factors, mental health and substance abuse services, and crisis response for those who are struggling with suicidal behaviors; and effective support programs are required for those who have been touched by suicide or suicidal behavior.	Prevention programs are two-fold: preventing initiation of drug use and preventing relapse among users. Universal prevention programs aim to avoid substance use at the population, while indicated prevention programs are utilized to prevent relapse. Recovery as prevention is often seen (e.g., regular attendance to AA promotes recovery while preventing relapse).
Risk Factors	Attributes which raise the risk of suicidal ideation.	Most commonly refers to attributes which raise the risk of substance abuse. May also refer to the risk of substance dependence.
Protective Factors	Most commonly refers to attributes which shelter an individual from a suicide attempt. May also refer to reduced risk of suicidal ideation.	Attributes which prevent the initiation of drug-taking. Includes individual (e.g., cultural beliefs) and environmental (e.g., adequate employment) factors that protect against substance abuse/misuse.

SPRC Substance Abuse and Suicide Prevention Collaboration Continuum Suicide Prevention Resource Center – 2013

Adapted from The Jed Foundation/SPRC's *Comprehensive Approach to Suicide Prevention and Mental Health Promotion* [need year] by Wheeler Clinic's Connecticut Center for Prevention, Wellness and Recovery's Connecticut Healthy Campus Initiative in partnership with the Connecticut Department of Mental Health and Addiction Services, 2013.

Benefits of Collaboration



Collaboration Continuum

SPRC Substance Abuse and Suicide Prevention Collaboration Continuum

CONTEMPLATING

At this stage, we are thinking about collaborating. We have potential partners in mind, but we have not approached them.

COOPERATING

At this stage we have decided partnering makes sense. We are engaging partners, but have no formal agreements.

COORDINATING

At this stage our partnership is growing stronger, and we are modifying our activities for mutual benefit. We are engaged in projects, initiatives and work together.

COLLABORATING

At this stage our partnership has formal agreements. We are working toward developing enhanced capacity to achieve a shared vision.

Resources

SPRC Substance Abuse and Suicide Prevention Collaboration Continuum

<http://www.sprc.org/states/collaborationcontinuum>

SAMHSA National Prevention Week Toolkit

<http://store.samhsa.gov/product/National-Prevention-Week-2013-Participant-Toolkit/SMA14-4687>

SAMHSA's CAPT page on Prescription Drug Abuse and Misuse

<http://captus.samhsa.gov/prevention-practice/targeted-prevention/prescription-drug-abuse>

SAMHSA Opioid Overdose Prevention Toolkit

<http://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA13-4742>

SAMHSA's "Talk, They Hear You" Underage Drinking Prevention Campaign

<http://beta.samhsa.gov/underage-drinking>

STOP Underage Drinking

<https://www.stopalcoholabuse.gov/>

SAMHSA Underage Drinking Prevention YouTube videos

<http://www.youtube.com/playlist?list=PL6F25AC126268A2B3>

Contact Us

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Visit the SPRC website!: www.sprc.org

