

**Motlow State Community College is committed to the mental health wellness of its students, faculty and staff.** As such, and in compliance with the requirements of **T.C.A. § 49-7-172**, Motlow has developed a suicide prevention plan that engages in a variety of initiatives to improve and provide crisis services.

Motlow's Suicide Prevention Plan will be disseminated to faculty, staff, and students each academic term via campus email and post on the Motlow Counseling Services website. The Counseling Services office will disseminate the plan to students and the Human Resources office will disseminate the plan to faculty and staff. Both offices will record each dissemination.

## Prevention

Motlow has developed a comprehensive approach to increase mental health awareness through efforts of prevention.

## Contact

- For Counseling Services on campus, please email [counseling@mscc.edu](mailto:counseling@mscc.edu) or call **931-393-1960**. Counseling Services are available at each Motlow campus.
- For immediate help contact the National Suicide Lifeline Number **988** or Text "TN" to **741741**.

## Prevention Components & Resources

Motlow is committed to and cares about all students. Support services are available for any person at Motlow who is experiencing feelings of being overwhelmed, hopelessness, depression, thinking about dying by suicide, or is otherwise in need of assistance.

Key components of Motlow's suicide prevention work include:

- A suicide or mental health wellness syllabus statement included on Faculty Syllabi for all courses.
- In compliance with the Save Tennessee Students Act, each student at Motlow is issued an identification card that includes contact information for suicide and crisis prevention resources.
- Each September, Counseling Services observes National Suicide Prevention Month with outreach efforts and hosts annual Suicide Prevention training for student, faculty and staff.

- Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/community resources made available through:
  - Motlow Counseling Services website, and
  - Through additional methods that include brochures, fliers, posters.
- Utilizing community resources and agencies to provide prevention services for Motlow community members. Motlow has established relationships with the following local Mental Health facilities for the purpose of providing prevention education and training.
  - TSPN (Tennessee Suicide Prevention Network) provides in-person training and programming. **(615) 297-1077**.
  - Certified QPR Trainer will provide annual QPR (Question, Persuade, Refer) training to faculty and staff.
  - For a comprehensive list of community partners and services, which may include crisis referral services, prevention screenings, training programs, etc, contact a Motlow Licensed Therapist at **931-393-1960**.

## Intervention

There is no typical suicidal person. No age group, ethnicity, or background is immune. Fortunately, many troubled individuals display behaviors deliberately or inadvertently that signal their suicidal intent. Recognizing the warning signs and learning what to do next may help save a life.

## Contact

If someone exhibits behavioral patterns that may indicate possible risk for suicide, they should be watched closely. If the patterns appear to be numerous or severe, seek professional help at once.

If a student, faculty, or staff member encounters a suicidal student, faculty, or staff member, the following individual should be contacted immediately:

- Should you encounter a suicidal student, faculty or staff member, a Motlow Licensed Therapist should be notified immediately at **931-393-1960**.
- The National Suicide Prevention Lifeline can be reached at **988** and provides telephone access to trained counselors, 24 hours a day, 7 days a week.
- The Crisis Text Line can be reached by texting **"TN" to 741741**.

## Warning Signs

<https://www.tspn.org/warning-signs>

- Talking about suicide, death, and/or no reason to live
- Preoccupation with death and dying
- Withdrawal from friends and/or social activities
- Experience of a recent severe loss (especially a relationship) or the threat of a significant loss
- Experience or fear of a situation of humiliation or failure
- Drastic changes in behavior
- Loss of interest in hobbies, work, school, etc.
- Preparation for death by making out a will (unexpectedly) and final arrangements
- Giving away prized possessions
- Previous history of suicide attempts, as well as violence and/or hostility
- Unnecessary risks; reckless and/or impulsive behavior
- Loss of interest in personal appearance
- Increased use of alcohol and/or drugs
- General hopelessness
- Recent experience humiliation or failure
- Unwillingness to connect with potential helpers

If the suicidal person has plans and access to a lethal means, is planning to make an attempt very soon, or is currently in the process of making an attempt, the individual is in imminent danger and should not be left alone.

Get the person help immediately by calling 911. The Motlow Public Safety office will be contacted by local dispatch when 911 is called for emergency situations.

A Motlow Licensed Therapist will respond to the student who is contemplating suicide. If a Licensed Therapist is unavailable, a campus administrator (Dean, Director, Division Leader) who is available should be contacted. Simultaneously, contact Mobile Crisis at 855-274-7471.

If any faculty, staff, or student is severely depressed and/or potentially suicidal after administrative business hours, call the National Suicide Prevention Lifeline at **988**. And if they are actively suicidal, call **911**.

## Intervention Resources

Motlow has established relationships with the following local Mental Health facilities for the purpose of crisis referral services.

**TN Mobile Crisis Services** (855-274-7471) provides crisis response. Services may include: Telephone services provided by trained crisis specialists; face-to-face or telehealth assessment; referral for additional services & treatment; stabilization of symptoms; follow-up services; etc.

**Mental Health Cooperative (MHC)** (615-726-0125) provides a 24-hour walk-in crisis center, located in Davidson County. MHC's emergency psychiatric services are available at this location 24/7 at no cost. Walk-ins are permitted at Metro Center Campus, 275 Cumberland Bend, Nashville, Tennessee 37228.

The safety and wellbeing of our students, faculty, and staff is of the utmost importance. In situations that require immediate action because of safety or other concerns, Motlow will take any reasonable administrative action or accommodation protocols that are appropriate. Such interim actions may include, but are not limited to adjustments to schedules; ADA accommodations; adjustments of course and exam schedules; facilitation of hold; harmless, voluntary withdrawals; incompletes; etc.

## Postvention

Because all student, faculty, and staff deaths affect our college community, whether that death is accidental, due to illness, or the result of self-inflicted injury, it is important for Motlow to respond to and recognize all deaths in a consistent manner. College leadership and departments tasked with communicating internally and externally have developed a protocol that includes a campus response to any student, faculty, or staff suicide to decrease the trauma experienced by the students and other college community members. The rationale is to address those who are left behind and to help prevent further suicides.

## Contact

If a student, staff, or faculty member death occurs by suicide, the following persons, or their designees, should be notified immediately:

- Executive Vice President of Student Success **615-880-7970**
- Motlow Licensed Therapist **931-393-1960**

## Comprehensive Response Protocol

Motlow comprehensive suicide prevention, intervention, and postvention protocol is available to the campus community, campus administration, etc. For more information, please contact a Motlow Licensed Therapist at **931-393-1960**.

## Next steps

### ***Inform your supervisor***

- Alert your chair/supervisor about your interaction. The Family Educational Rights and Privacy Act (FERPA) permits communication about a student of concern in connection with a health and safety emergency.

### ***Comply with Reporting Requirements***

- Consider your campus role related to campus security requirements and if there are any Title IX or crime-related reports to be filed.
- Report students of concern to the Behavioral Intervention Team through Maxient.

### ***Take care of yourself***

- Reflect on your own boundaries, self-care, and support needs. Seek support from colleagues and department heads.
- Contact Human Resources for information about wellness programs for employees and to inquire about the employee assistance program.

### ***Follow up***

- With student—check in with the student before or after class privately to ask how things are going and make sure student has connected with available resources.
- With staff or supervisor—to determine if any policies need to be updated and to assess what went well and any barriers that may have impeded student access to resources.

## Resources

### **CRISIS**

Emergencies	911
Counseling Services	931-393-1960 <i>Free, confidential service to currently enrolled students</i>
Motlow State Public Safety	931-393-1737
TN Crisis Text Line	Text TN to 741-741 <i>To connect with a crisis counselor</i>
National Suicide & Crisis Line	988 call or text

### **NON-CRISIS**

Disability Services	931-393-1765
Veteran's Affairs	931-393-1529
Student Success Center	
Fayetteville	931-433-9343
McMinnville	931-668-7010
Moore County	931-393-1610
Smyrna	615-220-7854
Writing Center and Math Lab	<a href="https://www.motlow.edu/academics/programs/tutoring">https://www.motlow.edu/academics/programs/tutoring</a>
Clubs & Organizations	<a href="https://www.motlow.edu/belong/clubs/index.html">https://www.motlow.edu/belong/clubs/index.html</a>
Just Report It	<a href="https://sso.mscc.edu/">https://sso.mscc.edu/</a>
Student Success Advisors	Email: <a href="mailto:completioncoaches@mscc.edu">completioncoaches@mscc.edu</a>
Title IX	<a href="mailto:titleix@mscc.edu">titleix@mscc.edu</a>



**MOTLOW  
STATE**

## Counseling Services

Email: [counseling@mscc.edu](mailto:counseling@mscc.edu)

Phone: 931-393-1960



**RECOGNIZE**  
SEE SOMETHING.

**RESPOND**  
SAY SOMETHING.

**REFER**  
DO SOMETHING.



# Recognize

SEE SOMETHING.

## Academic indicators

- Sudden decline in quality of work & grades
- Repeated absences/tardiness
- Disturbing content in assignments
- Instructor provides more personal counseling instead of academic counseling
- Overly demanding of faculty attention
- Multiple requests for extensions

## Physical indicators

- Marked changes in physical appearance (e.g., grooming, hygiene deterioration, weight loss/gain)
- Excessive fatigue or sleep disturbance
- Intoxication, hangovers, smelling of marijuana or alcohol
- Appears disoriented or "out of it"
- Garbled, tangential, disconnected, or slurred speech

## Safety risk indicators

- Unprovoked anger or hostility
- Implying or making direct threats to harm self or others
- Academic assignments include themes of hopelessness, rage, worthlessness, isolation, despair, acting out, suicidal ideations/violent behaviors
- Physical violence (e.g., shoving, grabbing, assault, use of weapons)
- Stalking or harassing behavior
- Communicating threats by email, text, phone calls, or other correspondence

## Psychological indicators

- Self-disclosure of personal distress (e.g., family problems, financial difficulties, grief, shame)
- Feelings of hopelessness and helplessness
- Excessive tearfulness, panic reactions, irritability, or unusual apathy
- Other students being concerned about the student
- Withdrawing, agitation, muttering under breath, slow response to questions
- Delusions or paranoia

# Respond

SAY SOMETHING.

## Say what you see

- Be direct
- Stick to the facts
- Don't make assumptions
- Describe the changes you've noticed
- Ask if they are okay
- Listen

## Show you care

- Let them know you are there to help them identify resources
- Be patient and listen
- Maintain eye contact
- Offer help where you can
- Ask what they need
- Remove distractions
- Summarize what they say

## Hear them out

- Listen
- Provide a space to be heard
- Be curious
- Be present & patient
- Let them know they are not alone
- Affirm their feelings

## Connect them to help

- Determine the need and resources
- Reaffirm your support and care
- Connect them to resources
- Follow up

# Refer

DO SOMETHING.

Is the student an imminent danger to self or others? Does the student need immediate assistance? Use this decision tree to determine the most appropriate response

## YES

*Situation requires an immediate response*

The student is at immediate risk of harming self or others, incoherent or unresponsive, in extreme distress, or causing extreme distress to others. I do not feel comfortable with the student being alone OR I have significant concerns about this student and cannot determine if they are at imminent risk.

## ACTION STEPS:

- Call 911
- After the student has been connected to emergency resources, report the incident to your chair/supervisor

## NO

*But I would benefit from a consultation*

This is not an emergency, but the student is showing signs of distress and the issue is impacting multiple areas of their life. I am concerned about them and need guidance to help connect them to support resources.

## ACTION STEPS:

- Help the student connect with Counseling Services by calling 931-393-1960 to request a same day appointment.
- Refer the student to non-crisis campus resources.
- *When in doubt, contact Counseling Services for a consult.*

## NO

*I can handle the situation myself*

This is not an emergency, but I believe the student is struggling with academic and/or personal issues and could benefit from additional support and resources.

## ACTION STEPS:

- Refer to Counseling Services (931-393-1960) for consultation OR by completing the Counseling referral form at [www.Motlow.edu/counseling](http://www.Motlow.edu/counseling)
- Refer student to non-crisis resources