

# TCAT- Upper Cumberland Suicide Prevention Plan

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

TCAT- Upper Cumberland's Suicide Prevention Plan will be disseminated in various ways to faculty, staff, and students each academic term by student handbook, social media, workshops, slate text, and flyers/posters.

## Prevention

TCAT- Upper Cumberland has developed a comprehensive approach to increase mental health awareness through efforts of prevention.

## Contact

TCAT- Upper Cumberland contact for suicide prevention work is Jena DeMars, Student Services Coordinator, 931-484-7502.

## Prevention Components & Resources

Key components of TCAT- Upper Cumberland's suicide prevention work include:

- A suicide or mental health wellness syllabus statement included on Faculty Syllabi for all courses.  
TCAT- Upper Cumberland is committed to and cares about all students. Support services are available for any person at TCAT- Upper Cumberland who is experiencing feelings of; being overwhelmed, hopelessness, depression, thinking about dying by suicide, or is otherwise in need of assistance. For immediate help contact the National Suicide Lifeline Number 1-800-273-TALK(8255) or Text "TN" to 741741 or the Trevor Lifeline at 1-866-488-7386. Veterans may also wish to contact the Veterans Crisis Line at 1-800-273-8255 (press 1) or Text 838255.
- Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/community resources are made available through:
  - TCAT- Upper Cumberland website <https://tcatuppercumberland.edu/current-students/current-students> and
  - Through additional methods, such as flyers, posters, social media, and health fairs.
- Utilizing community resources and agencies to provide prevention services for TCAT- Upper Cumberland community members. TCAT- Upper Cumberland has established relationships with the following local facilities for the purpose of providing prevention education, training and/or prevention screenings.
  - Centerstone
  - Cumberland Prevention Coalition
  - Tennessee Suicide Prevention Network

## Additional Information

Information regarding such relationships at TCAT- Upper Cumberland is available at student services. Student services will have available a comprehensive list of partners and services available to members of the TCAT- Upper Cumberland community which may include crisis referral services, prevention screenings, training programs, etc. Any campus member interested in accessing the services/agencies and training noted above, or for more information about TCAT- Upper Cumberland's suicide prevention efforts should contact Jena DeMars, Student Services Coordinator, 931-484-7502.

## Intervention

There is no typical suicidal person. No age group, ethnicity, or background is immune. Fortunately, many troubled individuals display behaviors deliberately or inadvertently signal their suicidal intent. Recognizing the [warning signs](http://tspn.org/warning-signs) (<http://tspn.org/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 they appear numerous or severe, seek professional help at once. **The National Suicide Prevention Lifeline at 1-800-273-TALK (8255) provides access to trained telephone counselors, 24 hours a day, 7 days a week or the Crisis Text Line by texting TN to 741 741.**

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

Jena DeMars, Student Services, 931-484-7502

Should the incident occur after hours, or the above noted individual is not available, the following should be contacted immediately:

Cliff Wightman, TCAT- Upper Cumberland President, 931-484-7502

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, this individual is in imminent danger and should not be left alone. Get the person help immediately. Determine who can get there quickly and keep the individual safe.

Should you have this concern, you should immediately call 9-1-1.

## Intervention Resources

TCAT- Upper Cumberland has established relationships with the following local Mental Health facilities for the purpose of [crisis referral services].

- Cumberland Mountain Mental Health
- Bradford Health Services

**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, TCAT- Upper Cumberland 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, exam, schedules, facilitation of hold harmless voluntary withdrawals, incompletes, etc.

### Additional Information

Information regarding such relationships at TCAT- Upper Cumberland is available at student services will have available a comprehensive list of partners and services available to members of the TCAT- Upper Cumberland community. Any campus member interested in more information about TCAT- Upper Cumberland's suicide intervention protocol should contact Jena DeMars, Student Services, 931-484-7502.

### Postvention

Because all student/faculty/staff deaths affect our community, whether that death is accidental, due to illness, or the result of self-inflicted injury, it important for TCAT- Upper Cumberland to respond to and recognize all deaths in a consistent manner. Campus leadership and the communications department developed a protocol that includes a campus response to a student/faculty/staff suicide to decrease the trauma experienced by the students and other campus community members left behind and to help prevent further suicides through contagion.

### Contact

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

Cliff Wightman, TCAT- Upper Cumberland President, 931-484-7502

### Postvention Components & Resources

TCAT- Upper Cumberland has established relationships with the following local Mental Health facilities for the purpose of working to decrease community trauma.

- Cumberland Mountain Mental Health
- Bradford Health Services

### Additional Information

Information regarding such relationships at TCAT- Upper Cumberland is available at student services. Student Services will have available a comprehensive list of partners and services available to members of the TCAT- Upper Cumberland. Any campus member interested in more information about TCAT- Upper Cumberland suicide prevention protocol should contact Jena DeMars, Student Services Coordinator, 931-484-7502.

### Comprehensive Response Protocol

TCAT- Upper Cumberland's comprehensive suicide prevention, intervention and postvention protocol is available to the campus community, campus administration, etc. For more information, please contact Jena DeMars, Student Services, 931-484-7502.