

# Chattanooga State Suicide Prevention Plan

Chattanooga State Community College 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, Chattanooga State, which includes TCAT Chattanooga, has developed a suicide prevention plan that engages in a variety of initiatives to improve and provide crisis services.

Chattanooga State's Suicide Prevention Plan will be disseminated to faculty, staff, and students each academic term. Chattanooga State will disseminate our plan each term via email, web link, student handbook, etc.

## PREVENTION

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

### Contact

Chattanooga State's contact for suicide prevention work is:

Sandy Rutter, Dean of Student Engagement and Support Services

Phone: 423-697-4475/423-994-5550

Email: [sandy.rutter@chattanoogastate.edu](mailto:sandy.rutter@chattanoogastate.edu)

### Prevention Components & Resources

To ensure that Chattanooga State students, faculty, and staff are informed, measures will be taken each semester to ensure accessibility. Key components of Chattanooga State's prevention plan will include strategies listed below:

- Inclusion of a suicide or mental health wellness statement on all course syllabi. For the 2019 – 2020 academic year, statement will be:

*Chattanooga State Community College is committed to and cares about the well-being of all students and employees. Support services are available for any person in need of assistance who may feel overwhelmed, hopeless, depressed, and/or is thinking about self-harm or suicide. For immediate help contact Chattanooga State Counseling Services at 423-697-4483, or Campus Police at 423-697-4467/423-593-8681. Help is also available through 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 campus and community resources including the National Suicide Prevention Lifeline, Crisis Text Line, Chattanooga State Counseling Services and the Student Support Center:

- Chattanooga State website [www.chattanoogastate.edu/students](http://www.chattanoogastate.edu/students) and [www.chattanoogastate.edu/consumer-information](http://www.chattanoogastate.edu/consumer-information)
- eLearn
- Student Handbook
- Campus Flyers and Posters
- New Student Orientation
- College Success Course
- Each semester, an overview of the Suicide Prevention Plan will be emailed to all students, faculty, and staff.
- Each academic year, the Counseling team and Student Support Center will host a minimum of four (4) training opportunities for Chattanooga State faculty, staff, and students.
- Chattanooga State will partner with mental health providers in our service area to offer prevention programming, outreach, and screenings. The College has established relationships with the following providers:

Partner	Address	Point of Contact
Helen Ross McNabb Center	601 Cumberland Street Chattanooga, TN	Gayle Lodoto Senior Director, Southeast Region
Chattanooga Vet Center	951 Eastgate Loop Road Building 5700, Suite 300 Chattanooga, TN 37411	Kristina Stevens Director
Joe Johnson Mental Health	420 W. Bell Ave. Chattanooga, TN 37405	Jimmy Catlett Director
Tennessee Suicide Prevention Network	446 Metroplex Dr. Suite A-224, Nashville, TN 37211	Scott Ridgeway

#### Additional Information

Information regarding Chattanooga State partnerships with mental health providers will be available in the Student Support Center, on the Counseling webpage, and from the institution's counseling team.

Counseling Services and the Student Support Center  
 Instructional Materials Center (IMC) 124  
 423-697-4483  
<https://www.chattanoogastate.edu/students>

Counselors:  
 Belinda Smith, 423-697-3228  
 Doug Byrd, 423-697-3169

## 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:

Primary	Secondary	Emergency
Belinda Smith Counselor Desk: 423-697-3228 Main: 423-697-4483	Michelle Kilgore Director, Educational Outreach Office: 423-697-5740 Cell: 423-593-1927	Campus Police Main: 423-697-4467 Cell: 423-593-8681
Doug Byrd Counselor Desk: 423-697-3169 Main: 423-697-4483	Sandy Rutter Dean, Student Engagement Office: 423-697-4475 Cell: 423-994-5500	Crisis Response Services 24 hour crisis line Local: 423-634-8995 Toll free: 1-800-704-2651

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

Primary	Secondary
Campus Police Main: 423-697-4467 Cell: 423-593-8681	Crisis Response Services 24 hour crisis line Local: 423-634-8995 Toll free: 1-800-704-2651

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

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

Agency Partner	Address	Services
Helen Ross McNabb Center	601 Cumberland Street Chattanooga, TN	Prevention Training Counseling Crisis Counseling and Intervention
Chattanooga Vet Center	951 Eastgate Loop Road Building 5700, Suite 300 Chattanooga, TN 37411	Prevention Training Counseling Crisis Counseling and Intervention
Joe Johnson Mental Health	420 W. Bell Ave. Chattanooga, TN 37405 423-634-8884	Prevention Training Counseling Crisis Counseling and Intervention
Mobile Crisis Unit	423 Spring St. Chattanooga, TN 37405 423-417-2585	Crisis Counseling and Intervention Transportation

The following resources are utilized for 24/7 Hotline Services:

Additional Crisis Referral Resources		
Tennessee Suicide Prevention Network	1-800-273-TALK	24/7 Hotline Services
National Suicide Prevention Lifeline	1-800-273-8255	24/7 Hotline Services
Trevor Lifeline for LGBT Youth	1-866-488-7386	24/7 Hotline Services
Crisis Text Line	Text "TN" to 741-741	24/7 Hotline Services
7 Cups of Team -online chat	7cupsoftea.com	24/7 Hotline Services
I'm Alive - online chat	Imalive.org	24/7 Hotline Services
Lifeline Crisis Chat - online chat	CrisisChat.org	24/7 Hotline Services
Adult Statewide Crisis Phone Line	1-855-CRISIS-1 or 1-855-274-7471	24/7 Hotline 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, Chattanooga State 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.

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Counselors

Belinda Smith, 423-697-3228  
Doug Byrd, 423-697-3169

## 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 is important for Chattanooga State 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:

Sandy Rutter  
Dean of Student Engagement and Support Services  
Phone: 423-697-4475/423-994-5550  
Email: [sandy.rutter@chattanoogaastate.edu](mailto:sandy.rutter@chattanoogaastate.edu)

### Postvention Components & Resources

Chattanooga State has established relationships with the following local Mental Health facilities for the purpose of working to decrease community trauma.

Partner	Address	Point of Contact
Helen Ross McNabb Center	601 Cumberland Street Chattanooga, TN	Gayle Lodoto Senior Director, Southeast Region
Chattanooga Vet Center	951 Eastgate Loop Road Building 5700, Suite 300 Chattanooga, TN 37411	Kristina Stevens Director
Joe Johnson Mental Health	420 W. Bell Ave. Chattanooga, TN 37405 423-634-8884	Jimmy Catlett

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Counselors:  
Belinda Smith, 423-697-3228  
Doug Byrd, 423-697-3169

### Comprehensive Response Protocol

Chattanooga State's comprehensive suicide prevention, intervention and postvention protocol is available to the campus community. For more information, please contact one of the following individuals:

Dean of Student Engagement & Support Services	Vice President of Student Affairs
Sandy Rutter Phone: 423-697-4475 Email: <a href="mailto:sandy.rutter@chattanoogastate.edu">sandy.rutter@chattanoogastate.edu</a>	Debbie Adams Phone: 423-697-4423 Email: <a href="mailto:debbie.adams@chattanoogastate.edu">debbie.adams@chattanoogastate.edu</a>