

This document was developed and prepared by LuJodia Bell, Bethel University Clinical Services Director, and Rachael Brooks, Bethel University Title IX and Prevention Services Director, with the assistance of Tosha Gurley, Northwest TN Director of the Tennessee Suicide Prevention Network (TSPN). The template of this document was provided to Bethel University by the Coalition for Healthy and Safe Campus Communities (CHASCo) with permission from the Tennessee Board of Regents (TBR).

The following is a list of positions and contact information for people within Bethel University who are responsible for enacting this plan:

- **Bethel University's Safety & Security Office**
(731) 352-4222 (office); (731) 415-7599 (24/7 cell); busecurity@bethelu.edu
- **Director of Clinical Services - LuJodia Bell**
(731) 352-6786 (office); (731) 415-1058 (cell); belll@bethelu.edu
- **University Chaplain - Anne Hames**
(731) 352-4066 (office); (731) 415-6781 (cell); hamesa@bethelu.edu
- **Associate Chaplain - Garrett Burns**
(731) 352-6449 (office); (731) 535-3126 (cell); burnsg@bethelu.edu
- **Contracted Counselor for CPS Students - Amanda Lifsey**
(731) 415-7996; amanda.lifsey@gmail.com
- **Dean of Student Development - Sandy Louden**
(731) 352-4095 (office); 731-415-0565 (cell); loudens@bethelu.edu
- **Director of Human Resources - Carolyn Dotson**
(731) 352-4272 (office); dotsonc@bethelu.edu
- **President - Walter Butler**
(731) 352-4202 (office); butlerw@bethelu.edu
- **Vice President for Strategic Initiatives - Michelle Mitchell**
(731) 352-4239 (office); mitchellm@bethelu.edu
- **Title IX and Prevention Services Coordinator - Rachael Brooks**
(731) 352-4246 (office); brooksra@bethelu.edu
- **Memphis Satellite Location Campus Manager - Carmellia Wright**
(901) 334-5860; wrightc@bethelu.edu
- **Nashville Satellite Location Campus Manager - Rebecca Henson**
(615) 390-2295; hensonr@bethelu.edu

- **Jackson Satellite Location Campus Manager - Pam Hornbuckle**
(901) 355-9806; hornbucklep@bethelu.edu
- **Clarksville Satellite Location Campus Manager - Julie Daniel**
(931) 237-8752; danielj@bethelu.edu
- **Paris Satellite Location Campus Manager - Kristy Edgin**
(731) 407-7612; edgink@bethelu.edu

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

BETHEL UNIVERSITY's Suicide Prevention Plan will be disseminated to faculty, staff, and students each academic year by email.

PREVENTION

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

Contact:

BETHEL UNIVERSITY's contacts for suicide prevention work are:

- LuJodia Bell, Clinical Services Department Director
731-352-6786, 731-415-1058 or belll@bethelu.edu
bethelu.edu/current-students/clinical-services
- Rachael Brooks, Title IX and Prevention Services Coordinator
731-352-4246 or brooksra@bethelu.edu
bethelu.edu/about/title-ix-and-prevention-services

Prevention Components & Resources:

Key components of BETHEL UNIVERSITY's suicide prevention work include:

- A suicide or mental health wellness syllabus statement included on Faculty Syllabi for all courses:

“BETHEL UNIVERSITY is committed to and cares about all students. Support services are available for any person at BETHEL UNIVERSITY 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 741741**. Students and employees on the McKenzie or Paris campuses can also contact **Bethel's Safety and Security Office (731-415-7599)** or the **Mobile Crisis Number (1-800-353-9918)**. Counseling is available on campus to *CAS and CHS students* through **Bethel University's Department of Clinical Services (731-352-6786)** and to *CPS students* by contacting **Amanda Lifsey, LCSW (731-415-7996)**. Students may be referred by these resources to other treatment programs for more intensive treatment. Bethel University's **Human Resources Department (731-352-4272)** also offers employees assistance through appropriate referrals. **Emergency Services (911)** should be contacted in the event of an emergency.”

- Promotion of the National Suicide Prevention Lifeline, Crisis Text Line, and campus/community resources are made available through:
 - BETHEL UNIVERSITY's website bethelu.edu/current-students/clinical-services and through additional methods, such as utilizing flyers/posters around campus and providing suicide prevention training to incoming freshmen, Faculty, Staff, Community Engagement Scholars, Coaches, and other groups on campus.
- Utilizing community resources and agencies to provide prevention services for BETHEL UNIVERSITY community members. BETHEL UNIVERSITY has established relationships with the following local Mental Health facilities for the purpose of providing prevention education, training and/or crisis services.
 - Carey Counseling Center, Inc. provides mobile crisis services, trainings, and trauma debriefings. Carey Counseling Center Mobile Crisis may be contacted at 1-800-353-9918. Sherri Sedgebear, Site Director for Carey's Huntingdon Office, may be contacted at 731-986-4411 regarding trainings and debriefings.
 - The Tennessee Suicide Prevention Network (TSPN) provides trainings and resources. TSPN's Rural Northwest Regional Director may be contacted at tgurley@tspn.org.

INTERVENTION

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

The Warning Signs:

The following behavioral patterns may indicate possible risk for suicide and 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)** and the **Crisis Text Line**, which can be used by **texting "TN" to 741741**, provide access to trained telephone counselors, 24 hours a day, 7 days a week.

- 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 of any kind, e.g. friend, family, pet, etc.) 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
- Unwillingness to connect with potential helpers

CONTACT

College of Arts and Sciences (CAS) or College of Health Sciences (CHS)

The following process should be followed if a College of Arts and Sciences (CAS) or a College of Health Sciences (CHS) student, faculty, or staff member encounters a suicidal student, faculty, or staff member on their respective campuses.

1. Do NOT leave the student/employee alone.
2. Alert BU Security Officers-Call the 24/7 Cell Phone (731-415-7599).
 - a. If the suicidal person has plans and access to lethal means, is planning to make an attempt very soon, or is currently in the process of making an attempt, contact 911 and then contact Security.
3. If working with a student, Security will attempt to contact LuJodia (Jodi) Bell, BU's Director of Clinical Services (731-415-1058).
 - a. If Jodi is not available, Security will attempt to contact Chaplain Anne Hames (731-415-6781) or Associate Chaplain Garrett Burns (731-535-3126).
4. If any of them can be reached, Jodi/Chap/Garrett will assess suicidal ideation, risk factors, and lethality.
 - a. S/he may counsel the student, contact Mobile Crisis (1-800-353-9918), and/or work with Security to secure transportation of the student to the ER.
 - b. In some situations, s/he may be able to accompany the student to the ER.
 - c. S/he will also complete a "No Harm Contract" with the student.
 - d. The Dean of Student Development, Sandy Loudon (731-415-0565), will contact other involved parties, including parents/guardians of the student.
5. If working with an employee or, in situations when neither Jodi, Chap, nor Garrett can be reached to counsel a student, Security will contact Mobile Crisis or secure transportation of the student/employee to the ER in Paris or Huntingdon.
 - a. During working hours, Coaches, Directors, etc. may be needed to transport their students to the ER.
 - b. Security/Jodi/Chap/Garrett will determine which ER to transport the student/employee to based on various factors, including the severity of the suicide attempt.

6. If working with a student, Security will document the incident and provide documentation to the Director of Clinical Services and the Dean of Student Development. Students who are identified at risk for suicide, have voiced serious suicidal ideation, or have attempted suicide should be reported to Security (731-415-7599), the Director of Clinical Services (731-415-1058), or the Dean of Student Development (731-415-0565) as soon as possible. If working with an employee, Security will document the incident and provide documentation to the Human Resources Department. Employees who are identified at risk for suicide, have voiced serious suicidal ideation, or have attempted suicide should be reported to Security (731-415-7599), and the Director of Human Resources (731-352-4272) as soon as possible.

College of Professional Studies (CPS)

The following process should be followed if a student, faculty, or staff member encounters a College of Professional Studies (CPS) suicidal student, faculty, or staff member.

At a Bethel University satellite campus location:

1. Do NOT leave the student/employee alone.
2. Alert the Campus Manager (see contact info listed below).
 - a. 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, contact 911 and then contact the Campus Manager.
 - b. Contact Information for Campus Managers:
 - Memphis: Carmellia Wright (901) 334-5860; wrightc@bethelu.edu
 - Nashville: Rebecca Henson (615) 390-2295; hensonr@bethelu.edu
 - Jackson: Pam Hornbuckle (901) 355-9806; hornbucklep@bethelu.edu
 - Clarksville: Julie Daniel (931) 237-8752; danielj@bethelu.edu
 - Paris: Kristy Edgin (731) 407-7612; edgink@bethelu.edu
3. If working with a student, the Campus Manager will attempt to contact our contracted Licensed Clinical Social Worker, Amanda Lifsey (731-415-7996).
 - a. If Ms. Lifsey is not available, the Campus Manager will contact the TN Statewide Crisis Phone Line (1-855-CRISIS-1 or 1-855-274-7471).
4. Whomever can be reached will assess suicidal ideation, risk factors, and lethality.
 - a. S/he may counsel the student and/or work with the Campus Manager to secure transportation of the student to the closest stabilization unit.
5. If working with an employee, the Campus Manager will contact the TN Statewide Crisis Phone Line (1-855-CRISIS-1 or 1-855-274-7471) and secure transportation of the employee to the closest stabilization unit.
6. The Campus Manager will document the incident and provide documentation to the Office of Safety and Security at the main campus and to Bethel's contracted counselor, Amanda Lifsey, LCSW, when working with a student. If working with an employee, the Campus

Manager will document the incident and provide documentation to the Human Resources Department and the Office of Safety and Security at the main campus.

On the Phone or Online:

The following process should be followed if a student, faculty, or staff member encounters a suicidal student, faculty, or staff member over the phone or in an online format.

1. Keep the suicidal person talking on the phone until someone, who can help, is able to be with them in person.
2. Gather as much information as possible, including the person's name, location, and phone number.
 - If needed and available, check the campus directory to identify this information.
3. 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, contact 911 or the National Suicide Prevention Hotline (1-800-273-TALK).
 - A. If possible, enlist another person with you to call 911 or the Hotline and provide the suicidal person's information to the dispatcher.
 - This additional person should also contact the parents/guardians or emergency contact of the suicidal person.
 - B. If you are alone, ask the suicidal person, "*Can we call 911 or the National Suicide Prevention Hotline (1-800-273-TALK) together?*"
 - If the person agrees, then add the call to your phone conversation.
 - If the person refuses, then continue to talk with the person and ask again later in the conversation.

You can also text "TN" to 741741 (the National Suicide Prevention Hotline) to ask for help while talking on the phone with the suicidal person.

 - You should also ask the person who else you both could contact together that could be a support for the suicidal person, such as a family member, friend, or neighbor.
- C. DO NOT end the phone conversation with the suicidal person.
4. If the risk of death is not imminent, but there is cause for concern, contact your College's counselor.

- A. When helping **CAS and CHS students**, contact LuJodia Bell at (731) 415-1058.
 - If you cannot reach Ms. Bell, contact Chaplain Anne Hames at (731) 415-6781 or Associate Chaplain Garrett Burns at (731) 535-3126.
 - If you cannot reach any of the above, contact the

National Suicide Prevention Hotline (1-800-273-TALK).

B. When helping **CPS students**, contact Amanda Lifsey at (731) 415-7996.

- If you cannot reach Ms. Lifsey, contact the National Suicide Prevention Hotline (1-800-273-TALK).

C. When working with **Bethel employees**, contact the National Suicide Prevention Hotline (1-800-273-TALK).

5. If the encounter happens in an online format, such as an email or class discussion board, attempt to contact the suicidal person by phone and follow steps #1-4.
 - If the suicidal person cannot be reached by phone, call 911 and provide the dispatcher with the person's contact information listed in the campus directory.
6. Once the suicidal person is safe, you should contact your supervisor, the designated University Counselor for your College, Bethel's Security Department, and the Human Resources Department, when applicable, and report your encounter to them.

Intervention Resources

BETHEL UNIVERSITY has established relationships with the following local mental health facilities for the purpose of crisis referral services.

- Carey Counseling Center, Inc. provides adult mobile crisis services (1-800-353-9918).

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, BETHEL UNIVERSITY 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, extensions on assignments/exams, medical withdrawals, incompletes, etc.

POSTVENTION

Campus leadership will respond to a student/faculty/staff suicide using best practices 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:

- Dr. Walter Butler, President of Bethel University (731-352-6405 or butlerw@bethelu.edu)
- Bethel's Safety & Security Department (731-415-7599)

Postvention Components & Resources

BETHEL UNIVERSITY has established relationships with the following Mental Health facilities for the purpose of working to decrease community trauma in McKenzie and Paris.

- Carey Counseling Center, Inc. provides trauma debriefing and counseling services.
- Tennessee Suicide Prevention Network provides trauma debriefing and guidance on communication procedures.

TSPN and the local area mental health providers will serve as resources to assist Bethel's satellite campus communities and their members in working to decrease community trauma.

Campus & Community Resources

*Please note: email may not be an appropriate method of contact in moments of immediate crisis.

On Campus Resources

Department or Title	Name	Phone	Website/Email
Counseling	LuJodia (Jodi) Bell	(o) 731-352-6786 (c) 731-415-1058	belll@bethelu.edu bethelu.edu/current-students/clinical-services gacounseling@bethelu.edu
Chaplain	Anne Hames	(o) 731-352-4066 (c) 731-415-6781	bethelu.edu/student-life/christian-life/chaplains hamesa@bethelu.edu
Associate Chaplain	Garrett Burns	(o) 731-352-6449 (c) 731-535-3126	burnsg@bethelu.edu
Title IX and Prevention Services	Rachael Brooks	731-352-4246	brooksra@bethelu.edu ; bethelu.edu/about/title-ix-and-prevention-services
McKenzie Medical Center's BU Health Clinic	Debbie Hubble Chris Esch	731-352-4027	dhubblemckenziemedicalcenter.com eschc@bethelu.edu bethelu.edu/current-students/health-clinic
Dean of Students	Sandy Loudon	(o) 731-352-4095 (c) 731-415-0565	loudens@bethelu.edu
Safety & Security	Chief Daniel Thomas	(o) 731-352-4222 (c) 731-415-7599 (cell is 24/7)	busecurity@bethelu.edu bethelu.edu/current-students/saftey-and-security
Human Resources	Carolyn Dotson	731-352-4272	dotsonc@bethelu.edu bethelu.edu/employees

Counseling Resources (for CPS Students)

Name	Phone	Website
Amanda Lifsey, LCSW	731-415-7996	amanda.lifsey@gmail.com

Community Resources

Local Emergency Resources		
Emergency Services	911	
Mobile Crisis Services	1-800-353-9918	https://www.careycounselingcenter.org
Carroll County Sheriff's Office	731-986-8947	http://carrollcosheriff.com/
McKenzie Police Department	731-352-2265	https://mckenzieln.org/government/departments/police-department/

Local Hospitals		
Baptist Memorial Hospital	731-986-4461	https://www.baptistonline.org/locations/carroll-county
Henry County Medical Center	731-642-1220	https://www.hcmc-tn.org/

Local Alcohol, Drug, and Mental Health Treatment Resources		
Carey Counseling Center	1-800-611-7757	https://www.careycounselingcenter.org/
Pathways Behavioral Health Services	1-800-587-3854	https://www.wth.org/services/pathways-behavioral-health-services/
Jackson Area Council on Alcoholism and Drug Dependency (JACOA)	731-423-3653	https://www.jacoa.org/
Wo/Men's Resource and Rape Assistance Program (WRAP)	1-800-273-8712	https://www.wrapn.org/

Crisis Support		
Hopeline Network	1-800-784-2433	https://www.imalive.org/
National Suicide Prevention Lifeline	1-800-273-8255	https://suicidepreventionlifeline.org/
Crisis Text Line	Text "TN" to 741-741	https://www.crisistextline.org/
7 Cups-online chat		https://www.7cups.com/

I'm Alive - online chat		https://www.imalive.org/
Lifeline Crisis Chat - online chat		http://www.contact-usa.org/chat.html
TN Statewide Crisis Phone Line	1-855-CRISIS-1 or 1-855-274-7471	https://www.tn.gov/behavioral-health/need-help/crisis-services/mental-health-crisis-services/tn-statewide-crisis-phone-line.html

For a region-specific resource guide, please visit <http://tspn.org/regional-information>.

ADDITIONAL INFORMATION

Information regarding such relationships at BETHEL UNIVERSITY is available from the Clinical Services Department (731-352-6786) and/or the Title IX and Prevention Services Department (731-352-4246). Those Departments will have a comprehensive list of partners and services available to members of the BETHEL UNIVERSITY 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 in need of more information about BETHEL UNIVERSITY's comprehensive Suicide Prevention and Response Protocols, should contact:

- The Clinical Services Director, LuJodia Bell (belll@bethelu.edu),

and/or

- The Title IX and Prevention Services Coordinator, Rachael Brooks (brooksra@bethelu.edu).