



# **Higher Education Panel**

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# Project RYSE (1 of 2)

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## Resilient Youth Safer Environments

- Five-year youth suicide prevention grant 2019-2024.
- Creates comprehensive Suicide Safer Early Intervention and Prevention Systems aimed at supporting youth-serving organizations.
- Grant supports youth 10-24 years old in Galveston County.

# Project RYSE

## (2 of 2)

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### Resilient Youth Safer Environments

- Annual award of \$736,000 to HHSC from the Substance Abuse and Mental Health Services Administration (SAMHSA).
- State partnerships include Gulf Coast Center, Region 4 Education Service Center (ESC), Texas Suicide Prevention Collaborative, and the Texas Institute of Excellence in Mental Health at UT (UT-TIEMH).

# Project RYSE

## Outreach and Engagement

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- ISDs
- Faith Based
- First Responders
- Mental Health
- Veterans
- Medical Professionals
- Higher Education
- Social Service Agencies
- Crisis Teams
- Relevant Organizations (Substance Use, NAMI)
- Impacted Survivors

# Project RYSE

## Activities

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- Trainings
  - AS+K about Suicide to Save a Life
  - Talk Saves Lives – American Foundation for Suicide Prevention
  - Counseling on Access to Lethal Means
  - Safety Planning
  - Zero-Suicide Framework
  - ASIST
  - Mental Health First Aid
- Direct-Care Services
  - Crisis response
  - Care navigation
  - Support Groups – SOSA and SOS
- Community Events
  - Health fairs
  - Conference presentations
  - Awareness walk - Hike for Hope

# **Project RYSE**

## **Institutions of Higher Education**

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- Established relationships with institutions of higher education
  - MOU's
- Campus Engagement
  - Safe Spring Break
  - Health Fairs
  - Back to School Bash
  - Student Life Activities
  - Suicide Prevention Awareness Month
- Trainings
- Policy and Procedures
  - Crisis response
  - Postvention
  - Resources

# Project RYSE

## Successes

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- Established the Galveston County Suicide Prevention Coalition in May 2021.
- Over 2,700 individuals, in schools and throughout the community, have been trained in mental health awareness.
- Regional Higher Education Suicide Care Summit in March 2023.

# Project RYSE

## Considerations

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- Connect with Local Mental / Behavioral Health Authority
  - Training opportunities
  - Available services
  - Crisis response/crisis hotline
- Connect with Local Suicide Prevention Coalition
- Work to engage campus leadership
  - Understand campus climate
  - Learn about campus initiatives



# Training Resources

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- AS+K About Suicide to Save a Life  
<https://texassuicideprevention.org/>
- ASIST – Applied Suicide Intervention Skills Training  
<https://www.livingworks.net/asist>
- CALM – Counseling on Access to Lethal Means [CALM Training](#)
- MHFA – Mental Health First Aid for Adults [\\_www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)

# Web Resources

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- Suicide Prevention Resource Center (SPRC) [www.sprc.org](http://www.sprc.org)
- American Foundation for Suicide Prevention (AFSP) [www.afsp.org](http://www.afsp.org)
- Texas Suicide Prevention Collaborative [www.texassuicideprevention.org](http://www.texassuicideprevention.org)
- American Association of Suicidology [www.suicidology.org](http://www.suicidology.org)

# Crisis Lines

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- 988 Suicide and Crisis Lifeline (24/7) – 988; [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)
- Crisis Text Line (24/7) - Text **TX** to 741741; [www.crisistextline.org](http://www.crisistextline.org)
- Trevor Project (Lesbian, Gay, Bisexual, Transgender, and Questioning young people) (24/7) - 866-488-7386; [www.thetrevorproject.org](http://www.thetrevorproject.org)

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**Thank You**