

Suicide Risk, Help-Seeking, and Service Utilization among College Students at the University at Albany

M. Dolores Cimini, Ph.D.

New York State Suicide Prevention Conference

Director, Center for Behavioral Health Promotion and Applied Research

The Desmond Hotel and Conference Center , Albany, New York

September 19, 2019



**Center for Behavioral Health
Promotion & Applied Research**



**Counseling and
Psychological Services**

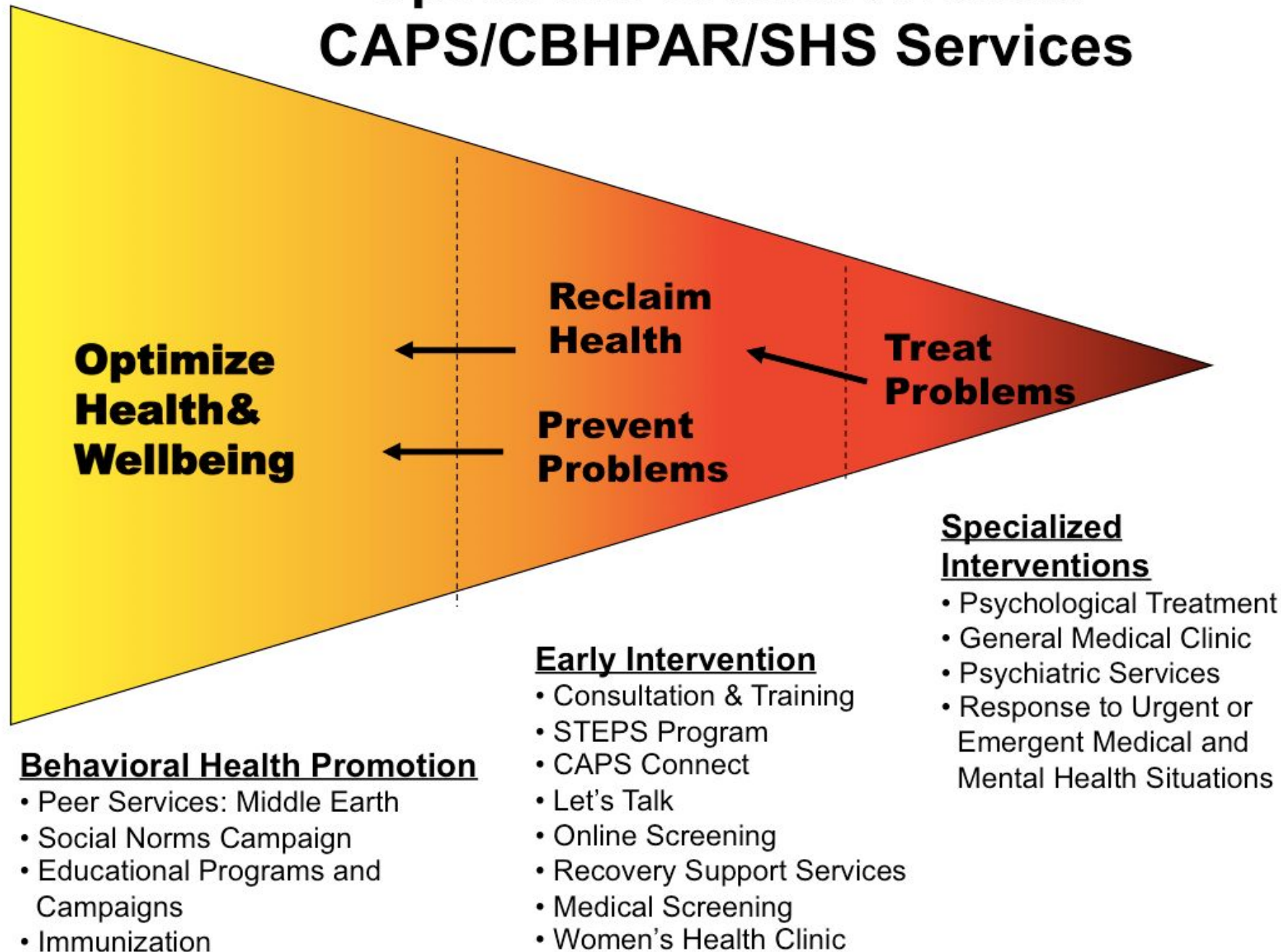
Components of UAlbany Comprehensive AOD Prevention Program

- ✓ Presidential Leadership
- ✓ Campus AOD Task Force
- ✓ Student Involvement/Leadership
- ✓ Social Norms Marketing
- ✓ Campus-Community Coalitions
- ✓ Inclusive Academic Excellence
- ✓ Healthy Living Communities
- ✓ Alcohol-Free Activities
- ✓ Early Intervention
- ✓ Restricting Alcohol Marketing/Promotion
- ✓ Policy Evaluation/Enforcement
- ✓ Parental Involvement
- ✓ Treatment & Referral
- ✓ Research and Program Evaluation

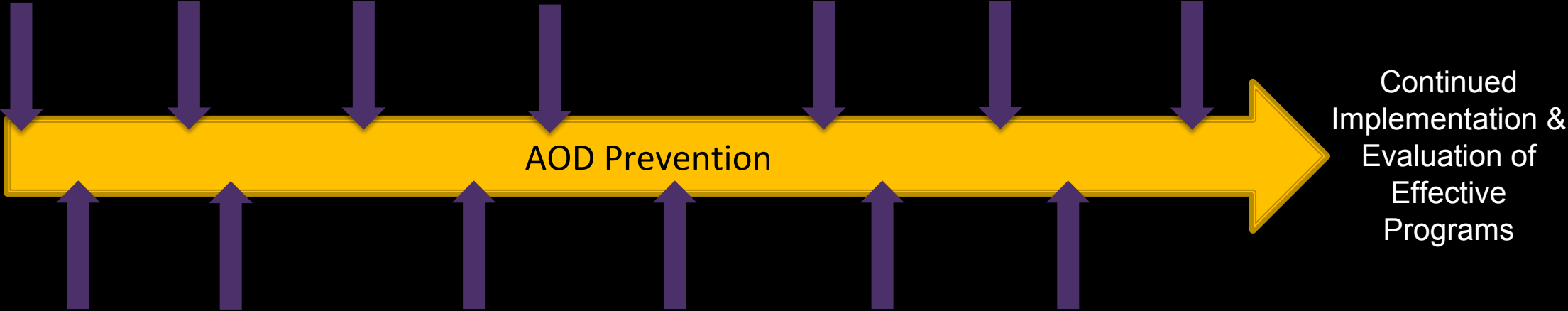


**Comprehensive
Program**

Spectrum of Intervention: CAPS/CBHPAR/SHS Services



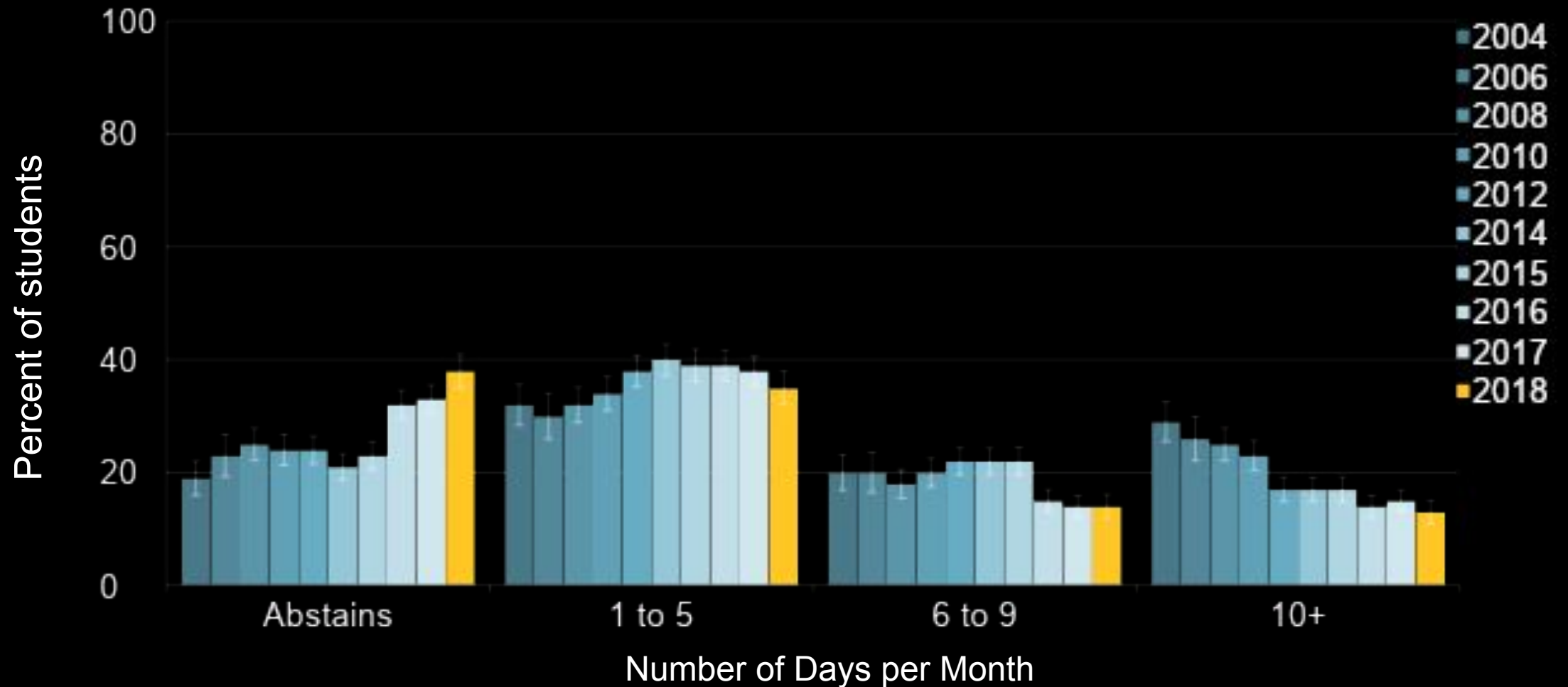
Evidence-based Practice Implementation & Evaluation



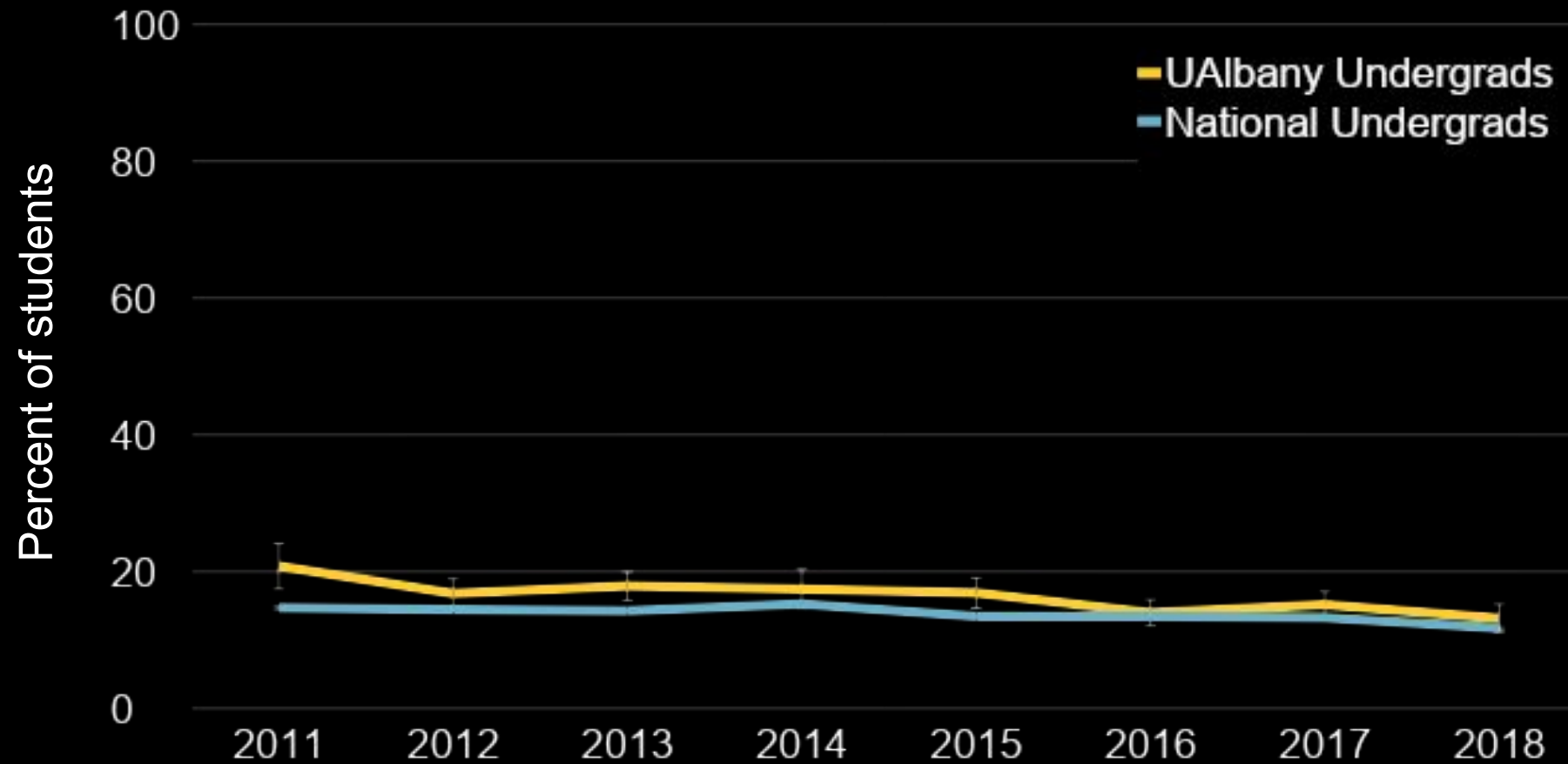
UAlbany Student Health Survey

Alcohol and Other Drug Use

UAlbany Undergrad Alcohol Use: Drinking Days per Month

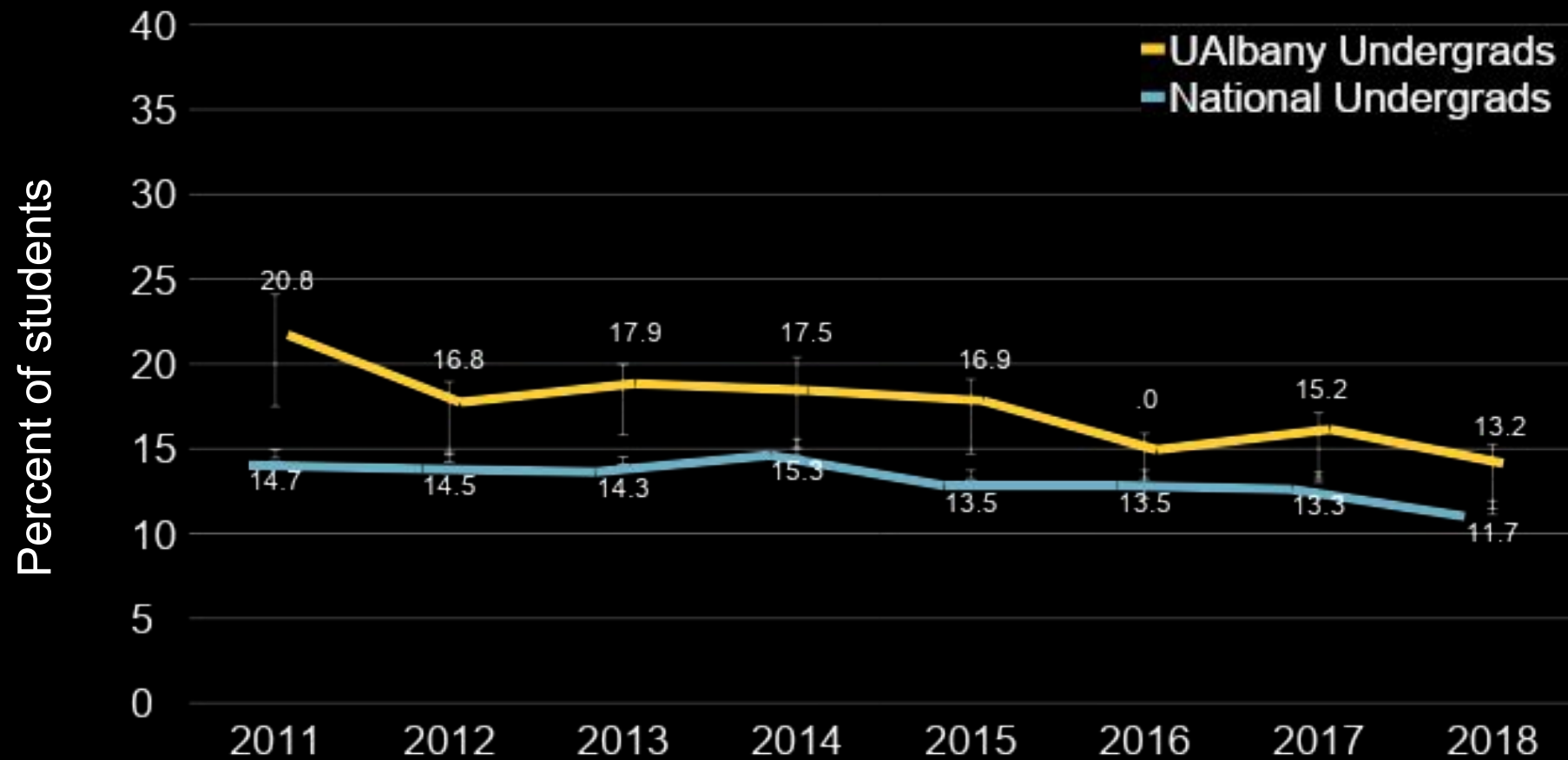


Alcohol Use 10+ Days per Month



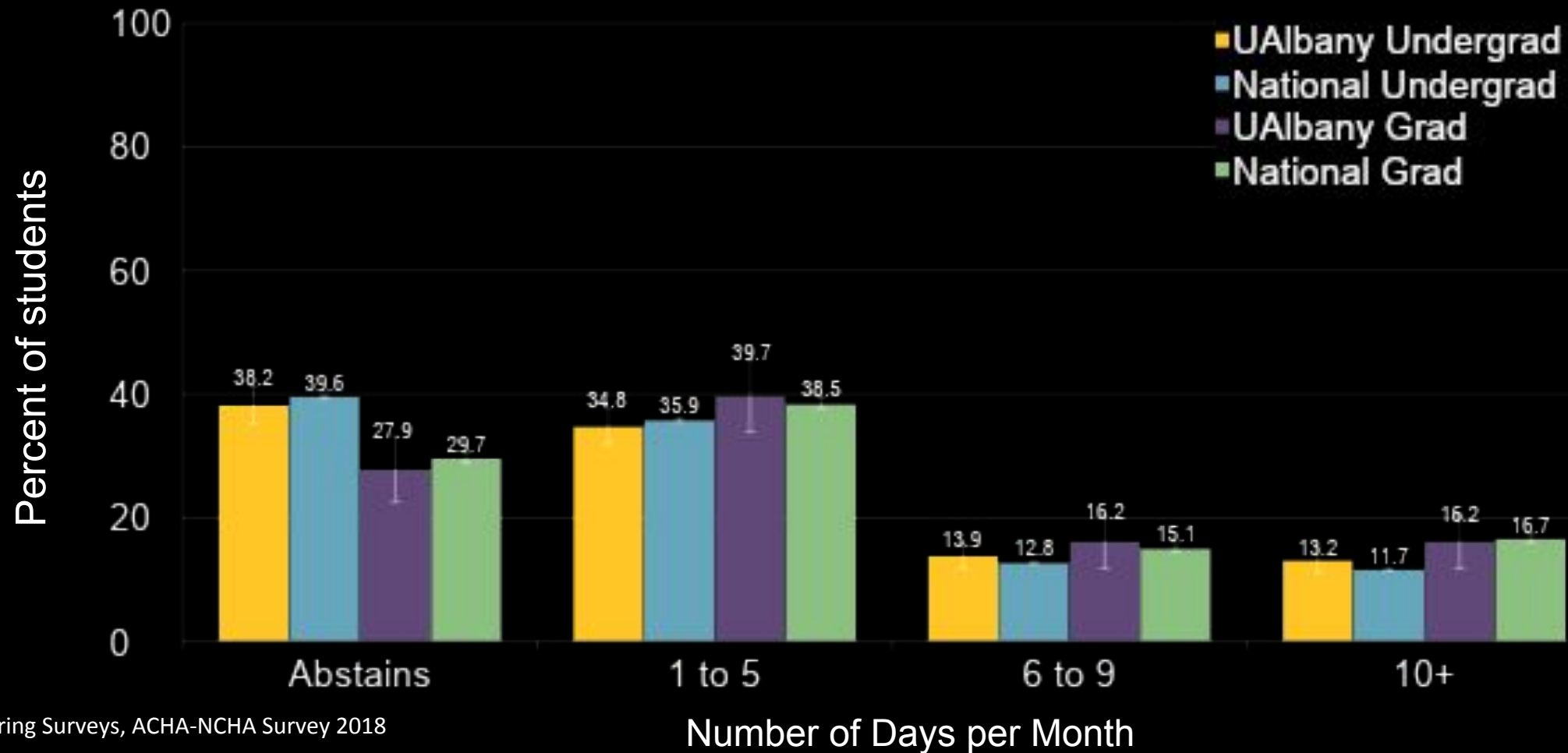
UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey

Alcohol Use 10+ Days per Month



UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey

Drinking Days per Month



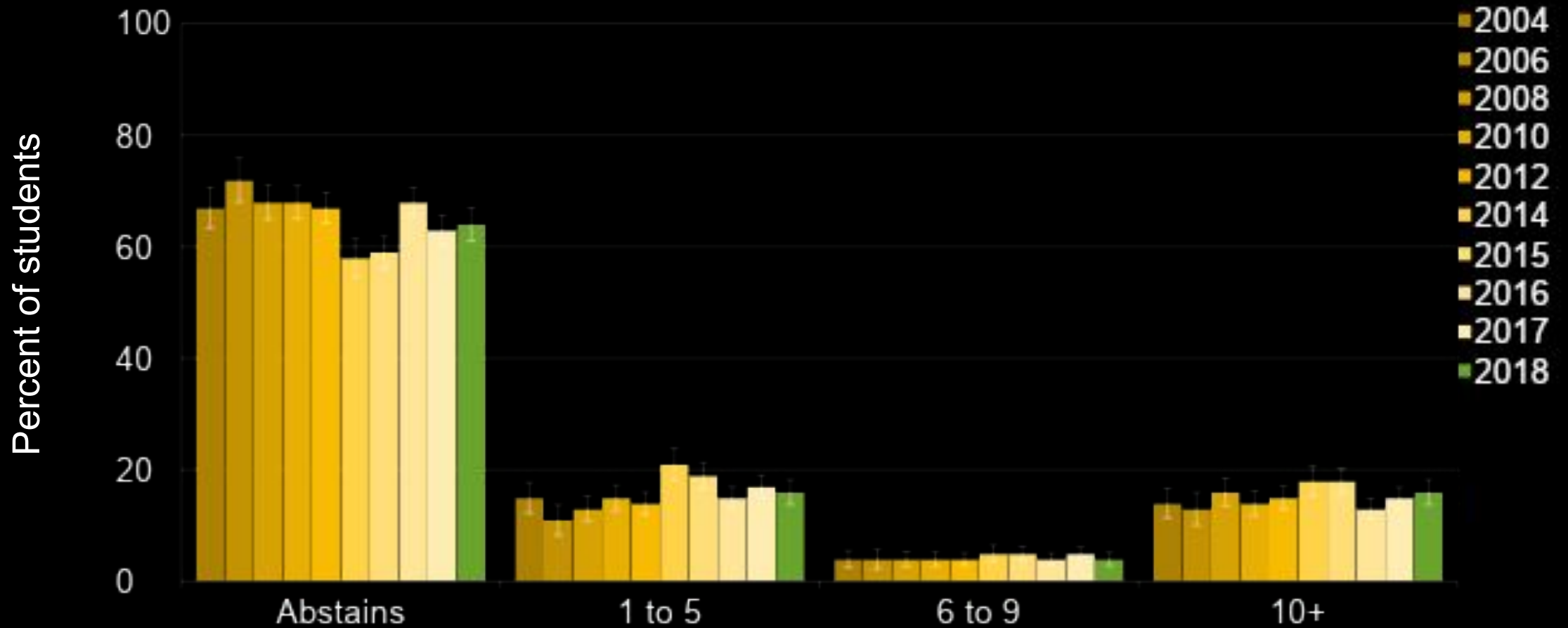
UAlbany Spring Surveys, ACHA-NCHA Survey 2018



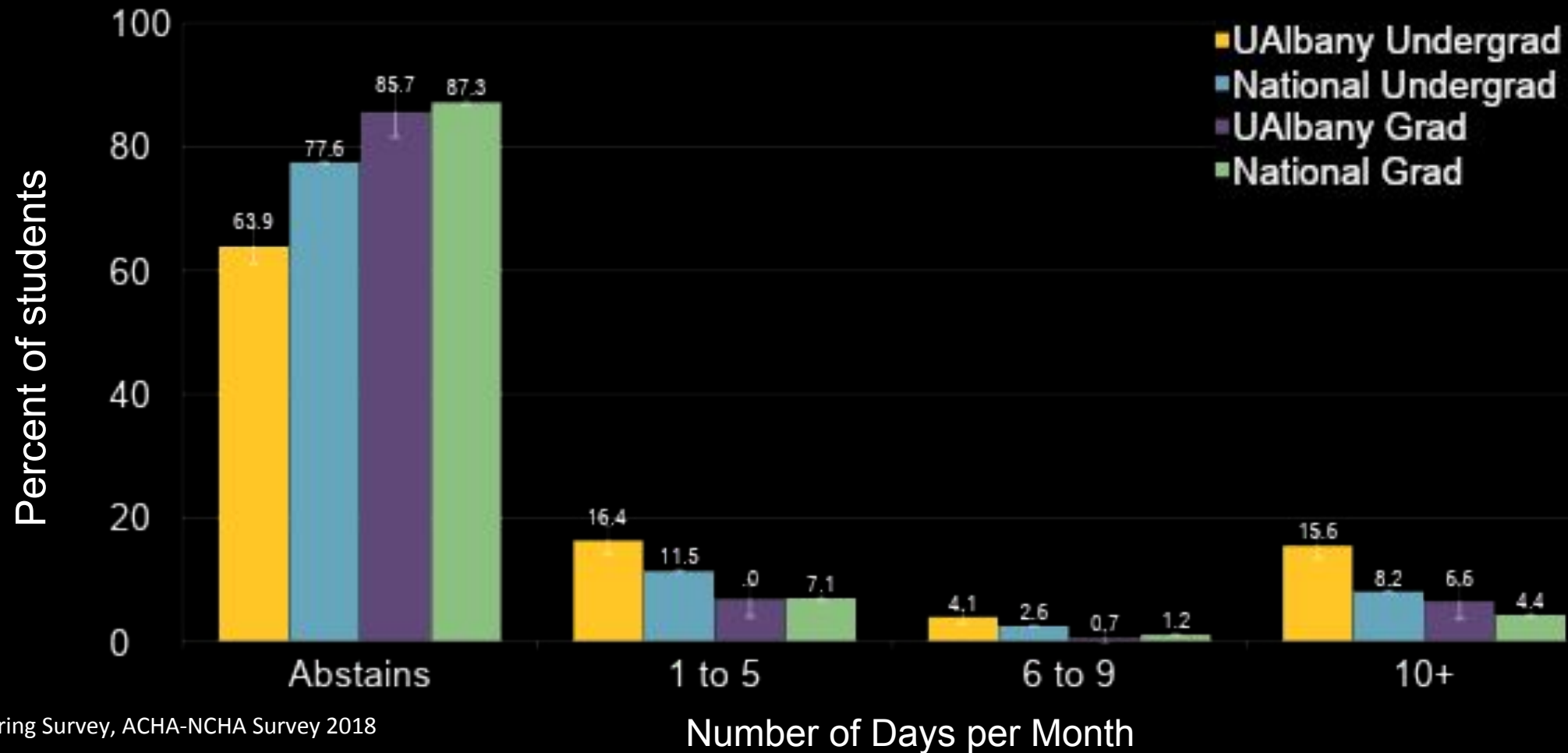
STUDENT AFFAIRS

UNIVERSITY AT ALBANY State University of New York

UAlbany Undergrad Marijuana Use: Days per Month



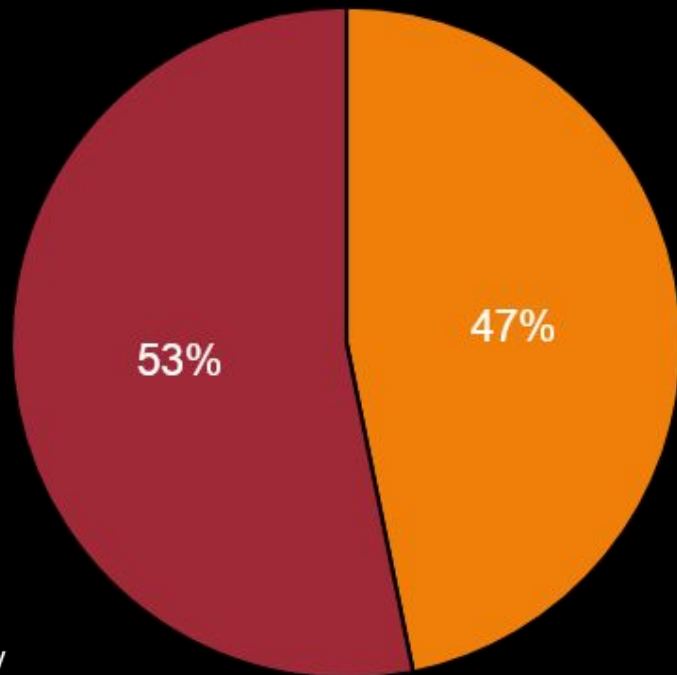
Marijuana Use: Days per Month



UAlbany Spring Survey, ACHA-NCHA Survey 2018

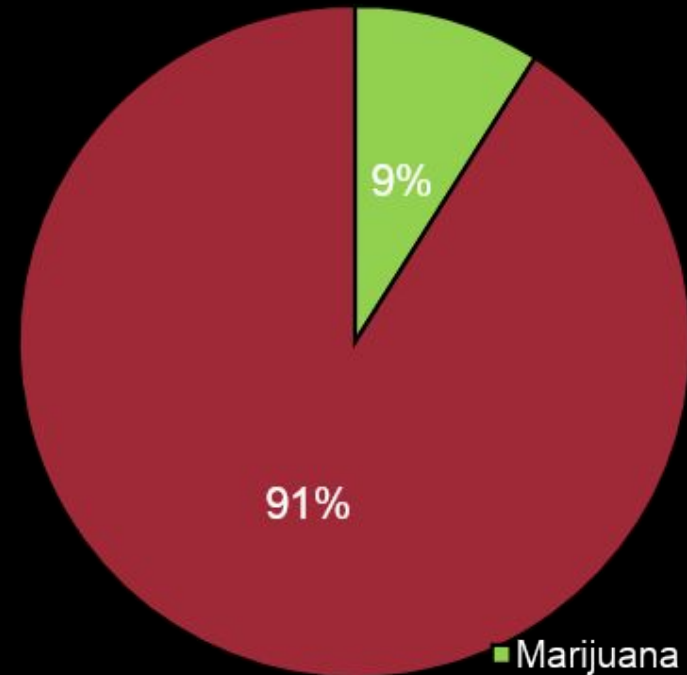
Alcohol & Marijuana

Students who Drink Alcohol



- Alcohol only
- Alcohol & Marijuana

Students who Use Marijuana



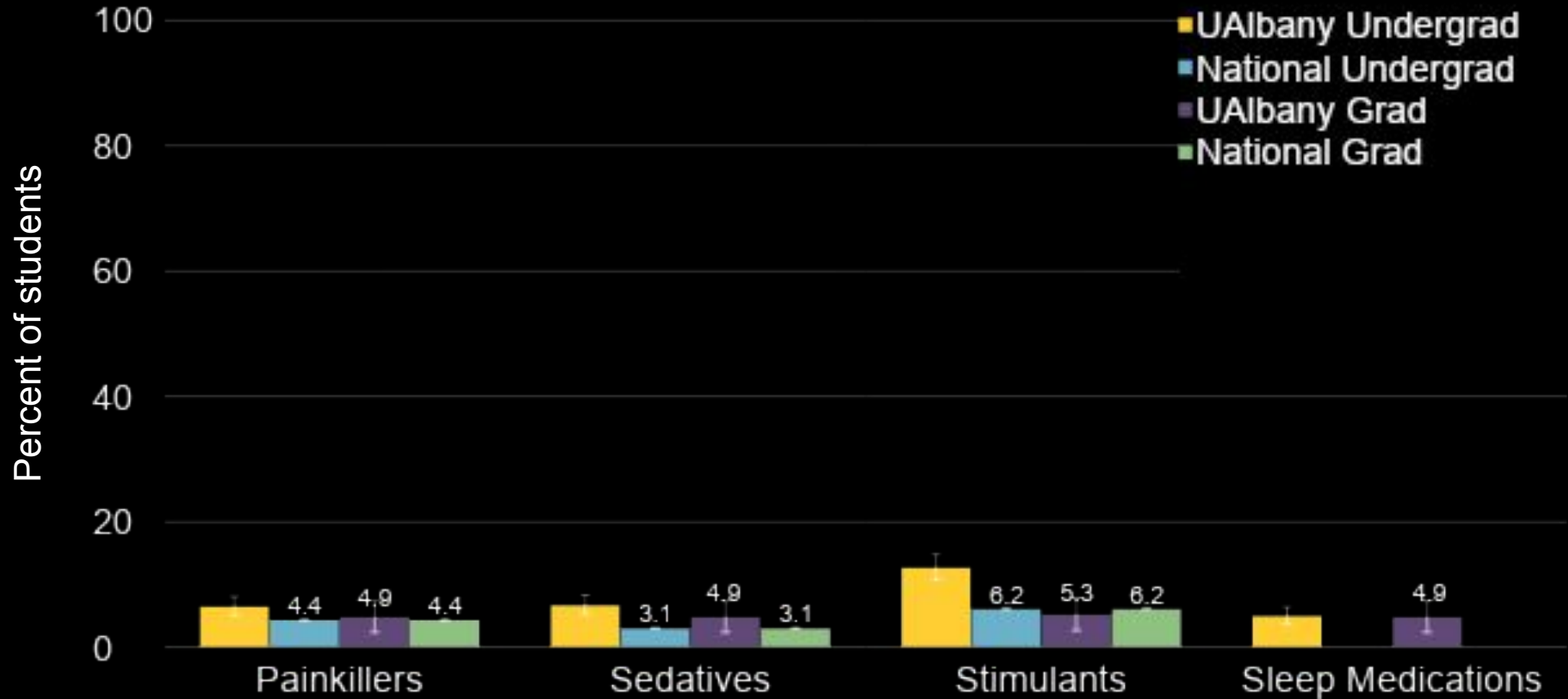
- Marijuana only
- Marijuana & Alcohol

Use in the Last 30 Days



UAlbany Spring Survey, ACHA-NCHA Survey 2018

Use Without a Prescription in the Last 12 Months

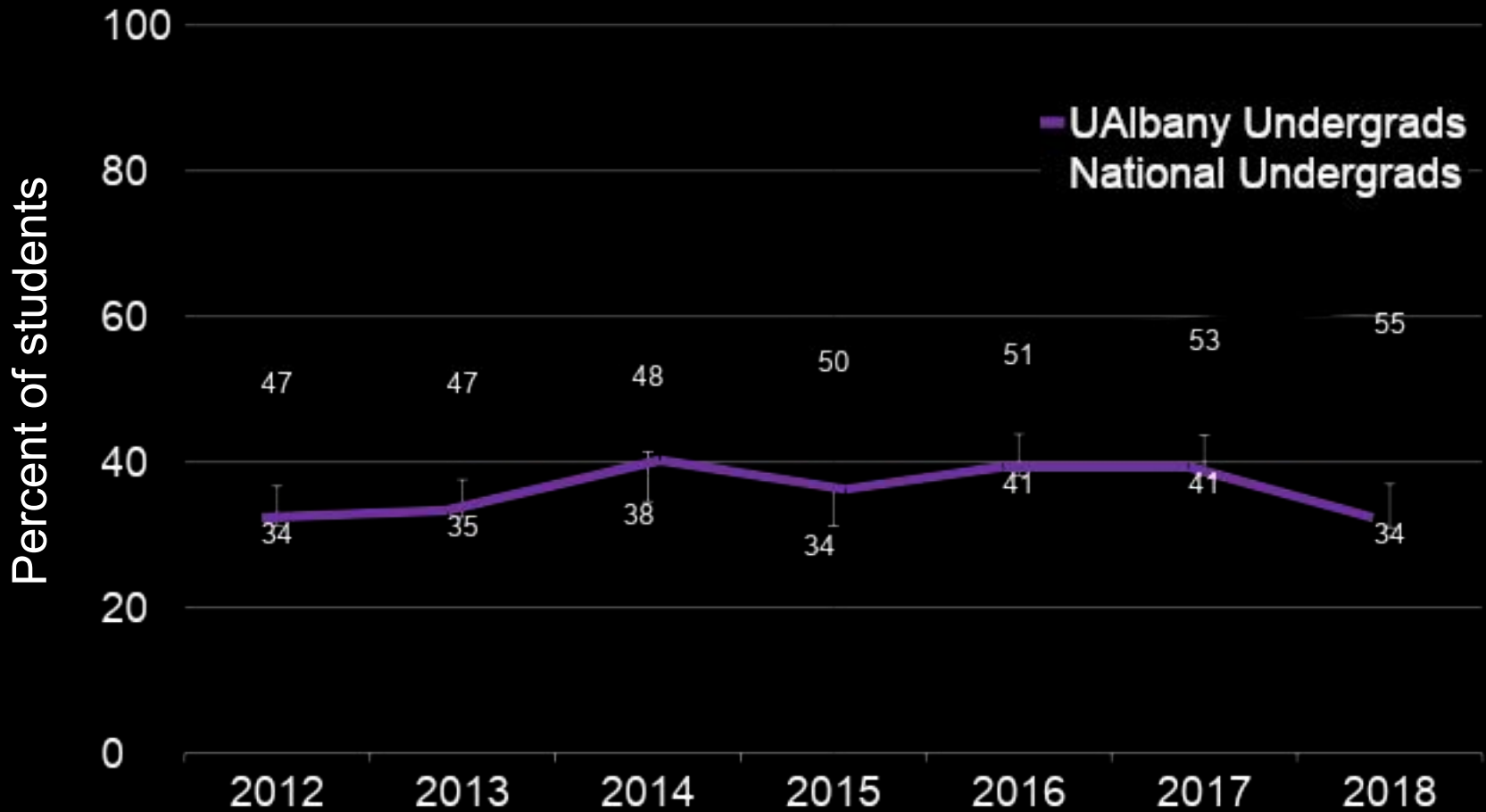


UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey, 2018

UAlbany Student Health Survey

Mental Health Concerns

Felt Hopeless: Past 12 Months



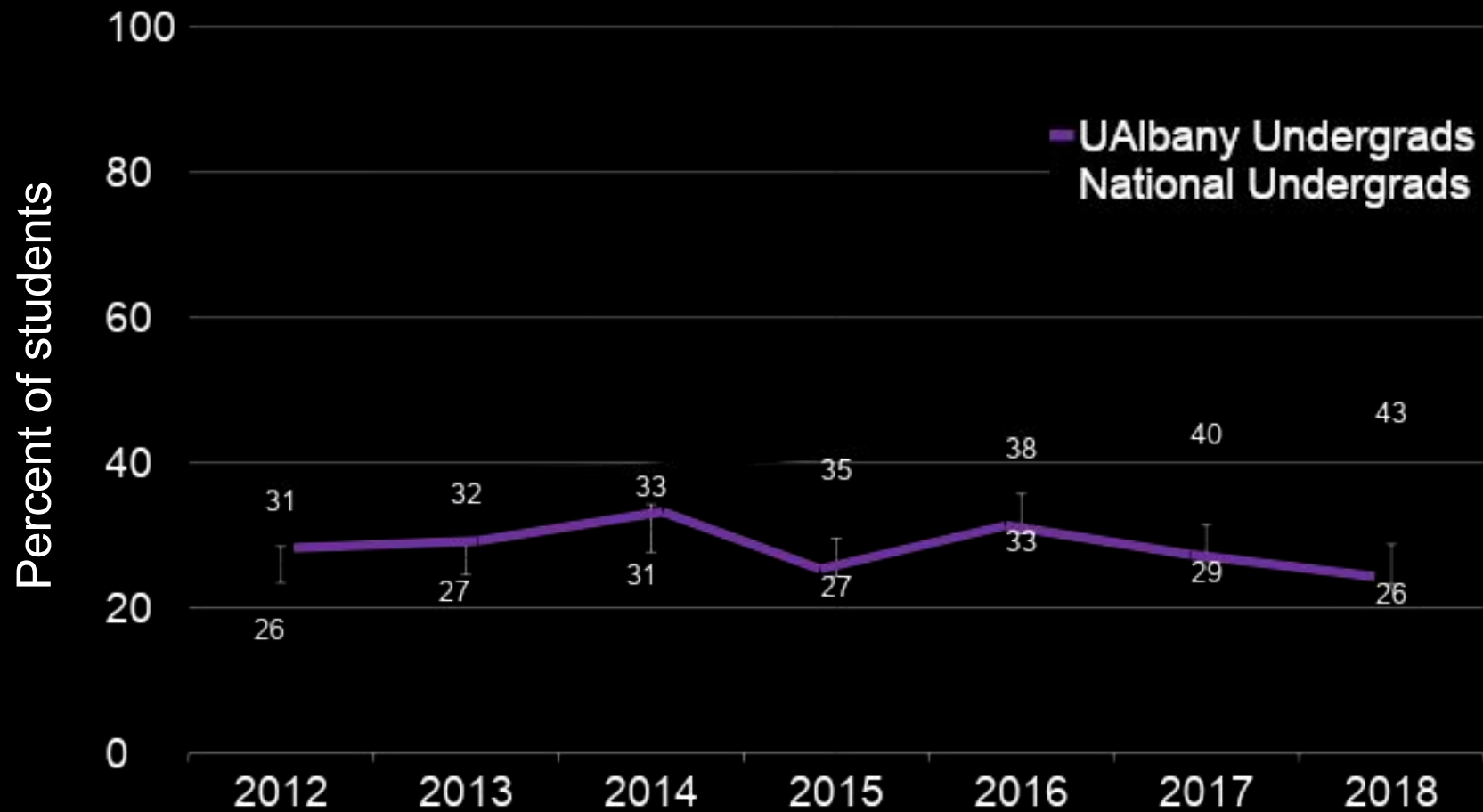
UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey



STUDENT AFFAIRS

UNIVERSITY AT ALBANY State University of New York

Felt So Depressed it was Difficult to Function: Past 12 Months



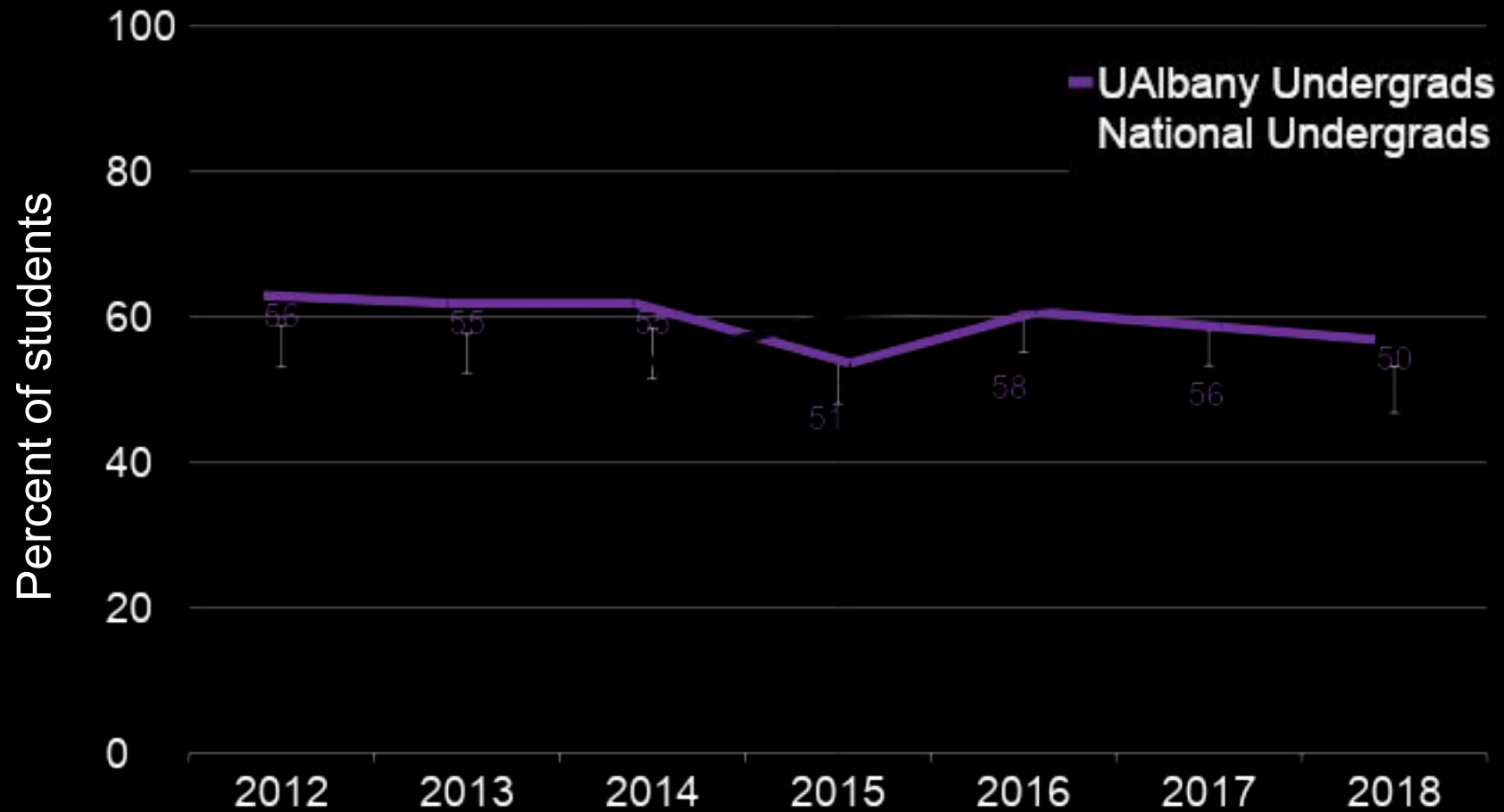
UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey



STUDENT AFFAIRS

UNIVERSITY AT ALBANY State University of New York

Felt Overwhelming Anxiety: Past 12 Months



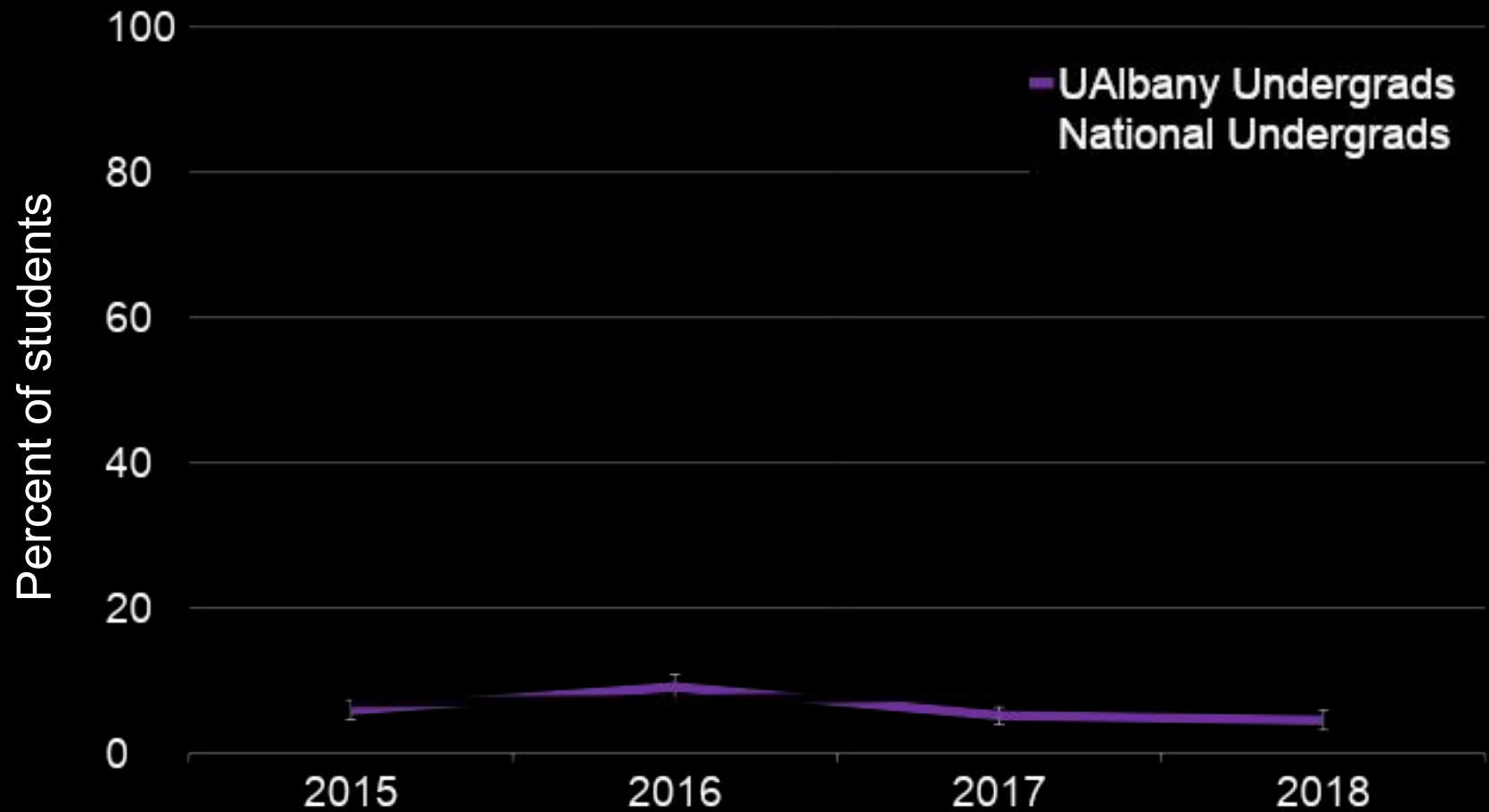
UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey



STUDENT AFFAIRS

UNIVERSITY AT ALBANY State University of New York

Intentionally Injured Self: Past 12 Months



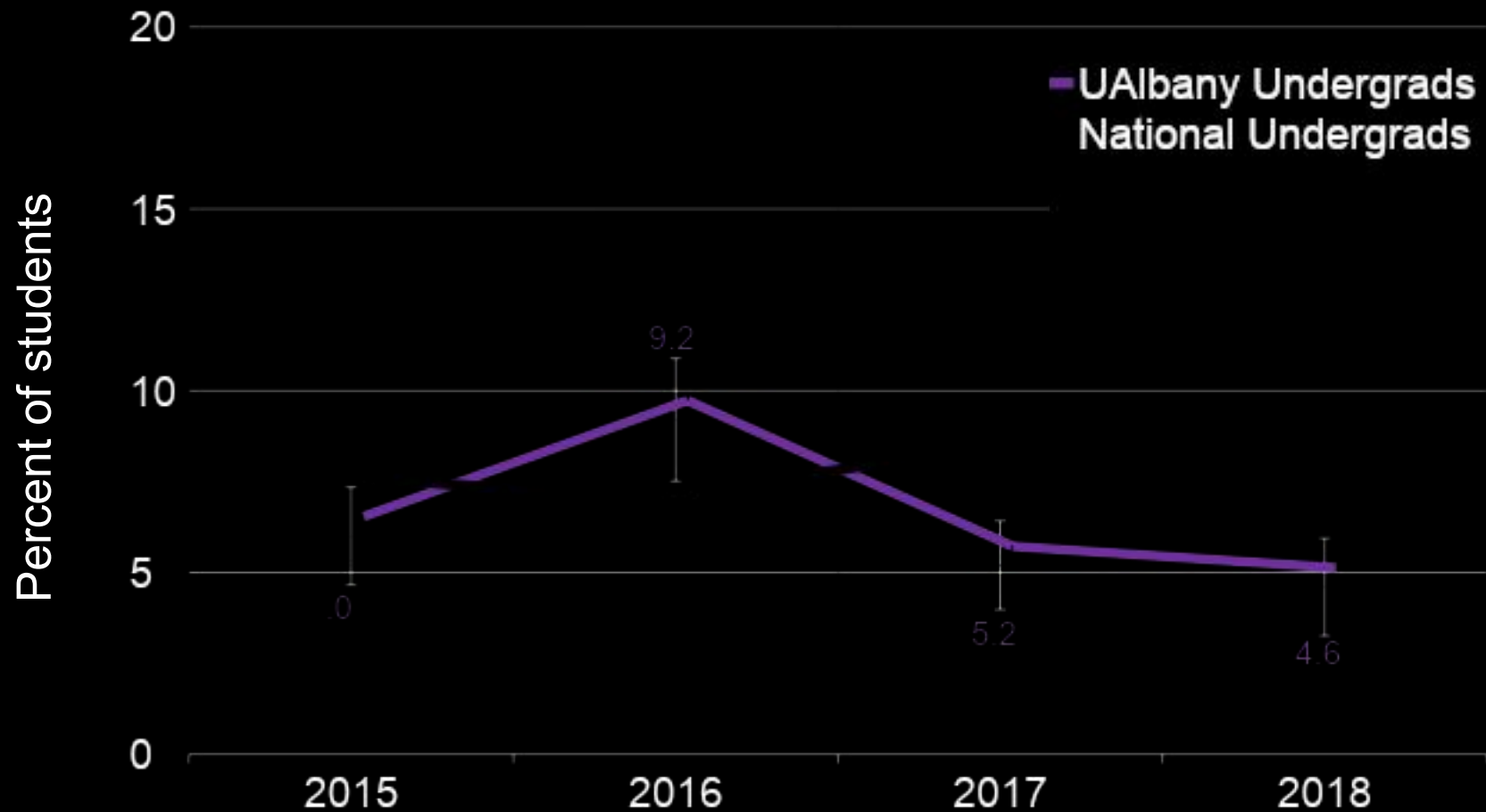
UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey



STUDENT AFFAIRS

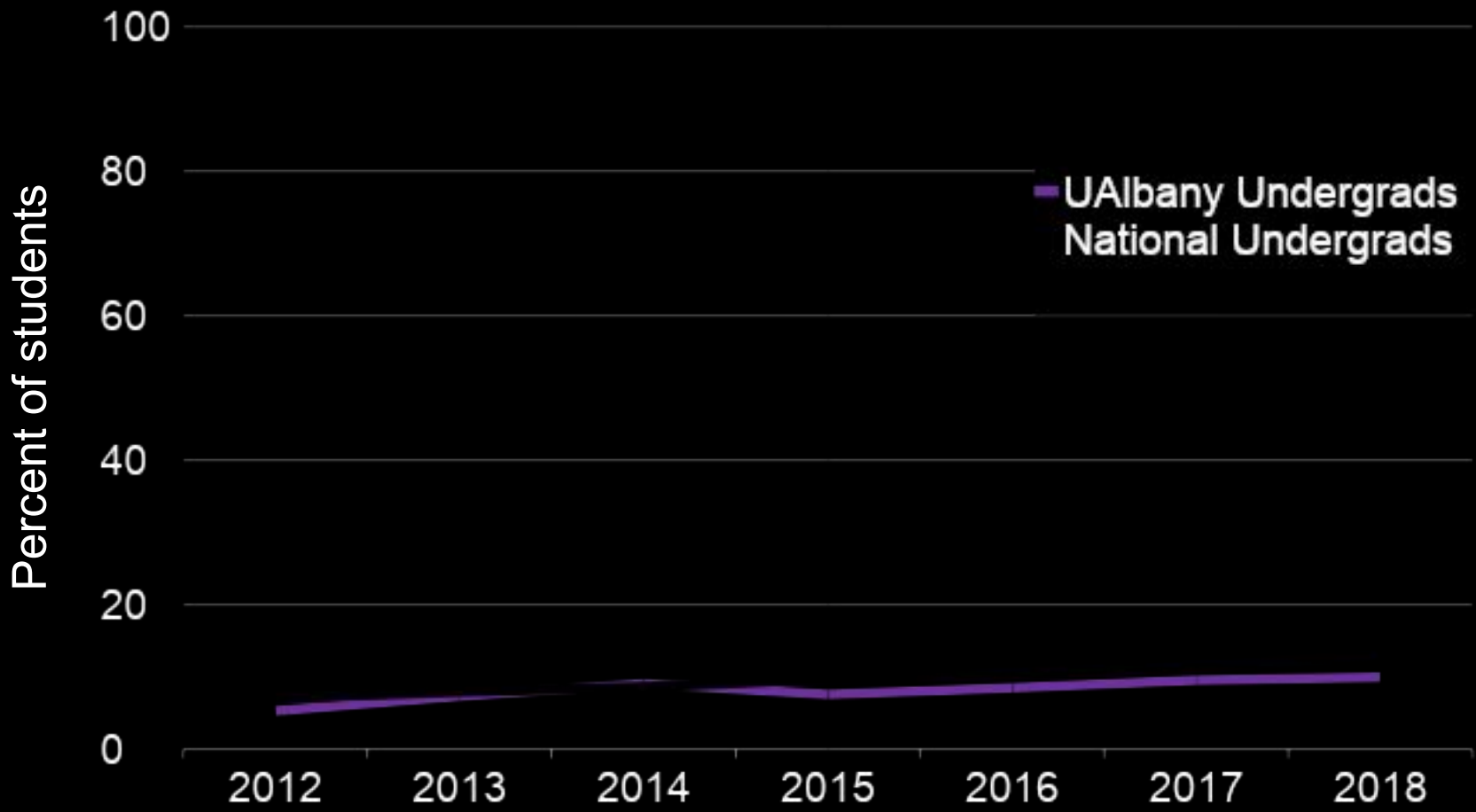
UNIVERSITY AT ALBANY State University of New York

Intentionally Injured Self: Past 12 Months



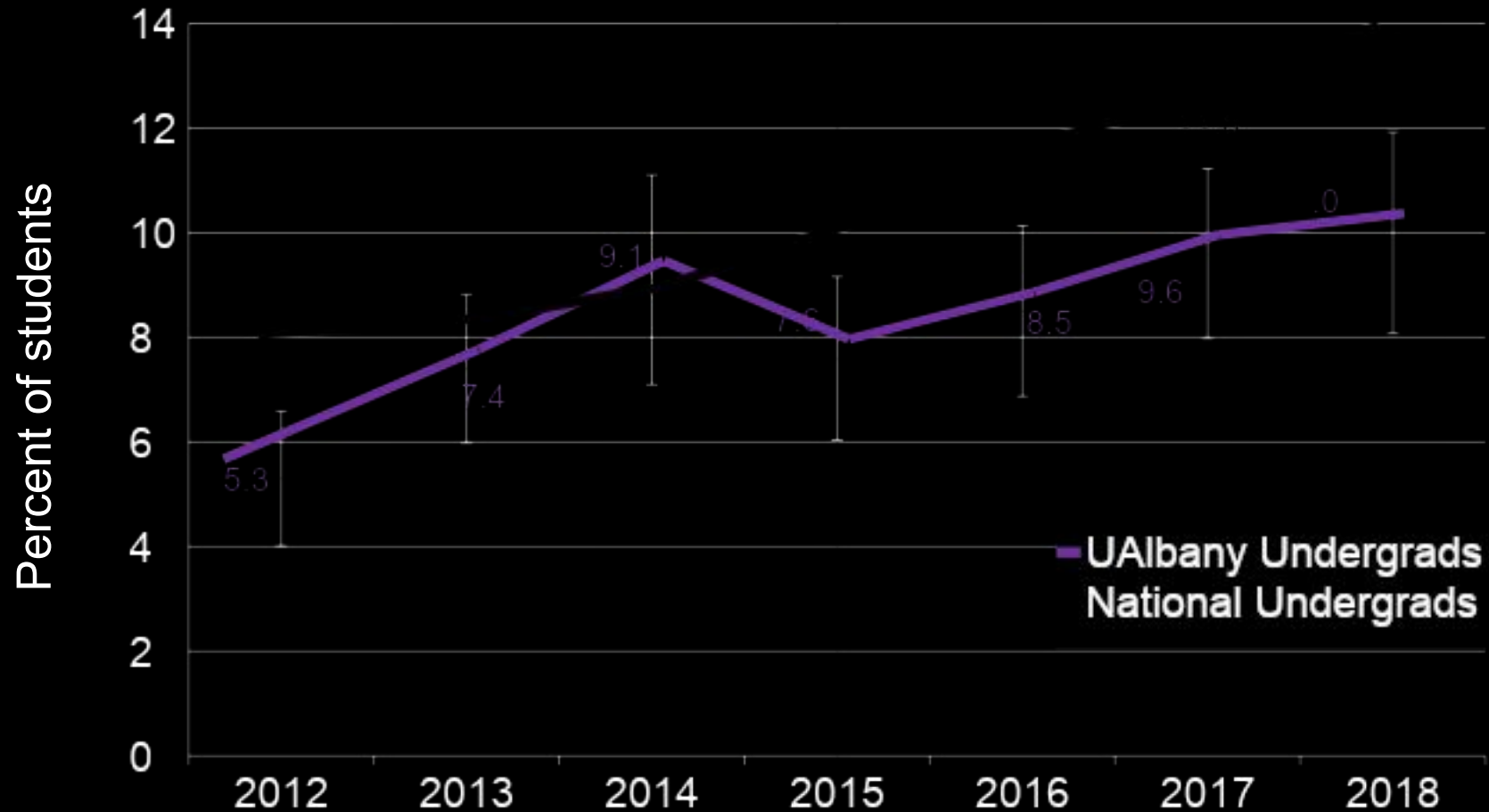
UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey

Seriously Considered Suicide: Past 12 Months



UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey

Seriously Considered Suicide: Past 12 Months



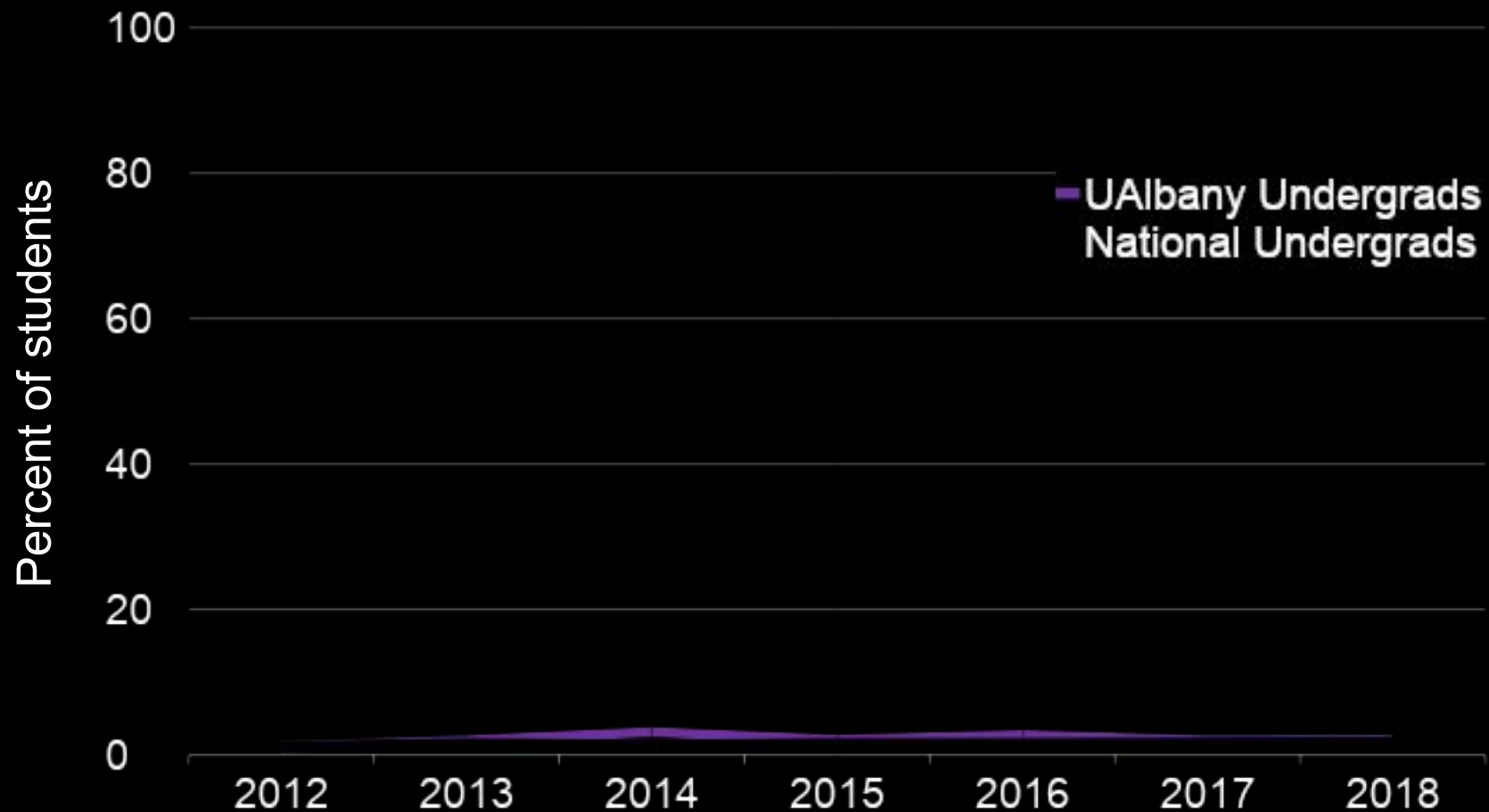
UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey



STUDENT AFFAIRS

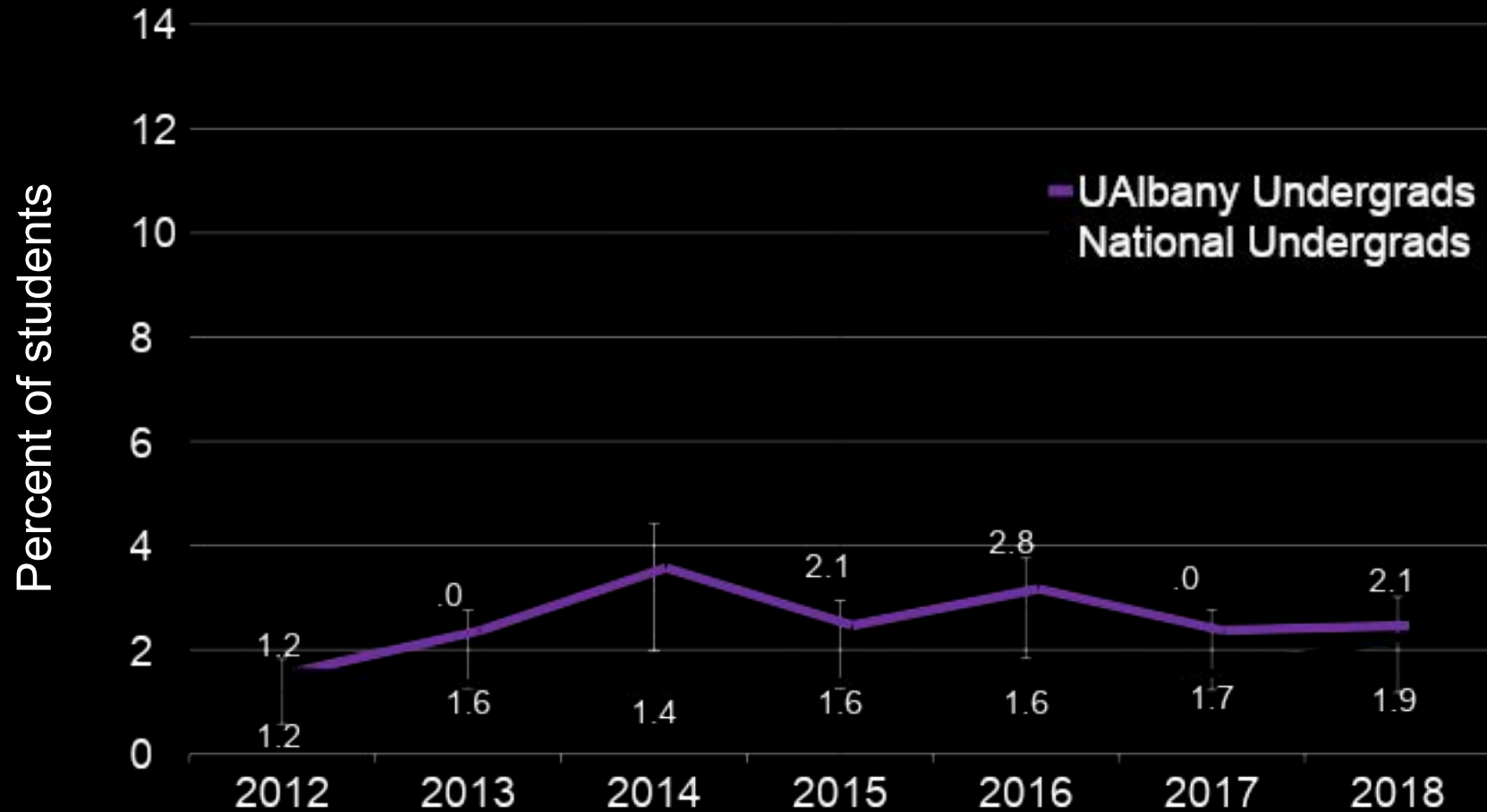
UNIVERSITY AT ALBANY State University of New York

Attempted Suicide: Past 12 Months



UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey

Attempted Suicide: Past 12 Months



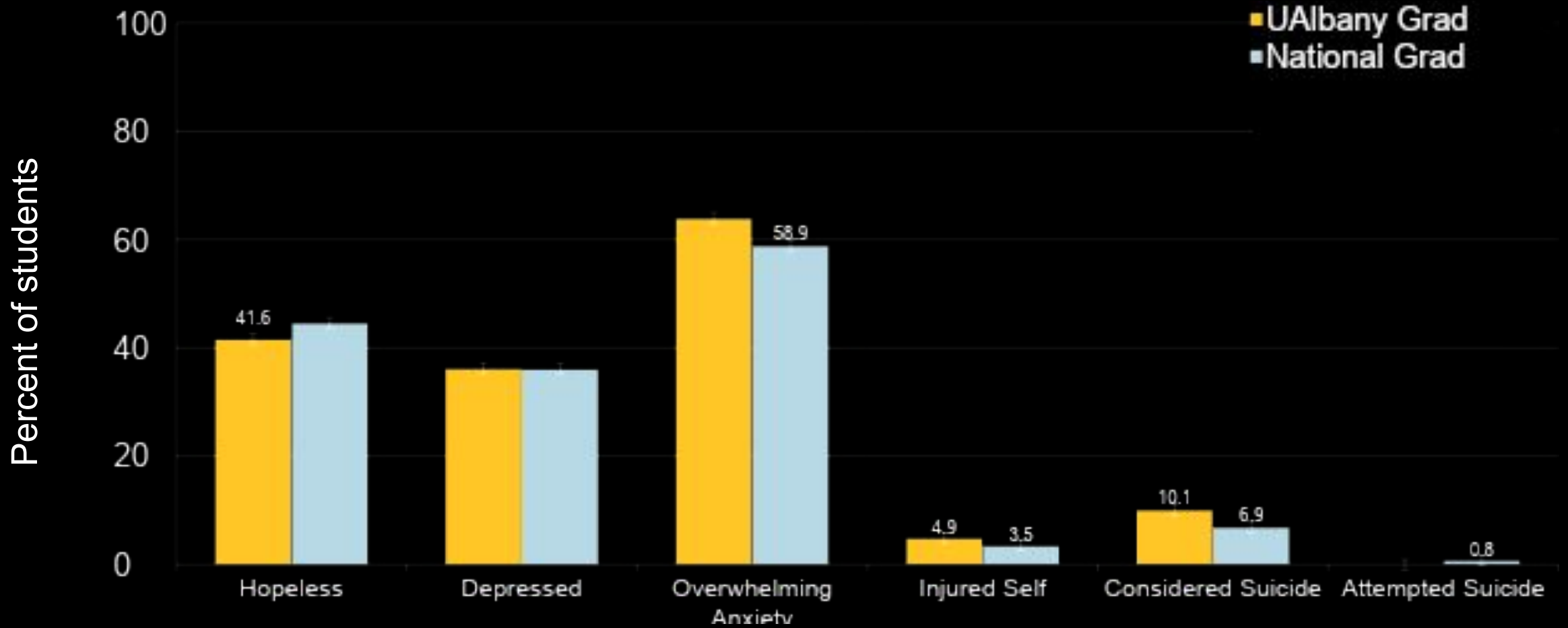
UAlbany Spring Survey, ACHA-NCHA Undergraduate Survey



STUDENT AFFAIRS

UNIVERSITY AT ALBANY State University of New York

Graduate Student Mental Health Concerns: Past 12 Months



UAlbany Spring Surveys, ACHA-NCHA Survey, 2018



STUDENT AFFAIRS

UNIVERSITY AT ALBANY State University of New York

Contact Information

M. Dolores Cimini, Ph.D.

Director

**Center for behavioral Health Promotion and Applied Research
University at Albany, SUNY**

400 Patroon Creek Boulevard, Suite 104
Albany, NY

518-442-5800

dcimini#@Albany.edu