

## **2019-2020 Survey to Assess Certain Metrics Regarding Behavioral Health Services, also Mental Health and Suicide Related Data among Washington State Postsecondary Institutions**

In 2018, the Washington Legislature passed Senate Bill 6514 (S.B. 6514) resulting in RCW [28B.20.510](#), [28B.20.515](#) and [28B.20.520](#), on behavioral health and suicide among postsecondary students including data collection on the prevalence of suicidal behavior and related metrics in postsecondary institutions in Washington.

The overall goal of this data-gathering effort is to assess rates of suicide and suicide attempts, and the assets and needs regarding behavioral health and suicide prevention services, programs, and awareness at postsecondary institutions in Washington.

The term 'behavioral health' encompasses mental health, substance use, and suicide prevention efforts. Suicidal behavior refers to non-fatal suicidal thoughts and actions that include suicide ideation (thoughts about engaging in behavior to end one's life), suicide plan (creation of a specific plan to end one's life), suicide attempt (potentially self-injurious action with the intention of ending one's life), and suicide (deliberately ending one's life).

In the 2018-2019 academic year, 85 institutions responded to the baseline survey.

These data will inform future policy work at the state level. In 2018, the state made \$420,000 available for grants to help postsecondary institutions meet their behavioral health needs. Future funding depends on our collective action to demonstrate need and progress through data collection, strategic planning, and comprehensive programming.

### **How will these data help students at my institution?**

These data will help inform state investment and support for student behavioral health and suicide prevention in postsecondary education. In addition, this work will provide institutions feedback about support for students that exists at their institution and at similar institutions around the state. Finally, the data will help inform the development and management of a publicly available resource designed to improve behavioral health among postsecondary students.

### **How does this year's survey differ from the 2019 survey?**

Due to the stress of educating students during the pandemic, the 2020 survey is significantly simplified. It includes only questions on basic metrics regarding student mental health, mental health counseling and suicide-related data.

### **How will these data be used and shared?**

This project will result in an annual report to the Legislature each year from 2019-2022. The 2019 report, which you are receiving as well, makes recommendations for future state investment in behavioral health and suicide prevention.

All institutional data reported in this survey will remain confidential. Data will be aggregated (e.g., by total responses, by type of postsecondary institution). Although a list of participating institutions will appear in the report, names of individual reporters will not appear, nor will any data be reported in

connection with individual institutions. These data will also be used to identify and share promising practices to improve student behavioral health across the state.

We suggest that Senior Student Affairs Officers, the Director of Student Affairs/Services, or person in the equivalent position complete this survey. However, we expect that this effort will require gathering data from institutional departments including the Registrar, Health and/or Counseling Services, and possibly others.

For the 2019-2020 academic year, please report on the period between July 1, 2019 and June 30, 2020.

Here is your link to the digital survey: <https://redcap.link/sb6514.2020>. REDCap is a secure web application used by the University of Washington.

**Please complete and submit this assessment by July 31, 2020.**

If you have any questions about the 2019-2020 survey, please contact Ambyr Travis, [altravis@uw.edu](mailto:altravis@uw.edu), at Forefront Suicide Prevention, University of Washington.

