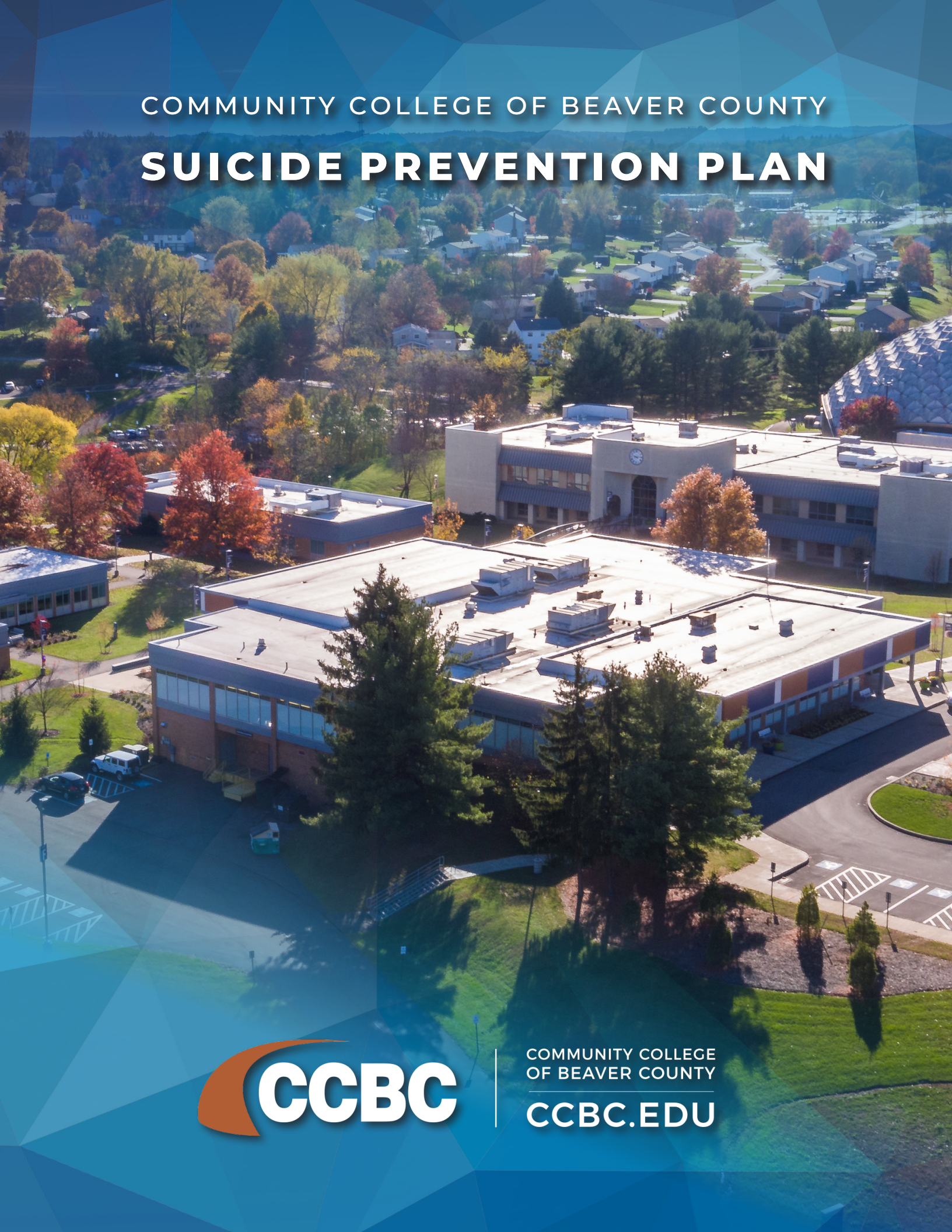




COMMUNITY COLLEGE OF BEAVER COUNTY

SUICIDE PREVENTION PLAN



COMMUNITY COLLEGE
OF BEAVER COUNTY

CCBC.EDU



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INTRODUCTION

The Community College of Beaver County Suicide Prevention Plan is a plan created to advise students and staff of mental health and suicide prevention programs both on and off campus. CCBC is one of 15 postsecondary institutions recognized by the Department of Education (PDE) across the Commonwealth for their commitment to preventing suicide and promoting mental health and wellness for their learners. PA CARES is a newly created recognition that ensures postsecondary students have access to support, tools, and resources to learn and thrive.

1. HOTLINES

National and local hotline numbers are available 24/7 for anyone who might find themselves in a potentially harmful situation.

- **National Suicide Prevention Lifeline** 988 (national)
- **Beaver County Crisis** 1-800-400-6180 or 724-371-8060 (local)

2. CRISIS INTERVENTION

When campus is open the primary contact for mental health crisis:

Amanda Bitkowski, LPC

724-480-3420

Amanda.Bitkowski@ccbc.edu

1 Campus Dr., Monaca, PA 15061

For 24/7 access, or when the campus is closed, the primary contact for mental health crisis:

See above Hotline information.

3. MENTAL HEALTH SERVICES

Both on campus and in the community there are many options for counseling and/or crisis assistance.

- **Health Promotion and Wellness:** [Personal Resources](#), (ccbc.edu) (See Appendix)
- **Student Health/Counseling:** CCBC Counseling Center, (cbc.edu/counselingservices)
- **Crisis Services:** Beaver County Crisis, 1-800-400-6180 or 724-371-8060
- **Local mental health providers:** [Personal Resources](#), (ccbc.edu)(See Appendix)
- **Local mental health clinics:** [Personal Resources](#), (ccbc.edu) (See Appendix)
- **Suicide Prevention Lifeline:** (suicidepreventionlifeline.org)
- **National Alliance on Mental Illness (NAMI):** (NAMI.org)

4. MULTIMEDIA ACCESS

Multimedia is a vital tool in both sending and receiving messaging when it comes to mental health. A variety of resources and supports are available across the state through [PA Navigate](#). Search and connect to find help near you.

- Services available at no cost: CCBC Counseling Center, (ccbc.edu/counselingservices)
- Mental health prevention resource: common treatment suggestions to maintain and improve mental health can be found on NAMI's website (NAMI.org)
- Focusing On You - Tips and Tricks for Balancing Life as a Titan, (ccbc.edu/personal-resources)
- Suicide prevention resource: help others and yourself. Tools are available on the suicide prevention website: Help Yourself (suicidepreventionlifeline.org)

Warning Signs of Mental Illness:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Overuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Risk Factors for Suicide:

- Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- Alcohol and other substance use disorders
- Hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Job or financial loss
- Loss of relationship(s)
- Easy access to lethal means
- Local clusters of suicide
- Lack of social support and sense of isolation
- Stigma associated with asking for help
- Lack of healthcare, especially mental health, and substance abuse treatment
- Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- Exposure to others who have died by suicide (in real life or via the media and Internet)

The Warnings of Suicide:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

5. STUDENT COMMUNICATION PLANS

Communication plans have been established based on different types of warning signs.

- **Mental health:** If a student misses a personal counseling appointment, the counselor on the case will make two attempts to reschedule the session (once via phone and once via email). The counselor on the case will document the outcome of the contact attempts in the student's confidential file as needed.
- **Suicide prevention:** If it is reported to a counselor that a student is a danger to themselves, the counselor will follow the threat to self-policy listed on the website (<https://ccbc.edu/4-01-001-001>).
- **Early Interventions:** Counselors also respond to early intervention reports given by the Supportive Services Department. Counselors attempt to contact the student 3 times via phone/email. Counselors document contact and plan and submit back to Supportive Services.

6. POST INTERVENTION PLANS

This post intervention plan is to provide a framework for those impacted by a campus suicide. The goal of the plan would be to offer the college community support through grief and adjustments and to bring awareness of suicide prevention to decrease risk of further campus suicides.

1. **Forming a Committee:**

The committee should have members from the following areas: student affairs, counseling, marketing, Emergency Response Team, and security. The mental health team lead will coordinate and lead the committee. Additional committee members can be added as needed. It is also suggested to seek support from community mental health providers, law enforcement, and spiritual resources as needed to partake in committee.

- Counseling Representative, Committee Chair
- Emergency Response Team Representative
- Human Resources Representative
- Health Sciences Representative
- Student Affairs Representative
- Marketing Representative
- Student Life Representative
- Police Academy Faculty, security perspective

2. **Communication:**

In the event of a campus suicide, communication should be made within 72 hours to the campus community. The marketing department will work with the post intervention committee to communicate the loss. The post intervention committee should look at appropriate ways to communicate the loss through email and social media outlets. The response should not sensationalize the event. The communication should also include signs of suicide and help hotlines, condolences to friends and family, and plans to support those impacted. It is also imperative the committee discuss communications with the family of the deceased. A suggested resource to use for appropriate messaging/communication for the post intervention committee can be found at <http://suicidepreventionmessaging.org/>. The college's attorney should also be consulted about any legal concerns about campus communication of a suicide.

Whenever possible the order of communications should be:

- Family of the deceased
- Friends of the deceased
- Faculty, staff, and administration (email)
- Student body (email)
- Public statement on social media

3. Clinical Services:

A range of clinical services will be offered to those impacted by a campus suicide. All services should be voluntary. All services will be published and communicated to the campus community.

- **Crisis:** during the campus operating hours the counselors should move and flex schedules to allow for immediate crisis counseling related to campus suicide if needed. If a crisis would occur after hours, students will be made aware of community crisis numbers they can utilize.
- **Individual counseling:** it will be communicated that individual counseling is available at the CCBC counseling center if students would feel more comfortable with individual support. If there is a high need and counselors need additional support, they may refer students to Back on Track program.
- **Group counseling & group discussions:** the counselors will offer support groups to students that would like to participate. Counselors should screen students to make sure they are appropriate for groups. Counselors may also refer students to grief groups in the community that may be helpful. Counselors should use appropriate resources to develop appropriate group curriculum.
- **Psychoeducation:** the counselors will work with marketing and the post intervention committee to publish materials that include warning signs of suicide, how to get help, self-care etc.
- **Consultation:** counselors may be contacted by faculty and staff about how to support students. Counselors should be available to offer tips and support to faculty and staff so they can best support their students during the post intervention phase if needed.
- **Support to first responders:** support for first responders who are employees - **LytleEAP** 800-327-7272, other first responders may (see appendix).
- **Support to family of deceased:** counselors will help family and friends that are not CCBC students get support and services off campus (see appendix).

4. Memorials/Related Events:

The post intervention committee shall meet to determine if it is appropriate to hold memorial services. If the college does not hold memorials for other student deaths, it may not be a good idea to only hold them for suicide related deaths. A few other things the committee should take into consideration:

- Deceased family's opinion of a memorial
- Allowing appropriate amount of time to pass
- Consider a fundraiser to continue to raise awareness
- If there is a service, support should be present for the students (counselors)
- Community spiritual support may be consulted
- If wanting to hold anniversary memorials, consider doing for all student deaths

5. Debriefing:

The post intervention committee should meet twice to debrief the handling of the campus suicide. The first meeting should occur 1-2 weeks after the suicide and the last meeting should occur 1 month after the suicide. The post intervention committee should also evaluate how campus culture is getting back to routines and should continue to implement strategies to promote routine and stabilization as needed.

Reference: <https://hemha.org/wp-content/uploads/2018/06/jed-hemha-postvention-guide.pdf>

6B. PLAN GUIDELINES

(a) Public posting on website

(b) Posting to include: mental health and suicide prevention plan and prevention materials and programs for free.

- **Twice a calendar year** this information needs to be distributed to students at beginning of each semester
- Plan to be **reviewed annually**
- Plan to the **Department of Education by August 1st** every year

6C. DEPARTMENT OF EDUCATION RESPONSIBILITIES

- Shall post on their website
- They shall designate us as a certified suicide prevention institution of higher education once we submit a plan
- They will create and allow us to use logo

APPENDIX

Mental Health Services:

Encase

Phone: 1-800-327-5465

Email: info@productivitypartners.net

Website: www.productivitypartners.net

Type of Service: Outpatient (free to CCBC students)

Beaver County Behavioral Health

Phone: 724-847-6225

Address: 1040 Eighth Ave., Beaver Falls, PA 15010

Website: www.bcbh.org

Type of Service: Outpatient

Primary Health Network (Rochester)

Phone: 724-770-9095

Website: primary-health.net/

Type of Service: Outpatient & Psychiatry

Primary Health Network (Beaver Falls)

Phone: 724-843-0314

Website: primary-health.net/

Type of Service: Outpatient & Psychiatry

Primary Health Network (Aliquippa)

Phone: 724-857-3570

Website: primary-health.net/

Type of Service: Outpatient & Psychiatry

The Prevention Network

Phone: 724-869-2222

Website: thepreventionnetwork.org/

Type of Service: Community Programs

Mental Health Association Beaver County

Phone: 724-775-4165

Warmline: 724-775-9507

Address: 105 Brighton Ave, Rochester, PA 15074

Website: mhabc.org

Type of Service: Warmline & Community Programs

Heritage Valley Grief Support Group

Phone: 1-800-720-2557

Type of Service: Grief Support

Grief Share

Website: www.griefshare.org

Type of Service: Grief Support

NAMI Beaver County

Website: www.namibeavercounty.org

Type of Service: Advocacy & Community Programs

JP Counseling & Associates

Phone: 724-494-6750

Address: 701 Sharon Rd, Suite 2, Beaver, PA 15009

Website: jpcounselingcenter.org/

Type of Service: Outpatient

The Renfrew Center

Phone: 1-800-736-3739

Email: kmoyta@renfrewcenter.com

Address: 201 N. Craig Street, Suite 503, Pittsburgh, PA 15213

Website: www.renfrewcenter.com

Type of Service: Eating Disorder Support

Suicide and Crisis:

Beaver County Crisis (UPMC-WPIC)

Phone: 724-371-8060

Address: 176 Virginia Ave, Rochester, PA 15074

Website: www.bc-systemofcare.org

Type of Service: Hotline

National Suicide Prevention Hotline

Phone: 988

Website: www.suicidepreventionhotline.org

Type of Service: Hotline

Crisis Text Line

Phone: 724-775-9507 or **text** 741741

Type of Service: Hotline

National Hopeline Network

Phone: 1-800-784-2433

Type of Service: Hotline

Veterans Crisis and National Suicide Prevention Line

Phone: 1-800-273-TALK, Press 1

Type of Service: Hotline

The Trevor Project (LGBT Youth Suicide Intervention)

Phone: 1-866-488-7386

Website: www.thetrevorproject.org

Type of Service: Hotline

Drug and Alcohol:

Gateway Rehab

Phone: 800-472-1177

Website: www.gatewayrehab.org

Type of Service: Outpatient and Inpatient

Beaver County Crisis (UPMC-WPIC)

Phone: 724-371-8060

Address: 176 Virginia Ave, Rochester, PA 15074

Website: www.bc-systemofcare.org

Type of Service: Hotline

JP Counseling & Associates

Phone: 724-494-6750

Address: 701 Sharon Rd, Suite 2, Beaver, PA 15009

Website: jpcounselingcenter.org/

Type of Service: Outpatient

Adaptive Behavioral Services

Phone: 724-378-1230

Address: One Hospital Drive, Aliquippa, PA 15001

Website: www.absjamz.com

Type of Service: Outpatient

Freedom Health Care Services Addiction Treatment Programs

Phone: 724-201-0850

Address: 773 Pershing Street, Ellwood City, PA 16117

Website: www.freedomtreatment.com

Type of Service: Outpatient and Medical Treatment

Beaver County Drug and Alcohol Program

Phone: 724-847-6220

Address: 1050 Eighth Avenue, Beaver Falls, PA 15010

Website: www.bcbh.org

Type of Service: Outpatient and Inpatient

Alcohol Abuse & Addiction Hotline

Phone: 888-489-6173

Type of Service: Hotline

Alcoholics Anonymous

Website: www.aa.org/

Type of Service: Meeting Information

Narcotics Anonymous

Website: na.org/

Type of Service: Meeting Information

Al-Anon

Website: al-anon.org/

Type of Service: Support for Family

Trauma and Domestic Violence:

Centers for Victims

Phone: 1-866-644-2882

Email: swalsh@centerforvictims.org

Address: 3433 East Carson St, Suite 300, Pittsburgh, PA 15203

Website: www.centerforvictims.org

Type of Service: Advocate Support

Women's Center of Beaver County

Phone: 724-775-0131

Email: annex@womenscenterbc.org

Website: www.womenscenterbc.org/

Type of Service: Advocate Support, Outpatient Counseling, Shelter

Pittsburgh Action Against Rape

Phone: 1-866-363-7273

Address: 81 South 19th St, Pittsburgh, PA 15203

Website: www.PAAR.net

Homelessness:

City Rescue Mission - Lawrence County

Phone:

- Men: 724-652-4321
- Women: 724-652-4349

Address: 319 S Croton Avenue, New Castle, PA 16101

Website: cityrescuemission.org/

Type of Service: Shelter

Beaver County Men's Emergency Shelter - The Cornerstone

Phone: 724-846-6400

Address: 697 State St., Vanport, PA 15009

Website: [https://www.cornerstonebeaver.org/
beaver-county-mens-shelter](https://www.cornerstonebeaver.org/beaver-county-mens-shelter)

Type of Service: Shelter

The Cornerstone

Phone: 724-846-6400

Website: cornerstonebeaver.org/

Type of Service: Shelter

LGBTQ+:

The Trevor Project (LGBT Youth Suicide Intervention)

Phone: 1-866-488-7386

Website: www.thetrevorproject.org

Type of Service: Crisis/Hotline

Persad Center

Phone: 412-441-9786

Email: khenry@persadcenter.org

Website: persadcenter.org/

Type of Service: Counseling, Advocacy, Misc.

Central Outreach Wellness Center

Phone: 724-707-1155

Address: 2360 Hospital Drive, Upper Suite 1, Aliquippa, PA 15001

Website: <https://www.centraloutreach.com/>

Type of Service: Advocacy, Hep C Testing, HIV Support

Wellness Related:

Beaver County YMCA

Phone: 724-891-8439 (Membership Director)

Email: mrs.tutino1234@gmail.com

Address: 2236 3rd Avenue, New Brighton, PA 15066

Website: www.beavercountyyymca.org

Type of Service: Gym, Physical Health

Headspace

Phone: 724-891-8439 (Membership Director)

Website: headspace.com

Type of Service: Meditation

Keystone Wellness Programs

Phone: 724-432-3474

Email: hannah@keystonewellnessprograms.org

Address: 1272 Mars Evans City Rd, STE 200, Evans City, PA 16033

Website: keystonewellnessprograms.org/about-us/

Type of Service: Community Wellness Programs

Food Pantry:

CCBC Wellness Store

Phone: 724-480-3443

Email: studentlife.mail@ccbc.edu

Address: Located in the Student Resource Center, Lower Level, SSC (Building 1)

Type of Service: Food and Clothing Pantry, Student Supplies

Family Matters Food Pantry

Phone: 724-709-7718

Website: www.familiesmatterfoodpantry.org

Address: 186 Wagner Rd., Monaca, PA 15061

Type of Service: Food Pantry

House of Prayer Lutheran Church (Free Pantry, Farmers Market, Manna, Traditional Food Pantry)

Phone: 724-375-2033

Address: 2100 Irwin St, Aliquippa, PA

Website: www.hoplutheran.org

Type of Service: Pantry

Faith Restorations Inc Food Pantry

Phone: 412-867-7118

Address: 186 Wagner Road, Monaca, PA 15061

Website: faithrestorations.org/

Type of Service: Pantry

Salvation Army Beaver Falls

Address: 721 Thirteenth Street, Beaver Falls, PA 15010

Website: pittsburghfoodbank.org/agency/salvation-army-beaver-falls/

Type of Service: Pantry

Twelve Loaves Soup Kitchen

Phone: 724-561-6491

Address: 1031 Second Ave., PO Box 215, New Brighton, PA 15066

Website: twelveoaves.org

Type of Service: Pantry

Misc Resources:

Pennsylvania 2-1-1

Phone: 1-888-553-5778

Website: www.uwp.org/programs/2-1-1/

Type of Service: Resources

Beaver County Children and Youth Services

Phone: 724-891-5800

Type of Service: CYF

Area Office on Aging

Phone: 724-847-2262

Type of Service: Elderly Services

Choices Pregnancy Services - Beaver County

Phone: 412-264-0200

Address: 110 Christy Drive, Monaca, PA 15061

Website: www.pregnancychoice.org

Type of Service: Pregnancy Support



1 Campus Drive | Monaca, PA 15061
724-480-2222 | ccbc.edu

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