

# SynthSCS Project Overview



*Project funded by Higher Education Authority Innovation and Transformation Fund 2018. SynthSCS is Work Package 2 of the 3Set Project - Student Engagement and Success Strategy working in collaboration with TCD, UCD and AIT.*

# SynthSCS Project Goals



Scope best practice in student mental health and suicide prevention in higher education internationally and student counselling services across Ireland.



Assist the HEA in fulfilling its commitment to the Connecting for Life Strategy.



Develop partnerships/collaborative networks across sectors and disciplines with key partners to improve student success outcomes.



Create a resource repository of student mental health tools for student counselling services.

# Scoping Current Practices & Resources

- Scope best practice instudent mental health and suicide prevention internationally

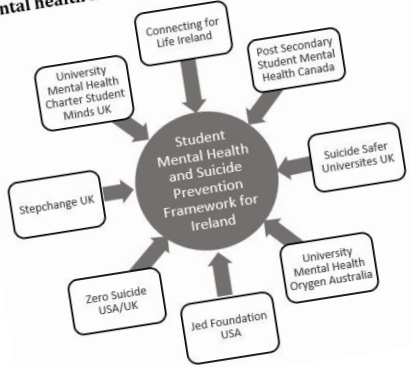
- 22 Site Visits Completed from Mid October-March 1st:

TUD Dublin	TUD Tallaght	TUD Blanch
DCU	DKIT	AIT
CIT	LYIT	LIT
IT Sligo	UCC	UL
NUIG	TCD	NUIM
IT Tralee	WIT	IADT
NCAD	UCD	GMIT
IT Carlow		

- Audio recordings of 22 x 1 - 1.5 hr interviews transcribed
- Thematic analysis of 500+ pages of data in progress.

# National Student Mental Health and Suicide Prevention Framework

International guidance and best practice in student mental health and suicide prevention



SynthSCS Project formed and scoping review of international guidance & best practices started

HEA CFL working group ask SynthSCS to write National Student Mental Health and Suicide Prevention Framework

Key stakeholder consultation with representative from higher education and with the Union of Students Ireland



HEA CFL Consultation Panel



Jo Smith, University of Worcester, Suicide Safer Project



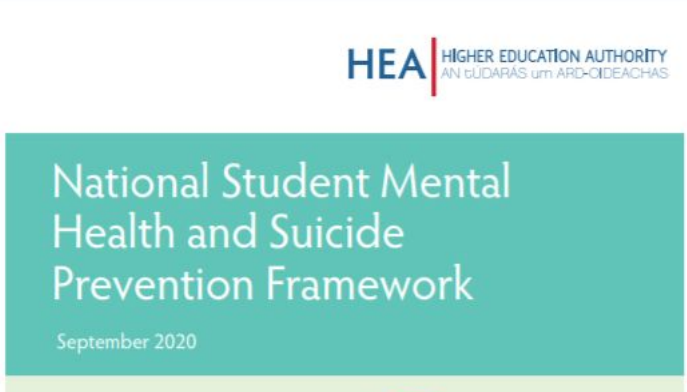
Teresa Fox, AIT & SynthSCS Project Lead



Higher Education Authority [HEA] establishes Connecting for Life [CFL] Working Group

Overview of campus suicide prevention international guidance & best practices presentation for HEA CFL

First draft of framework presented to HEA CFL working group





# Partnerships & Collaborative Cross-Sector Network

- Establish relationship with key partners (HEA/HSE/NOSP)
- Collaborated with National Suicide Research Foundation to produce a seminar on world mental health day 10th October 2019
- SAI Critical Incidents on Campus
- PCHEI CAMS Training

SAI STUDENT AFFAIRS IRELAND			
Student Affairs Ireland   Summer Summit   University College Cork   June 2019			
<b>Day 1: 11 June: Student Success: Everybody's Business</b>			
<b>Day 2: 12 June: A day like any other except it's not: Critical Incidents and Crisis Management</b>			
Student Success: Everybody's Business			
DAY 1: 11 June		Registration: 09:00hrs – 09:30hrs	
09:30hrs – 09:40hrs		• Opening: Mr Paul Moriarty, Chair SAI	AULA MAXIMA
09:40hrs – 09:50hrs		• Welcome Address: Professor Michael Murphy, President, European Universities Association.	
09:50hrs – 10:00hrs		• Launch of Student Affairs Ireland: Minister of State at the Department of Education, Mary Mitchell O'Connor	
10:00hrs – 11:00hrs		• Keynote Address: Professor Liz Thomas A whole institutional approach to improving student success.	
11:00hrs – 11:45hrs		Tea/Coffee + Poster Display time	
Concurrent Session 1 Time: 11:45hrs – 12:45hrs		Title	
SESSION 1A		Presented by	
Theme: Student Resilience / Wellbeing / Mental Health		Venue	
Format: Presentations		West Wing	
Paper 1: Connecting the Dots: Supporting the Student Experience by using student wellbeing findings combined with resilience building strategies in partnership with academic programmes		Dr Pádraig MacNeela, Senior Lecturer, School of Psychology Mr James McCormack, Counsellor, Student Counselling & Wellbeing Mr John Hannon, Director, Student Services Institution: National University of Ireland, Galway	

## World Mental Health Day Early-Mid Career Researchers' Seminar

The National Suicide Research Foundation in collaboration with University College Cork, AIT SynthSCS Project (HEA Innovation and Transformation Fund 2018), the Health Service Executive National Office for Suicide Prevention and Ulster University, is hosting a Seminar for Early Career Researchers who are working in the area of Suicide, Self-Harm and Mental Health. This seminar is open to all.

**When:** Thursday October 10<sup>th</sup> 2019  
**Time:** 10.30am - 4.30pm  
**Where:** Nano Nagle Place, Cork City

The seminar programme will have three parts:

- Morning: Presentations by Early and Mid-Career Researchers
- Afternoon: Masterclasses presented by experts in mental health, suicide prevention, occupational health and clinical trials.
- Afternoon: Launch of 2018 National Self-Harm Registry Ireland Annual Report and the World Health Organisation resource for filmmakers and others working in stage and screen.

Masterclasses will include;

- Mental health promotion and suicide prevention in occupational settings
- Mental health among the student population
- Randomised control trials – benefits and challenges for mental health research
- Suicide and self-harm surveillance – from local to global
- Grant writing – do's and don'ts






NSRF @NSRFireland · 3h  
Dr Jessica Surdey and @deirdrebyrne8 outlining the work of the @synthscs project which aims to increase knowledge transfer across Higher Education Student Counselling Services in Ireland  
[#WMHD19Cork](#) [#ConnectingforLife](#)



# ◆ Partnership with 50808 and PCHEI

We were instrumental in the establishment of collaborative partnership between PCHEI and 50808 a 24/7 crisis text line. The keyword partnership between 50808 and PCHEI allows each HEI to promote their own keyword to open a text conversation with a trained volunteer. As a result of this partnership high level data can be shared with the participating HEI with regard to their students' use of the service, issues students present with etc. This data may inform campus services development.



We'd love if you could join us!

PCHEI, the representative body of student counselling services in higher education, have partnered with **50808** anonymous text support service. Student Counselling Services and other Student Services, along with Student's Unions and other student groups, will promote the **50808** service as an important and valuable mode of support to university/college students, 24/7.

**Guests:**  
Gertie Raftery, Chairperson, PCHEI  
Simon Harris TD, Minister for Further & Higher Education, Research, Innovation & Science  
Ian Power, CEO of 50808  
John Meehan, Assistant National Director of HSE National Office for Suicide Prevention (NOSP)  
Lorna Fitzpatrick, President, Union of Students in Ireland (USI)

Register here: <https://www.evenbrite.ie/e/pd/ei-50808-partnership-launch-tickets-118209948137>

# Resource Repository

In response to the current COVID-19 crisis, we reprioritised outputs based on an identified need by bringing forward the development of the web-based resource repository of student mental health tools to support students and student counsellors.

