

STRONGER TOGETHER: CALIFORNIA COLLEGES &
UNIVERSITIES UNITED FOR STUDENT MENTAL
HEALTH

ENGAGING UNIVERSITY FACULTY & STAFF AS MENTAL HEALTH ALLIES.

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OBJECTIVES

- 1. Gain strategies for program development to recruit faculty and staff as mental health allies.
- 2. Learn the basic objectives of suicide prevention and stigma reduction training programs implemented on a university campus.
- 3. Enhance knowledge on how a public health model can be modified and implemented on a university campus.

CALMHSA GRANT DELIVERABLES



Suicide Prevention:

Screening students of concern for key risk factors associated with suicide and the variations of the expression of these risk factors

Launch the American Foundation for Suicide Prevention and Interactive Screening Program (ISP listed as best practice by Suicide Prevention Resources Center) to reach target group members of selected vulnerable and under-served student populations.

Encourage all students who are screened and identified as at risk of suicide to seek services from the Counseling Center staff at UCI or refer them to other community providers, hospitals, clinics

Training:

Empowering faculty, staff and students by educating them on how to identify, respond, and assist students at risk for suicide, including bystander training, guides for responding to distressed students and interactive modules

Work with UCOP to develop (and/or enhance our existing) "Guide to Assisting the Emotionally Distressed Student" guide and faculty handbook and also offer training for faculty, staff, & administrators on rapidly assessing, managing, and referring students in psychological distress

Work with UCOP to incorporate "bystander training" campus wide to reduce interpersonal violence, decrease high risk drinking, suicide prevention, increase pro-social behavior and commitment to a caring community (e.g. STEP UP! Model of pro-social behavior/bystander intervention program).

Peer to Peer Programming:

Strengthening the campus safety net for students with peer support program, particularly those with mental health problems or who are academically at risk

Work with UCI campus to further develop peer support and mentoring programs for prevention of distress and for students in distress that are specific to the needs of our campus population.

Work with UCOP to develop training manuals and incorporate use of peers to deliver psycho-educational training and prevention programs

Work with UCOP to engage student groups to assist in production of electronic products to support detection and promotion of protective factors related to resiliency of psychologically distressed students

OVERVIEW OF PROGRAMS

MANAGING DISTRESS IN THE UNIVERSITY COMMUNITY WORKSHOP SERIES

- A 3-part workshop series which includes key trainings offered by the Counseling Center that address suicide prevention, stigma reduction, and faculty/staff protocol for managing distressed students.
- Facilitated by the Counseling Center staff and the Campus Consultation Team members.
- Workshops take place 1x per quarter and registration is made available via 2 platforms.
- Workshops are facilitated on 3 different days, typically around the lunch hour.
- Workshops are marketed passively and actively.
- Workshops can also be requested as needed and tailored for a group.



Overview of Workshops

Register for one, two, or all three *free* educational workshops. Attending all three will help you be well prepared for a variety of situations and needs. Although these trainings are focused on learning how to help students, these same skills can be used to help a colleague or peer in distress.

Information about dates, times, and locations are available at:
www.uclc.uci.edu, keyword "distress"

Workshop 1 Dealing with Disruptive or Distressed Students (60 minutes)

Instructors: UCI Campus Consultation Staff

Learn how to recognize and respond to distressed or distressing students. Topics include:

- An introduction to the UCI Consultation Team and how and when to consult them
- Tips and strategies for interacting with a distressed and/or disruptive student
- When and how to notify appropriate staff and refer a student to the right resources
- Information on UCI resources and policies to support faculty, staff, and student leaders faced with a distressed student, disruptive student, or workplace violence

Workshop 2 Suicide Prevention Training: QPR – Question, Persuade, Refer (60 minutes)

Instructors: UCI Counseling Center's Professional Staff

Through experiential exercises and frank discussion, learn how to effectively interact with a suicidal individual and overcome obstacles that often leave someone in crisis feeling judged, misunderstood, invalidated and dismissed. Topics include:

- Helping participants to identify risk and protective factors for suicide
- How to intervene with individual at risk for suicide
- Practice in the QPR skills of questioning, persuading, and referring suicidal individuals
- How to contribute to suicide prevention

Workshop 3 Bystander Intervention Training: Step Up! UCI (60 minutes)

Instructors: Wellness, Health & Counseling Staff

Step Up! is a pro-social behavior bystander intervention training that educates faculty and staff to be proactive in helping others. Teaching people about the determinants of pro-social behaviors increases awareness of their reticence to be more helpful. As a result they are more likely to help in the future. Topics include:

- Increased awareness of helping behaviors
- Determinants of motivation to help
- Skills and confidence development when responding to problems or concerns
- How to ensure the safety and well-being of self and others

DEALING WITH DISTRESSED & DISRUPTIVE STUDENTS

- An Introduction to the Campus Consultation Team and how to access them as a resource for managing distressed and disruptive students.
- Red Folders
 - Mobile App
- Campus Consultation Team
 - Purpose: To bring the collective wisdom, professional perspectives, campus management and agency responsibilities to bear on a crisis that, because of its reach, complexity, or potential risks, demands the involvement of multiple campus departments.
 - Actions: Meet weekly or as needed to discuss crisis management issues, to review actual cases, and to update campus protocols for responding to these crises.
 - Core Group
 - Activated Members



QPR SUICIDE PREVENTION GATEKEEPER TRAINING

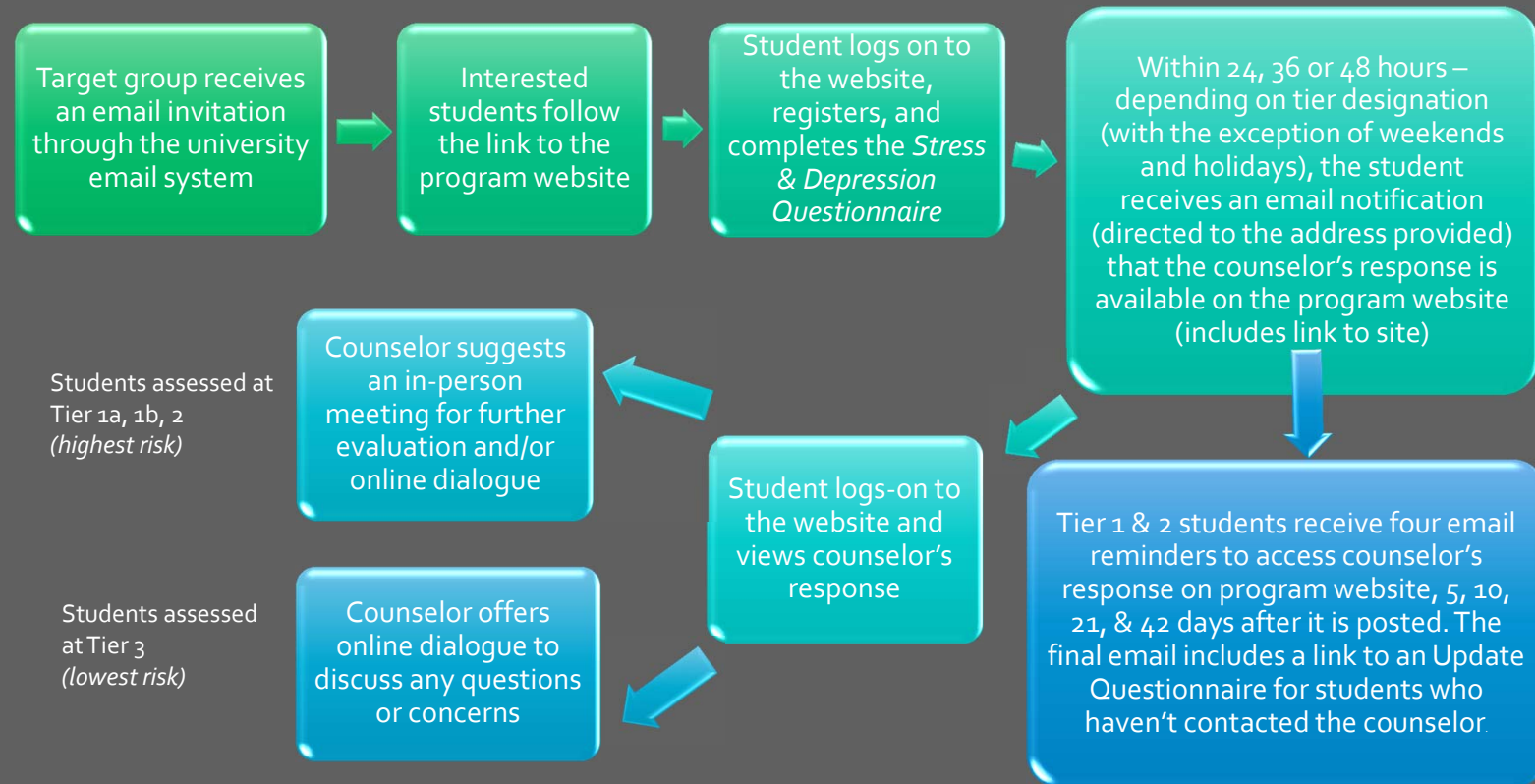
- **QPR stands for Question, Persuade and Refer**, three steps anyone can learn to help prevent suicide. Just like CPR, QPR is an emergency response to someone in crisis and can save lives.
- QPR is a 60-90 minute training where attendees learn:
 - **Early recognition of suicide warning signs.** The sooner warning signs are detected and help sought, the better the outcome of a suicide crisis will be.
 - **Early QPR.** Asking someone about the presence of suicidal thoughts and feelings opens up a conversation that may lead to a referral for help.
 - **Early intervention and referral.** Referral to local resources is critical, as most people thinking about suicide are suffering from an undiagnosed and/or untreated mental illness or substance abuse disorder for which excellent treatments exist.
 - **Early professional assessment and treatment.** Early detection and treatment results in better outcomes and fewer lives lost to suicide.
- Counseling Center staff who have undergone a certification program to be QPR Training facilitators conduct the workshop for attendees.
- <http://www.qprinstitute.com/>

STEP UP! UCI BYSTANDER INTERVENTION TRAINING

- Step UP! is a prosocial behavior and bystander intervention program that educates students to be proactive in helping others.
- **Teaching people about the determinants of prosocial behavior makes them more aware of why they sometimes don't help. As a result they are more likely to help in the future.**
- The goals of Step UP! are to:
 - Raise awareness of helping behaviors
 - Increase motivation to help
 - Develop skills and confidence when responding to problems or concerns
 - Ensure the safety and well-being of self and others
- There is a campuswide Advisory Committee at UCI that spearheaded rolling out Step UP! on campus and includes representatives from: Health Education Office, C.A.R.E. office, Athletics, Housing, Greek Life, LGBTQ Resource Center.
- <http://stepupprogram.org/>

INTERACTIVE SCREENING PROGRAM (ISP)

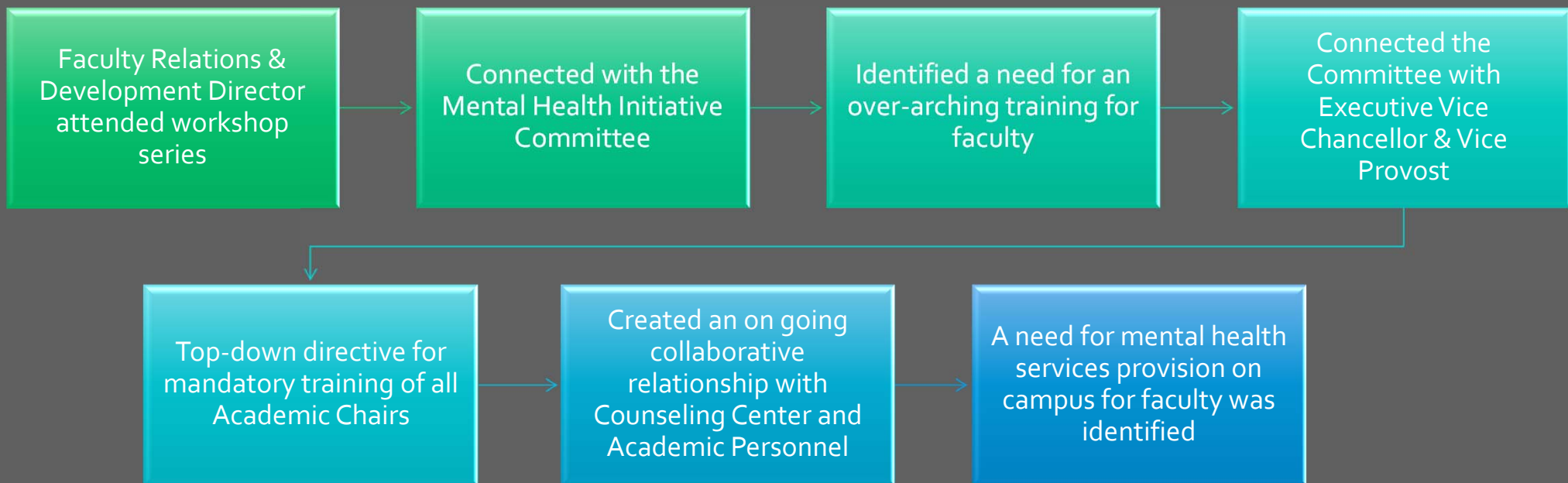
Purpose: To identify, engage and refer to treatment students with serious depression or other conditions that put them at risk for suicide



A ROAD MAP

Engagement with Faculty & Staff

ACADEMIC PERSONNEL



ACADEMIC SCHOOLS

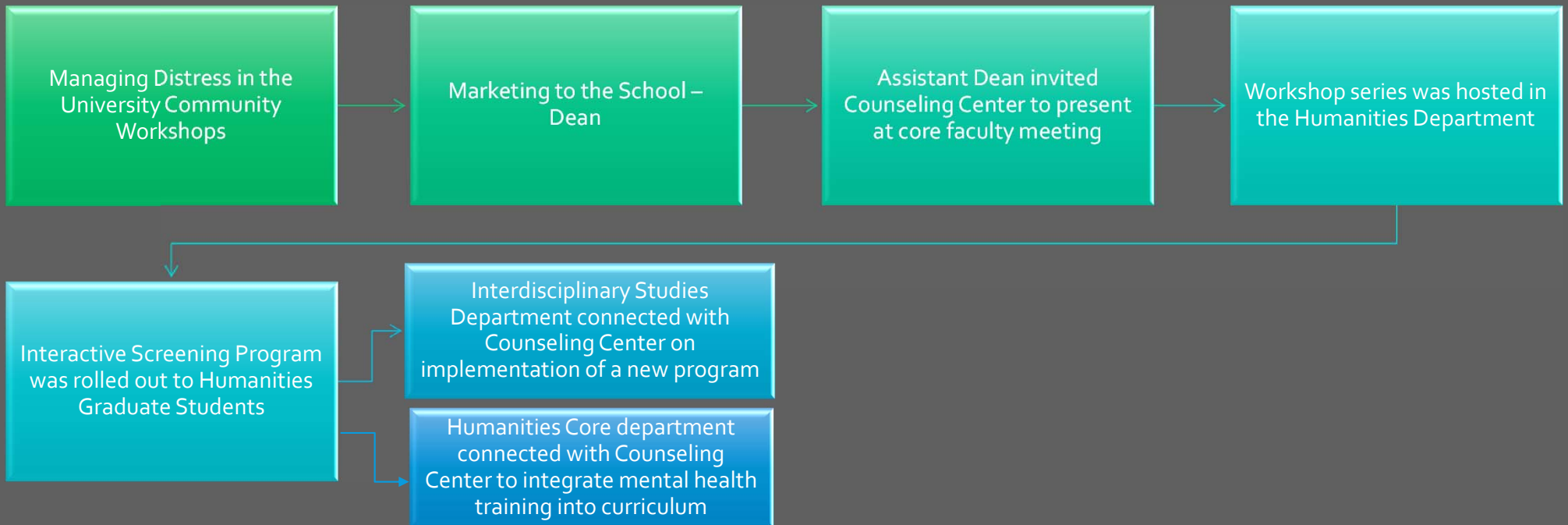
School of Humanities

- 1,800 undergraduates, 384 graduate students
- 13 departments/majors

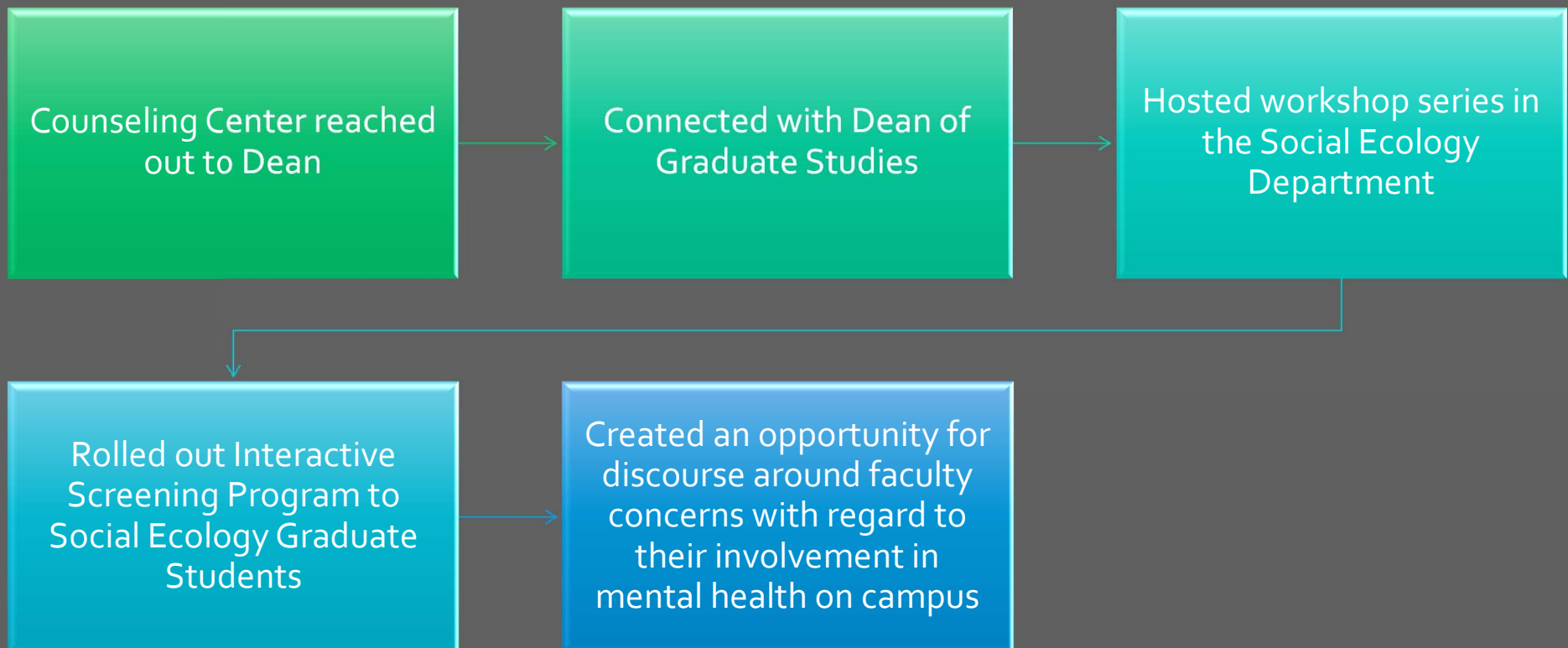
School of Social Ecology

- 2,234 undergraduates, 331 graduate students
- 3 departments/9 majors

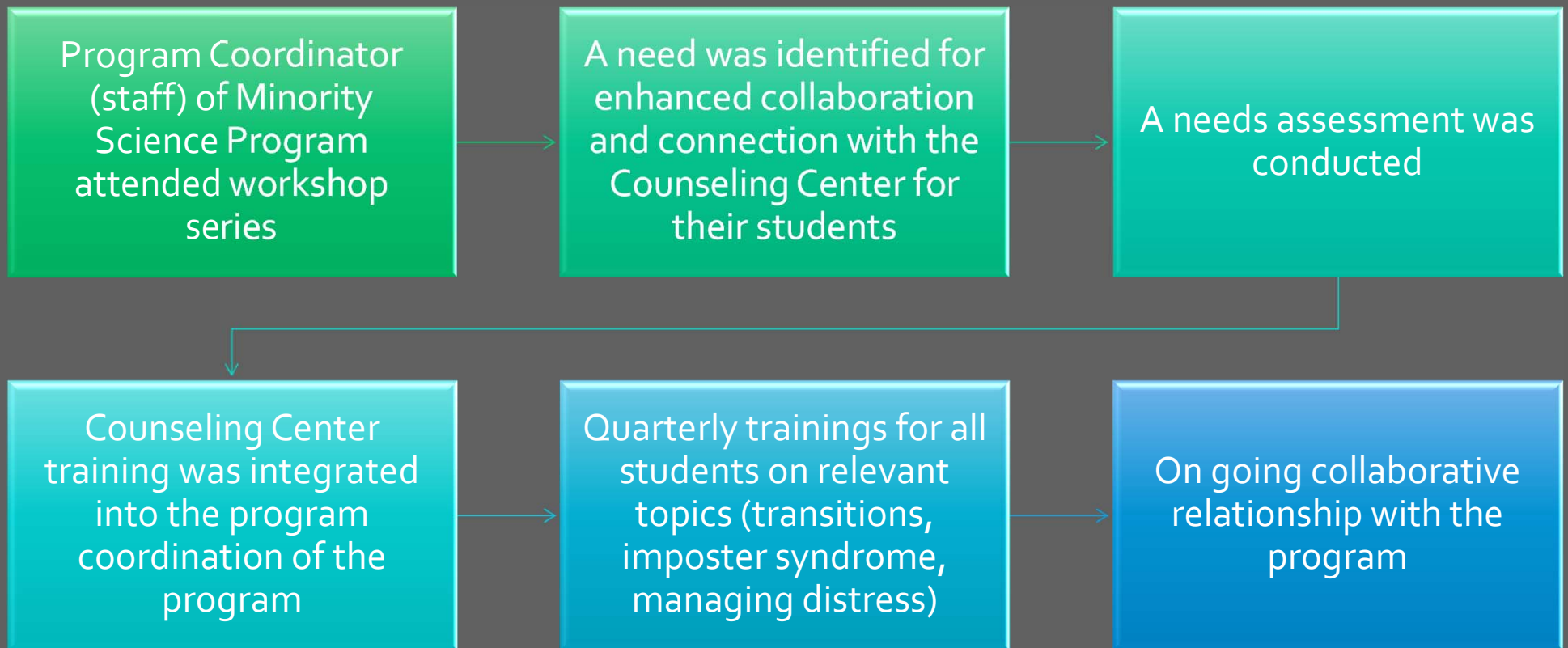
SCHOOL OF HUMANITIES – DEPARTMENT INITIATED ENGAGEMENT



SCHOOL OF SOCIAL ECOLOGY – COUNSELING CENTER INITIATED ENGAGEMENT

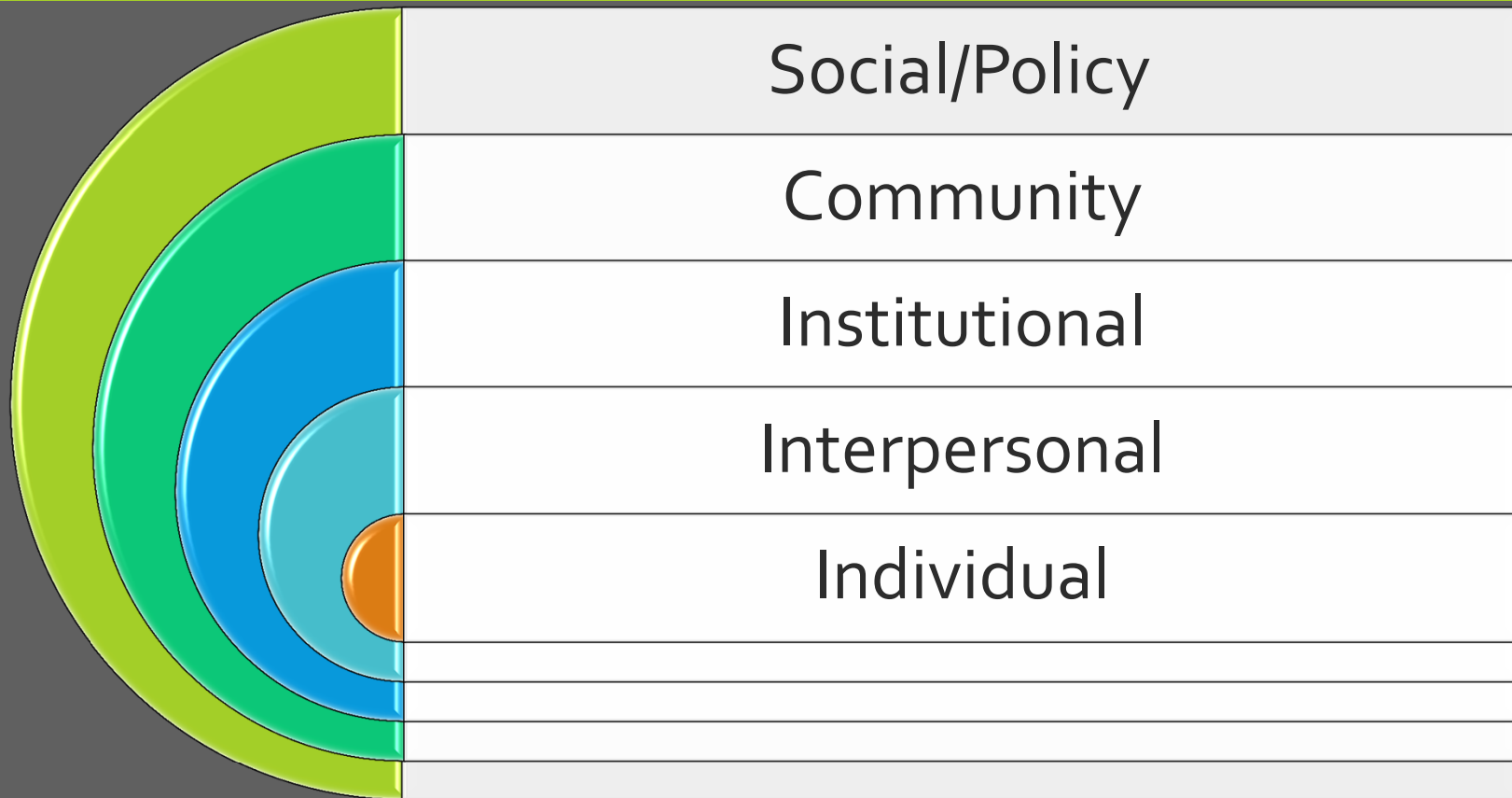


MINORITY SCIENCE PROGRAM – PROGRAM INITIATED ENGAGEMENT



REFLECTIONS & FUTURE DIRECTIONS

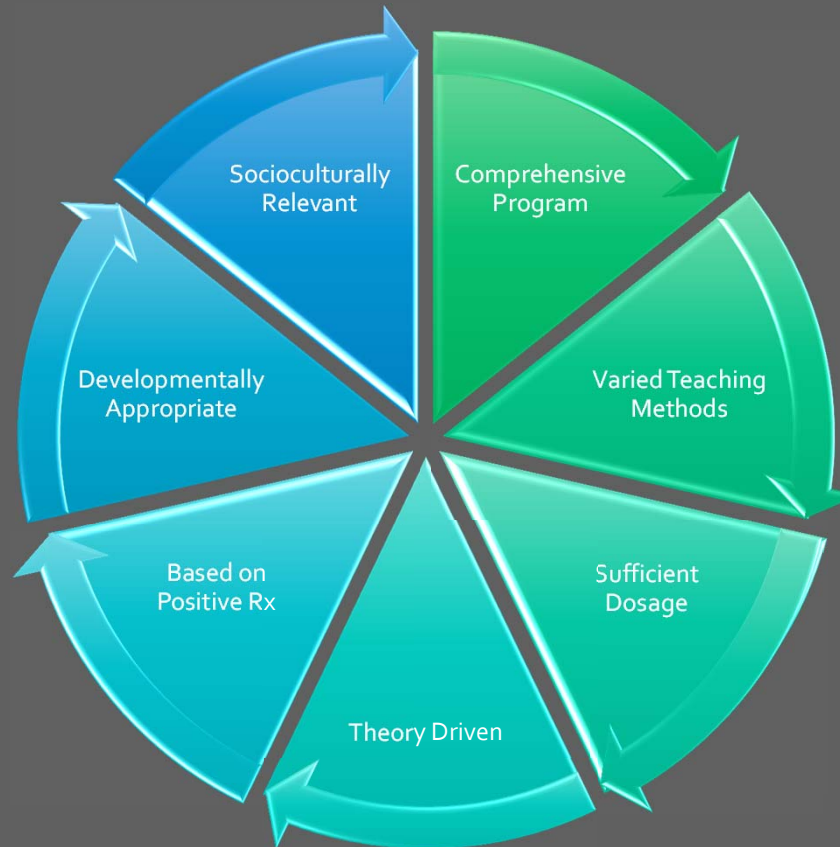
AN ECOLOGICAL MODEL



AN ECOLOGICAL PERSPECTIVE TO CAMPUS MENTAL HEALTH PROMOTION AND PREVENTION EFFORTS

Principles of Effective Prevention Programs

Nation et al., 2003



REFLECTIONS & FUTURE DIRECTIONS

- Logistical barriers
 - Time, location, cohort
- Stigma of mental health among faculty
 - Barrier against recognizing and responding to mental health as a salient issue within faculty culture translates to a barrier against recognizing and responding to mental health in students
- Liability/risk concerns
 - Lack of clarity about protocol
 - “It’s not my job.”
- Evaluation