

# Garrett Lee Smith Campus Suicide Prevention Grant Peer Involvement: The FACE of Change

Freshmen Accessing Community and Embracing Survival  
(FACES)

Jan Collins Eaglin, Ph.D.

# GOALS AND OBJECTIVES

- Education  
To increase the level of awareness and knowledge about mental health, emotional health and wellness, and issues related to suicide
- Publicity  
Develop a comprehensive media campaign focused on increasing student help-seeking and addressing issues related to mental health stigma.  
To collaborate with the campus community in an effort to sustain media outlets for increased awareness of suicide prevention activities, resources, and decrease mental health stigma

# GOALS AND OBJECTIVES

- Changing the Conversation about Help-Seeking and Mental Health
  - To increase help-seeking skills and reduce the stigmas of accessing services
- Expanding our reach on Campus and broadening the Campus network
  - To increase students ability to refer students in distress
- Promote Social Networks
  - To promote access to mental health educational information
- Getting the Student Perspective'
  - To involve students in the development of mental health messages and outreach programs

• **F.A.C.E.S.**

Freshmen Accessing  
Community and Embracing  
Survival

• **First Year Transitions**

- Embedded suicide prevention awareness messages into seminars conducted at AOP and POP
- A magnet for all first-year students entitled “Transitioning to College” distributed to all first year students



- Gatekeeper Training

- Approximately 10% of campus trained as gatekeepers, includes RAs, student organizations, technical writing class, medical school, and nursing

- Collaboration with the Health and Wellness Pillar

- Create opportunities for collaboration with RSO's to promote mental health programming for students

- Active Minds



**activeminds**

- Strategic Collaboration with the Health and Risk Communications Project Center and the College of Communication Arts and Sciences to create a campus wide media campaign



Podcasts were made by Counseling Center staff members and a team of MSU video designers in an effort to inform students of Counseling Center services.



WHAT IS COUNSELING?



HOW DO I GAIN ACCESS TO  
COUNSELING CENTER RESOURCES?



WHAT CAN I EXPECT ON MY  
FIRST VISIT?



A website for students and parents was created and featured in several campus publications. It provides information about how students can stay mentally healthy while in college and how parents can help the process. The podcasts are all available to view on this website.





During October, MSU Counseling Center hosts the AFSP Out of the Darkness community walk. The goal of the walk is to raise money and awareness on issues related to suicide prevention. In its' first year, the walk had over 100 participants.





### Jewish Women's Forum

Mindfulness and yoga to create a safe environment to openly discuss their challenges

### MSU Entrepreneurship Association

Competition to create a business to launch a suicide prevention campaign.

### Orchesis Dance/Movement workshop

Movement used as a tool for stress relief and healing

### MSU Women's Hockey Team

Pucks for Prevention – provide resources for how to recognize potentially suicidal friends and learn how to aid friends

### Successful Black Women

Relationship Violence –Let's Talk - education about the importance of healthy relationships and recognizing signs of distress



Spartan Web Authoring Team (SWAT)

Website design for FACES targeted for parents of first-year students

Young Apostolic Students for Christ

Overcoming procrastination workshop to relieve anxiety and depression

Black Graduate Student Association

Program to target time management and study skills for freshmen on academic probation



Student Veterans of America - MSU  
Dodge ball tournament  
Interdisciplinary Studies-Student Organization  
“Food, Sex, and Money”  
Salsa Club  
Stress Free Salsa  
Kinesiology Graduate Student Organization  
“Fitness Scavenger Hunt”  
The Advantage  
“System Overload” – Stress Management,  
Overcoming Procrastination & Study Skills  
Active Minds  
Messages of Hope



## Thank you SAMHSA

for providing the opportunity to fight student suicide.

Without this grant, none of the important work we have done would have been possible.