



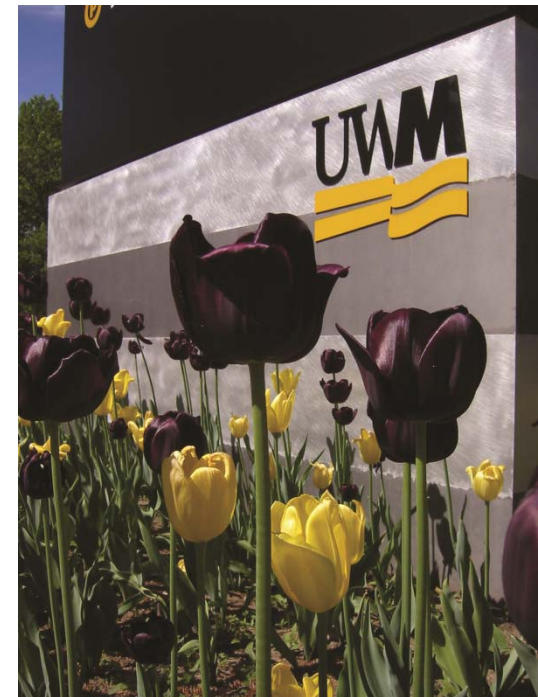
# Campus Connect Suicide Prevention Booster Training

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# Topics

1. Campus Connect Implementation and Survey Assessment
2. Campus Connect Survey Results
3. Booster Training Development, Implementation, and Assessment
4. Challenges and Next Steps





## **Campus Connect (CC)**

### **Implementation and Survey Assessment**

- 2011: CC Suicide Prevention Gatekeeper Training implemented
- Support from Chancellor's Advisory Committee on Mental Health (CACMH)
- Funding for initial "Train-the-Trainers" provided by the Kubly Foundation
- For students, faculty, and staff





## CC Implementation and Survey Assessment

- Student Affairs, Housing, Academic Advisors, Campus Police, Norris Health Center
- 803 individuals participated in the first year
- Check-In Survey administered monthly since 2011





# CC Survey Assessment Questions

1. How many times did you intervene to help an individual experiencing emotional distress?
2. Describe the nature of the intervention.
3. Describe obstacles faced when seeking to utilize gatekeeper intervention skills.
4. Do you desire additional training /support?
5. Describe yourself (faculty/staff or student).





# Review CC Survey Assessment Data

- 2012 SAMHSA Grant Activity 2:
  - Provide continuing education and support for campus gatekeepers
- Spring 2013:
  - Grant team and members of CACMH Early Detection/Suicide Prevention subcommittee





## CC Monthly Check-In Survey Data

- 1176 individuals trained between 2011-2013
- Gatekeepers made interventions with:
  - 736 UWM students
  - 192 UWM faculty/staff
  - 392 individuals who are not affiliated with UWM





# Review of CC Survey Results

## Common Obstacles:

- Difficulty communicating effectively/Not sure what to say
- Encouraging individual to seek help
- Issues related to establishing boundaries







# Review of CC Survey Results

Common Additional Training and Support Needs:

- General refresher course
- How to have difficult conversations
- How to convince someone to seek help





# Booster Training Development

## Goals:

- Shorter training session
- Review CC basics
- Develop material to address most common obstacles and additional training needs
- Allow time for roundtable discussion





# Booster Training Curriculum

- Introduction
- Recalling Campus Connect
- Refresher: How to Start the Conversation
- Refresher: Asking Someone If They Are Thinking About Suicide
- Tips For Establishing Boundaries
- Strategies for Persuading People To Pursue A Referral
- Round Table Discussion: Campus Vignettes





## Booster Curriculum: Tips for Establishing Boundaries

- **Barriers** - concerns about weakening relationship and trust, enhancing isolation
- **Importance** - avoid burn out, over involvement, protect ourselves
- **Strategies** - setting limits up front, understand relationship focus





# Booster Curriculum: Boundaries Exercise

- Can I come back and talk to you again?
- You're the only one I can talk to / the only one who understands.





## **Booster Curriculum: Strategies to Persuade People to Pursue Referral**

- Review campus referral protocols
- Encourage individuals to connect with professional
  - Help process concerns, courage of seeking help
- If a student declines help?
  - Consult with leadership, campus counseling center, local or national helpline





# Booster Curriculum: Campus Vignettes

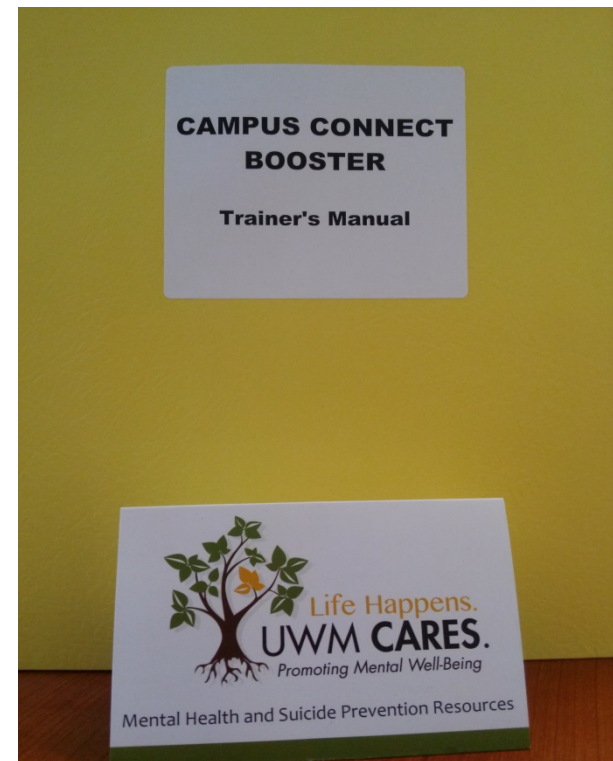
- A student helping a student
- A resident assistant helping a student
- An instructor reaching out to a student
- A supervisor reaching out to a student employee





# Booster Training Implementation

- Launched August 2013
- Monthly Check-In Survey revised
- Participants required to complete CC first
- 90 individuals trained to date







# CC and Booster Survey Assessment

- February 2014: Annual Gatekeeper Survey
- 1343 gatekeepers received survey (7.7% response rate)
  - Confidence in completing suicide prevention steps of CC and Booster participants > CC participants
  - CC and Booster participants intervened to help an average 5.1 individuals
  - CC participants intervened to help an average 3.3 individuals





# Challenges

- Consistent participation
- Departments carving out dedicated time for participation
- UWM professional development promotional platform no longer available





## Next Steps

- Summer/Fall 2014
  - Brainstorming meeting with current CC trainers
  - Host “train-the-trainer” session Summer 2014
  - Brief faculty/staff training sessions
  - Schedule targeted-department/group trainings
  - Promote CC and Booster through UWM’s Mental Health Resources website ([www.uwm.edu/mentalhealth/](http://www.uwm.edu/mentalhealth/))





Thank You!

