Integration of Life Skills

Arizona State University

Campus Care Program

Arizona State University

- Large university (67,000 students)
- 4 campuses in metropolitan Phoenix, Arizona
- Approximately 25% current enrollment ethnic and racial minority (one-third of 2008 first year class)
- 9700 first year students
- 9000+ residence hall students (increasing to 12,000+ in next few years)
- Large populations of LBGTIQ students, international students
ASU Students at Particular Risk

<table>
<thead>
<tr>
<th>Group</th>
<th>Percentage who seriously considered attempting suicide in the last school year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>9.1</td>
</tr>
<tr>
<td>LGBTIQ</td>
<td>22.1</td>
</tr>
<tr>
<td>Disabled</td>
<td>17.4</td>
</tr>
<tr>
<td>Minority</td>
<td>13.3</td>
</tr>
<tr>
<td>First year freshmen</td>
<td>12.3</td>
</tr>
<tr>
<td>International</td>
<td>11.8</td>
</tr>
<tr>
<td>On-campus residents</td>
<td>11.1</td>
</tr>
</tbody>
</table>

(Adapted from American College Health Association-National College Health Assessment: Arizona State University Spring 2006. Baltimore: American College Health Association; 2006. (n=1222))

ASU “Campus Care” Program

Focus on students at particular risk
• LGBTIQ, disabled, minority, international, freshmen, living on campus

Key Components
• Awareness and Skill Building training
  • Students, leaders, faculty/staff, parents, other key groups
  • Mental Health Awareness events each semester
• Social marketing
  • Posters, ads, bulletin boards, web-based
• Peer education- “Active Minds” chapter
• Live Well @ ASU Personal Wellness Profile
• Stress management education
• Think Different, Feel Better counseling workshop
• University-wide suicide prevention coalition
• Evaluation
Approach to **fully** Integrating Life Skills

- Continual messaging about importance of preventative work
  - Emphasis on Risk & Protective Factors relationship
  - Tying preventative work to data and research
  - Reframing misconceptions and assumptions about what constitute “suicide prevention”

- Life Skills emphasized in all trainings and programs

- Partnership among various agencies on campus
  - Wellness & Health Promotion
  - Counseling & Consultation
  - Residential Life
  - Campus Health
  - Campus Recreation

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**Depression Related Symptoms at ASU**

American College Health Association- National College Health Assessment (2006) (n=1206)

<table>
<thead>
<tr>
<th>Symptom</th>
<th>1+ times in the past school year</th>
<th>11+ times in the past school year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feeling overwhelmed by all they had to do</td>
<td>29.1%</td>
<td>7.5%</td>
</tr>
<tr>
<td>Feeling exhausted (not from physical activity)</td>
<td>79.1%</td>
<td>42.8%</td>
</tr>
<tr>
<td>Feeling very sad</td>
<td>73.5%</td>
<td>18.5%</td>
</tr>
<tr>
<td>Feeling things were hopeless</td>
<td>4.8%</td>
<td>1.3%</td>
</tr>
<tr>
<td>Feeling so depressed it was difficult to function</td>
<td>3.9%</td>
<td>0.9%</td>
</tr>
<tr>
<td>Seriously considered attempting suicide</td>
<td>1.4%</td>
<td>0.1%</td>
</tr>
</tbody>
</table>

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Percentage of ASU students affected
Strategies for Prevention

Primary       Secondary       Tertiary

Caring        Barriers to help  Counseling
community     Warning signs     SACC
Involvement   Risk factors     Crisis
Feeling words Identify students at intervention
Communication risk
Reduce stigma Ask about suicide risk
Stress mgmt   Assist someone to get help
Coping        Referral resources
Connection
Fitness
Rest/sleep
Healthy eating

Primary       Secondary       Tertiary

Caring community Barriers to help Counseling
Involvement    Warning signs     SACC
Feeling words  Risk factors     Crisis intervention
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