Upstream Suicide Prevention Programming
Anyone who has never made a mistake has never tried anything new. - Albert Einstein
Pros of Wellness and Resiliency Mindset

• Higher student retention: accommodations, access to services, early connection to a mental health provider (NAMI, 2012)

• A focus on life skills development may ease the burden on counseling centers. (Jed Foundation, 2016)

• Early assistance may prevent experiences of depression or anxiety at a level that would require treatment. (Jed Foundation, 2016)
Lipscomb University

- Private, faith based institution
- Around 5,000 students
- Nashville, TN minutes from downtown

Where are you from?
Stress Relief Events

Massage

Goat Yoga

Therapy Dogs
Student Led Campaigns

Come To Me Campaign-
During Suicide Prevention Month

Open Arms,
Open Mic

Cocoa & Cookies-
during finals

Open Arms, Open Mic:
A Night of Poetry, Performance, and Belonging

Zebi’s Lounge
Doors Open at 6:30pm
Show starts at 7pm

Tuesday, Jan. 23
Come to sing, slam, dance, or just support your friends :}
Wellness Bags

Our Community Partners

– Mental health clinics
  (Mobile Crisis, Mental Health Co-op)
– Hospitals
  (Tristar, Vanderbilt, and Rolling Hills)
– Substance abuse facilities
– The Sexual Violence Center
– Churches
– TSPN, Jed Foundation, Crisis Text Line, National Hotline
Harvard, Princeton, Stanford, University of Pennsylvania, Duke, Dartmouth, University of Chicago, Columbia, Cornell, and Brown

Symposium on Academic Resilience in Higher Education

Nov. 19 & 20
Resiliency Magazine
Rise

Harvard University - The Success-Failure Project
Reflections on Rejections

Canva.com
"I'M FINDING MEANING IN THE PAIN"

I left my native country and moved to America at age 8, yet my life there has always defined me, something I simultaneously wish to change and desperately cling to. I’ve lived in an effort to leave behind the past, holding fast to a twisted view of redemption that used God’s grace to avoid what shaped me.

Moving to the United States was a training, rending, and uprooting of my life as I was transplanted into a foreign country—an entire world away. I remember my parents exchanging the phrases “career advancement” and “God’s calling” and the “United States” as if it was overwhelming a foreign language.

All I knew of America was that Papa always returned from business trips with Hershey's chocolate and discount shoes for us girls, recounting stories of snow, drawing scarves, and hair dressed into enormous platinum blonde upfords.

Every part of me resisted moving, but in an effort not to make the move harder I internalized my pain and believed myself.

Waking up my first morning in America, I walked into the kitchen only to find foreign fruit bowls and orange cereal, and I remember a creeping emptiness made me fighting to swallow me whole.

Overt the coming months I found that the yogurt tasted funny, the endless forests and hills felt claustrophobic, the people were too loud and their accents difficult to understand. Everything was wrong and sad and broken and so very different from my home country. All I wanted was someone to comfort and real peace.

Yet I wouldn't let my family see how desperately broken I felt, so I suppressed the sadness out of my heart and saw through bitter eyes that longed for home.

During this transition to America I adopted the habit of hiding myself at the expense of connection. I assured the identity of silence, internet friend, and addled, convincing myself that I was only meant to know others but not be known myself.
You may not control all the events that happen to you, but you can decide not to be reduced by them.

- Maya Angelou

FROM BROKEN TO BRAVE

BOOM, BOOM, BOOM, BOOM, BOOM... I feel the beats of my heart pounding in my chest as I lay on the floor in my room, feeling as if my heart is struggling to keep up with the rest of me.

My stomach feels empty and slightly painful, but it is a reminder of how I successfully hid my food and lied to my parents about eating. I have just finished over an hour of cardio and strength exercise even though it is almost midnight, and all I can think about is what the number on the scale will be the next morning. I wonder how light I can get by tomorrow night, and I carefully think through each moment of my day and how I can avoid eating. My thoughts begin to become fuzzy, and although I feel as if my heart might stop beating, I do not care. Every cell is a battle. I know my body is trying to communicate, but I ignore it. My mind is more powerful. The ceiling begins to fade as darkness starts to take over my vision, and I know a blackout is coming. Will I wake up from this one? Maybe... maybe not.
Student Journeys

Video focused on suicide prevention and resiliency

Stanford University
The Resilience Project,
https://resilience.stanford.edu/
Resiliency Mindset

Integrated Curriculum

Introduction to Resilience in College
APT Curriculum

University Of Washington
Resilience Lab

http://webster.uaa.washington.edu/resilience/
And Beyond...

Holistic wellness
Campus spaces
Providing wellness opportunities for mind, body, spirit
Sustainability
Questions?
Desktop Project

Itself is what the end-user derives value from also can refer is what.
Thanks!

Any questions?

You can find me at:

andrea.mills@lipscomb.edu