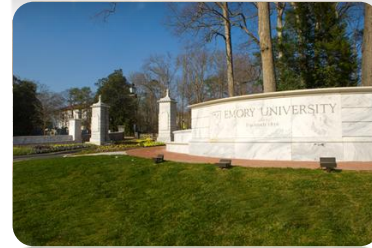


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ENGAGING GRADUATE/PROFESSIONAL SCHOOL STUDENTS, FACULTY, AND THEIR ADMINISTRATORS



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- Funded through the Garrett Lee Smith Memorial Campus Suicide Prevention Grant Program – Substance Abuse and Mental Health Services Administration
- Emory is in Cohort IV – currently in our 3rd and final year of the grant



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Emory Cares 4 U Mission

- Emory Cares 4 U provides culturally relevant awareness and support that fosters an integrated community of caring and enhanced well-being in order to reduce stigma and prevent suicide at Emory University



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Emory Cares 4 U Vision

- A diverse, thriving, caring community, whose culture is transformed to prioritize holistic health and well-being, destigmatize mental illness, and dramatically reduce suicidal behavior



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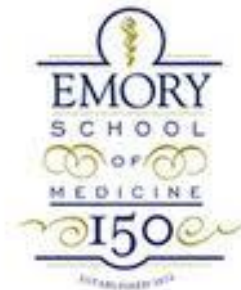
Partnerships

- Second and third years of the grant partnered with specific schools to provide services to graduate and professional students as at-risk populations
 - Laney Graduate School
 - School of Medicine
 - Academic Health programs
 - Candler School of Theology
 - Woodruff School of Nursing



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LANEY
GRADUATE
SCHOOL



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CANDLER
SCHOOL OF
THEOLOGY



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NELL HODGSON
WOODRUFF
SCHOOL OF
NURSING

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Partnerships

- Worked with administration to understand school culture, needs, and structure
- Based on this, identified most appropriate and necessary programs
 - ISP
 - QPR
 - Other specific outreach



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Partnerships

- Schools offered support based on resources
 - Administrative time to assist with emails, marketing, etc.
 - Time to discuss programs during pre-set meetings
 - Reserved space for trainings
 - Financial support to pay for food during various trainings/outreach
 - Financial support for “contract workers” to provide trainings/outreaches



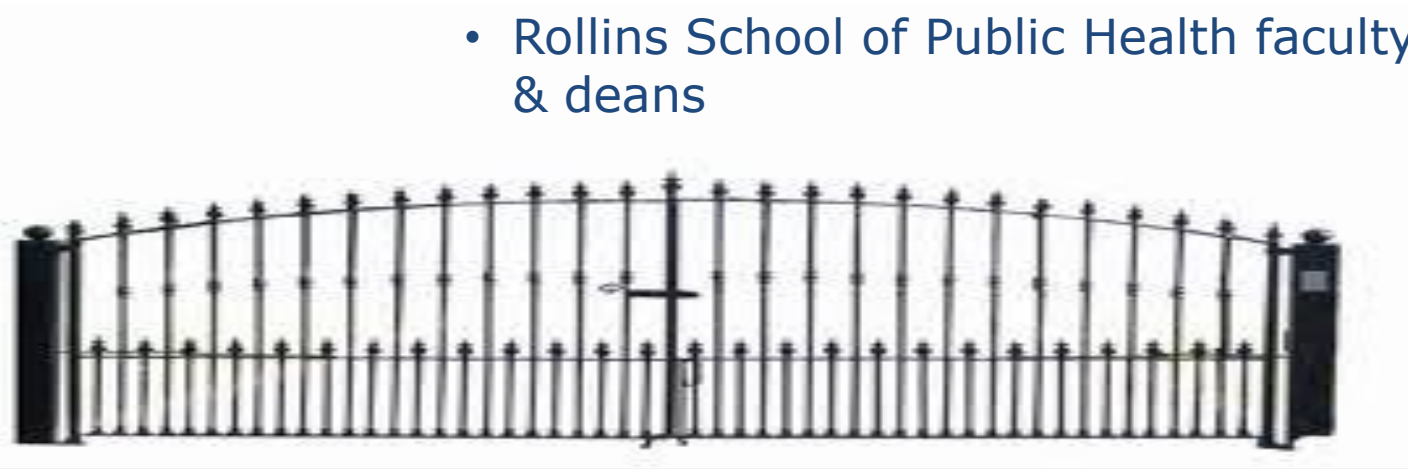
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Gatekeeper Training

- QPR Suicide Prevention training
 - Training for specific groups of students by request
 - Targeted to students who will be teaching
 - Marketing and offerings through TATTO Program
 - Training for specific groups of faculty and administrators by request
 - Rollins School of Public Health faculty & deans



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Gatekeeper Training

- “Open” QPR trainings offered to all Laney graduate school students
 - Twice per semester
- “Open” QPR trainings offered to all Laney graduate school faculty
 - Twice per semester
- Ensuring Convenience
 - Time of semester (early)
 - Time of day (breakfast/lunch)
 - Breakfast, lunch or light refreshments provided
 - Trainings offered at different ends of campus
 - RSVP System & personal reminders



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Interactive Screening Program

- Offered to:
 - All Laney Graduate School students
 - Nursing graduate students
 - Candler School of Theology students
 - School of Medicine students
 - Medical Students
 - Academic Health programs
- Anonymous, personalized, convenient, time efficient, addressing treatment barriers, offering the right referrals



American Foundation
for Suicide Prevention



American Foundation
for Suicide Prevention

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Interactive Screening Program

- Administrators and faculty involved in process throughout
 - Meetings with administration at the start of process to ensure we are matching the culture & aware of specialized resources
 - Email overviewing the program and grant before the semester starts
 - Email reminder one week before invitation to targeted faculty
 - Ensures knowledge of programs and relevant resources
 - Allows for encouraged student participation



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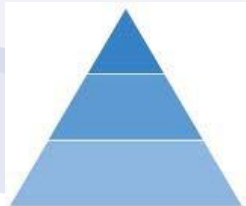


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Interactive Screening Program

- Laney Graduate School data:
 - 1650 students received invitations
 - 15% average response rate
 - 33% of those students dialogued
 - 10% attended in person meetings
 - 80% of in-person meetings resulted in timely and appropriate referrals

 - 99% of students responding showed some degree of “risk”



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Educational Programming

- Based off of informal needs assessment from ISP comments and dialogues
- Increased open QPR trainings
- First Year Survival 101 Workshop
 - Addressed specific areas of difficulty in graduate school (i.e., time management, sleep, department politics or advisor problems, developmental concerns, finances, etc.)
 - Problem-solving focus (from both emotional and practical perspectives)



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Consultation

- Individual consultation offered as follow-up to all administrators, faculty, and students who attend QPR training
- Mental Health Drop-Ins
 - Offered to all graduate students
 - Mental health professionals available to offer brief problem solving/consult
 - Discuss ways to decrease stress and improve overall wellness/functioning
 - Offer advice on difficult situations
 - Suggest relevant campus and community resources



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Consultation

- Mental Health Round Table Lunch
 - Offered to all graduate school DGS's
 - Small groups, maximum of 15 persons
 - Lead by 2 mental health professionals
 - Allows for both education and support from both peers and mental health professionals
 - 2 fold purpose:
 - Learn more about the mental health concerns of graduate students and resources available to assist them
 - Ask questions you may have about mental health issues on campus and/or share your specific concerns for students with whom you interact



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Website & Multimedia Resources

- www.emorycaresforyou.emory.edu
- Resources specifically for students
- Resources specifically for faculty and administrators
- Immediate Crisis Resources
- Educational
- Multicultural perspective
- Personalized
 - Personal stories by students, faculty, staff
 - Videos to address at-risk groups and ways to help others



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Research

- Consistent data gathering
 - Various methods
 - Qualitative interviews
 - Quantitative evaluation forms
 - Various sources
 - QPR trainings (currently post only)
 - ISP
 - Overall awareness (random sampling)
- Offering local, regional, and national presentations
- 2 publications: coalition building and ISP



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Training & Mentoring

- Advisory committee includes interested graduate and professional students
- With professional interests:
 - Psychology
 - Public Health
 - Psychiatry
- With personal interests:
 - Film studies
 - Physics
 - Others



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Training & Mentoring

- Support for students pursuing other related grant funding
- NIH awarded NRSA grant
 - Dissertation support (Amanda Garcia-Williams, PhD candidate, Rollins School of Public Health)
 - Prosocial helping behavior among college students towards suicidal peers
- Student Activity Funds
 - Funding for creative, educational plans
 - Wonderful Wednesday



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Training & Mentoring

- Practicum Student Opportunities
 - Curriculum development, suicide prevention programming, suicide gatekeeper trainer and consultant



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Training & Mentoring

- Postdoctoral positions
 - Provide clinical services for the grant
 - QPR training
 - Consultation on related topics
 - ISP responding
 - Outreach
 - Assist with research and publications
 - Offer mentorship in grant writing, grant administration, and grant evaluation

Mentoring
Makes a Difference

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Training & Mentoring

- Virtual Mentoring
 - Provided by staff (Nadine Kaslow)
 - Received by students at all stages of professional development



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Residents

- Future plans
 - Residents are a high risk group
 - Prevention services are necessary
 - Likely offer services similar to those used thus far with graduate/professional schools
 - Requires coordination between mental health professional coordinating programming, Emory Healthcare, Emory School of Medicine, and Faculty-Staff Assistance Program (FSAP)



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A hand holding a piece of white chalk, writing the word "Questions" on a black chalkboard.