ENGAGING GRADUATE/PROFESSIONAL SCHOOL STUDENTS, FACULTY, AND THEIR ADMINISTRATORS
Emory Cares 4 U

- 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
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.
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
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
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
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
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
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
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
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
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”
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)
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
• 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
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
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
Training & Mentoring

• Advisory committee includes interested graduate and professional students

• With professional interests:
  – Psychology
  – Public Health
  – Psychiatry

• With personal interests:
  – Film studies
  – Physics
  – Others
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
Training & Mentoring

• Practicum Student Opportunities
  – Curriculum development, suicide prevention programming, suicide gatekeeper trainer and consultant
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
Training & Mentoring

• **Virtual Mentoring**
  – Provided by staff (Nadine Kaslow)
  – Received by students at all stages of professional development
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)
Questions