Optimizing Faculty Gatekeeper Training

A CONTINUUM OF OPTIONS

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Key Elements of Gatekeeper Trainings

- Basic "take home" information

- Discussion based

- Experiential components

- Foster connection between gatekeepers and resources

- De-stigmatizing perspectives and language

A Continuum of Gatekeeper Training

- Short (15-30 min) "orientation" types of programs
  - Basic resource information
  - Emphasize community helping values
  - Encourage consultation
  - Basic guidelines about when to consult
    - Harm to self
    - Harm to others
    - Disruption to community

Single Session Trainings

- Recognizing and Responding to Student Distress (1.5 hours)
  - Orientation to student experience
    - Discussion, data, post secret
  - Frame of reference to open conversation
    - Ubiquity of human suffering
    - Brining one's own experience to bear
  - Key points brought out in the context of discussion

Recognizing and responding to Student Distress (cont.)

- Core Content
  - Anxiety and depression
  - Self harm and suicidal behavior
  - Bizarre thoughts and behaviors
  - Campus/area resources
- Experiential elements
  - Empathy
  - Role playing

Extended Gatekeeper Training

- Student Support Network (SSN)
  - Six week training
  - Multiple layers of connection
  - Opportunity for ongoing skill development
  - Understanding and working with student resistance
    - Stages of change model
  - Identifying within an entity

De-stigmatizing Perspectives and Language

- Avoid use of diagnostic labels (medical model)
- Emphasis on the ubiquity of human suffering
- Use functional contextual descriptors
  - Behavioral issues as attempts to escape suffering
- Define "mental health" vs. "mental illness"
- Consider "emotional health" as a descriptor

Summary

- Consider local needs and opportunities when designing and implementing gatekeeper training programs
- Think strategically about core themes and messages that are emphasized in all trainings
- Consider the importance of "networking" within the campus community

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