Garrett Lee Smith Campus Suicide Prevention Grant Peer Involvement: The FACE of Change

Freshmen Accessing Community and Embracing Survival (FACES)

Jan Collins Eaglin, Ph.D.

GOALS AND OBJECTIVES

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Education

To increase the level of awareness and knowledge about mental health, emotional health and wellness, and issues related to suicide

Publicity

Develop a comprehensive media campaign focused on increasing student help-seeking and addressing issues related to mental health stigma.

To collaborate with the campus community in an effort to sustain media outlets for increased awareness of suicide prevention activities, resources, and decrease mental health stigma

GOALS AND OBJECTIVES

- Changing the Conversation about Help-Seeking and Mental Health
 To increase help-seeking skills and reduce the stigmas of accessing services
- Expanding our reach on Campus and broadening the Campus network
 To increase students ability to refer students in distress
- Promote Social Networks
 - To promote access to mental health educational information
- Getting the Student Perspective'
 - To involve students in the development of mental health messages and outreach programs

Peer Involvement Outcomes: The FACE of Change – First Year Transitions

•F.A.C.E.S.

Freshmen Accessing Community and Embracing Survival

First Year Transitions

Embedded suicide prevention awareness messages into seminars conducted at AOP and POP

A magnet for all first-year students entitled "Transitioning to College" distributed to all first year students

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Peer Involvement Outcomes: The FACE of Change – Campus Collaboration

Gatekeeper Training

Approximately 10% of campus trained as gatekeepers, includes RAs, student organizations, technical writing class, medical school, and nursing

Collaboration with the Health and Wellness Pillar
Create opportunities for collaboration with RSO's to promote mental health programming for students

Active Minds





activeminds

Peer Involvement Outcomes: The FACE of Change – Media Campaign

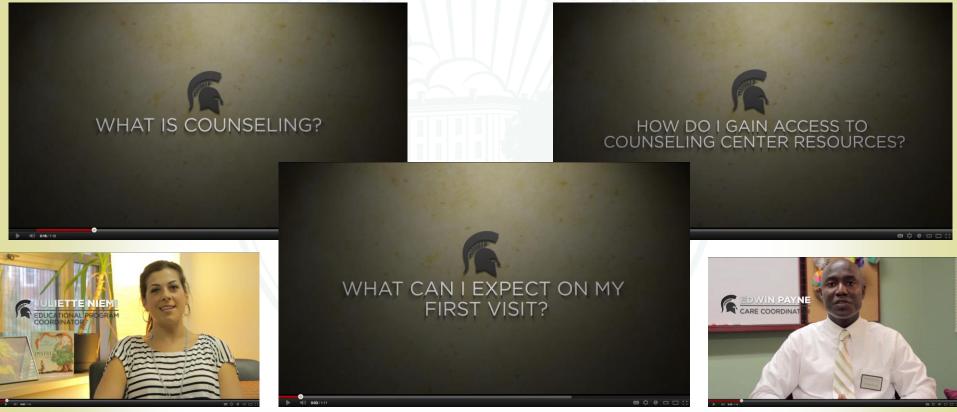
•Strategic Collaboration with the Health and Risk Communications Project Center and the College of Communication Arts and Sciences to create a campus wide media campaign



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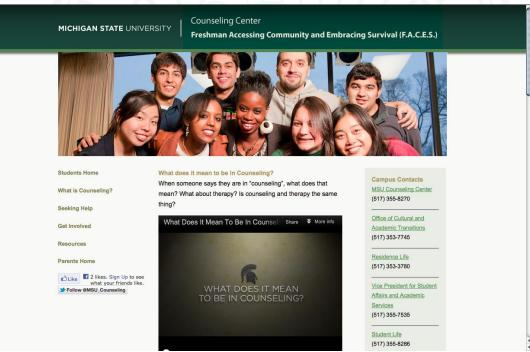
Peer Involvement Outcomes: The FACE of Change - Podcasts

Podcasts were made by Counseling Center staff members and a team of MSU video designers in an effort to inform students of Counseling Center services.



Peer Involvement Outcomes: The FACE of Change – F.A.C.E.S. Website

A website for students and parents was created and featured in several campus publications. It provides information about how students can stay mentally healthy while in college and how parents can help the process. The podcasts are all available to view on this website.



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Peer Involvement Outcomes: The FACE of Change – Out of Darkness Walk

During October, MSU Counseling Center hosts the AFSP Out of the Darkness community walk. The goal of the walk is to raise money and awareness on issues related to suicide prevention. In its' first year, the walk had over 100 participants.

Peer Involvement Outcomes: The FACE of Change – Mini Grants 2011





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Jewish Women's Forum

- Mindfulness and yoga to create a safe environment to openly discuss their challenges
- MSU Entrepreneurship Association
 - Competition to create a business to launch a suicide prevention campaign.

Orchesis Dance/Movement workshop

Movement used as a tool for stress relief and healing MSU Women's Hockey Team

Pucks for Prevention – provide resources for how to recognize potentially suicidal friends and learn how to aid friends

Successful Black Women

Relationship Violence –Let's Talk - education about the importance of healthy relationships and recognizing signs of distress

Peer Involvement Outcomes: The FACE of Change – Mini Grants 2011

Spartan Web Authoring Team (SWAT)

Website design for FACES targeted for parents of first-year students Young Apostolic Students for Christ

Overcoming procrastination workshop to relieve anxiety and depression Black Graduate Student Association

Program to target time management and study skills for freshmen on academic probation



Peer Involvement Outcomes: The FACE of Change – Mini Grants 2012

ICCHOOS

Student Veterans of America - MSU Dodge ball tournament Interdisciplinary Studies-Student Organization "Food, Sex, and Money Salsa Club Stress Free Salsa **Kinesiology** Graduate Student Organization "Fitness Scavenger Hunt" The Advantage "System Overload" – Stress Management, **Overcoming Procrastination & Study Skills Active** Minds Messages of Hope

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Counseling Center SAMHSA Grant #SM058974

Thank you SAMHSA

for providing the opportunity to fight student suicide.

Without this grant, none of the important work we have done would have been possible.

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