

*Integration of Life Skills*  
Arizona State University  
Campus Care Program

Arizona State University

- Large university (67,000 students)
- 4 campuses in metropolitan Phoenix, Arizona
- Approximately 25% current enrollment ethnic and racial minority (one-third of 2008 first year class)
- 9700 first year students
- 9000+ residence hall students (increasing to 12,000+ in next few years)
- Large populations of LGBTIQ students, international students

## ASU Students at Particular Risk

Group	Percentage who seriously considered attempting suicide in the last school year
<b>Overall</b>	<b>9.1</b>
<b>LGBTIQ</b>	<b>22.1</b>
<b>Disabled</b>	<b>17.4</b>
<b>Minority</b>	<b>13.3</b>
<b>First year freshmen</b>	<b>12.3</b>
<b>International</b>	<b>11.8</b>
<b>On-campus residents</b>	<b>11.1</b>

*American College Health Association. American College Health Association-National College Health Assessment: Arizona State University Spring 2006. Baltimore: American College Health Association; 2006. (n=1222)*

## ASU "Campus Care" Program

Focus on students at particular risk

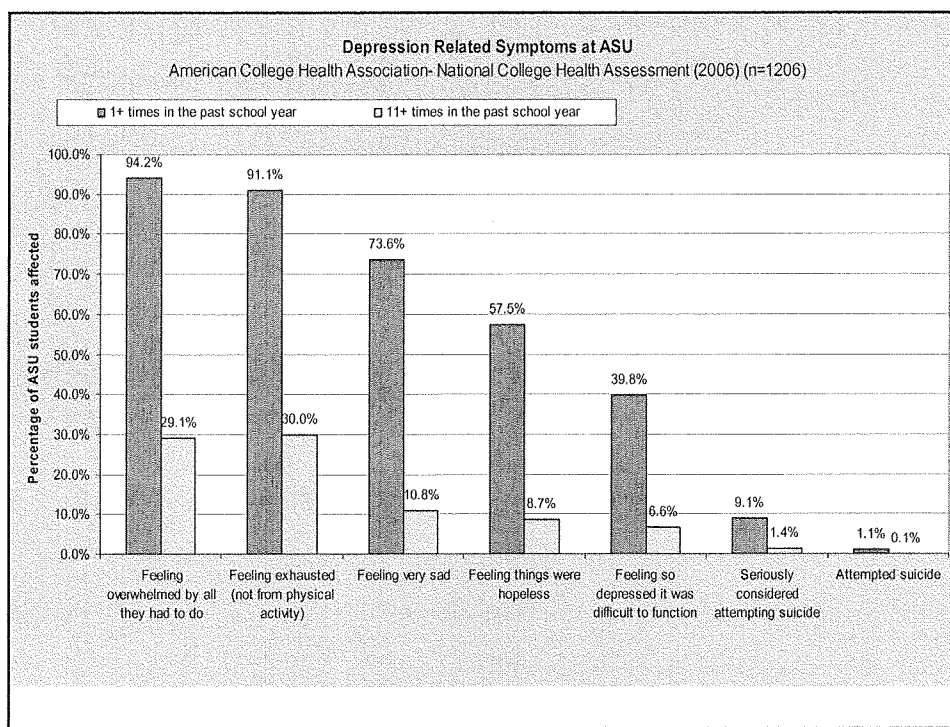
- LGBTIQ, disabled, minority, international, freshmen, living on campus

Key Components

- Awareness and Skill Building training
  - Students, leaders, faculty/staff, parents, other key groups
  - Mental Health Awareness events each semester
- Social marketing
  - Posters, ads, bulletin boards, web-based
- Peer education- "Active Minds" chapter
- Live Well @ ASU Personal Wellness Profile
- Stress management education
- Think Different, Feel Better counseling workshop
- University-wide suicide prevention coalition
- Evaluation

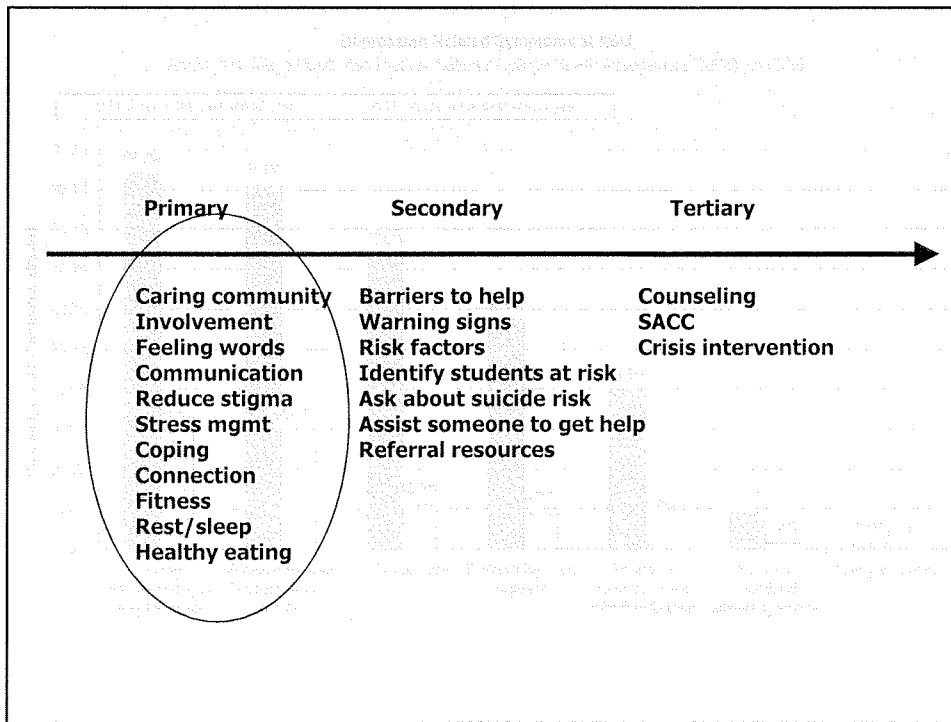
## Approach to *fully* Integrating Life Skills

- Continual messaging about importance of preventative work
  - Emphasis on Risk & Protective Factors relationship
  - Tying preventative work to data and research
  - Reframing misconceptions and assumptions about what constitute “suicide prevention”
- Life Skills emphasized in all trainings and programs
- Partnership among various agencies on campus
  - Wellness & Health Promotion
  - Counseling & Consultation
  - Residential Life
  - Campus Health
  - Campus Recreation



## Strategies for Prevention

Primary	Secondary	Tertiary
Caring community Involvement Feeling words Communication Reduce stigma Stress mgmt Coping Connection Fitness Rest/sleep Healthy eating	Barriers to help Warning signs Risk factors Identify students at risk Ask about suicide risk Assist someone to get help Referral resources	Counseling SACC Crisis intervention



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