



Accomplishments to Date!

In September 2009, the Substance Abuse and Mental Health Services Administration (SAMHSA) awarded Lawrence University (LU) a \$300,000 grant to help fund a suicide prevention program on campus over the course of three years. The J. J. Keller Foundation of Appleton, WI awarded the university a \$25,000 grant allowing us to broaden our efforts to reach the local community and K-12 school districts.

- Trained/educated 469 individuals regarding mental health and suicide prevention
- Customized QPR (Question, Persuade, Refer) Gatekeeper training
- Co-sponsored Kate Bornstein with Gender Studies and "Colored Girls" with Office of Multicultural Affairs and student groups
- Created name, logo, and website ([Visit our webpage at www.lawrence.edu/lifeline](http://www.lawrence.edu/lifeline))
- Developed Lawrence Counseling Services (CS) Facebook page
- LU Student Suicide Prevention and SPEAKS Survey
- Developed community networks
- Featured in 2009-10 Lawrence Report to the Community

QPR Gatekeeper Instructor Training

We trained 86 gatekeeper instructors as part of three training sessions held during Year One including:

- 20 on-campus gatekeeper instructors (12 staff and 8 faculty)
- 66 off-campus gatekeeper instructors (14 local higher education colleagues including 4 from College of Menominee Nation and 52 people from K-12 and community agencies).

According to our evaluation of each QPR gatekeeper instructor training session, participants reported an increase in knowledge about suicide prevention after receiving QPR training. Statistically significant differences in the means on pre- and post-surveys suggested that participants became more confident in their ability to teach others QPR, as well as felt more prepared, comfortable, competent, and confident to teach others QPR after receiving training. Participants realized training others is important in preventing suicide. Strong evidence suggests QPR Gatekeeper Instructors are confident in their abilities not only to question, persuade, and refer those in distress, but also to train other gatekeepers on campus and in the community.

What is the Lawrence Lifeline Project?

The Lawrence Lifeline Project is a comprehensive approach to lowering suicide risk factors and enhancing protective factors, including life skills and social networking, among Lawrence students.

Goals

- *Strengthen Systemic and Sustainable Structures* to effectively address the mental health needs of students particularly those at high risk.
- *Change Campus Culture* to reduce stigma, reduce suicide risk factors ingrained in the academic and social culture on campus, and promote awareness and use of mental health services.

Objectives

- Implement project activities in a transparent and inclusive manner
- Develop new and enhance existing training programs for campus personnel and students to recognize, respond to, and refer distressed students, support students affected by suicidal behavior of others, and respond in culturally competent ways
- Strengthen internal and external networking infrastructures
- Develop comprehensive, culturally appropriate educational outreach approaches tailored to the unique needs of our campus
- Monitor, evaluate, assess, and report on program activities to assure sustainability.



SPEAKS – Faculty/Staff (F/S) and Students (S)

Accomplishments:

- LU SPEAKS poster featured at 2010 SAMHSA national grantee meeting
- Recognized among grantees for SPEAKS poster and response rates (66% for F/S and 43% for students)

Exposure

- 52% of F/S and 57% of students reported on-campus exposure to suicide prevention materials
- 87% of F/S and 92% of students had not directly participated in any LU sponsored suicide prevention activities
- 51% of F/S and 49% of students reported knowing someone close to them who attempted/ completed suicide

Knowledge

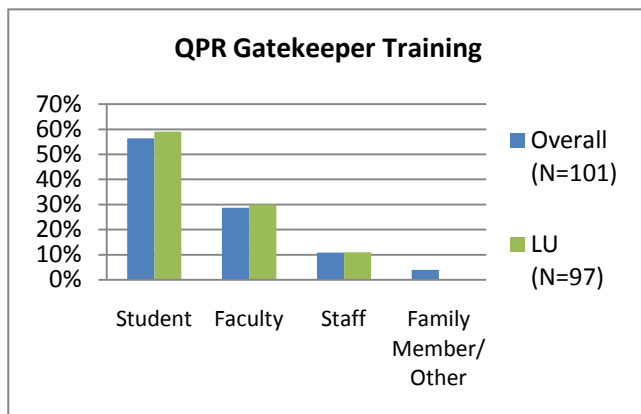
- F/S had a statistically higher mean for knowledge level of local resources for help related to suicide than students (3.04 vs. 2.77)

Awareness

- 96% of F/S and 87% of students reported awareness of at least one referral resource to which they could refer a student at risk for suicide. However only 52% of F/S and 50% of students were aware of at least one crisis hotline number they could give a student at risk for suicide
- Most agreed (79% of F/S and 62% of students) LU is actively involved in promoting suicide prevention
- Top three local resources identified were: (1) LU Counseling Services, (2) crisis hotlines/agencies, and (3) LU F/S and students

QPR Gatekeeper Training

We held a total of seven gatekeeper sessions and trained a total of 102 QPR gatekeepers, 97 of whom were affiliated with LU, during Year One:



Of the 97 gatekeepers affiliated with LU, there were 57 students, 29 faculty, and 11 staff trained, including residence life staff and teachers of our signature Freshman Studies course.

According to our evaluation across multiple QPR gatekeeper trainings on average:

- 98% of participants reported an increased knowledge in suicidal behavior, warning signs, and risk factors
- 86% agreed they are effectively able to communicate with students who they think may be at risk for suicidal behavior
- 90% reported they are ready to approach suicidal students more effectively after training

Awareness of Nat'l Suicide Lifeline (NSPL) and/or Outagamie County Crisis (OCC) hotline

- 55% of students are aware of NSPL
- 19% are aware of OCC
- 31% are aware of both

Source: LSPS 2010

Top 5 Student Stressors:

1. Academics
2. Intimate relationships
3. Finances
4. Social relationships
5. Family problems

Source: LSPS 2010

Top 5 Academic Impediments:

1. Stress
2. Anxiety
3. Depression
4. Sleep difficulties
5. Concern for a troubled family member or friend

Source: LSPS 2010

IN THE LAST 12 MONTHS AMONG LAWRENCE STUDENTS . . .

- 30% reported feeling left out
- 28% reported feeling isolated
- 25% felt overwhelmed
- 25% felt hopeless
- 22% reported feeling depressed
- 18% reported being diagnosed and treated for depression
- 8% considered suicide
- 3% seriously considered suicide as a consequence of drinking
- 1% attempted suicide

Source: LSPS 2010

2010 Lawrence Student Suicide Prevention Survey (LSPS) Baseline Data

- 95% agreed mental health is important.
- 92% disclosed they would consider seeking help with personal problems from a friend.
- 72% reported receiving information from LU on alcohol and other drug abuse (AODA), 66% on depression/anxiety, 46% on suicide prevention, and 33% on eating disorders.
- 25% have been diagnosed with depression at some point in their life.

LU Counseling Services (CS)

- 82% are aware of location, 42% are aware of hours of operation, and 57% are aware of services available. Sophomores were least aware of hours and services available. Transgendered population was the group most aware of CS.
- 30% have received services from CS. Transgendered population was most likely to utilize services.
- Regarding accessibility of appointments, students reported 64% accessibility for scheduled appointments, 41% for walk-in, and 31% for crisis. Freshmen rated walk-in appointments most accessible.

Preferred Means of Educational Programming

Students, as a whole, did not seem to have a preferred mode for outreach programs with printed and web-based materials emerging as the top two choices. Distinct preferences emerged for certain subpopulations, so using multiple approaches seems best. Freshmen, first generation students, and athletes preferred educational speakers. International students preferred peer outreach.