

I CAN HELP TRAINING CONTENT OVERVIEW

Campus Early Detection to Support Mental Health, Basic Needs, and Student Success

This gatekeeper training program for Higher Education faculty, staff, students offers empirically-grounded tools to support campus-wide health, safety and retention in 90 minutes for the I CAN HELP Essentials Course or 4 hours for the I CAN HELP Advanced Course, along with expanded Basic Needs content covering the following:

<p>Inhale: Participants learn breathing techniques and cover topics such as: reducing anxiety and responding to panic attacks * improved learning exposure with response prevention techniques * mind/body connection</p>	I
<p>Who are we serving? This section includes data on mental health: national trends * regional differences * barriers to accessing care * student mental health statistics * food insecurity and other basic needs</p>	Data
<p>Compassionately: Correcting common myths and fun, interactive exercises: listening/reflecting skills * chronic minority stressors * intersectionality Adverse Childhood Experiences (ACES) * self-compassion and humor</p>	C
<p>Ask: Experiential exercises to improve comfort discussing suicide as well as: intentional information gathering * substance abuse and impulsivity addressing motivations and barriers to seeking specialized help</p>	A
<p>Now: Focus on developing comfort with silence, listening, presence, and: How to talk about painful feelings and ask others about theirs triaging urgency and referrals * when to call counseling or the police</p>	N
<p>Why do people die by suicide and research on how best to intervene: three-step theory (3ST) * progression from ideation to attempts alignment of suicide risk reduction with student success and retention</p>	Theory
<p>Hope: Reduce risk through increasing hope without minimizing experience: bullying * suicide as multiply determined * role of basic needs access intentional vulnerability * evidence treatment works * growth mindset</p>	H
<p>Engage connections: friends, family, community, and campus resources: motivational interviewing techniques * understanding hospitalization 1-800-273-TALK (2855) Prevention Lifeline * boundary setting exercise</p>	E
<p>Lessen suffering: Identifying and reducing pain and suffering including: food insecurity and other basic needs * conflict de-escalation skills Balance and responding high conflict personalities * CARE/BIT teams</p>	L
<p>Promote a safer environment: Public health and campus-wide risk reduction: vulnerable populations * suicide postvention best practices after deaths working with gun shops * working toward a trauma-informed campus</p>	P
<p>Multiple scenario-based opportunities help participants practice what they have learned along with take home resources including a quick reference sheet..</p>	Resources



I CAN HELP training materials are, where not otherwise noted, licensed under Creative Commons Attribution- NonCommercial- NoDerivatives 4.0 International License. Copyright © Brian Mistler 2015-2018. Find the most updated version at drmistler.com/icanhelp