

SALUKIS ON YOUR SIDE



CATALOG OF TRAININGS/PRESENTATIONS

Garrett Lee Smith Campus Suicide Prevention Grant
Southern Illinois University

SIU SOUTHERN ILLINOIS UNIVERSITY
STUDENT HEALTH SERVICES
CARBONDALE

Counseling and Psychological Services:
> 618-453-5371

> Student Health Center,
2nd floor Room 253

THE **TREVOR** *lifeline*
866.488.7386

**YOU ARE
NEVER
ALONE**

TheTrevorProject.org

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

INTRODUCTION

The Garrett Lee Smith Campus Suicide Prevention Grant was awarded to Southern Illinois University during the Fall Semester 2016. The goals of the grant include:

1. To establish a protocol to facilitate University-Community partnership and collaboration on suicide prevention.
2. To provide faculty, staff, and students with resources to become emergent gatekeepers of suicide prevention.
3. To provide an easily accessible one stop information warehouse of campus suicide prevention resources.
4. To promote the National Suicide Hotline number on campus.

We are pleased to offer the following trainings/workshops/presentations to Faculty/Staff, Students, and RSO's.

Please browse this catalog for a list of trainings and descriptions offered. When you have decided on a training, please use the "request a training" section on page 5 to schedule it.

We have also included a list of helpful resources, and have a limited supply of free materials for your distribution.

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- QPR-Question, Persuade, Refer Gatekeeper Training
- Trauma 101-What is it and what we can do about it now?
- ACES (Adverse Childhood Experiences) and the effects on college students
- Helping a Student in Distress

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- QPR-Question, Persuade, Refer Gatekeeper Training
- The Power of Relationships-engaging and connecting with others to prevent suicide
- Emotional Intelligence
- "Talk Saves Lives"

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- Resilience: I may bend, but I will not break!
- Suicide Among College Students: Risk factors and warning signs
- How to Ask "The Question:" Talking to someone about suicide
- Coping with Stress: Do you have what it takes?

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Request Free Suicide Prevention Materials for Distribution

The Wellness and Health Promotional Services office is located on the first floor of the Student Health Services building, 374 E. Grand Ave. Carbondale, IL. 62901.

There are a limited number of the following materials available to Faculty/Staff/Students:

The National Suicide Prevention Hotline Wallet Cards

American Foundation for Suicide Prevention Brochures

The Trevor Project brochure for LGBTQAI Individuals

The National Suicide Prevention Hotline Informational Magnets

To request the above materials, please contact:

Beth Morrison, Wellness Coordinator

Beth.morrison@siu.edu

Phone: 618-453-5227

Request a Training/Presentation

To request a training/workshop or presentation please complete a registration form at:

<http://shc.siu.edu/wellness-center/workshop/request-form.php>

You may also contact Wellness Coordinator, Beth Morrison at:

Beth.morrison@siu.edu

(618) 453-5227

**Please submit your request at least 2 weeks in advance of your event. Presentations for Residence Halls require a commitment of at least 3 floors.*

Description of Trainings for Faculty/Staff

QPR-Question, Persuade, Refer Gatekeeper Training

Similar to CPR, QPR will teach participants how to respond in a crisis situation. Participants will learn how to become Gatekeepers, recognize a student in crisis, and identify warning signs that someone may be contemplating suicide. Participants will be taught the components of QPR (Question, Persuade, Refer) intervention and how to put them into action. All participants who complete this training will receive a QPR booklet and resource card.

Trauma 101-What is it and what we can do about it now?

The trainer will demystify what is considered a traumatic event and the range of normal reactions when something traumatic occurs. The effects of trauma on the neurological structure, health, and mental health of young adults will be described. Faculty and Staff who are interested in helping others will be given tools and information about the effective treatments that are available.

ACES (Adverse Childhood Experiences) and the effects on college students

Over half of all individuals report at least one Adverse Childhood Experience while four or more ACEs are considered a cut-off for increased health risks. An overview of the research will be provided to participants along with a description of the impact these traumatic experiences have on the neurological and physiological health of young adults. The most effective elements of trauma-focused treatments will be described to provide support and healing for college students.

Helping a Student in Distress

Participants attending “Helping a Student in Distress” will learn how to recognize and offer help when a student may be developing a mental health problem or experiencing distress. Participants will also learn how to assist students who may be experiencing a mental health crisis.

Trainings for Students and RSO's

QPR- (Question, Persuade, Refer) Suicide Gatekeeper Training

Similar to CPR, QPR will teach participants how to respond in a crisis situation. Participants will learn how to become Gatekeepers, recognize a student in crisis, and identify warning signs that someone may be contemplating suicide. Participants will be taught the components of QPR (Question, Persuade, Refer) intervention and how to put them into action. All participants who complete this training will receive a QPR booklet and resource card.

The Power of Relationships-engaging and connecting with others to prevent suicide

Positive relationships and connections with others is a protective factor for serious mental health issues and has been associated with a decrease in suicide attempts. The presenter will provide an argument for the benefits of relationships and connectedness in our student population.

Emotional Intelligence

Students will learn the differences between emotional intelligence and IQ. Participants will begin to understand how emotional intelligence is connected to college success and will be able to identify specific emotional intelligence traits of successful individuals.

“Talk Saves Lives”

Talk Saves Lives is a one-hour PowerPoint presentation that covers the general scope of suicide, the research on prevention, and what people can do to fight suicide. Participants will learn the risks and warning signs of suicide, and how together, we can help prevent it. Question and answer period will follow the presentation.

Presentations/Workshops

Resilience: I may bend but I will not break

Are you able to bounce back from negative life situations? This presentation will help you find out just how resilient you are! Discover your strongest areas of resilience and identify the aspects you need to work on. Participants will also learn about the characteristics of highly resilient people and find out how to become more resilient.

Suicide Among College Students: Risk factors and warning signs

Did you know that suicide is the 2nd leading cause of death among college students? This presentation will focus on suicide risks and warning signs among college students along with how and where to get help. Participants will be encouraged to ask questions and be provided with helpful resources.

How to Ask “The Question:” Talking to someone about suicide

For most people, talking about suicide is more difficult than talking about sex! Participants will learn how to start a conversation with someone who might be experiencing emotional distress. Suicide myths will be explored and participants will learn how to feel more comfortable when starting a conversation with someone who may be contemplating suicide.

Coping with Stress: Do you have what it takes?

Stress along with the many types will be identified, defined, and explored. Participants will be able to identify personal stressors and will learn helpful strategies for dealing with negative stress. Managing stress will be demonstrated and discussed. Participants will also participate in a mindfulness exercise.

Resources

On the SIU Campus

SIU Student Health Services

<http://shc.siu.edu/>

Phone: 618-453-3311

Email: shcinfo@siu.edu

Counseling and Psychological Services (CAPS)

SIU Student Health Services Building

<http://shc.siu.edu/counseling/>

Phone: 618-453-5371

Email: shcinfo@siu.edu

Psychiatric Services

SIU Student Health Services Building

<http://shc.siu.edu/medical-clinic/psychiatry/index.php>

Phone: 618-453-4346

Email: shcinfo@siu.edu

Student Wellness and Health Promotion Services

<http://shc.siu.edu/wellness-center/>

Phone: 618-536-4441

Email: shcinfo@siu.edu

SIU Clinical Center

<http://clinicalcenter.siu.edu/>

Phone: 618-453-2361

Email: chapa@siu.edu

SIU Department of Public Safety

<http://dps.siu.edu/>

Phone: 618-453-3771

Email: webmaster@dps.siu.edu

Saluki Cares

<http://salukicare.siu.edu/>

Phone: 618-453-1492

siucare@siu.edu

Suicide Hotline Information and Contact Numbers

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

National Suicide Prevention Textline: Text Talk to 741741

Trevor Project: LGBTQAII Hotline: 1-866-488-7386

Community Counseling Services

Centerstone-Carbondale

<https://centerstone.org>

Phone: 855.608.3560

*Address: 2311 South Illinois Avenue
Carbondale, IL 62903*

Shawnee Health Services-Carbondale

<http://www.shawneehealth.com/>

Phone: (618) 519-9200

Email: shsinfo@shsdc.org

Address: 404 South Lewis Lane, Carbondale, Illinois 62901

Community Services

Carbondale Police Department

<http://carbondalepolice.com/>

*Address: 501 South Washington
Carbondale, Illinois 62901*

Phone: (618) 457-3200

Email: police@ci.carbondale.il.us

The Women's Center

www.thewomensctr.org

*Address: 610 S Thompson St, Carbondale, IL 62901
Phone: (800) 334-2094*