CAPS conducts ongoing assessment of I CARE to examine its effectiveness and impact; here are the most recent assessment findings.

**Pre-Post Assessment:**
A study was conducted based on pre- and post-workshop assessments of students, staff and faculty (N=624):

- Knowledge:
  - Participants' knowledge of emotional support and crisis intervention skills and techniques increased significantly.

- Comfort with Applying Intervention Skills:
  - Participants' comfort with performing crisis intervention skills increased significantly.

- Stigma:
  - Participants' perceived stigma regarding mental health decreased significantly.

**Follow-Up Study:**
A follow-up study was conducted in March 2016 with I CARE participants from 2015 (N=284):

- Knowledge, Comfort, and Stigma:
  - Participants’ knowledge and comfort increased and perceived stigma decreased significantly even 10-15 months after the training occurred.

Since completing the I CARE training, participants:
- Interacted with a student in distress (67%)
- Interacted with a student in crisis (28%)
- Referred at least one student in distress or crisis to campus resources during the past month (39%)
- Provided support to at least one student in emotional distress or crisis during the past month (47%)