



# I CARE

## Quick Facts

Thousands of people (faculty, staff, and students) have been trained across the University of Pennsylvania community.

98% of participants would recommend the workshop.

## I CARE Highlights

I CARE is a highly interactive gatekeeper training that aims to prepare participants to detect and respond appropriately to student stress, distress, and crisis. I CARE is a 3-hour training, which requires prior completion of an online module.

### Informational:

Participants learn about:

- College mental health trends
- Campus resources
- Distinguishing between stress, distress, and crisis
- Listening techniques
- Crisis intervention skills

**Experiential:** Participants engage in role-plays to practice new skills and receive real-time feedback from workshop facilitators.

### TESTIMONIALS

"I feel confident that I can approach someone in distress and help them to get the right help they need."

"I found it great to practice being in these situations. I learned a lot from participating in and observing the role play exercises."



### Some Participating Populations:

- General trainings open to faculty/staff and students
- RAs/GAs
- Greek Life Student Leaders
- Engineering TAs
- Wharton Student Leaders
- Athletic Coaches/Training Staff
- Student Financial Services
- Faculty Wellness Ambassadors



# I CARE Assessment



A team of CAPS clinicians design, facilitate, and assess the I CARE training program.

To learn more go to:

<http://www.vpul.upenn.edu/caps/icare>

## Pre-Post Assessment

Since 2014, over 1,800 students, faculty, and staff have completed pre- and post-workshop assessments demonstrating significant improvements in:

- **Knowledge** of support/crisis intervention skills
- **Readiness** to use and apply skills
- **Gatekeeper Behavior Scale** (a validated measure of preparedness, likelihood to intervene, and self-efficacy)
- **Valuing care** for self and others
- **Feeling connected** with the Penn community
- **Reduction in perceived stigma**

## TESTIMONIAL

"My good friend and fellow student had a complete break down and wanted to kill herself. I was able to go through the steps I learned in I CARE to help her find someone to talk to."

## Follow-Up Assessment

Since March 2016, approx. 620 participants have completed follow-up assessments (3-15 months post-training).

The following results are from the most recent study in March 2018 (N=168):

- Participants' **knowledge, readiness to intervene, and Gatekeeper Behavior Scale** scores increased significantly from pre-workshop to follow-up, even up to 15 months post-training.
- Since completing the I CARE training:
  - **72.6%** of participants interacted with a student in distress or crisis
    - **91%** used I CARE skills during these interactions
  - Referrals to CAPS increased from baseline (**46.4%**) to follow-up (**57.7%**)



## I CARE Publication

Reiff, M., Kumar, M., Bvunzawabaya, B., Madabhushi, S., Spiegel, A., Bolnick, B., & Magen, E. (2018).

I CARE: Development and Evaluation of a Campus Gatekeeper Training Program for Mental Health Promotion and Suicide Prevention. *Journal of College Student Psychotherapy*, 1-24.