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

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**

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