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
(July 2014-December 2016)

A study was conducted based on pre- and post-workshop assessments of students, staff and faculty (N=1054):

Knowledge:
Participants’ knowledge of support and crisis intervention skills and techniques increased significantly.

Readiness to Intervene:
Participants’ readiness to intervene with students in distress/crisis increased significantly.

Follow-Up Assessments

A follow-up study was conducted in March 2016 & March 2017 with I CARE participants from the previous calendar years (N=452):

Knowledge & Readiness to Intervene:
• Participants’ knowledge and readiness to intervene increased significantly from pre-workshop to follow-up assessment even up to 15 months after the training occurred.

Since completing the I CARE training, participants:
• Interacted with a student in distress (64%)
• Interacted with a student in crisis (28%)
  o 92% used I CARE skills during these interactions
• Referred at least one student to campus resources during the past semester (77%)
• Referred at least one student to CAPS in past semester (64%)
• Provided support to at least one student in emotional distress or crisis during the past month (47%)

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 ICARE to help her find someone to talk to.”

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