



Ohio Program for Campus Safety and Mental Health

Campus-Community Collaborative Grant

Grantee One Page Summary

Cuyahoga Community College (Tri-C)

The purpose of these grants is to promote collaboration between college/university and community stakeholders to develop programming to prevent suicide, promote mental health and reduce stigma about mental illness or its treatment on campus.

PROGRAM SUMMARY

Develop Life Skills: Recovery Resources will offer QPR (Question, Persuade & Refer) Gatekeeper Training to educate Tri-C students on identifying signs of suicide ideation and to aid in the prevention of suicide.

Promote Social Connectedness: In Active Minds chapters, students lead in-person and virtual activities to better understand mental health, suicide prevention, substance abuse; eliminate stigma, and build mutual support.

Increase Help-Seeking Behavior: QPR Gatekeeper Training opportunities, Active Minds recruitment, and activities and materials developed will encourage students to be comfortable seeking help or recommending help to others and will increase their knowledge of where to go and who to contact for assistance.

Identify Students at Risk: Activities will create a safe, welcoming, and supportive environment where students at risk will feel comfortable and secure, further reducing barriers to identifying those who need help.

OUTCOMES

- The Tri-C Metro Chapter of Active Minds offered 3 QPR Gatekeeper Trainings for students, which were facilitated by Recovery Resources, the community partner for this grant.
- **A total of 52 individuals were trained as Certified QPR Gatekeepers** (35 students, 9 community members, 5 faculty, and 3 staff). In addition, 2 faculty and 1 staff were also trained as **Certified QPR Instructors**, who can now facilitate the QPR Gatekeeper trainings for the next 3 years.
- Promotional items such as t-shirts, buttons, stickers, bracelets, lapel pins and pop sockets were purchased from the Active Minds store during the reporting period to assist in Metro Chapter recruitment and branding efforts. Materials were also purchased with grant funds to assist with transport and table set ups during on-campus events. A total of 1,086 copies of the custom branded Tri-C guided meditation journals were printed during this reporting period for use in activities with Active Minds members and ongoing recruitment efforts.

Challenges

The greatest barrier to meeting the goal of training 100 students during the reporting period was the persistence of the social distancing protocols of the COVID-19 pandemic. As a result of the persistent pandemic, less students were on campus during the reporting period. This led to the decision to hold each of the 3 QPR trainings in the virtual format. Smaller numbers of students on campus also led to significantly lighter traffic during campus tabling events