

## Community Collaboration

Our leadership in sharing suicide prevention training with the broader local community has led to a transformation in our collaborative partnerships regarding mental health and suicide prevention, securing Lawrence a “seat at the table” whenever members of the local community seek to proactively address significant issues affecting the mental health of the vulnerable members of our community. Lifeline Project Director Kathleen Fuchs Ph.D., is highly involved in networking with these community partnerships:

- Fox Cities Guiding Coalition and Mental Health Summit
- Northeast Wisconsin (N.E.W.) Mental Health Connection
- Outagamie County Child Death Review Team
- Kaukauna Connected Community
- Heart of the Valley M-Link Department of Education grant
- Regional Mental Health Network
- St. Elizabeth Crisis Partner Group
- LGBT Suicide Prevention Team
- Community Health Action Team LGBT Initiative

Lawrence was invited to present at the Appleton Area School District’s Education for Healthy Kids Institute in summer 2011 on “Suicide Prevention: A Community Responsibility.” We also presented at a J. J. Keller Lunch & Learn in spring 2012 on “QPR: A Best Practice Approach to Saving Lives.”

Lawrence invited crisis responders, higher education partners, local K-12 public/private school districts, non-profit youth agencies, health care systems and law enforcement partners to Dr. David Mays’ educational seminar on “Promoting Mental Health and Preventing Suicide: Building Safer Communities” and his “Advanced Clinical Assessment of Suicide” training in spring 2010. We invited community leaders to “Mental Health Emergencies”: A Conversation with Kevin Hines in fall 2011. We hosted an International Survivors of Suicide (ISOS) Day in fall 2011.

## Community QPR Evaluation

With the support of a \$25,130 grant from the J. J. Keller Foundation, in spring and fall of 2010 Lawrence trained 66 off-campus gatekeeper instructors, who then trained more than 2,300 gatekeepers in the local community. The community recognized the need for evaluation. Kathleen Fuchs Ph.D., and Kristin McKinley met and worked collaboratively with community leaders to create a streamlined evaluation process for the community. We were awarded a \$1,500 Mielke Family Foundation Grant to support community QPR evaluation efforts. Evaluation findings have been provided to those who requested a report, including local school districts (M-Link grant schools), law enforcement, healthcare systems and clergy. Overall, there were statistically significant differences in the means for pre- and post-knowledge and understanding of suicide and its prevention. 96% would recommend QPR to others.

## GLS/SAMHSA

We utilized resources within the Garrett Lee Smith (GLS) Suicide Prevention Grant Network and worked collaboratively with the University of Wisconsin–Oshkosh, Marquette University, College of Menominee Nation and Emory University.

We participated in the 2011 and 2012 Substance Abuse and Mental Health Services Administration (SAMHSA) Networking fairs. Lawrence was invited to lead a 90-minute breakout session panel discussion on “Collaborating with Your Local Community” at the 2012 SAMHSA grantee meeting. Lawrence was recommended as an exemplary university organization in the area of suicide prevention. As a result, we were one of three college campuses nationwide to receive a \$500 award to participate in SAMHSA’s inaugural National Prevention Week 2012.



LAWRENCE UNIVERSITY

**Lifeline**  
connecting Lawrence

The logo for Lifeline, with the word "Lifeline" in large, bold, red and black letters, and "connecting Lawrence" in smaller black text below it. The background is a close-up of a white, plush character with purple hair and a yellow shirt.

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## Lifeline Project

The Lawrence Lifeline Project is a comprehensive approach to lowering suicide risk factors and enhancing protective factors, including life skills and social networking, among Lawrence students. The goals of the project are to strengthen infrastructure and change campus culture surrounding mental health.

## Core Team

The Lifeline Core Team is a group of individuals drawn from offices across campus, representing many different areas of Lawrence University. We work together to plan and lead events and initiatives dedicated to fostering inclusivity, wellness and suicide awareness/prevention on our campus. Subcommittees of the Core Team focus on: Question, Persuade, Refer (QPR), educational outreach, multicultural awareness, communications, community networking and program evaluation.

## Lifeline Website

The Lifeline website can found at [www.lawrence.edu/lifeline](http://www.lawrence.edu/lifeline) or by scanning this QR code.



## Need to Talk?

### Campus Resources for Lawrence Students:

- Lawrence University Counseling Services  
832-6574 (daytime)/419-8167 (after-hours)

### 24/7 Crisis Lines:

- Outagamie County Crisis Intervention  
920-832-4646
- National Suicide Prevention Lifeline  
1-800-273-TALK

### Employee Assistance Program (EAP) for Lawrence Faculty/Staff:

- 1-800-222-8590

## Sustainable Accomplishments

- QPR suicide prevention training and refreshers
- Distributed *Student Health 101* (online wellness magazine)
- Coordinated Masque and Post Secret projects
- Started UChapter of To Write Love on Her Arms
- Created student internship for Lifeline program planning
- Ongoing conversations about mental health

## Presentations

- On-campus fair booths, ongoing
- All-staff meeting, fall 2010
- Resident life assistants' mini-conference, fall 2010
- President's cabinet meeting, spring 2011
- Wellness workshop for Associated Colleges of the Midwest human resource directors, summer 2011

## Events & Programs

- "Survival Tips for Outsiders," a presentation by Kate Bornstein with the gender studies department, winter 2010
- *For Colored Girls* film viewing with the multicultural affairs office and student groups, fall 2010
- Masque Project, ongoing, beginning winter 2011
- "Reaching Out, Lifting Up: Connecting with Youth in Crisis," a presentation by Paul Wesselmann in conjunction with campus life and the city of Appleton, spring 2011
- "For Colored Girls" senior play production, spring 2011
- Mental Health Awareness Week, fall 2011
- "Living Mentally Well," a presentation by Kevin Hines, fall 2011
- "The Face of Mental Illness," a presentation by Deb Mahr, fall 2011
- Post Secret Project, ongoing, beginning winter 2012
- To Write Love on Her Arms (TWLOHA) founder visits with student organizations, spring 2012
- "Can I Kiss You?" a presentation by Mike Domirtz, in conjunction with the sexual harassment and assault resource board, spring 2012
- *Show Your Face(s): A Masque*, theatre department play, spring 2012

## Campus Evaluation

### QPR Training

To date, we trained 21 gatekeeper instructors and 371 faculty, staff and students in QPR. We administered a QPR follow-up survey, based on Ohio State University's survey, in 2011 to all gatekeepers trained during Spring Term 2010 through Spring Term 2011 (N=213), with a 50% response rate.

- Since completing QPR training, 39% of respondents (N=42) encountered an individual at risk for suicide by recognizing one or more suicide warning signs.
- Of the 39%, 48% encountered 2-6 individuals at risk and 88% intervened.
- Regarding future interventions, 95% (N=103) would be willing to intervene, and 61% feel confident to do so.
- 62% of respondents (N=104) are interested in refresher sessions, which are currently offered.

### Surveys

The Lawrence Student Suicide Prevention Survey (LSPS) was administered as a baseline in 2010. The National College Health Assessment (NCHA) was administered in 2011 and 2012 to show trend data and track progress regarding our performance indicators. Results from the NCHA survey are incorporated into our QPR training. Overall, we are moving in a positive direction.

## Cross-site Evaluation

Lawrence has trained and educated 1,314 individuals to date. To comply with cross-site evaluation requirements, we participated in the Suicide Prevention Exposure Awareness and Knowledge Survey (SPEAKS) in 2010 and 2011 and the Campus Infrastructure Key Informant Interview (CIFI) in 2010.

Results are available at:  
[www.lawrence.edu/dept/ora/Lawrence\\_Lifeline.shtml](http://www.lawrence.edu/dept/ora/Lawrence_Lifeline.shtml)

This brochure was developed, in part, under grant number 1U79SM058992-01 from SAMHSA. The views, opinions and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions, or policies of CMHS, SAMHSA or HHS, and should not be construed as such.