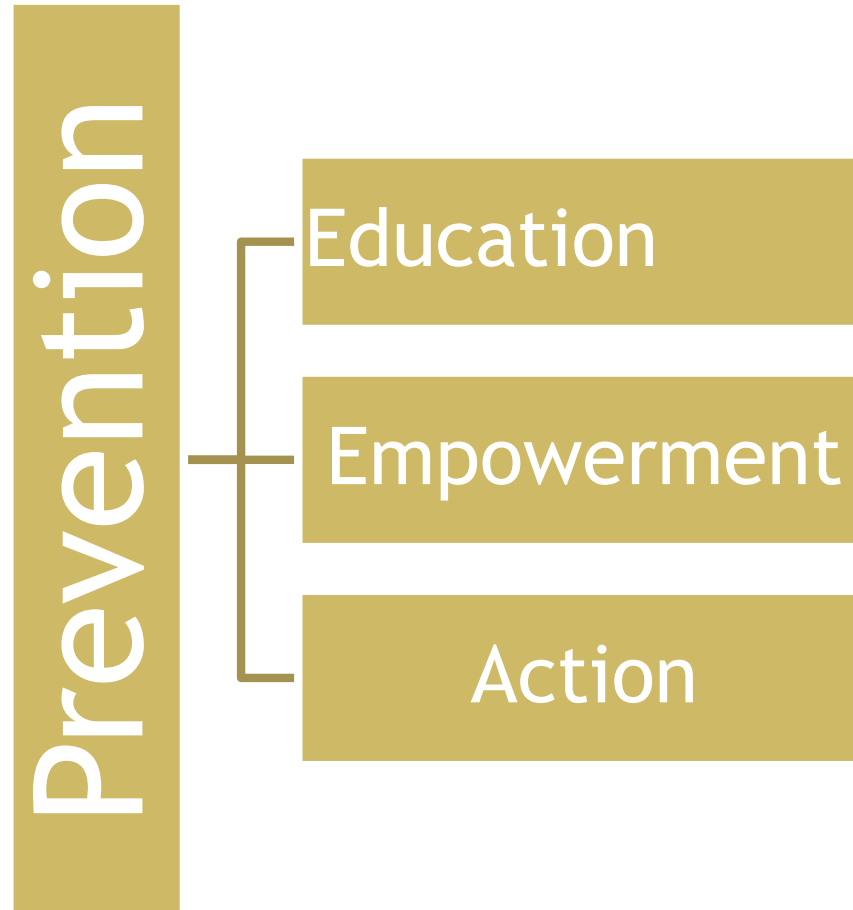


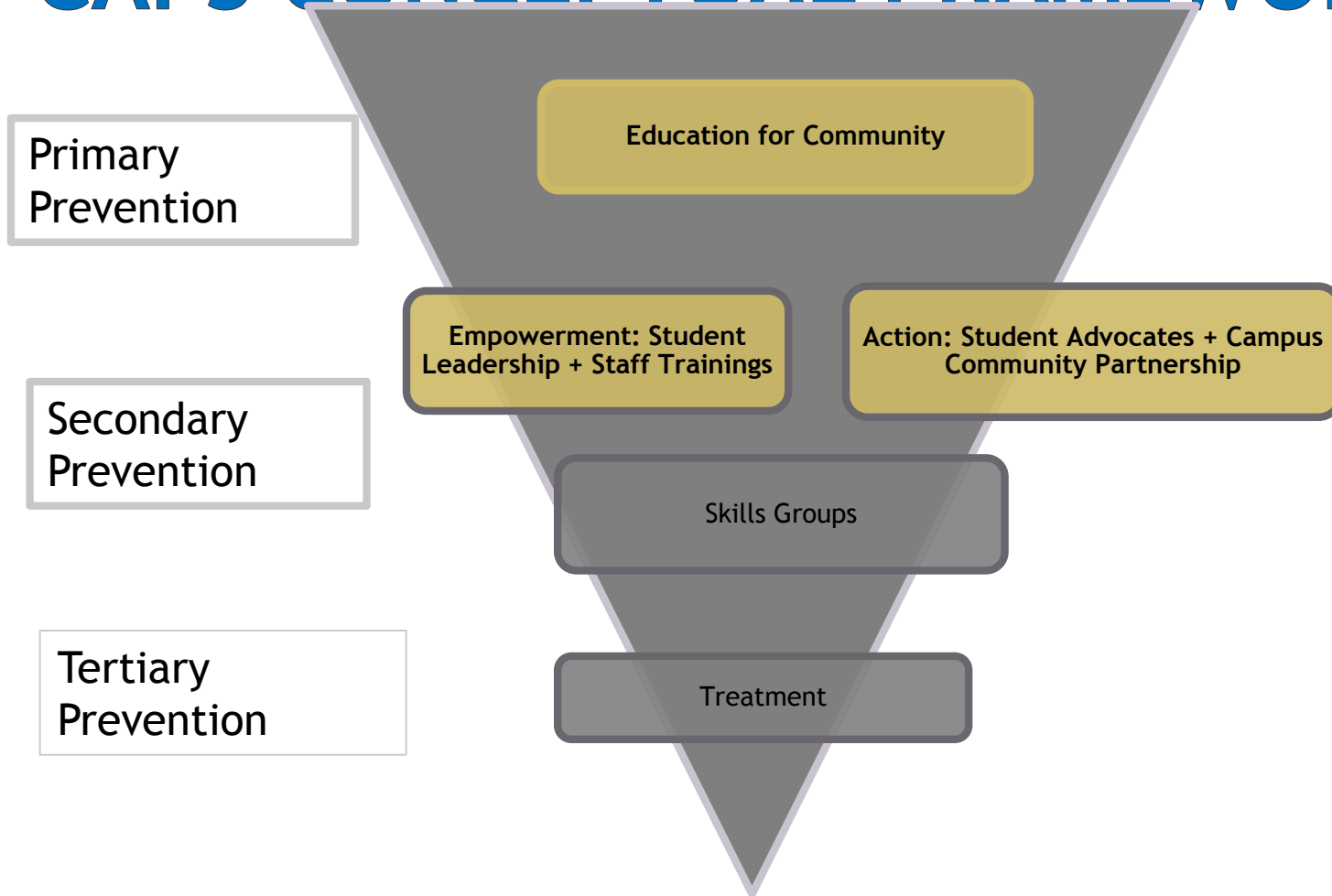
***EMPOWERING
STUDENT LEADERS:
STUDENT
ENGAGEMENT AND
PARTNERSHIP***

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AUCCCO, June 5-7, 2013**

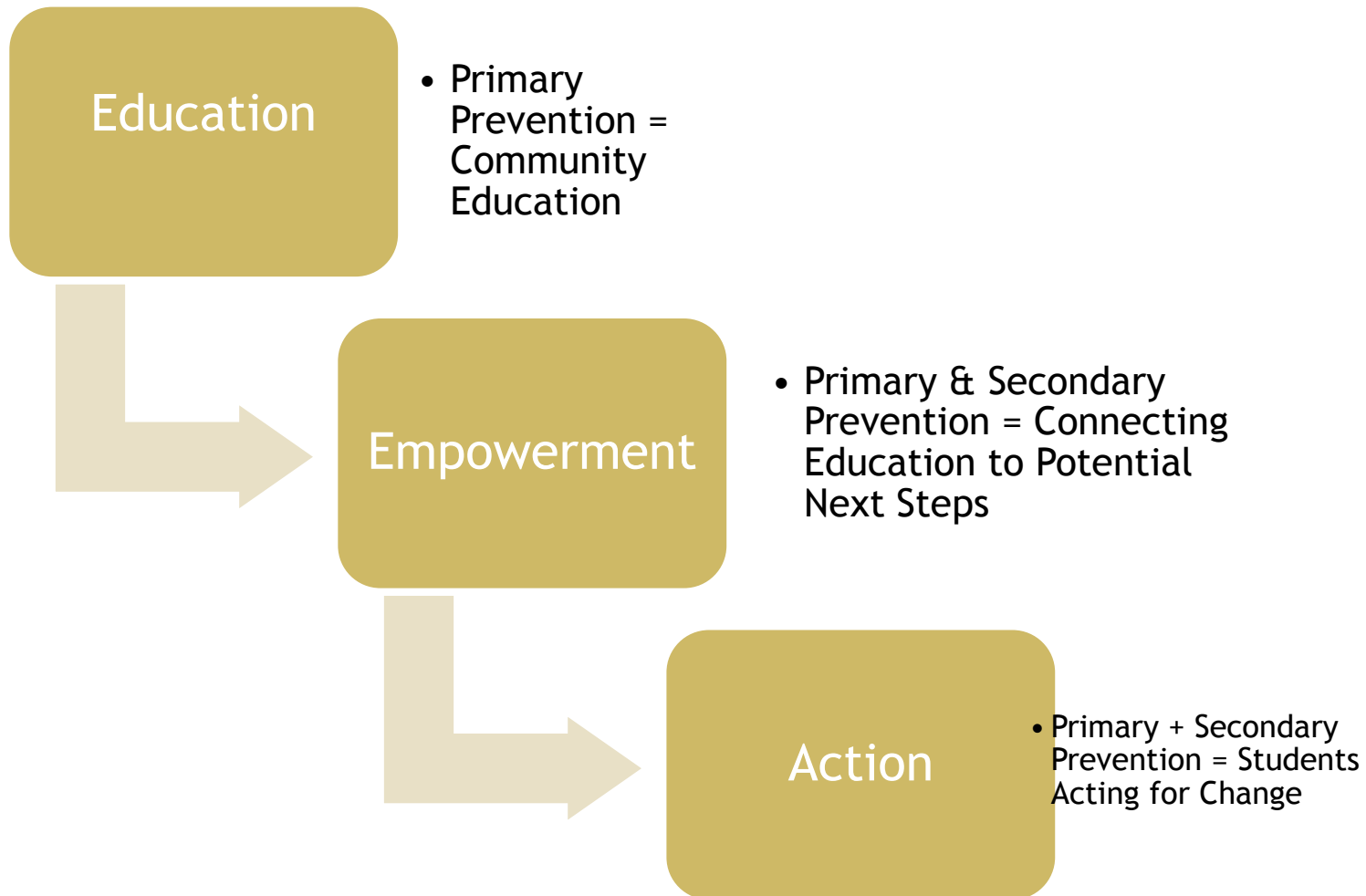
CAPS PREVENTION DEFINED



CAPS CONCEPTUAL FRAMEWORK



CONNECTION TO CAPS CONCEPTUAL FRAMEWORK



THE CAPS PREVENTION MANTRA

Education

- Wednesday Wellness Workshops
 - Fiat Lux
 - Workshops by Request
 - Awareness Events and “where we are on campus”

Empowerment

- Primary & Secondary Prevention
- Train students to feel empowered to intervene w/ other students around distress
 - CAPS Student Leadership Certificate Trainings
 - S & F Ally Trainings

Action

- Primary & Secondary Prevention
- Create active change in culture/climate
 - CAPS Peer Advocacy Coalition
 - CAPS Campus Community Partners

EDUCATION

- *Our goal: highlight diverse mental health needs and reduce mental health disparities on campus by providing access to mental health information and education in a variety of ways including:*
 - Wednesday Wellness Workshops
 - Fiat Lux Courses
 - Workshops by Request
 - Online Workshops
 - Online self help materials and links to diverse services
 - “Where are we on campus”
 - Health and wellness Promotion Events (Out of the Darkness, national no dieting day, Denim Day)

EMPOWERMENT

- *Our goal: encourage responsible community citizenship by empowering students, staff, faculty, and administration with advanced skills in identifying, intervening and referring students to appropriate mental health services through:*
 - *CAPS Student Leadership Certificate Training Program*
 - *Staff and Faculty Ally Trainings*



EMPOWERMENT

- CAPS Leadership Certificate Training Programs
- CAPS certification programs for student leaders who are committed to assisting students who may be at risk for emotional distress or violence in the UCLA community
 - QPR Suicide Prevention Gatekeeper Certificate
 - Reflections Certificate Training Program
 - CARE Certificate Training
 - Blame it on the Alcohol
 - Know your Power
 - If You Loved Me
 - CARE to STAND
 - CAPS Connect: Peer Helper Certificate Training
 - Role of Peer Helper
 - How to ID and Refer to CAPS

EMPOWERMENT

- Staff and Faculty Ally Trainings
 - CAPS trainings for faculty, staff, TAs, and administrators to ensure they are equipped to detect signs and symptoms of student distress and risk
 - How to ID and Refer a Distressed Student- for student Staff/ TAs
 - Distressed & Distressing Students for Faculty & Staff
 - Shots Fired for Staff, Faculty and Administrators

TRUE BRUINS STAND: BYSTANDER INTERVENTION

- **S**urvey the situation
 - T**ake Note of Red Flags
 - A**ssume Responsibility
 - N**egotiate Options
 - D**o Something
- True Bruins STAND for athletes
- True Bruins STAND for positive body image
- True Bruins STAND for mental health
- True Bruins CARE to STAND
- True Bruins STAND against bias

ACTION

- *Our goal: reduce mental health stigma and stand against bias in all its forms, including gender-based violence.*
- *CAPS honors its commitment to a socially just campus climate by working with our CAPS Peer Advocacy Coalition and CAPS Community Partnerships to actively advocate for the mental health needs of our campus community.*

ACTION

- We have formed a *coalition of student groups, the CAPS Peer Advocacy Coalition*, who work to advocate for cultural change and stigma reduction in the community
- ◉ CAPS Peer Advocacy Coalition
 - Student Athlete Mentors (SAMS)
 - Reflections
 - CARE Speak Out and Support
 - CAPS Student Wellness Advisory Committee (CSWAC)
 - Sorority And Fraternity Leadership Institute(SAFLI)
 - Active Minds
 - Clothesline Project