Campus Connect: A Suicide Prevention Training for Gatekeepers

Counseling, Health & Wellness Center

Program Overview

Designed specifically for a college/university community, Campus Connect is an experiential training focused on enhancing gatekeepers’ knowledge, awareness, and skills concerning college student suicide. Beyond increasing gatekeepers’ knowledge about students in a suicidal crisis, emphasis is placed on developing empathic listening skills, communication skills, and the ability to compassionately and directly ask students about their suicidal thoughts. Through increased awareness of their own emotional reactions, gatekeepers are able to more effectively respond to students’ emotional needs and increase the likelihood of a meaningful connection with appropriate professional resources. In addition to enhanced ability in responding to students in a suicidal crisis, the skills learned in Campus Connect training will enable gatekeepers to respond caringly and effectively to students experiencing a wide range of emotional crises.

Gatekeeper Training

Campus Connect is a three-hour, interactive training program designed for use with a wide variety of campus personnel & student leaders (e.g., faculty, residence life staff, academic advisors, etc). A Campus Connect gatekeeper training session includes:

- Review of college student suicide statistics and facts
- Discussion of suicide myths and warning signs
- Instruction on how to ask students if they are thinking about suicide and how to refer students to mental health professionals
- Review of effective communication and relationship-building skills
- Discussion of typical emotional reactions experienced both by students in crisis and responding gatekeepers
- Participation in four experiential exercises & a guided group role play

Requests for Training

Training dates are available for scheduling throughout the calendar year and can be offered in groups of up to 15 participants per trainer. Please forward all requests for training to Daisy Rodriguez, Coordinator for Outreach at rodriguezd@wpunj.edu or Eileen Lubeck, Director at lubecke@wpunj.edu for assistance in planning your event.