



# **MindWise on Campus: Suicide Prevention for Students**

Group Facilitation Guide



## ***MindWise on Campus* Group Facilitation Guide**

This guide prepares on-campus leaders to facilitate a suicide prevention training using the 30-minute *MindWise on Campus* online module along with in-person discussion and activities. Plan for a total training time of 45–60 minutes.

### **Your Role as On-campus Training Leader**

- Prepare for the training (see Planning Checklist).
- Set the tone. Suicide can be challenging to talk about, and some students may experience strong emotions. Encourage participation at whatever level feels comfortable for each student.
- Explain your role as facilitator. Counseling center staff may draw on their professional expertise to lead the training. Psychology faculty may use the training in a classroom setting. Student leaders may facilitate the training as a group learning experience.
- Run the *MindWise on Campus* module for the group and lead the on-screen exercises.
- Facilitate extra practice activities using the provided worksheets when instructed.

## Planning Checklist

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- ☐ **Reserve the meeting room with:**
  - ☐ Internet access
  - ☐ Smartboard, projector, or monitor
  - ☐ Laptop
- ☐ **Bring materials:**
  - ☐ Printed MWOC Group Facilitation Guide
  - ☐ Printed Extra Practice Activities for each participant
  - ☐ Sticky notes OR scrap paper and tape
  - ☐ Blank paper
  - ☐ Pens/Pencils
- ☐ **Test the *MindWise on Campus* module and ensure the audio works and visual displays properly on monitor/smartboard**

## Training Day

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- 1 Arrive early to set up the module and room.
- 2 Introduce the training and explain your role. For example, counseling center staff may share their willingness to answer questions and provide further training whereas peer leaders would highlight their goal to learn alongside other students and work together to identify further resources.
- 3 Begin *MindWise on Campus* module, project for everyone to see and hear, click through slides.
- 4 Guide group through 3 in-module exercises:
  - David/Alex Conversation (throughout module)
  - How You Feel Connected Activity
  - Identifying Resources
- 5 Facilitate 6 extra practice activities when instructed in the module:
  - Acknowledge the Signs with Devon
  - Prioritize Connection
  - Show Devon You Care
  - Map My Resources
  - Encourage Devon to Tell
  - My Plan to ACT
- 6 Conclude training with final slides/videos and thank everyone for participating.

## See guidance below for each in-module exercise and extra practice activity, in the order they will appear:

### **In-Module:** David/Alex Conversation\*

As a group, listen to David and Alex having a phone conversation. At various points in the conversation, two yellow bubbles will appear on screen.

- 1 Ask a volunteer to read the possible responses to questions on screen.
- 2 Ask the group which response they think is best.
- 3 Click both responses so that everyone can hear the feedback for each option.

*\* This exercise occurs at three different times in the module: Acknowledge, Care, and Tell.*

### **Extra Practice 1:** Acknowledge the Signs with Devon

- 1 Ask for a volunteer to read Devon's story aloud.
- 2 Allow a few minutes for participants to follow worksheet instructions.
- 3 Ask for a few volunteers to share:
  - Signs of distress they circled
  - Sample phrase that acknowledges Devon's changes in behavior
  - Sample phrase that acknowledges how Devon is feeling
- 4 Prompt the group for additional discussion by asking if they have additional feedback or thoughts.

### **In-Module:** How You Feel Connected Activity

- 1 Ask a volunteer to read each note as it appears.
- 2 Ask participants to indicate, by voting or raising their hands, if each note describes a way that they, personally, feel connected.
- 3 If anyone in the group raises their hand, place the note on the board.  
If no one raises their hand, place the note in the pocket.

## **Extra Practice Activity 2:** Prioritize Connection

- 1 Distribute sticky notes or scrap paper and tape.
- 2 Once participants complete instructions on the worksheet, ask them to post their sticky notes/scrap paper around the room.
- 3 Encourage participants to walk around the room and read all of the notes.
- 4 When everyone returns to their seats, ask the group if anyone saw a connection activity that sounded like something they might try themselves.

## **Extra Practice Activity 3:** Show Devon you Care

- 1 Allow a few minutes for participants to follow worksheet instructions.
- 2 Ask a volunteer to share which answer they chose for:
  - Reflecting back Devon's statement
  - Validating Devon's emotions
  - How Wilbryna showed Keala she cared
- 3 Prompt the group for additional discussion by asking if they have additional feedback or thoughts.

## **In-Module:** Identifying Resources

- 1 As a group, review the on-screen resource list.
- 2 Ask the participants to call out how many of the resources they would consider using.
- 3 If applicable, ask participants to provide specific examples within the category (ex. Which college staff member or department would you consider? How would you access our campus counseling center?).
- 4 Click all resources that any participant would consider.

### **Extra Practice 4:** Map My Resources

- 1 Distribute paper to each participant.
- 2 Allow a few minutes for participants to follow worksheet instructions.
- 3 Ask any participant who is comfortable to share their resource map with a focus on identifying resources that others might use.

### **Extra Practice 5:** Encourage Devon to Tell

- 1 Allow a few minutes for participants to follow worksheet instructions.
- 2 Ask for a few volunteers to share:
  - Sample phrases that would encourage Devon to seek help
  - Resources to suggest for Devon
- 3 Prompt the group for additional discussion by asking if they have additional feedback or thoughts.

### **Extra Practice 6:** My Plan to ACT

- 1 Allow a few minutes for participants to follow worksheet instructions.
- 2 Ask any participant who is comfortable to share their Plan to ACT with the group.