

Engagement Summary

Prepared for:
Worcester Polytechnic Institute

2022

At-Risk Mental Health Faculty and Staff

Worcester Polytechnic Institute

Activations	Completions	Percentage
1150	987	86%

Would you recommend this course to your colleagues?

Yes	No	
916	84	92%

How would you rate your preparedness to recognize when a student is experiencing signs of psychological distress (for example – being anxious, depressed, or disengaged)

Pre	Post	% Increase
47%	82%	74%

How would you rate your preparedness to talk with a student in psychological distress to motivate them to connect with mental health support services

Pre	Post	% Increase
47%	80%	70%

I feel confident in my ability to talk with a student in psychological distress to motivate them to connect with mental health support services

Pre	Post	% Increase
63%	88%	40%

I feel confident I can help a suicidal student seek help.

Pre	Post	% Increase
46%	81%	76%

“I like that it did explain that some of the language that we use can actually come off as judgmental. I never realized it and I am guilty of saying some of those phrases.”

“I think it's important for other faculty to think about how they say what they say, and not just what they say. The training was good for that.”

“I've had students come to me to talk about academic and personal issues in the past, though none as severe as those in the simulation. I think I used open-ended questions and reflection pretty well, but I think I would have tried to refer those students to resources in different ways - in the past, I think I usually just explained what services may be available and asked students to consider looking into them, but I think in the future I'd lead into referring services more open-endedly so that students felt they had more choice about whether to seek out services (vs. me telling them it may be a good idea).”

At-Risk Mental Health Students

Worcester Polytechnic Institute

Activations	Completions	Percentage
3,362	2,154	64%

Would you recommend this course to your peers?

Yes	No	
1,758	499	78%

How would you rate your preparedness to recognize when a fellow student is experiencing signs of psychological distress (for example – being anxious, depressed, or disengaged)

Pre	Post	% Increase
57%	84%	47%

How would you rate your preparedness to identify a fellow student who is in psychological distress due to texting or messaging on social media

Pre	Post	% Increase
38%	75%	97%

I feel confident in my ability to talk with a fellow student in psychological distress to motivate them to connect with mental health support services

Pre	Post	% Increase
49%	79%	61%

I feel confident in my ability to recognize when a fellow student experiencing signs of psychological distress

Pre	Post	% Increase
71%	88%	24%

I feel confident in my ability to talk with a fellow student in psychological distress to motivate them to connect with mental health support services

Pre	Post	% Increase
61%	82%	34%

I may seek help from mental health support services when experiencing signs of psychological distress

Pre	Post	% Increase
63%	80%	27%

“ like the part where the training gave me a simulation of talking to a friend to discussing their mental health situation and having them seek a counseling center to deal with their stress. It made me a bit more cognizant of the method of approaching somebody to take care of their mental health.

“I am excited to implement the social self-care strategies. I've been wanting to connect more with people and this training helped me see that I should prioritize this for my own well-being as well as theirs.”

“There are a couple of situations where I would've tried to ask more neutral questions now that I have taken this training. There are times where the conversation became emotionally charged or the person became uninterested when I didn't ask neutral questions.”