

HEALTHY CAMPUS CASE STUDY	
Name of Institution	Trinity College Dublin, The University of Dublin
Who led the initiative?	School of Nursing & Midwifery with Student Counselling Services, Students' Union, and College Health Service
Date and timeframe of the initiative	Academic year 2022 – 2023 and ongoing
What was the reach of the initiative?	The entire student body was surveyed (> 21,000 students)
Initiative Title	SHAPE Study: Suicide, Help-Seeking and Prevention at Trinity
Aims/ Objectives	<p>SHAPE surveyed the entire student body to clarify:</p> <p>(1) Who is most at-risk for suicidal behaviors and (2) How best can we help these students.</p> <p>Students surveyed were asked about their history, frequency and associated risk factors for:</p> <ul style="list-style-type: none"> • Suicidal thoughts • Suicidal behaviors & suicide attempts • Self-harm behavior
The rationale for the action, including any identified health needs.	Guided by the <i>'IMPROVE - Collect and analyze data to inform measures to improve mental health'</i> dimension of the National Student Mental Health and Suicide Prevention Framework (2020), Trinity launched a 2022 study to help ensure a data-driven approach to <i>shaping</i> mental health supports.
Identify all frameworks, policies, or strategies this initiative aligns to (Internal, local or national)	National Student Mental Health and Suicide Prevention Framework (2020)
Summary / Overview	The SHAPE study was conceived jointly with the Trinity Student Counselling Service, College Health Service, Students' Union, and with academic subject

	<p>experts in the School of Nursing & Midwifery. Driven primarily by the framework area IMPROVE, the aim of the study is also to IDENTIFY, IMPROVE, RESPOND, and COLLABORATE – touching on multiple framework areas.</p> <p>SHAPE also gathered information to enable analysis of correlation with demographic and behavioral data, including Age, Gender, Sexual Orientation, Course of Study, Ethnicity, Country of Origin, Academic Performance Satisfaction, Alcohol & Drug Use, Social Support Network Satisfaction and Support Services Used.</p> <p>Over 1,300 students responded to the SHAPE survey.</p> <p>SHAPE outputs, expected April 2023, will integrate action points from the National Mental Health and Suicide Prevention Framework with findings on who is most at-risk, and how best to strengthen and develop Trinity’s suicide prevention infrastructure, described below.</p>
<p>Did you collaborate with internal and/or external stakeholders to deliver?</p>	<p>Students’ Union Counselling & Health services Nursing & Midwifery Principal Investigator</p>
<p>How was the initiative organised?</p>	<p>SHAPE was organised using between 2021 – 2022. Coordination was organised by Student Counselling Service staff hired with HEA mental health funding.</p> <p>The SHAPE team engaged in a 6-month process of consultation, planning, research design, and securing institutional buy-in.</p> <p>After this, a suitable time was chosen for surveying the entire student body (Oct/Nov 2022, after Freshers had settled in and before the busy Christmas exam period).</p>
<p>What resources did you need?</p>	<p>A part-time assistant psychologist coordinating the planning and design process. Trinity also awarded research boost funding internally to aid data analysis and reporting (in process).</p>
<p>Has it been evaluated? How successful has it been?</p>	<p>Results are to be released in summer 2023 after analysis and design of reports.</p>
<p>Any future plans, including the sustainability of the initiative?</p>	<p>The key output of SHAPE is to plan actions for:</p>

	<ul style="list-style-type: none"> - Outreach and preventative programmes to target who is most at-risk for suicide and self-harm behaviours - Service planning for supporting students at-risk - Collaborating with students to ensure their voices are heard in how suicide prevention is done in Trinity.
Key Learning Points	<p>As SHAPE is being showcased prior to data analysis, key learning points to date are:</p> <ul style="list-style-type: none"> - such research is feasible given enough time to engage with all stakeholders. - Suicide and self-harm are salient topics for students, as over 1,300 students responded to the survey.

Healthy Campus Framework Categories (please tick all that apply)

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit <input type="checkbox"/>	Leadership, Strategy & Governance <input type="checkbox"/>	Alcohol <input type="checkbox"/>	Students <input type="checkbox"/>
Coordinate <input type="checkbox"/>	Campus Environment (Facilities & Services) <input type="checkbox"/>	Substance Misuse <input type="checkbox"/>	Staff <input type="checkbox"/>
Consult <input type="checkbox"/>	Campus Culture & Communications <input type="checkbox"/>	Healthy Eating / Food <input type="checkbox"/>	Wider community <input type="checkbox"/>
Create <input type="checkbox"/>	Personal & Professional Development <input type="checkbox"/>	Mental Health & Wellbeing <input checked="" type="checkbox"/>	Other <input type="checkbox"/>
Celebrate & Continue <input type="checkbox"/>		Sexual Health & Wellbeing <input type="checkbox"/>	
		Tobacco Free Campus <input type="checkbox"/>	

		Physical Activity / Active Transport <input type="checkbox"/>	
		Wellbeing on the Curriculum <input type="checkbox"/>	
		Health & Sustainability <input type="checkbox"/>	
		Other <input type="checkbox"/>	

Contact Details

Contact Name/s	Chuck Rashleigh, Dr. Louise Doyle
Date	04/04/2023
Email Address	rashlec@tcd.ie
Links	https://www.tcdsu.org/welfare-equality/shape