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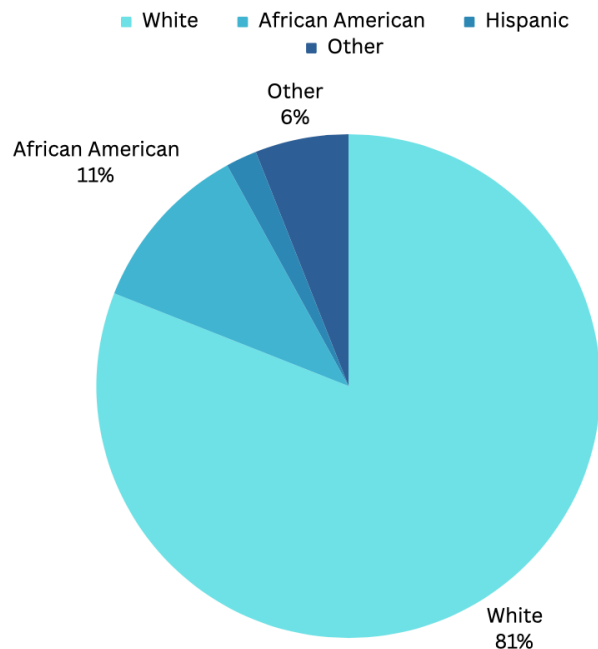
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Community Assessment

For our group's community project, we are working with The Dream Center in Easley, SC. The Dream Center serves people in Easley, as well as residents of Pickens County, existing with the mission to "encourage, educate, and empower people in need through the love of Jesus Christ." Our role is to assist the staff of the Dream Center in putting on a mental health symposium that focuses on suicide prevention. It will be for members of the community, particularly for healthcare providers seeking a "continuing education" credit. This report highlights the health status and behaviors of the community in Easley, SC, and focuses on an action plan to break down health barriers.

Socio-demographic Profile

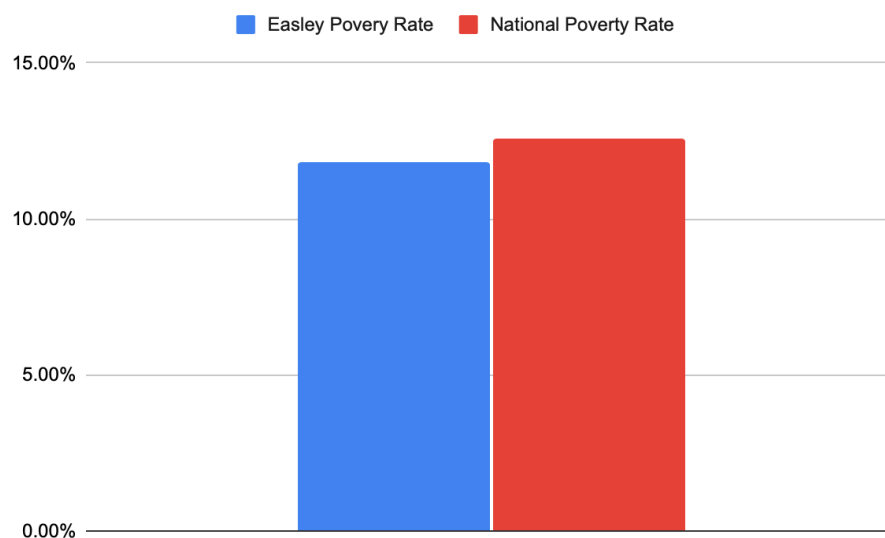
Socio-demographic factors are simply the characteristics of a population, including education level, gender, age, profession, and marital status. The population we are studying in



the community assessment are the people in the town of Easley. In 2021, the population of Easley was 22,631. The median age was 44 years old, and the median income per household was about \$57,000. The three largest ethnic groups of the community are White (82%), African American (11%) and Hispanic (2%).

(Pie chart of ethnicity in Easley, SC)

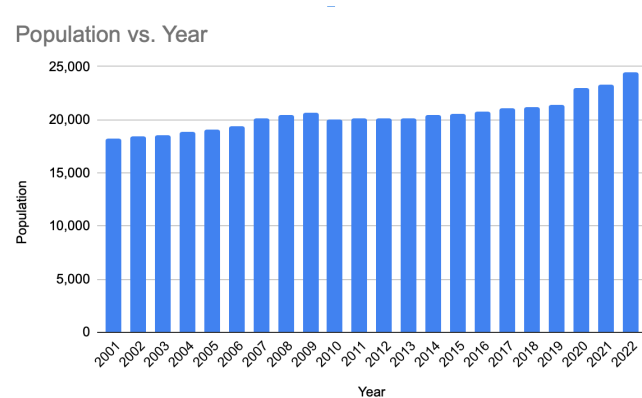
In terms of economic status, the largest industries are health care, manufacturing, and retail, with over 11,000 people employed in the town. The average value of property in Easley, SC was \$182,100, which is 0.744 times less than the national average of \$244,900. Car ownership is approximately the same as the national average, with about two cars per household. 11.8% of the population of Easley lives below the poverty line, which is slightly lower than the national average of 12.6%.



(Easley poverty rate compared to the national poverty rate)

Over the past decade, the population of Easley has increased by 15%; more than 4000 people. As population analysts look ahead, they expect to see more growth in the next five years

than in the previous twenty. This is due to low taxes, school system, and prime location, as the town is close to both Clemson University and the city of Greenville.



(Population of Easley, SC by year)

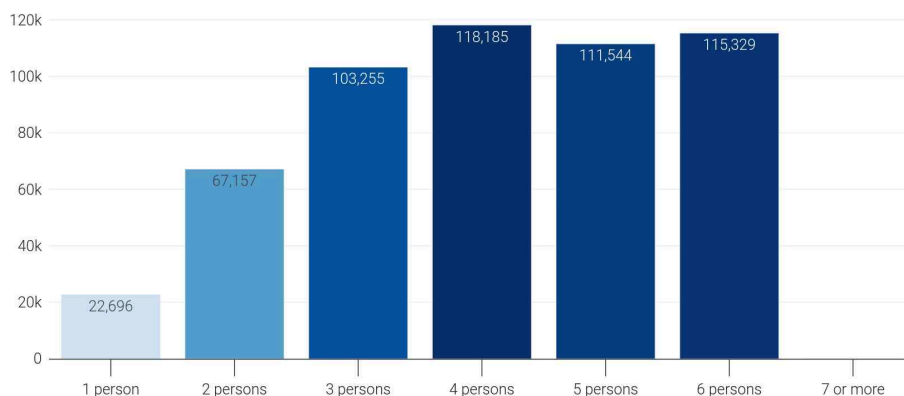
Health Status

The Dream Center is located in Easley, South Carolina part of Pickens County which has a population of 21,422 people. The Dream Center's goal is to promote community, personal and professional growth, in addition to restoring civilians' health and self-sufficiency. South Carolina as a whole lacks sufficient resources and funds to provide proper medical care and a healthy social environment. The state is ranked 43rd out of 50 in education status, and has had a minimum wage of \$7.25 that has not been changed since 2008 (*U.S. Census Bureau*). As of 2022, the reported high school graduation rate of Pickens County is 84.8%. With a high school diploma you are more likely to receive positive benefits such as income, health and positive employment, and likely to receive a 40% higher income than someone without one (*U.S. Census Bureau*). While The Dream Center offers classes, they are not academic classes but instead life classes. These classes can help further an adult's education on life skills needed for the real world

once they have completed their time at The Dream Center. Such classes include nutritional literacy, sewing, and bible study. This is important because these adults are learning life skills through a hand-up method, not a hand-out method. However there are many other areas of health disparities within South Carolina that need attention. The average household income in Easley is currently \$62,551. A total of 8.3% of families in Pickens County live in poverty while 3.1% are unemployed (*Data USA, 2021*). Their families do not have the money to meet their needs of shelter, food, and clothing. This can lead to mental health declines with rises of depression and suicide. According to Healthy People 2030, over half of the population in the United States have been diagnosed with a mental health illness within their lifetime. Healthy People 2030 is focusing on screening, assessing, and treating behavioral conditions and mental health disorders.

Easley, SC median household income, by household size (in 2022 inflation-adjusted dollars)

In 2021, 4-person households had the highest median income (\$118,185)



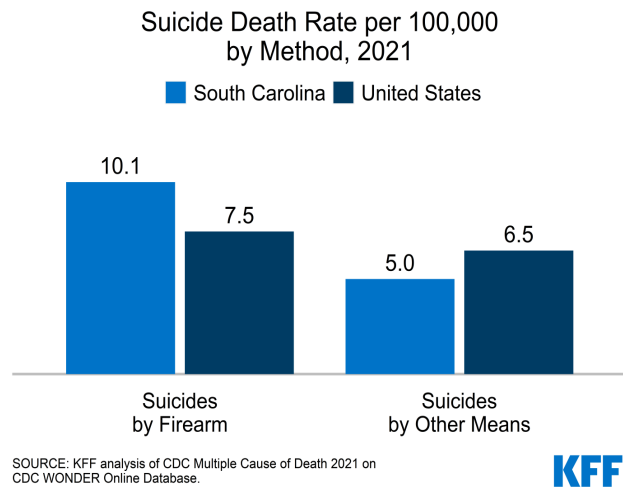
Source: U.S. Census Bureau, American Community Survey (ACS) 2017-2021 5-Year Estimates

Neilsberg

The Dream Center works with civilians one on one to help them budget, create bank accounts, and increase their savings through financing classes. This teaches people to prioritize saving their money earned from employment for daycare, transportation, and education while The Dream

Center provides temporary shelter and food. On a health education level problems of obesity, mental health, and drug use are primary health disparities that need attention according to Prisma Health, who conducted a Community Needs Assessment of Pickens County in 2022. 8.1% of residents in Easley South Carolina do not have health insurance, therefore the population is more susceptible to disease. About 451,000 people in South Carolina suffer from substance related problems and obesity in South Carolina is up to 36.2% as of 2020 (*O'Halla, 2022*). Since South Carolina has such low quality of life with low income levels and little access to proper healthcare there mental health rates are spiking. They are not aware of the importance of eating healthy, and only gravitate to cheap high calorie foods with poor nutritional values. Fast food often decreases mental clarity. With lack of hope for the future most people turn to drugs when in poverty. Director of Human resources Tony Brown stated “Working at The Dream Center is tough mentally for both our employees and student community. Employees are dealing with the heavy backgrounds of Easleys people in need so that they can help connect them to the right resources. Everyone here is in need of learning how to prioritize their mental health in this industry.” Prisma Health’ goal is to increase awareness of healthy eating and active living programs, implement best practices to address community mental and behavioral health needs, and increase provider and community awareness of substance use disorders through education. Mental health is a growing problem in South Carolina and has been stated by South Carolina Prisma Healths’ #2 health concerns as per their community needs assessment. They want to implement practices to improve early detection of depression, along with implementation of the Columbia suicide prevention scale as a screening tool for patients (*O'Halla, 2022*). Some other resources they hope to institute are call centers within the community to connect them to treatment, telehealth

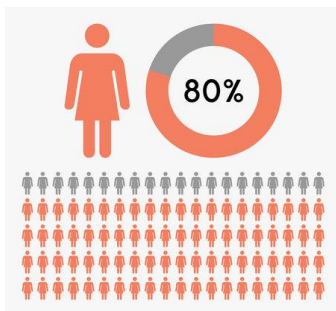
screening tools to expand resources, and implement statewide mental health collaborations.



Behavior

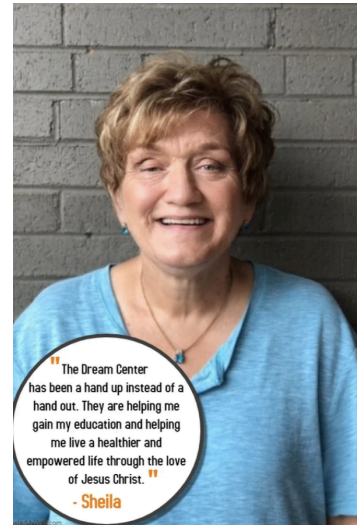
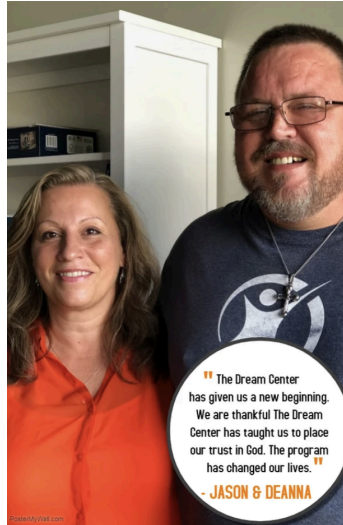
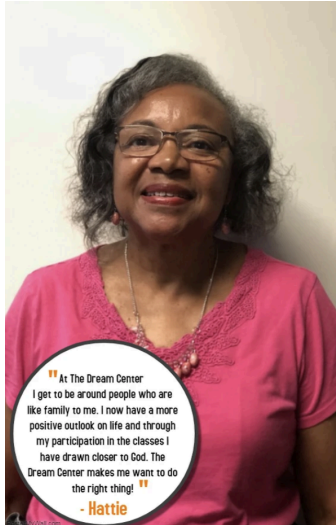
The main mission of the Dream Center is to love people and “encourage, educate, and empower people in need through the love of Jesus Christ ". The Dream Center does this by helping women and their children overcome whatever obstacle has caused them to end up seeking help through their programs and classes. Through having these women come and take classes at the Dream Center, they are able to earn dream dollars, which is the form of money used by the Dream Center. This allows the women to develop a sense of responsibility and give them a hand-up rather than giving them handouts. This way the women can use their dream dollars to buy the necessities they need at the Dream Center’s general store. This teaches the women to become self-sufficient again, helping them get back on their feet and work for themselves. It is evident the behavior change that is made in these women through the Dream Center through watching their changed lives videos on the website. Over time these women begin to act differently in a more positive manner. They have the skills thanks to the dream

center to enter back into the world on their own. The Dream Center has a Program called Opportunity Village which is a program to help women get back on their feet who are in critical situations. Opportunity Village is also the name of the tiny house neighborhood that the dream center provides them with during the program. Some can even upgrade to transitional houses with the Dream Center to have that extra help getting back into society after being in Opportunity Village. Each year the Dream Center moves women into Opportunity Village twice a year to start their 1 year transformation journey in their new tiny house.



The success rate for the Opportunity Village program is around 80% among the women and families who enter the program. A huge factor in each person's story is how the dream center has helped them build a strong faith in God. For each of these women in their faith has helped change their behavior and life which is a huge part of their story. This step of having religious beliefs can impact the smallest decisions a person makes, their attitude, how they treat others and big choices they make (Kurt, 2014). Those who have faith in God and work for and seek a relationship with him have been able to find

peace in his process which helps them get through their current situations with a better outlook on life.



(Testimonies from the Dream Center)

Policy, Environment, System Features

Despite being a small town, Easley has a variety of health and behavior resources within the community. The largest provider of patient care in the town is the Prisma Health Baptist Easley Hospital, located north of Highway 93. Prisma Health is the largest nonprofit healthcare system, and this hospital serves many people in Pickens County. The hospital provides the community with “top-quality surgery, obstetrics, orthopedics, emergency medicine, radiology, imaging and diagnostics services”, according to their website. There are 109 beds for patients,

and many doctors, nurses, and other healthcare providers employed at this location.



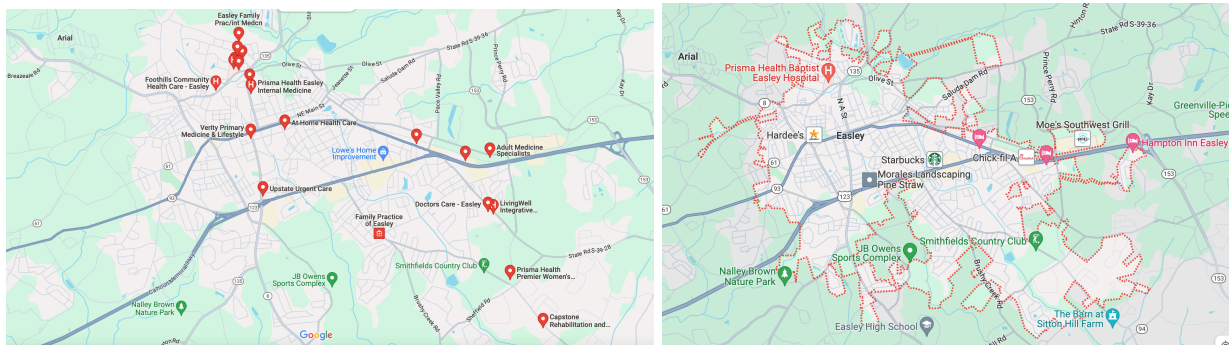
(Prisma Health Baptist Easley Hospital)

Another important healthcare provider service located in the Community is the Samaritan Health Clinic. This is a smaller facility, but it provides free medical and dental care to residents of Pickens County who don't have health insurance or have a limited income. It runs through support from local churches, Prisma Health, grants, and volunteers in the community. Their mission is "to provide outpatient healthcare services to eligible, medically underserved residents of Pickens County."



(Samaritan Health Clinic)

There are many other examples of health and behavior resources within the community. Foothills Community Healthcare is a family focused community healthcare center, meaning they are a nonprofit organization that works with people from all different backgrounds. They also accept patients without traditional insurance. Another resource is the Behavioral Health Service of Pickens County. They treat a variety of behavioral health issues, from substance abuse recovery to anxiety and depression. There is also a variety of counseling centers, both in the community and through churches, in Easley, SC. One issue with behavioral health in Easley is that there are few resources for people without insurance or those who are lower-income.



(Map of Easley with healthcare locations in red)

Action Plan and Conclusion

Learning all about the Dream Center and their mission has been a great tool to understand ways we can help these women. After touring and discussing next steps with Tony Borwn the next step is to address the identified issues/need that is to help plan the Suicide Prevention Day provided by The Dream Center. We will be meeting each week to discuss what is the best way to plan this event and how best to reach as many people in the community as possible. By creating flyers for college students, doctors, facility members, and highschoolers it is important for us to get the word out as much as we can. Mental Health is a big issue in the community and issue

among all ages in society today. As we work with the Dream Center to help plan their mental health day it also helps all those who are coming become aware of these issues that are so prevalent in communities and learn how to help others. Being aware of the effects of mental health will also help raise awareness for women who may be struggling and letting it get in the way of their life. After this Suicide Prevention Day we can build off of its momentum and help the community become aware of the mental health issues in our own backyards so that the word can be spread to make everyone aware of ways they can help.

Data Collection

As a group we used secondary data such as SCDHEC and Census to get concrete numerical data to back our community assessment findings. We used Prisma Health's Community Needs Assessment as a guide for our Community Assessment as we will be addressing Easley's Mental Health issues with our Suicide Prevention Day run by The Dream Center. As for primary data, we met with Tony Brown the director of The Dream Center and discussed the needs of the population which was mental health awareness and prevention.

Calendar, Goals and Objectives

Calendar:

Week 1: January 28

Caroline Hendrix	<ul style="list-style-type: none"> • Our group toured the Dream Center Friday • Talked about what our role will be for the Mental Health day • I completed my 2 sections of the community health assessment
Lindsay Boyle	<ul style="list-style-type: none"> • Toured the dream center • Generated ideas for exposure to the event • Completed 2 sections of the community health assessment • Talked strategic plans for gaining volunteers and food donors
Lene' Garrison	<ul style="list-style-type: none"> • This week, the three of us toured The Dream Center on Friday afternoon and met with Tony and Sarah to discuss program planning. We were able to sit down with them at the beginning and talk with them about strategy and plans for things such as parking. • In addition, I completed three of the sections of the Community Assessment and we turned it in.

Week 2: February 4

Caroline Hendrix	<ul style="list-style-type: none"> • This week our group met and decided to start reaching out to different food companies to see if they would help sponsor the mental health event. • I called jimmy johns about if they could donate any lunch.
Lindsay Boyle	<ul style="list-style-type: none"> • Met with entire dream center planning group • Got to hear about the different donors who are donating breakfast, water, workbooks etc • I called walmart and asked if they could donate to our nonprofit, however there donation cycle for nonprofits doesn't start until March 2nd
Lene' Garrison	<ul style="list-style-type: none"> • This week, I met with our group and we discussed plans for the future as we prepare for the seminar. • I also created this document and added other docs to our google drive.

Week 3: February 11

Caroline Hendrix	<ul style="list-style-type: none">• Our group met on zoom with the dream center and the speaker for the mental health day.
Lindsay Boyle	
Lene' Garrison	<ul style="list-style-type: none">• On Tuesday, we attended a zoom meeting from 2-3pm and discussed the program with a team from the dream center, as well as the speaker• Met with professor Hague to discuss our role at the dream center and the goals of our team in general

Week 4: February 18

Caroline Hendrix	<ul style="list-style-type: none">• I reached out to Publix about food and figured out how to register with them for the event.• Emailed Tony about information for them to register. Never got an email back from him about them registering.• Our group met on zoom with Tony about updates on the mental health day and what we can do for the day for faith based nonprofit leaders.
Lindsey Boyle	<ul style="list-style-type: none">• Met with Tony on zoom. I updated him that I reached out to my psych professor to send out a canvas announcement to gain attraction to the event and get volunteers• Made more ideas on how to get food donors, going to call subway and dominos this week
Lene' Garrison	<ul style="list-style-type: none">• Met with Tony from the dream center on zoom Friday morning to discuss the upcoming mental health symposium and other upcoming opportunities• Printed flyers to promote the upcoming mental health symposium• Distributed the flyers around campus and hung them up in class buildings

Week 5: February 25

Caroline Hendrix	<ul style="list-style-type: none">• Met with professor Hauge about next steps• Drafted an email to Delana Reynolds
Lindsey Boyle	<ul style="list-style-type: none">• Called the subway and dominos. Both large food chains do not know if they can help donate to nonprofits since they are not the owner of their chain

	<ul style="list-style-type: none"> • My psych professor sent out my canvas announcement. I have gained two volunteers to help provide mental health relief during the suicide prevention day • Deelena reynolds - suicide walk • Table commuter lot • Make meeting for leadership summit with professor hauge • 250 for tshirts
Lene' Garrison	<ul style="list-style-type: none"> - Composed email draft to counselors and psychologists in Easley asking them to volunteer at the symposium - Found and sent emails to five psychologists

March 3 :

Caroline Hendrix	<ul style="list-style-type: none"> • Emailed Delana Reynolds about promoting suicide walk • Meeting with Tony and Professor Hague <ul style="list-style-type: none"> ◦ Discussed jobs for saturday's mental health day ◦ Next steps for the semester ◦ What roles we play in the other events being planned • Suicide Prevention and Mental Health day Saturday
Lindsay Boyle	<ul style="list-style-type: none"> • Reached ou to Clemson library makerspace to coordinate making tshrits for the dream center for suicide prevention day • Reached out to tony to make t shirts for the event - he no longer wanted them • People also want to be included in the guide and there are resources **** remind tony at Friday meeting
Lene' Garrison	<ul style="list-style-type: none"> • Connected with Rollins Counseling in Easley and they are sending volunteers to the event in order to be of assistance to anyone who may be triggered • Met with Tony on Friday morning in order to discuss details for the event and plan for upcoming opportunities to work with The Dream Center • Suicide Prevention and Metnal Health day Saturday

Week 7:

Caroline Hendrix	<ul style="list-style-type: none"> • Getting in contact with Delana Reynolds about setting up table with flyers <ul style="list-style-type: none"> ◦ Go to her office if we have not heard back by wednesday night ◦ Update: She emailed back and we are setting up a table the tuesday before the walk ◦ Making a QR code to have at the table as well • Find research article on the challenges of clergy leaders/pastors/ministers (10 challenges)
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	<ul style="list-style-type: none"> ● Ask about summit vision: <ul style="list-style-type: none"> ○ who is included - Invite only ○ resource guide vision - Put everyone that attends in resource guide then also include helpful ways/resources for leaders to get help ○ Organization names, a contact person (number/email) small guide that opens up ○ Info about burnout, boundaries, healing and health, secondary trauma ● What time? 10am-1pm ● April 11? 12 organizations ● Follow up to get list from tony of organizations and panel questions and research those <ul style="list-style-type: none"> ○ Follow up of organizations (list of 50) ○ List of haven't RSVP and who has ● How to set up the room and flow of the day/schedule for summit ● Call around and ask if organizations would like to be involved (come, set up a table, provide things): make a call log (about 20) (google form?)
Lindsay Boyle	<ul style="list-style-type: none"> ● meeting with tony to discuss goals for the leadership summit ● What is your vision of a resources guide, (map pamphlet, telephone numbers)organizational names, contact phone number email, small guide (not one sheet) burnout in guide, boundaries, feeling health, secondary trauma and help them, leaved resourced and equipped ● What is vision summit- is it luncheon, how many people are coming,who can come all denominations ● Who RVSP, pamphlet nature, invite list, and RSVP and follow up w organizations, “flow of the day” aka schedule, mics hand outs for people who have questions, send program ● ***** diff event for open house for new partnership?? April 1st ● Budget ? ● What have you done for event ● Food is not good use for time since we were unsuccessful and she was not happy w results ● Call log of who will be involved 15-20 community organizations that would consider partner would you like to be involved ● Google form ● We need a description of what this is ● Who should we reach out to - do they need invitations?? ● What role do you see us doing on that day- or do you just want us to plan the event ● ***** won't be available 12-2 morning in afternoon
Lene' Garrison	<ul style="list-style-type: none"> ● Find articles for faith leaders summit- address challenges they are facing ● Make resource guide ● Questions to ask <ul style="list-style-type: none"> ○ What is your vision for a resource guide

	<ul style="list-style-type: none"> ○ What is the vision for the summit? ○ Specific denomination? ○ Budget ● Keep call log of people for the faith leaders summit (reach out to about 20)
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Week 9:

Caroline Hendrix	<ul style="list-style-type: none"> ● Set up a table for the suicide walk to help promote it ● Put together our rough draft of the binder ● Wrote reflections for the suicide prevention symposium ● We wrote and sent emails out to the people invited to the leadership summit (One for those how have RSVPed and one for those that haven't)
Lindsay Boyle	<ul style="list-style-type: none"> ● I wrote two response emails for tony to mass send out for RSVP one was for those who already RSVP to remind them of the event and the other was for those to still RSVP ● I created the template for the brochure ● Listed a doc full of resources to avoid and help signs of burnouts (planning to put them in brochure after tony approves of my template) ● Created a rough draft for the binder for the project ● Wrote reflection for the suicide prevention day and for the suicide prevention walk
Lene' Garrison	<ul style="list-style-type: none"> ● Created QR code and poster for people to sign up for the suicide walk and learn more about it ● Met with caroline outside of class time to work on putting our binder together and printing all the resources ● Set up a table to promote the suicide walk by the commuter lot from 3-4 ● Worked with Caroline on the advocacy project ● Wrote reflection for the suicide prevention symposium at the Dream Center

Week 9:

Caroline Hendrix	<ul style="list-style-type: none"> ● Finished the Methods and Background section of the poster of the Public Health Symposium ● Finished reflection for Suicide Walk table ● Filled in the Members of Faithful Leadership Summit section of resources guide for Dream Center
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	<ul style="list-style-type: none"> ○ Create columns of what each organization does/provides and put them together based on that ○ Add phone numbers
Lindsay Boyle	<ul style="list-style-type: none"> ● Finished suicide walk reflection ● Did in class reflection #2 ● Finished symposium poster, did the introduction, participant profile, what is health promotion, and the conclusion ● Had the symposium poster order sent over ● Collected burnout resource materials and added it to the resource guide ● Made QR codes to put on the final resource guide ● Emailed tony the finalized resource guide
Lene' Garrison	<ul style="list-style-type: none"> ● Finished reflection for Suicide Walk table ● Worked on completing the resource guide for the faithful leaders summit by fixing the format and adding information ● Worked on creating and publicizing the petition for our community advocacy project

Suicide Prevention Day timeline:

- Met with Tony and talked about what our role will be for the Mental Health day and generated ideas for exposure to the event.
- Start reaching out to different food companies to see if they would help sponsor the mental health event.
- Attended a zoom meeting from 2-3pm and discussed the program with a team from the dream center, as well as the speaker.
- Reached out to my psych professor to send out a canvas announcement to gain attraction to the event and get volunteers & printed flyers to promote the upcoming mental health symposium.
- Connected with Rollins Counseling in Easley and they are sending volunteers to the event in order to be of assistance to anyone who may be triggered
- Greeted and directed those coming in for the Suicide Prevention and Mental

Health day then set up tables for lunch to be served.

Faithful leaders summit timeline:

- Met with Tony over zoom to discuss details for the event and plan for upcoming opportunities to work with The Dream Center
- Find articles for faith leaders summit- address challenges they are facing
- Send out reminder emails for people to sign up for the faithful leader summit
- Keep call log of people for the faith leaders summit (reach out to about 20)
- Created resource guide to be used during the actual summit, with information about all the nonprofit leaders represented as well as the schedule and other helpful tools
- Sent Tony the resource guide for him to look over, edited it, and made a final draft

Suicide Prevention Walk timeline:

- Given the information about this opportunity.
- Drafted and Sent an email to Delana Reynolds.
- Asked us to include a QR code when setting up a table to promote the walk.
- Set up tables by commuter lot to reach those who do not live on campus.

Session Goals and Objectives

Suicide Prevention Day

Increasing Awareness : Educate participants about the prevalence of Suicide in the Community of Easley, as well as warning signs and risk factors that lead up to being suicidal such as mental disorders like depression and anxiety.

Reduce Stigma : Break down barriers regarding the topic of suicide. Normalize discussing emotions and learning methods to cope with yourself and others dealing with negative thoughts such as suicide.

Promote Help Seeking Behavior : Encourage participants to use the resources around them such as guidance counselors at school, family members, psychiatrists and the national suicide prevention hotline.

Building Coping Skills : Promote coping strategies for participants to deal with stress and emotions within themselves and from others.

Promote Community Support : Make Easley and the members of The Dream Center aware of the resources available to them when taking care of themselves and their mental health.

Connect the Community : Promote the event effectively to psychiatrists, guidance counselors, and those in need of mental health guidance in Pickens County.

Faithful Leadership Summit

Supporting faithful leaders: The main goal of this summit was to support faithful leaders involved in various community services such as church work, family support, grief relief, hope missions, and more.

To Provide Resources: A major objective was to provide resources to faithful leaders and the community they serve. This was done by curating and giving them helpful information and tools through the resource guide.

To Create Community and Connection: Another objective of the summit was to create community and connection among the faithful leaders by providing a place for them to gather together, learn, and share experiences.

Suicide Prevention Walk

Raising Awareness : Making the community of Clemson aware of the mental health issues within the community and promoting a culture of support and understanding.

Promoting Conversations: Encouraging open conversations about mental health to reduce stigma for individuals to seek help when needed.

Providing Support: Showing those affected by mental illness that they are not alone and have many friends and resources on their side to help them through it.

Resources Plan

Our program teamed up with The Dream Center and The Suicide Prevention Walk at Clemson to help implement programs to put in place to benefit the community. The Dream Center had a Suicide Prevention Day, and Faithful Leadership Summit. For the Suicide Prevention Day we were tasked to promote the event to students, psychiatrists, and guidance counselor within Pickens County. As a student it was an advantage to be a part of the community around us that we were promoting the event to. The Dream Center was offering extended learning credits to those in the Psychology field as well as other sciences. They were also offering double dream dollars to the class attendees. This helped enrich our program and bring in a larger audience to learn about the issues regarding suicide in the community of Easley. The South Carolina Suicide rate is 26.6% higher than the Healthy Peoples 2030 target and 11.7% higher than the national rate. The community of Easley and Pickens County are dealing with a domino effect of events. About 12.7% of residents in Easley live in poverty. In 2021 over 100,000 residents of South Carolina were admitted to Hospitals for drug and alcohol addiction, and over 100,000 residents resulted in Fentanyl and/or prescription drug overdoses (DHEC 2021). Most drug and alcohol addictions lead to intentional overdoses.

To put on this event as well as the Faithful Leadership Summit we had an auditorium provided for us within The Dream Center that holds about 200 seats. The event lasted from 9 am to 3 pm. The Dream Center wanted to format each event with keynote speakers. They already had mics, speakers, and a projector to present the special guests information that they were providing the audience with. In addition, due to the emotional weight that the topic of Suicide carries, trained staff of The Dream Center were located at each exit of the auditorum to provide relief if needed. We checked in attendees to the event and directed them to the auditorium.

The Dream Center teamed up with Robinson's Funeral Home, and the Upstate Funeral Solution to provide water for the event. In addition Robinson's Funeral Home provided the guest speaker. This guest speaker guided the event by going through different bible verses to discuss the importance of God. He expressed that suicide is never the answer and even when feeling alone God will always be there to guide you through faith and out of the darkness. The Dream Center also received charitable donations from these sponsors to help provide lunch for the attendees. The attendees each received a box of Chick- Fil-a consisting of a Chick-fil-a sandwich, and chips. Before The Dream Center received donations for lunch we were tasked to go out into the community and collaborate with businesses to provide lunch for the event. Unfortunately after being in contact with Walmart, Publix, and the Jimmy Johns and Dominos of Easley we had no such luck. This was due to the lack of communication within those large chains on where they could provide donations since management and ownership are two different authorities under one business.

The Dream Center also had volunteers from Clemson's Fellowship of Christian Athletes who helped set up the event with us. They helped organize the layout of the lunch area with fold up tables and chairs. They helped clean up after the event as well.

To promote the Suicide Walk, we tabled outside of one of Clemsons busiest Commuter lots to gain the most attraction for our event. We had a table from Clemsons Health Science Department and flyers made from the Suicide walks promotion team.

For the Faithful Leadership Summit speaker from Easleys First Baptist Church, First United Methodists Church, and Church of God set up a panel to discuss the challenge of burnout. We created a resource guide to provide to the attendees consisting of tips for challenging your stressful energy into exercise, journaling, and important conversations with peers. In addition we

provided links to podcasts, retreats and hotlines. These resources discuss resilience, being part of a community of leaders, and breaking down the challenges that come along with such a pivotal role.

Intervention strategies

- A. Form focus groups representative of the diverse community.
- B. Host events to foster open communication and mutual support.
 - i. We will promote the community events through various interventions. For the suicide prevention walk we tabeled at teh community lot to target student who are not as involved with clemsons campus and may be struggling with there mental health.
 - ii. For the suicide prevention day we passed out flyers within our clemson commuity promote the event, and sent out a digital flyer to the clemson psychology department. This was important for outreach because attending the event could provide extended learning credits.

Evaluation

When working alongside The Dream Centers Planning Committee there has been little we have had to evaluate and record/analyze data on. Through helping plan their Suicide Day we helped them monitor reach by putting up Flyers around campus while the dream center reached out to the people they knew in the community. The only evaluation we have for the Suicide day is that out of the 75 people signed up only about 27 came. It seems that the Suicide Prevention Day reached many in the community and even though it is expected that some will not show up the turn out was lower than expected. Aside from the low participation the Suicide Day did reach its goals and objectives:

- It educate participants about the prevalence of Suicide in the Community of Easley and warning signs associated with mental disorders like depression and anxiety.
- The session reduced the stigmas around mental health by normalizing the discussion of emotions and taught methods to cope with yourself and others dealing with negative thoughts as well as coping skills and strategies.
- The speaker talked about how to encourage people to use the resources around them such as guidance counselors at school, family members, psychiatrists and the national suicide prevention hotline.
- The Suicide Day also promoted connection with community by increasing awareness of the resources available when taking care of themselves and their mental health.

By providing the appropriate information through these goals and objectives gives the community of ease that participated the knowledge on resources and help that are available and that they can provide to those battling mental illnesses.

The second project we helped create the Resource Guide for the Faithful Leadership Summit held by the Dream Center. The main goal of this summit was to support faithful leaders involved in various community services such as church work, family support, grief relief, hope missions, and more. Their goal and objectives were achieved though:

- Providing a resource guide filled with helpful information and tools to faithful leaders and the community they serve.
- Creating community and connection among the faithful leaders by providing a place for them to gather together, learn, and share experiences.

Through these objectives the Faithful Leadership Summit was a success and left leaders feeling supported and with new recourse to help them in the future.

An opportunity that was presented to us was helping promote the Suicide Prevention Walk held by Delena Reynolds. We emailed her, reaching out about how to best help promote the event and she responded with wanting it to reach more off campus students. Our group set up a table by the commuter lot and talked to students as they walked by and got a few to scan the QR code for the Suicide Prevention Walk to get more information. After the weekend we heard from people that went that there had been a good turn out of people to participate in the walk! This helped impact the community by achieving the goals to:

- Raise awareness in the community of Clemson aware of the mental health issues within the community and promoting a culture of support and understanding.
- Helped encourage open conversations about mental health to reduce stigma for individuals to seek help when needed.
- Showed those affected by mental illness that they are not alone and have many friends, as well as resources to help them through their struggles.

SUICIDE PREVENTION TRAINING

EVENT INFORMATION:

MARCH 2ND
9AM - 3PM
111 HILLCREST DRIVE
EASLEY, SC 29640

REGISTER HERE:



Listen, Learn, Lead is a one-day workshop in suicide intervention.

This training will increase personal awareness of participants and teach the skills to recognize the risks even when no signs are present.

Participants will be able to demonstrate increased skills that save lives and have greater confidence that they can make a difference in the life of the person at risk.

This is a **free event** and will **include lunch** for all participants. You are also eligible to receive 5 Core Continuing Education credits if needed.



I WORK HERE.



March 2,
2024



**DON'T BE AFRAID
TO ASK FOR HELP.**

Suicide Prevention Day

The Dream Center



“Invitation to Volunteer at Mental Health Symposium” Email Format

Invitation to Volunteer at Mental Health Symposium: March 2nd

Dear [Counselor/Psychologist's Name],

I hope this email finds you well. My name is Lene Garrison and I am reaching out to you on behalf of The Dream Center, a nonprofit in the Easley area.

We are organizing a Mental Health Symposium on Saturday, March 2nd, aimed at raising awareness about suicide prevention and promoting mental well-being within our community. As a dedicated professional in the field of mental health, we believe your expertise and experience could greatly benefit our event.

We are seeking volunteers who are willing to provide support and guidance to attendees throughout the symposium. Specifically, we need individuals who can be available to talk to anyone who may be triggered or in need of assistance during the event. Your presence as a counselor/psychologist would be invaluable in ensuring that everyone feels supported and safe throughout the day.

In appreciation of your time and contribution, volunteers will receive a "continuing education" credit and a complimentary lunch during the symposium.

If you are available and willing to volunteer for this important cause, please let us know at your earliest convenience. Your commitment to mental health advocacy would make a significant difference in our efforts to prevent suicide and promote well-being in our community.

Thank you for considering this opportunity to volunteer with us. Should you have any questions or require further information, please don't hesitate to reach out.

Warm regards,

Lene' Garrison
The Dream Center

Reflections:

Suicide Prevention Symposium:

Caroline Hendrix

Our first project with the Dream Center was the Suicide Prevention Symposium. We arrived around 8:30 to help set up and welcome people in. I was stationed at a booth with waters and bags with pamphlets to hand out as people walked in. Then once the day officially started we were moved outside of the auditorium and welcomed anyone who was arriving late and showed them where to enter from the back. Then we helped set up the gym for lunch by setting up tables and chairs. After that they did not have anything else for us to do until lunch so we sat outside of the back of the auditorium. Overall I did not feel like they needed it because they completed everything without us and the one thing they asked us to find they went ahead and had it already. Tony, who was in charge of us, was not even at the event. The event was structured like a lecture hall where the people came in and listened to a speaker talk for 8 hours with only a break for lunch. We thought we were going to help plan the event and help it be better than it was the year before but they decided to do it the exact same. We were not given the opportunity to share our ideas or opinions, as well as the zooms we were on for the meetings most times we were not even addressed. The event was okay until lunch since Jimmy Johns had the wrong date down. No one at the Dream Center called to confirm lunch that morning so they had to go and buy chick-fil-a which made lunch be served an hour late. I did not feel as though the event was necessarily bad. I just think that it could have been a lot more organized and more things could have been double checked, which is something I think that they could have given us to do.

Lindsay Boyle

Suicide Prevention Day Reflection

The suicide prevention day was very hard to plan and coordinate. I felt like we were not given much creative freedom to use our skills learned from our Health Science degree in terms of program planning. We were not able to use intervention strategies to effectively prevent suicide rates within the community. I found this frustrating considering other groups were given total freedom and leadership opportunities to teach the community resourceful things to be implemented into their daily lives. Due to this relationship with the nonprofit we are scrambling to get experience for a grade which has been difficult since they are already set on how they want to proceed with these events within the community. Just being a volunteer has not provided much experience. With this I have some concerns for the Intervention plan binder. Our group projects revolve around health promotion. However with that we do not have much to write about in terms of invention plans, or evaluation plans. At the suicide prevention day our nonprofit leader who we were coordinating for the majority of the semester was not in attendance. The other coordinators were not sure what to do with our presence and just had us lead the crowd into the auditorium. From there attendees listened to one speaker for 8 hours about suicide prevention. He did not come from a doctoral background but a religious teaching background. I did not think this was very resourceful in preventing suicide in terms of mental and physical health, I felt it was more about spiritually healing. Which is also a form of health, but not directly related to our type of college degree. From there we helped set up and serve lunch.

Lene Garrison

Mental Health Symposium Reflection

The first major project we worked on with the Dream Center was assisting in a suicide prevention symposium on Saturday, March 9th. Leading up to the event, we helped in a few ways, but the communication between us and the Dream Center staff was not the most consistent. They gave us some jobs to complete, but it was a bit confusing to figure out what they wanted from us. We did our best to secure food donations for lunch at the event, but because we were not directly on staff with the Dream Center, most places were unwilling to donate food free of charge. After learning this, we pivoted in the roles we filled leading up to the event. We reached out to local therapists and counselors in order for them to attend the seminar and receive “continuing education credits” and to assist if there are people who would be triggered at the symposium. In addition, we helped promote the event in Easley and among people at Clemson, by sending emails and putting up flyers.

On the day of the event, we woke up early to be in Easley at the Dream Center by 8 am, then helped direct people to the auditorium once they arrived. After everyone was in the auditorium, we helped set up tables and chairs in the gym for lunch. After the tables were set up, we really didn’t have a lot to do. This was a bit frustrating, because I think we all envisioned our role as being more helpful during the day of the symposium. In addition, we were frustrated because Dream Center staff did not confirm the lunch plans on the morning of the event. The catering place got the date mixed up, so they discovered mid-morning that there was no lunch coming. Because of this, everyone had to scramble, and lunch was much later than it should have been. For the rest of the day, there was very little communication with the staff to us. We left after lunch was served because they didn’t need our help with anything after. I wish we had been able to play more of a role in the planning, because we could have ensured that lunch went smoothly, and we could have helped the symposium be a bit less heavy and monotonous.

Faithful Leadership Summit:

Lindsay Boyle

Faithful Leadership Reflection

For the Faithful Leadership Summit we got the pleasure to create a resource guide for the closed event that was hosted by The Dream Center. The event consisted of faithful leaders involved in church work, family promises, grief relief, hope missions, and women centers. These organizations all provide resources to The Dream Center and the community of Easley. Whether that be shelter for the homeless, a safe place to practice their religion, or resources such as food, baby products, and education. With that, The Dream Center requested that we made a resource guide focusing on loss of motivation, isolation, and stress relievers. As a Faithful Leader you are committed to putting the needs of a community before your. You maintain responsibility, accountability and strive to be dedicated to making your community a better place. With that, we researched different ways to provide stress relief resources to these Faithful Leaders based in Easley. Podcasts are a form of entertainment that is on the rise. With podcasts it's a form of media that you can just listen to. No screens or any phone distractions. I provided a podcast on our resource guide discussing resilience. It discusses the ability to navigate and adjust your reactions to a difficult situation that most faithful leaders face. Next I added a Leadership Retreat. This retreat is located in Charleston South Carolina and provides a safe peaceful sanctuary for faithful leaders to collect their thoughts and reconnect with their positive mindset. The retreat provides resources to learn how to navigate leadership and creates a tight knit community of leaders across South Carolina. From Tony, the feedback we received from the Leadership summit was that people loved the resource guide. They found it very helpful that we

provided podcasts and retreats for them to turn to when in need. Being a faithful leader can be a large weight on someone's shoulders so creating a community around you with people who are experiencing the same things allows for those weights to feel lighter.

Caroline Hendrix

We had the opportunity to create a resource guide for the Faithful Leadership Summit that The Dream Center hosted. This event was for non-profit leaders in the areas that are faith centered. This event was hosted to be a place for these leaders to be filled up and leave feeling rejuvenated. The resource guide provided them an itinerary of the day and panel questions to ask. It also defined what faithful leadership is with key leadership factors such as service, humility, integrity, and compassion. In this resource guide these faith driven leaders could read about the support they need and were provided QR codes that took them to different podcasts, leadership institute retreat link and other helpful resources! Podcasts are an easy encouraging way to relax and decompress when a person is feeling overwhelmed and stressed. The retreat that is linked is a great resource for these leaders that need to be filled up with more than just a 30-60 minute podcast. This retreat allows leaders to get in touch with a community of other leaders that are in the same situation as them while also allowing them to recollect their thoughts. At the end of the guide we provided a list of the Members of the Faithful Leadership Summit and what they could provide. Through making this resource guide it provided these leaders with a sense of community and knowledge about who they could call when they needed help. Tony responded with positive feedback on the resource guide and communicated how helpful the leaders found it to be. This Leadership Summit is a great resource for the leaders in the community to find support in those who understand what they are going through.

Lene Garrison

Faithful Leaders Summit Reflection

As part of our role as the health promotion and planning committee in Health 4800, my group had the opportunity to come alongside The Dream Center as they prepared for their faithful leaders summit. The goal of the summit was to create a space where nonprofit leaders of faith-based ministries could learn from each other and be encouraged by community with like minded individuals. Our specific task was to create a resource guide to be used for the summit. The resource guide included the schedule, information of all the participating nonprofits, discussion questions, leadership tools, and more. We also provided QR codes that took the participants to different resources, like podcasts, a leadership institute retreat link, and other things. I learned a lot by curating these resources, because it made me think about the things that a nonprofit leader needs in day- to-day leadership. This summit was a cool opportunity for leaders to grow by being with one another and by being exposed to helpful teaching and resources. I was excited to play a role in the development of beloved leaders in my community.

Suicide Walk:

Caroline Hendrix

After class thursday March 28th we went to the light by the Hendrix Center and on the way to the commuter lot to set up a table to prompt the suicide prevention walk. We made a QR Code and printed three of them to have on the table for people to scan as they walked by. We talked to a lot of students unfortunately many said they were going home for easter but had some scan the code. We were there for an hour and had class rush while we were at the light so we did

get to talk to people as they were coming from and going to class. The table did help spread the word of the event although I do not know how effective it was for getting people to go since so many were going home that weekend.

Lindsay Boyle

I unfortunately was not able to attend the tabling event to promote the suicide walk due to an family emergency. However, me and my group mates were in contact with the coordinator for the suicide walk. Our plan for promotion was to target students who are not as involved with Clemons campus and may be more susceptible to mental health struggles. With this we targeted the commuter lot. The commuter lot is used by students who live off campus. They usually are not involved with clubs, nor attend my school wide held events. They are focused on their studies and career path. This puts a lot of stress on students. Our goal for our promotion strategy was to connect these students to resources to help relieve stress. Exercise can help alleviate stress by increasing the myelination of neurons, and help your brain produce endorphins. Endorphins are known as your happy hormone. With this my group had success in directly communicating with our target audience and promoting the suicide walk.

Lene Garrison

Suicide Walk Promotion

For this project, my group was tasked with promoting the suicide awareness walk, which was put on by AFSP (American Foundation for Suicide Prevention). We reached out to Delaney Roberts, who was in charge of the walk, and she gave us more information. In order to promote the event, we decided to set up a table by the commuter lots to target people who live off

campus. We felt like people who live off campus are more likely to experience loneliness, which can sometimes lead to anxiety, depression, and even suicidal thoughts. We borrowed a table from a friend and created QR codes for people to scan in order to learn more about the walk and sign up. Tabling went well, but most people said they weren't in town over the weekend or had other plans.

Clemson University Campus Walk for Suicide Prevention



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Resources and Materials