What is I CARE?

I CARE is an interactive gatekeeper training for students, faculty, and staff that builds a caring community with the knowledge, skills, and resources to intervene with student stress, distress, and crisis. A team of Counseling and Psychological Services (CAPS) clinicians design, facilitate, and assess the I CARE training program. I CARE includes a 30-minute online module and a 3-hour in-person training.

I CARE is Informational

Participants learn about:

- Mental health beliefs & biases
- College mental health trends
- Signs of stress, distress, and crisis
- Listening techniques
- Crisis intervention skills
- CAPS services

I CARE is Experiential

Participants engage in role-plays to practice new skills and receive real-time feedback from workshop facilitators.
Participant Testimonials

“My good friend and fellow student had a complete break down and wanted to kill herself. I was able to go through the steps I learned in I CARE to help her find someone to talk to.”

“I feel confident that I can approach someone in distress and help them to get the right help they need.”

“I found it great to practice being in these situations. I learned a lot from participating in and observing the role play exercises.”

Who Participates in I CARE?:
CAPS hosts trainings open to all faculty/staff and students throughout the year.

Some specific trainings have included the following populations:
- Resident/Graduate Assistants
- Greek Life Student Leaders
- Engineering TAs
- Wharton Student Leaders
- Dental School Students
- Penn Vet & Med Students
- Athletic Coaches & Training Staff
- Law School Faculty & Staff
- Nursing School Faculty & Staff
- Penn Vet Faculty & Staff
- Faculty Wellness Ambassadors

I CARE Publication

Available at https://www.vpul.upenn.edu/caps/files/I_CAREpublication.pdf.

To learn more go to: http://www.vpul.upenn.edu/caps/icare