



Theoretical Framework of The FSU Student Resilience Project

FSU's Institute for Family Violence Studies, College of Social Work Student Resilience Project

The Student Resilience Project, strong.fsu.edu, is a new online public-health style prevention program designed to inform students about the effect of trauma, strengthen student coping and stress management skills, and increase students' sense of belonging at FSU.

Core Elements

- Primary Prevention Approach: Reducing risk factors/building protective factors for all students; reducing stigma, increasing help-seeking behavior, consistent with the Centers for Disease Control and Prevention (CDC) approach.
- Applied Science Approach:
 - *Biopsychosocial framework*: An individual's mental health problems arose from and must be addressed in context
 - *Science of ACES: lessons from the research on adverse childhood experiences*
 - *Mental health promotion*: breaking down stigma and barriers to health information and access
 - *Trauma education*: providing language for and insight into lived experiences
 - *Resilience education*: enhancing coping skills and post-traumatic growth
 - *Positive psychology concepts*: strength-based, affirming values, self-efficacy
 - *Proven stress management techniques*: meditation, deep breathing, yoga
- Implementation Science Approach acknowledges the complexity of the project's design:
 - Integrating evidence-based interventions from trauma, resilience, and stress management theories into the real-world setting of a college campus
 - Ongoing program evaluation and monitoring to incorporate feedback
- Design style: Authentic, unconventional design appeals to college audience
 - Ongoing involvement of students (end users) beginning in earliest stages of design/implementation
- Dissemination science Approach:
 - *Leadership buy-in*: President, Provost, and Faculty leadership
 - *Intensive outreach*: launch included meeting with over 60 faculty and student groups representing thousands of people
 - *Social Media Marketing*: with positive, evidence-informed tweets, cross-promoted by campus groups
 - *Peer-to-Peer Marketing*: with testimonials from student ambassadors, and tabling with t-shirts, stickers, and pins
 - *High visual presence on campus*: with posters in residence halls, on large screens in classrooms, lobbies, theatre screens, and libraries.