



Snow College Community Service Project

Together We Can

Snow College PBL, Utah 2017-2018
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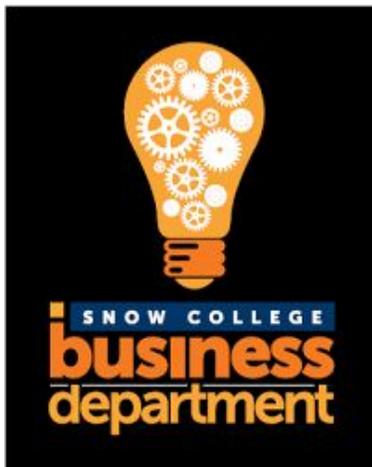
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Introduction

The Snow College PBL chapter wanted to reach beyond itself and serve those in the local community this year. We spent many hours in multiple meetings discussing what part of the community we could serve the best before it finally hit us. We took many factors into consideration such as our college campus in the rural town of Ephraim, as well as the surrounding areas. We thought about how we could form a



sense of unity between Snow College and the other small towns around us. Looking at different non profit organizations within our small community and speaking to multiple agencies, we finally decided that we needed to tackle one of the biggest obstacles in the area. We decided that it was time to talk about suicide.

With the teen suicide rate higher in the State of Utah than anywhere else in the nation, Sanpete County is one of the highest countries for teen suicide in the state. Our plan was to reach out to the on campus Wellness center, the Central Utah Counseling Center, and Sanpete Valley Hospital. After speaking to representatives of these outlets, we were bombarded with the fact that suicide awareness and prevention is not a topic that is spoken about in the area. Because the topic is not discussed, the majority of local students don't know that they can reach out and get help when they are suffering from suicidal thoughts. The youth in the area have been taught that it's not something

that we speak about. They have been told to just “suck it up” and deal with problems on their own. So after meeting as a committee with the suicide awareness director at the Central Utah Counseling Center, we decided that suicide awareness was an important project we would love to take on. Our “Together We Can” campaign was in full swing.



The State of Utah has issued a State of Emergency regarding suicide awareness and prevention. They have pushed all schools to allow groups to come in and speak to students regarding this subject and remove the bad stigma of discussing the topic. This is a difficult subject to speak about, but it is one that is necessary. It is time to talk about suicide.

Project Goals

In order to ensure our project was a success, we made a list of goals that we wished to accomplish by the end of the project “Together We Can.” Having goals set from the beginning really helped us to have direction and motivation to move forward.

These goals include:

- Raise awareness of suicide and how to prevent it
- Get the suicide hotline number in 85% of Sanpete County teens’ phones
- Hold a table top event at all areaschools that would allow such an event

- Involve the entire chapter
- Involve other local leaders
- Receive QPR (Question, Persuade, Refer) Training

By having these goals in mind, we were able to start our project with the right mindset. Having goals also allowed us to plan, develop, and execute Project “Together We Can” better than we ever could have expected. These goals allowed us to keep on track throughout the weeks that we worked on the project.

Project Expectation

Snow College PBL expected to raise awareness on this cause that many people in the area have thought about but haven't attempted, because it is such a hard and sensitive project to take on. With the Business Club being one of the largest clubs at Snow College, we expected to have many members and non-members participate in our project, as well as people who are not associated with Snow College. Other outside the college such as local officials, Miss Sanpete County Outstanding Teen, advisors from Central Utah Counseling Center, and other agencies within the county were invited to participate.. We were hoping to have a large impact on students in Sanpete County with all of the groups we have gotten to participate in this project.



Project “Together We Can” not only gave Snow College PBL an opportunity to serve, but allowed us to reach out to the entire community because of the large scale type of project we were working on. This project impacted a large majority of our community. Many people in our community have had friends, family, neighbors, and classmates be affected by suicide.

Our Strategy

Our strategy was to make immediate contact with Central Utah Counseling Center and let them know we were ready to go full steam ahead on this project. With the backing of the Central Utah Counseling Center we started to get other agencies and personnel involved in our project. We had the support of Central Utah Counseling



Center, Snow College Wellness center., Sanpete Valley Hospital and Miss Sanpete County Outstanding Teen. We determined that the more people we had sponsoring us the more students we would reach. We laid out our strategy by getting all of these groups to join us for the project, getting publicity for the project, ensuring we met the needs of the students, and including as many of these groups and their respective members as soon as possible to get this information out to the students.

Planning and Development of Project

We began our project by discussing multiple ideas during our weekly committee meeting. Once we decided on our project as a committee, we broke off into smaller two-person teams who were in charge of this different elements of the project. Between three separate teams splitting these responsibilities, Kendall and Danny would contact all local middle, high, and private schools to get permission and schedule to hold a

table top event during their lunches. Rhett and Hallie would gather the supplies for us to make our canvas posters. Nicole was in charge of taking detailed minutes in all of our meetings so that we could keep track of what was going on and who was assigned to do which tasks.

Kendall and Rhett met with multiple principals, advisors, and head of schools. At this point we had permission to go to North Sanpete High School, Moroni Middle



School, Wasatch Academy, Ephraim Middle School, Gunnison High School, and Gunnison Middle School. Kendall also arranged for the committee and any members of Snow College PBL to attend a QPR training held by Carra Ward a prevention specialist that works for the Wellness Center. at Snow College. What is QPR and why should we have training on it? QPR is Question, Persuade, Refer. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of suicide crisis and how to question, persuade, and refer someone for help. Each year

thousands of Americans, like you , are saying “yes” to saving the life of a friend, colleague, sibling or neighbor.

Implementation of Project

To start off our project, we ordered all of our supplies to make the posters from Amazon. We purchased enough clothes to go to every middle, high, and private school in Sanpete County. To help get the PBL members involved, we offered three different



nights for the students to come and help us handprint the clothes. We wanted to handprint the cloths before we took them to schools. That way we didn't have to deal with the mess of paint at each school.

Nicole and Kendall designed little cards for us to pass out to the students when we were speaking to them. Then cards had some information about the National Suicide Prevention

Lifeline, the name of our project, and slogan as well as the logo

of Snow College Business Department and the Central Utah Counseling Center. The cards were one way for us to get the hotline number in the schools, as, well as posting it on multiple social media site, our private accounts, and all public accounts that we had access to.

Finally it was time to get started with are table top events in the local schools. We started at Gunnison High School and Middle School on October 26 Rhett and Nicole went to the middle school



and spoke to approximately 260+ students; Kendall and Hallie went to the high school and spoke to approximately 310+ students.

The next step was to go to Moroni Middle and North Sanpete High schools on November 3. Kendall, Bill, and Rickey went to the high school located in Mount Pleasant and spoke to approximately 650+ students. Nicole and Miss Sanpete County Outstanding Teen, Mashaylie Burnside, went to the middle school located in Moroni and spoke to approximately 380+ Students.

The Final school that we were able to visit was a private international boarding school located in Mount Pleasant. They have approximately 350+ students that we were able to speak to.



We loved reaching out to the communities surrounding our little college town but we had to remember to involve our campus as well. So we held two different table top events to get those on campus involved as well, one on November 20 and the other one on November 21. We held this event in the main

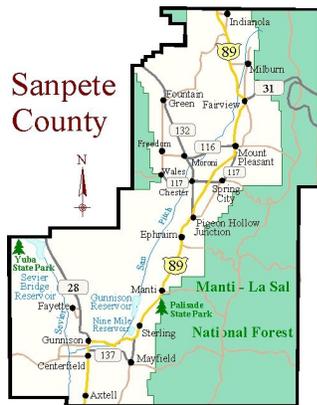
plaza of the campus so that we would be able to catch a large amount of students as they walked from class to class. We also decided that we wanted to reach out to more students at Snow College, so we did a dorm storm event where many



PBL members went door to door and handed out the same cards that we did at the table top events.

Impact and Benefits to the Community

What we were most excited for during our project was being able to affect the local community. Throughout the entire project, the director of suicide awareness at Central Utah Counseling Center was always thanking us for thinking about this idea for our community and for our generosity towards the community. It was absolutely astonishing how grateful some of the principals of these schools were that we wanted to come into their schools and teach students about suicide prevention.



Knowing that as a PBL chapter we were affecting the community made it so much easier to donate our time and effort to such a great cause. The Sanpete County community is small in numbers but large in area. Many small towns in our area were affected by this project. Though many of the students in our chapter are not from Sanpete County, this community is our home. Being able to join together the campus community with the local community really made this project valuable.

Evidence of Publicity

In order to publicize our project, we announced it in our chapter meetings multiple time. We even had a guest speaker come and speak to the club about how important it is to spread this project and get more involved. We also posted on Facebook, reminding members to get involved in one of our events. After the project was finished the local news paper “The Pyramid” printed a story on our project and the success of speaking about suicide to be able to prevent it. Finally the chapter posted multiple times about the project on their Facebook page as well as members of the committee posted on their personal Facebook pages.

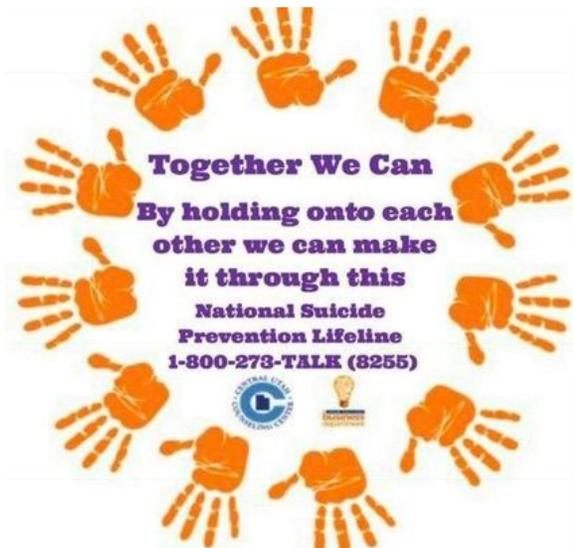


Evaluation of Project

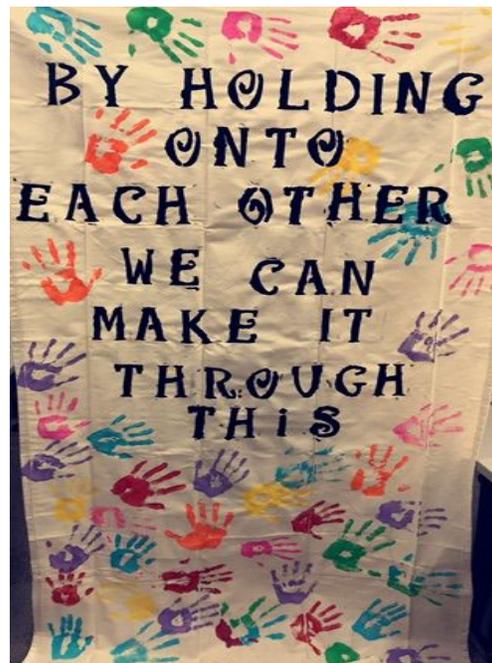
After the project was finished, we had many members of the club say that making a difference in our community was one of their favorite parts of the Fall 2017 semester. Chapter members loved going to local schools and speaking to students about such an important topic, knowing they were making a difference for those in need. Project “Together We Can” was a total success and the Snow College PBL chapter is extremely grateful for the opportunity to have served our community

Appendices:

Example of Card



Example of Canvas



List of those Involved

Committee:

- Kendall Smith VP of Service
- Nicole Day Secretary
- Rhett Richens
- Hallie Sparks
- Danny Russon
- Kendra Moultrie

Business Club Members involved:

- Addison Winn
- Amy Ha
- Ben Payton
- Bill Mckowen
- Brady Judkins
- Brandon Jones

- Brooke Vogninec
- Cesar Calvillo
- Chris Brotherson
- Consuelo Mlyia
- Dakota Caldwell
- Dallas Bean
- Dallas Guymon
- Dash
- Davis Leavitt
- Emily Hamson
- Erica Christensen
- Ethan Sollis
- Gabi Martinez
- Jessica Hamblin
- Karlie Koster
- Keaton Lyons
- Kristen Jacobson
- Lexi Richins
- Lexie Peterson
- Lizzy Campbell
- Maissa Richardson
- Maxwell Leger
- Mckenna Roberts
- Michael Molrody
- Piero Bergman
- Ryan Brenchley
- Taylor Bryant
- James Buchanan
- Jean Buckland

- Spencer Call
- Diana Carreiro
- Jarom Christensen
- Hannah Dusting
- Dayton Komarck
- Tanner Lassoan
- Eric Lopez
- Jared Madsen
- Shilee Martinez
- Jose Moreno
- Spencer Naumann
- Leonardo Paica
- Haley Schroeder
- Phung Tran
- Abby Walker
- Aubrey Williams
- Jacob Wimmer
- Sabrina Winkel

Community Leaders:

- Mashaylie Burnside Miss Sanpete County Outstanding Teen
- Natalie Burnside Mount Pleasant City Representative
- Carra Ward Snow College Wellness Center
- Christine Hanks Central Utah Counseling Center
- John Hafen North Sanpete School District