



freshcheckday

checkin'-in with college students

A Program of the Jordan Matthew Porco Memorial Foundation
Program Planning Outline

About the Foundation

The Jordan Matthew Porco Memorial Foundation is a 501 (c)3 non-profit corporation created in the memory of Jordan Matthew Porco.



The Mission of the Foundation is to prevent suicide in the college and college entry student population that is often the end result of significant emotional disorders triggered by stress and/or not recognized within the person until it is too late. We do this in the name and spirit of Jordan Matthew Porco, who died by suicide in 2011. **YOU ARE NOT ALONE IN THIS.**

Through communication and collaboration with existing foundations, programs, universities and private resources, the Jordan Matthew Porco Memorial Foundation's objectives are broadly based on creating awareness within multiple audiences (students, parents, teachers/administrators, gatekeepers). Through awareness and education, the Foundation hopes to remove the stigma surrounding suicide and be a catalyst for open dialogue about how to prevent suicide deaths, particularly among the student-aged population. This is an epidemic, and in many cases a silent one. This silence contributes to the number of lives lost and lives left to grieve.

The Foundation is in active discussions on the best means of collaboration with The Jed Foundation, American Foundation for Suicide Prevention, Active Minds, Inc. and others.

Overview of Fresh Check Day

Fresh Check Day, the signature event of the Jordan Matthew Porco Memorial Foundation, is a platform for all of the available student resources surrounding mental health to showcase their messaging, programs, and coping tools. Decidedly NOT a "suicide prevention day," Fresh Check is rather a program built to celebrate the student's very being, recognize their value, address their stresses and concerns, and take their mental health seriously. Fresh Check Day is the canvas; the programs of the foundations, universities, and the resources of the community are the medium.

Why host Fresh Check Day?

- 1,100 college students die by suicide each year on campuses across the U.S.
- Suicide is the second leading cause of death among college students.
- 1 in 10 college students contemplates suicide.
- 66% of college students feel overwhelmed by all the responsibilities of college life.
- 46% of college students felt so depressed that it was difficult to function.

Young adults, aged 18-22, are in the most vulnerable stage of their student life. Awareness of the statistics and awareness of the assistance available to alleviate their stresses is paramount. *Fresh Check Day shows students that their school and community care about them and are there to help.*

Thank you for your interest in bringing Fresh Check Day to your school. The Jordan Matthew Porco Memorial Foundation has created this Program Planning Outline to give you a better idea of what is involved in planning Fresh Check.

Included you will find:

- ✓ Basic program information
- ✓ Foundation Expectations
- ✓ Department Collaboration map

Once you submit the initial interest form available online, a Foundation representative will be in contact with you to discuss how to make Fresh Check Day a reality at your school. You will then receive a complete Fresh Check Day Planning Packet to guide you along the way.

Your Fresh Check Day Planning Packet will include:

- ✓ Basic program information
- ✓ Foundation Expectations
- ✓ Department Collaboration map
- ✓ Guide to Interactive Booths
- ✓ Planning Steps Checklist and Timeline
- ✓ Funding Guide
- ✓ Volunteer Checklist
- ✓ Instructional Guide for volunteers
- ✓ Media Messaging Guide
- ✓ Bulletin Board Template for RAs

Fresh Check Day – The Breakdown

Basic program information

Fresh Check Day includes social events (speakers, music, food, etc.) and booths with interactive messages that promote awareness of organizations that are available as resources.

Interactive Booths

The interactive booths at Fresh Check Day showcase your school's clubs and relevant offices, as well as national organizations that provide information on physical and emotional health. There will be free chair massage stations, wellness activities, and fun and creative booths that connect students. The idea is to involve the entire community surrounding the school to let the students know they are important and that people care about their well-being. It takes a village.

The Jordan Matthew Porco Memorial Foundation will provide ten large tents, designated for registration and prizes, food, partnering national organizations, and groups specific to your school. Each group will be responsible for creating a fun and interactive activity to showcase their message.

A detailed Guide to Interactive Booths will be included in your Fresh Check Day Planning Packet for your reference, along with a list of ideas schools have found successful in the past.

Prize Incentives

In order to ensure that students are fully participating in all of the Fresh Check Day activities, we have designed a prize incentive system. Upon registering at the event, students will receive a stamp card with the names and logos of each booth. They will get a stamp for every booth they visit and participate in. After getting at least five stamps, students will be entered to win some amazing prizes and receive a free food ticket.

Additionally, an important aspect of promoting the event is coordinating with faculty to provide extra credit incentives for their students, as well as follow-up assignments.

Entertainment

Musical entertainment, such as a series of band performances or a DJ, is crucial in setting the stage for a successful Fresh Check Day. We want this to be a fun day for students to get out of their rooms and enjoy themselves. It is important that music selections reflect the positive, upbeat atmosphere of the event.

Additional Programming

Programming does not stop with Fresh Check Day. Having a speaker come to your school to share their personal experience with mental health prior to Fresh Check Day is an essential way to get the conversation started on campus and build interest.

We also recommend that schools use Fresh Check Day as an opportunity to implement workshops for housing staff and faculty, such as QPR suicide gatekeeper training. Our Foundation can assist in coordinating these services.

For more program ideas, please reference the Foundation Expectations page included in this planning outline, as well as in the complete Fresh Check Day Planning Packet.

Funding

Although the Foundation will assist in supplying materials (tents, signage, t-shirts, etc.), funds, and advertising for your event, it is expected that your school will make every effort to secure donations and materials needed for executing your booths and additional activities.

A detailed Funding Guide will be included in your complete Fresh Check Day Planning Packet.

Foundation Expectations

At Minimum

The following are the Foundation's expectations for Fresh Check Day and what we feel are necessary for a well-rounded, successful event. Although a lot goes into planning a big event, remember we are here to help.

- ✓ **Total school buy in:** Representation from departments as outlined in the Department Collaboration map provided. It is essential that these offices and individuals have a part in the planning and execution of Fresh Check Day. *Please refer to the Department Collaboration map included in this Planning Outline for a full list of necessary departments.*

We understand that every school is different and we will work with you to make sure Fresh Check Day planning is catered to your school's unique structure.

- ✓ **Publicity:** The school is responsible for strongly advertising all events and programs surrounding Fresh Check Day, both within the school and in the surrounding community.
- ✓ **Active Minds involvement:** If there is a chapter on your campus, they will agree to staff the Active Minds, Inc. Fresh Check booth. If there is not a chapter, your school will commit to starting one, using Fresh Check Day as a platform.
- ✓ **Speaker:** Having a speaker come to your school to share their personal experience with mental health prior to Fresh Check Day is an essential way to get the conversation started on campus and build interest.

Our Foundation can help you find the right speaker to fit the needs of your school.

- ✓ **Accompanying music performance:** In the form of a band or DJ
- ✓ **Booths representing national programs including but not limited to:**
 - Jordan Matthew Porco Memorial Foundation (9 out of 10)
 - Jed Foundation (Love is Louder, Half of us campaign)
 - Active Minds, Inc.
 - Registration/Prize Incentives

The coordination of these booths will be provided by the Jordan Matthew Porco Memorial Foundation. However, schools will be asked to provide volunteers to staff these booths.

- ✓ **Booths representing clubs/organizations at your institution:** Will provide interactive programming to message relevant aspects of emotional health.

A guide to planning and creating interactive booths will be included in your Fresh Check Day Planning Packet, along with a list of creative booth ideas schools have found successful in the past.

- ✓ **Prize incentives:** This creates a foundation for student attendance, as well as participation in all of the Fresh Check Day activities and related events.

The Jordan Matthew Porco Memorial Foundation will assist in acquiring prize donations.

- ✓ **Online event evaluation survey:** Provides both your school and our Foundation with important feedback on the success and effectiveness of the event.

The Foundation will create and supply the evaluation. The school is responsible for coordinating timely distribution.

Foundation Wish List

At Best

The following are ways to make Fresh Check Day even better and what we would like to see every event strive for:

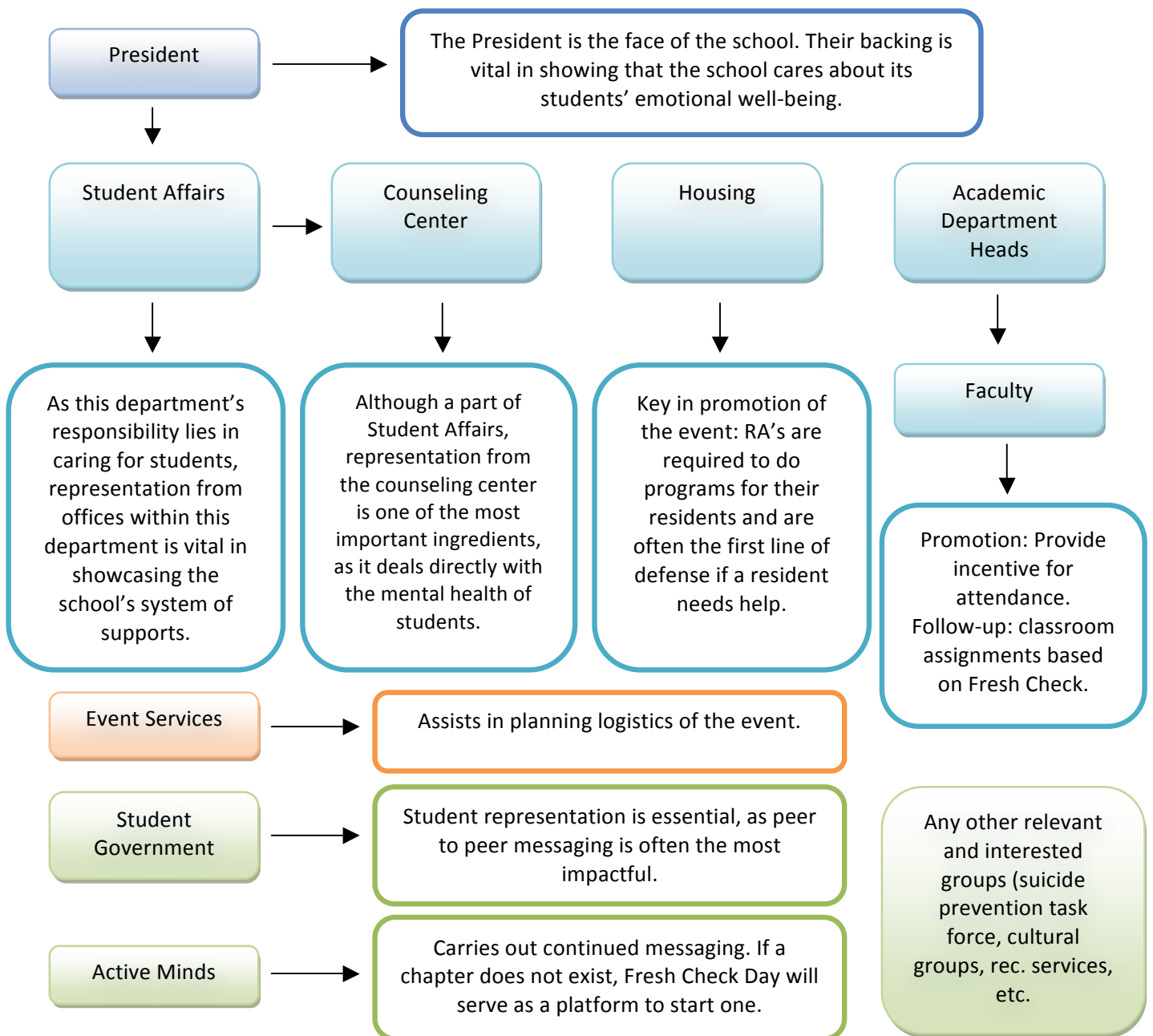
- ✓ **Community integration:** Relationships within the community that can help support the event (food vendors, community wellness programs, etc.)
- ✓ **Classroom integration:** Coordinating with faculty to provide extra credit incentives for attending the event and follow-up assignments.
- ✓ **Coordinate with existing program/event:** Battle of the Bands/concert, wellness fair, Family Weekend, etc.)
- ✓ **Additional programming and activities:** Both leading up to and during the event.
 - Therapy dogs
 - Chair massages
 - Workshops (suicide prevention training for RA's, faculty, etc.)
 - Vibrational sound massage
 - Movie screenings ("I AM")
 - And more!

Our foundation can assist in securing and implementing these additional programs.

Department Collaboration

The key to Fresh Check Day’s success is in having support and involvement from the entire school. This map is intended to guide you in developing an essential team of representatives from key offices and organizations on campus. All play important roles in promoting and developing the event, as well as continuing the conversation

A version of this map will be included in your Fresh Check Day Planning Packet that will allow you to fill in names of your connections from each office as they come on board.





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Thank you for your interest in bringing Fresh Check Day to your school!

Please fill out the following form and e-mail it back to us at info@rememberingjordan.org. Once you submit this short form, a Foundation representative will be in contact with you to discuss how to make Fresh Check Day a reality at your school.

A lot of planning goes into Fresh Check Day, but we are there to help you the entire way. You can download our Fresh Check Day Planning Outline to get a better sense of what planning is involved. Once we have touched base with you, you will receive a complete Fresh Check Day Planning Packet to guide you.

Your Name: _____

Your E-mail Address: _____

Your Position:

- Student _____
Please note if you are representing a club/organization
- Staff _____
Please identify your department and position title

Your Phone Number: _____

Your School: _____

School Address: _____

Number of Students: _____

Is there an Active Minds chapter on your campus? _____

If you are unsure, go to www.activeminds.org/chapters to find out.

When do you think you would like to see Fresh Check Day happen? _____

Please submit this form via e-mail to info@rememberingjordan.org

