

THE GREEN BANDANA PROJECT™



A Program Of  **SAVE**
SUICIDE AWARENESS
VOICES OF EDUCATION



PROGRAM GUIDE

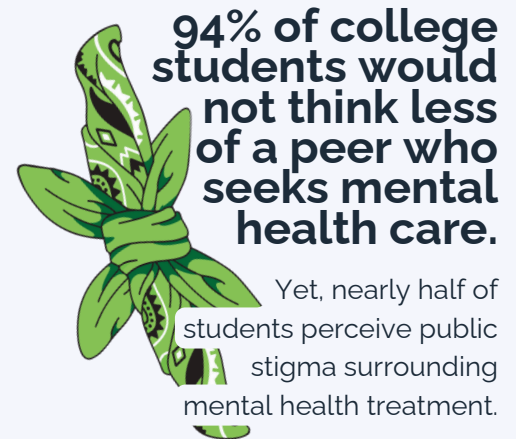
TABLE OF CONTENTS

Introduction	3
Program Description	
Why TGBP?	
Program Goals	
How It Works	6
How it Works	
Meet with TGBP	7
Schedule a Zoom Call	
Register Your School	8
Complete Online Registration	
Complete Required Documents	
Program Fee	
Set Up the Program	10
Establish Partnerships	
Compile School Resources	
Train TGBP Lead	
Receive Resource Cards and Bandanas	
Prepare Student Members	13
Sign Up Students	
Facilitate Orientation	
Conduct Student Training	
Take TGBP Pledge	
Promote the Green Bandana	15
Display Posters	
Distribute Flyers	
Attend or Host School Events	
Post on Social Media	
Measure Impact	16
Track Progress	
Evaluate Impact	

INTRODUCTION

PROGRAM DESCRIPTION

The Green Bandana Project (TGBP) is a school-based program for high school and college students that increases students' awareness of available mental health and suicide prevention resources and their ability to seek support before or during a mental health crisis. Student participants take a suicide prevention gatekeeper training, carry resource cards, and tie a green bandana to their backpack or another visible location to serve as a visual cue that they are members of the Green Bandana Project and equipped with knowledge about resources on campus that support student mental health.



Healthy Minds Study 2022-23

Our Vision

A world in which every student feels comfortable reaching out for support when experiencing a mental health crisis.

Our Mission

To reduce mental health and suicide crises at school by increasing knowledge of resources and confidence to seek help.

What the program is and is not

- | | |
|------------------------------------|-------------------------------|
| ♥ Listening without judgement | ✗ NOT mental health treatment |
| ♥ Distributing resource cards | ✗ NOT peer counseling |
| ♥ Empowering students to seek help | ✗ NOT crisis intervention |
| ♥ Fighting stigma | ✗ NOT suicide risk assessment |

Student Members are empowered to refer students to crisis support through a suicide prevention gatekeeper training, but they do not conduct risk or safety assessments or diagnose students.



WHY TGBP?

Students, especially those transitioning to a college or university setting, face many challenges that can significantly impact their mental health. These include, but are not limited to, academic and social pressures, financial concerns, family issues, physical health problems, and so much more. According to the National College Health Assessment conducted in fall 2023, more than 80% of college students reported experiencing moderate to severe psychological stress.¹ Alarming, 2.5% of students revealed that they had attempted suicide within the past year.² These statistics underscore the urgent need for mental health and social support in school environments.

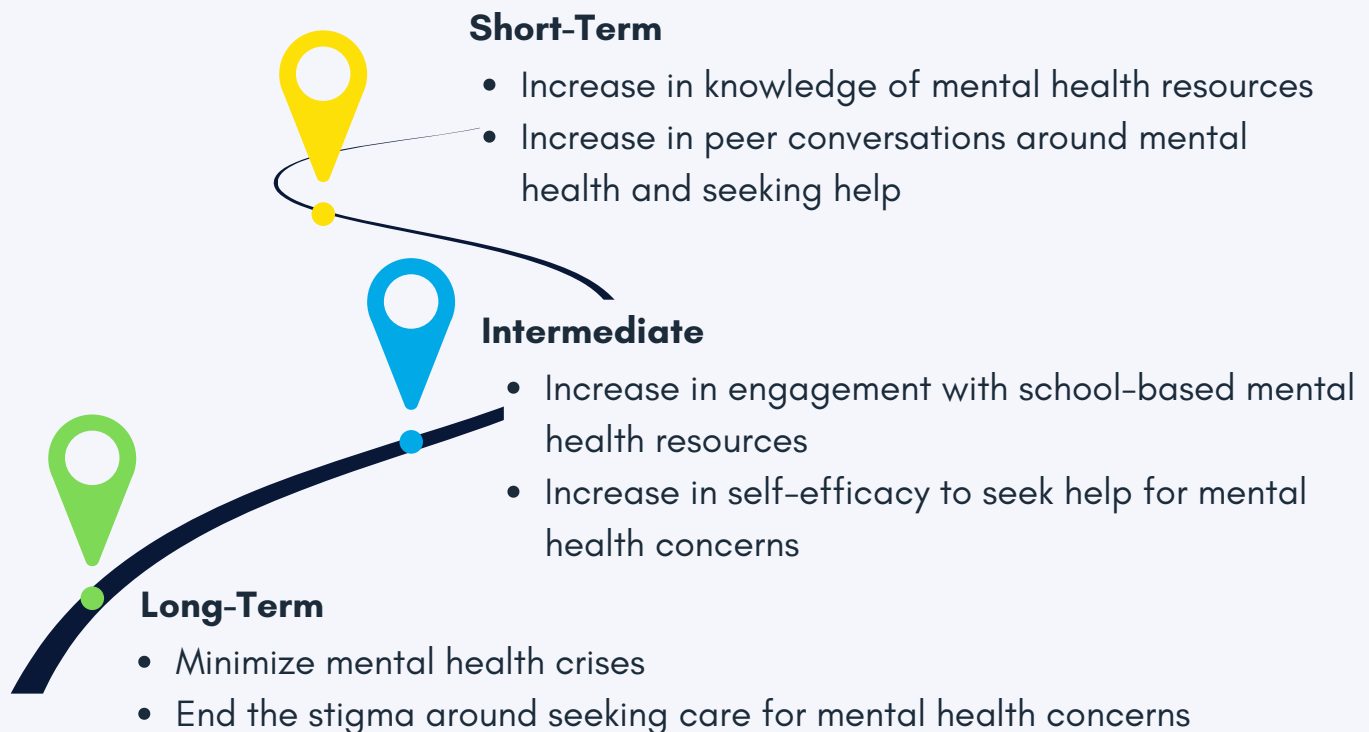


...interventions that focus on developing mental health literacy, encouraging inclusive and affirming attitudes toward mental health, and strengthening access to resources and support can aid in reducing stigma and improving mental health outcomes for students.³



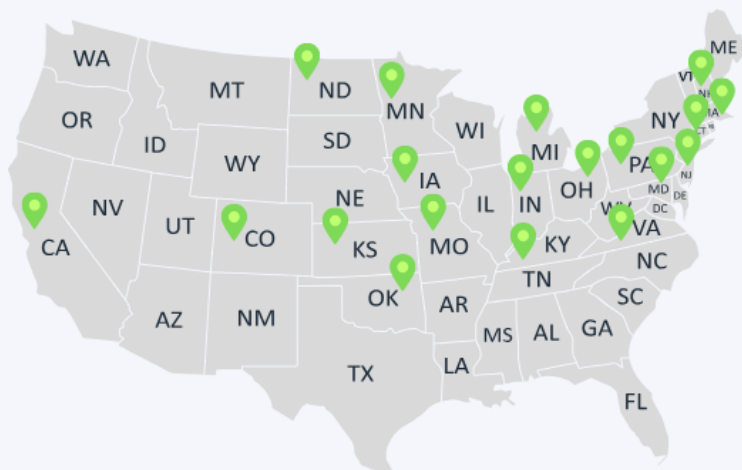
PROGRAM OBJECTIVES

The Green Bandana Project's objectives serve as a benchmark for evaluating success of the program.



OUR IMPACT

The Green Bandana Project has operated in more than 80 schools across 27 states and continues to grow. A survey conducted by SAVE found:



87% of TGBP Student Members said talking to someone in a mental health crisis feels **very comfortable**

93% of TGBP Student Members said that participating in TGBP has **made them feel better**

75% of TGBP Student Members said they felt **very well-prepared** to talk to a peer about suicide and provide resources



I believe involvement in our program helps students feel like they are supporting their peers' mental health. The training that accompanies our program further increases the students' confidence in having these conversations, understanding how the university responds to mental health crisis, and assures them that they have the support of professional staff if they have a negative experience with helping a peer.

-- TGBP Lead from Virginia Wesleyan University

HOW IT WORKS

Meet with TGBP

Schedule a short introductory meeting with TGBP team to establish a meaningful partnership and answer any questions.

1

Register Your School

If TGBP is a good fit for your school, register through an online process, complete necessary paperwork, and submit program payment.

2

Set Up Your Program

Compile school resources, complete training, and onboard Student Members. TGBP team is here to guide you along the way.

3

Promote TGBP at School

Using TGBP poster, flyers, and premade social media posts, you will begin promoting what the green bandana is to all students.

5

4

Prepare Student Members

Before wearing or carrying the green bandana, Student Members must complete a short orientation and training and take the TGBP pledge.

Measure Impact

TGBP Lead and Student Members use TGBP surveys to track progress over the course of the semester and participate in program evaluation surveys.

6

1 MEET WITH TGBP TEAM

We're excited to meet you and help bring The Green Bandana Project to your school!

SCHEDULE A ZOOM CALL

Meeting with the TGBP team helps determine program suitability for your school, establishes relationships, and provides an opportunity to address any questions you may have about the program. To schedule your first call with TGBP team, you will select a meeting date using the link provided here or by emailing thegreenbandanaproject@save.org.

[Schedule Zoom Call](#)



Getting in Touch

At any point, TGBP Lead or students may email TGBP team at thegreenbandanaproject@save.org.

Staying in Touch

Expect to hear from TGBP team several times per school year to check in and see how the program is going at your school. You will also receive updates from the team about news, upcoming events, and to celebrate member achievements.

TGBP Lead Changes

Change happens! Make sure to let the TGBP team know if there is a change in TGBP leadership of the program.

We're on Social Media!

Head to our social media accounts and give TGBP accounts a follow to catch program updates!



[@thegreenbandanaproject](https://www.facebook.com/thegreenbandanaproject)



[@green.bandana.project](https://www.instagram.com/green.bandana.project)

2

REGISTER YOUR SCHOOL

After meeting with TGBP team you will officially register your school online. Registration involves completing the required documentation and paying the program fee.

COMPLETE REQUIRED DOCUMENTS

TGBP New School Registration Form

This form helps us confirm the TGBP Lead's contact information, school shipping address, and allows you confirm how many years of the program you would like to pay for. Renewing schools will receive a Renew Form that is similar, and also includes some survey questions that will help inform us on to support you better moving further.

TGBP Media Form

The TGBP Media Form collects your school's social media handles for TGBP so that we can stay connected. It will also ask for the main point of contact for any news related conversations that might help advertise or spread awareness of your school's participation in TGBP.

School Agreement

The School Agreement outlines the responsibilities of the TGBP Lead member leading TGBP program at your school.

[Preview School Agreement](#)[Preview IP Agreement](#)

Intellectual Property (IP) Agreement

The IP Agreement is a document that outlines the legal requirements associated with the use of TGBP program name and logo. TGBP Lead member must coordinate the signing of the IP Agreement, which typically is signed by school personnel responsible for signing legal documents. It may take a few weeks to identify the right person and complete the review process of the IP Agreement. You will be able to move forward in the registration and program set up process while you complete the IP Agreement.

PAY PROGRAM FEE

We are excited to be able to provide this program to schools free of charge! Schools must cover the cost of bandanas and resource cards which can be purchased through preapproved sites, unless otherwise agreed upon.

Program Fee

FREE!

What's Included?

Custom Web Page	Your list of school resources in one place on TGBP website
Digital Resource Cards	Digital resource cards with your school logo and custom QR code to be used via the TGBP Network. Digital file for self printing will be provided. *Printed physical resource cards are available for purchase at an additional cost.
Exclusive Access to the TGBP Network	An engaging online community for TGBP Lead and Student Members
Exciting Orientation Module	Seamlessly onboard new students through an online orientation module
Easy-to-Use Student Recruitment Tools	Communication templates, sign-up sheets, posters, and more to assist in your efforts to recruit students to join the program
Plug and Play Promotional Materials	Flyers, posters, social media toolkit and more to help raise awareness about the meaning behind the green bandana
Simple Program Evaluation Guide	Pre-designed surveys and other ways to measure progress on your campus
Fun and Engaging Activity Prompts	Engage Student Members in building important life skills like active listening and supporting a friend who is struggling
Ongoing Program Support	Virtual program support with TGBP team

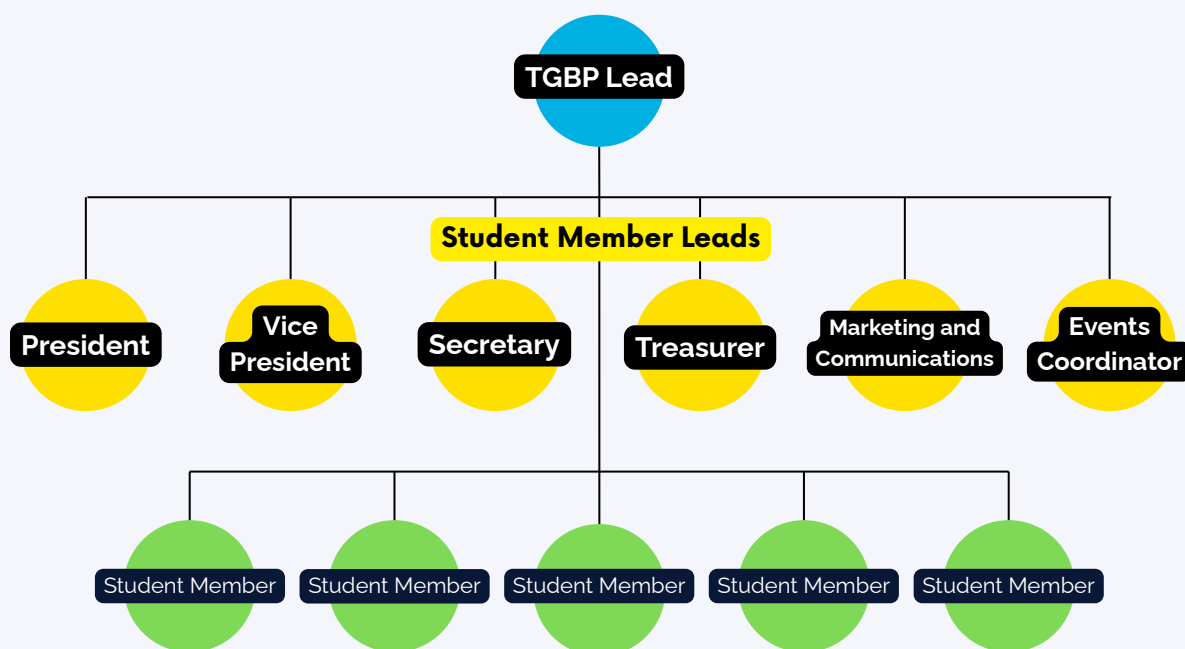
3 SET UP YOUR PROGRAM

Each school must establish partnerships, compile school resources, and train TGBP Lead in suicide prevention gatekeeper training. Set up can take time. Spending a semester preparing your initial cohort of Student Members and promoting what the green bandana means is recommended.

PROGRAM STRUCTURE

Each school must have at least one TGBP Lead (a faculty or staff member) facilitating the program. Beyond this requirement, schools can decide the program structure as they see fit. Depending on your school, you may need to register TGBP program with student activities or a similar department. It is your responsibility to complete the documentation required by your school. Below is the program structure that we advise.

TGBP Program Structure



- **TGBP Lead:** A staff member at the school who is the main point of contact and sets up the program for the school
- **Student Member Lead:** A student member who has a leadership position, working with the TGBP Lead to set up the program
- **Student Member:** A student who wears the green bandana around campus.
- **Student Body:** Students on campus who do not have a role with TGBP, but can participate and utilize TGBP program
- **TGBP Staff:** A SAVE staff member supporting schools through TGBP.



SET UP YOUR PROGRAM

Hire a Student Worker!

If your campus is able to hire students through work-study for a program, we highly encourage doing so for TGBP! They can serve as a Student Member Lead. This allows students who may not have the time to commit to the program due to needing to work, the ability to do both!

STRUCTURE YOUR YEAR

It's important to hold consistent meetings with your students members, whether that's bi-weekly or monthly. This allows for you to check in with them about their interactions, they can share experiences with one another to learn from each other, and for them to build community! These meetings can also be spent planning for TGBP school events.

ESTABLISH PARTNERSHIPS

Establishing partnerships with other school groups is advantageous for several reasons, including expanding the range of resources for Student Members, offering funding to support the program fee or additional bandanas and resource cards, and amplifying TGBP's message on a broader scale. Decide if there are existing groups or programs at your school that may be a good program partner.

Partnership Ideas

Collaborate with student organizations that focus on mental health to facilitate and promote TGBP program at your school. You may also consider implementing the program as part of a department initiative or partnering with another highly visible group at school.

- ♥ Fraternities and sororities
- ♥ Career services
- ♥ Multicultural student center
- ♥ Office of Student Affairs
- ♥ University health services
- ♥ Athletics departments or teams
- ♥ Non-profits
- ♥ Student organizations
- ♥ Academic departments

Partnering With Police Departments

Schools may pursue partnerships with police departments as they see fit. When forming such partnerships, it's vital to consider the police department's commitment to mental health and the community's perspectives on racial equity and justice regarding local law enforcement. Regardless of partnership with local police, understanding what to expect when calling 911 for mental health crisis support is crucial in achieving the best outcomes for a person in crisis.

COMPILE SCHOOL RESOURCES

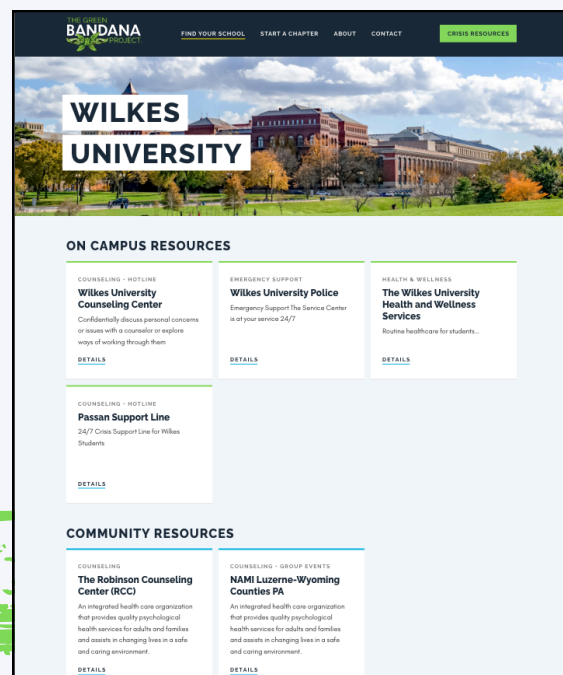
TGBP Lead members are responsible for compiling a comprehensive list of mental health, suicide prevention, and other key resources that support student well-being. This list will be made available on your school's TGBP web page and referenced on resource cards handed out by TGBP Student Members.

Connect With Each Resource

TGBP Lead should establish relationships with each resource in order to:

- Inform them of The Green Bandana Project and the potential increase in student utilization.
- Ask for assistance with tracking student referrals (i.e a referral question on intake form).

While tracking might not always be possible, informing school resources promotes transparency and cooperation.



Recommendations for Compiling Resources

- ♥ Include at least one resource that addresses mental health needs
 - Example: Student Counseling Center
- ♥ Include at least one resource that addresses suicide crises
 - Resource/service should be free and available 24/7
- ♥ Include resources that address other fundamental student needs (housing, financial services, food or nutrition, academics, etc.)
- ♥ Only include resources that are inclusive of all races, ethnicities, sexual orientations, gender identities, ages, abilities, and citizenship statuses
- ♥ Keep your list manageable. Longer lists may be overwhelming for students.

How to Submit Your Resource List

TGBP Lead members receive login access on TGBP website (thegreenbandanaproject.org), which allows you to populate and update your resource list on your own.

TRAINING

Suicide prevention gatekeeper training is a requirement for Student Members. Our goal is to make sure each TGBP Lead and Student Member has the fundamental information for supporting anyone who may approach them in crisis.

There are many gatekeeper training options available, and your school may already offer this to students and/or staff. View this [Suicide Prevention Trainings](#) page for examples. This is not an exhaustive list of training options. **Please reach out to TGBP for assistance with selecting gatekeeper training.**

What is Gatekeeper Training?

Gatekeeper training involves understanding risk factors associated with suicide, learning to recognize warning signs of suicide, and developing effective communication skills to offer support. The Green Bandana Project requires gatekeeper training for both the TGBP Leads and Student Members, with limited exceptions.

RECEIVE BANDANAS

After registration onboarding is complete, schools will receive the link to purchase branded bandanas. Bandanas are shipped directly to you. A digital version of the resource card will also be available for students to keep on their phones. Schools may choose to utilize the resource cards on a digital file, print cards on their own, or purchase printed resource cards through our vendor.

Ordering More

Additional bandanas and resource cards are available for purchase online. Ordering information can also be found on the TGBP Network under Program Materials.

All schools are required to use TGBP resource cards and bandanas unless an explicit exemption is made between your school and TGBP team.



! BANDANA GUIDELINES

Please follow the bandana guidelines to protect the fidelity of the program.

- Award bandanas **after** Student Members have completed training, orientation, and TGBP pledge.
- Use program-branded bandanas to minimize potential confusion.
- Members should remove their bandana if feeling unwell or unable to offer support.

PREPARE STUDENT MEMBERS

Students interested in participating in your school's program must apply online, complete orientation and training, and take TGBP pledge before becoming Student Members of the program.

SIGN UP STUDENTS

TGBP Lead recruit and direct students to apply for the program through an online application system. Each application must be reviewed before advancing the student to the program orientation and gatekeeper training. The student application link is made available during program setup.

Adding Student Members

Student Members can be added to your program through an open enrollment process or at specific times, but they must complete the requirements outlined below to receive their green bandana and resource cards. Student Members enroll through an online TGBP platform where they can complete orientation, download their school-specific digital resource card, and more once accepted into the program.

Student Waiver

During sign up, all students must sign a waiver of liability in order to participate in the program. Students under the age of 18 must also have a parent or guardian electronically sign the waiver.

Returning Student Members

Returning students are required to sign the student waiver and take the orientation annually. Returning Student Members are encouraged to share their experiences from the program. They are not required to do the gatekeeper training a second time.



FACILITATE ORIENTATION

Students must complete orientation to the TGBP program that is facilitated by TGBP Lead. The orientation is an online module that should be completed synchronously. A facilitation guide and recording is available for TGBP Lead. TGBP Lead should be available for Q&A to assist students in understanding their role in the program.

CONDUCT STUDENT TRAINING

All Student Members must take basic training gatekeeper training before receiving a green bandana. Although Student Members are not required to assist in a crisis, they may be approached by a student who is struggling with suicidal ideation. The training educates students how to safely refer a student in crisis to support.



How to Facilitate Training

TGBP Leads have flexibility in how they would like to facilitate gatekeeper training for Student Members and will depend on how you choose to enroll students (on a rolling base or at specific points in time during the semester). We recommend facilitating TGBP orientation and gatekeeper training directly after.

TAKE TGBP PLEDGE

The Green Bandana Project pledge is an oath students take that outlines the values of what it means to carry a green bandana and serve as peer leaders on campus.

Student Receives Green Bandana and Resource Cards!

Student Members can wear their bandana after they have:

- Completed the student waiver
- Attended orientation
- Completed gatekeeper training
- Taken the pledge

Student Members hand out resource cards or share the digital version when approached by a student or proactively.

Student Members may display their bandana on their backpack, tied to their wrist, as a headband, and more.



5

PROMOTE THE GREEN BANDANA

Success of TGBP relies on the student body understanding what the green bandana means. Below are different ways TGBP Lead and Student Members can promote the program and the meaning of the green bandana. Promoting TGBP at your school is required, but each school's approach may be different.

DISPLAY POSTERS

One of the easiest and best ways to promote the program and green bandana is through visual displays such as posters, banners, or chalk art to attract attention in high traffic areas of the school. Create your own posters or use TGBP template.

DISTRIBUTE FLYERS

Dedicate time to handing out flyers that explain what the green bandana means. Create your own or use TGBP template.



ATTEND OR HOST EVENTS

Identify and/or coordinate events at your school that serve as an opportunity to talk about The Green Bandana Project program and promote what the green bandana means.

Host a table

Host a table at freshman orientation, club fairs, or other events to interact with new students and promote the meaning of the green bandana.

Introduce monthly themes

Hold virtual or in person events centered around Suicide Prevention Awareness Day, Week, and Month (Sep) and Mental Health Awareness Month (May).

POST ON SOCIAL MEDIA

Utilize social media to share information about TGBP. Create visually engaging posts and graphics that explain the purpose of wearing a bandana and details about mental health resources and support available on campus.

6

MEASURE IMPACT

TGBP Lead and Student Members of TGBP must track activities related to the program. Tracking program activities helps evaluate outcomes and impact of the program. All survey links are accessible through the Evaluation Toolkit.

TRACK PROGRESS

Collecting Data

TGBP Lead and students will use an online tool to track several measures:

Quantitative Data

- Number of Student Members
- Number of resource cards given or scanned
- The number of interactions with students

Qualitative Data

- Share any stories of success or issues



Student Check Ins

TGBP Lead must conduct at least one check-in per semester with Student Members. Check-ins are a valuable opportunity to learn about student experiences in the program and a chance to provide support.

HELP US EVALUATE IMPACT

Each school will help provide valuable insight to determine effectiveness of TGBP. An evaluation toolkit assists TGBP Lead and Student Members implement simple evaluation surveys to ensure intended positive impact.

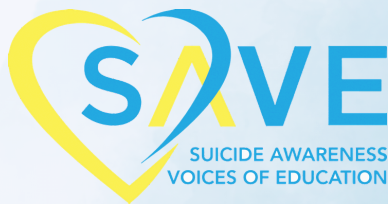
Survey List

There are four types of surveys that help with evaluation:

- **Pre/Post:** Student Members will complete a pre/post survey at the start and six months into the program.
- **Feedback:** Student and TGBP Lead members submit a feedback survey each semester.
- **Tracking:** Student Members complete a short survey after each interaction with a student.
- **Student body:** Toward the end of the school year, each school sends out a survey to the general student body to assess understanding and use of the program.

Thank you for learning about The Green Bandana Project!

- Do you have **questions** after reading this guide? Email the team at: thegreenbandanaproject@save.org
- If you're **ready to start** a TGBP program on your campus, follow the directions in this guide or reach out. The first step is to schedule a call with the team!



ABOUT SAVE

Suicide Awareness Voices of Education (SAVE) is a national nonprofit working to end the tragedy of suicide through education, training, advocacy, and supporting suicide loss survivors. The Green Bandana Project has been a SAVE program since 2022.

SOURCES

1. Healthy Minds Network. (2023). Healthy Minds Study National Report: 2022-2023. Retrieved from American College Health Association. American College Health Association-National College Health Assessment III: Undergraduate Student Reference Group Executive Summary Spring 2023. Silver Spring, MD: American College Health Association; 2023
2. American College Health Association. American College Health Association-National College Health Assessment III: Undergraduate Student Reference Group Executive Summary Spring 2023. Silver Spring, MD: American College Health Association; 2023.
3. Asha Z. Ivey-Stephenson, PhD, Division of Injury Prevention, National Center for Injury Prevention and Control, CDC. Telephone: 770-488-0940; E-mail: aivey@cdc.gov.
4. Waqas A, Malik S, Fida A, Abbas N, Mian N, Miryala S, Amray AN, Shah Z, Naveed S. Interventions to Reduce Stigma Related to Mental Illnesses in Educational Institutes: a Systematic Review. *Psychiatr Q.* 2020 Sep;91(3):887-903. doi: 10.1007/s11126-020-09751-4. PMID: 32372401; PMCID: PMC7395002.