

Frank Warren and PostSecret

On **Tuesday, April 26th** Bridgeway Commons will be putting on an event titled, "Spread Good Vibes." Many activities will take place throughout the day, such as a giant ball pit that people can get to know each other in, a giant Jenga game that poses questions to the players about who they are, and many more activities themed around getting to know each other and breaking through stigmas. During this event one of the activities will be a "Wall of Secrets." Two weeks prior to this event Bridgeway staff will hand out postcards, for each resident within a resident hall, for each sorority or fraternity member, and to faculty and staff across campus. On this postcard will be instructions, to the effect of "You are invited to share a secret. This secret can be a regret, a fear, a betrayal, a desire, a confession – as long as it's true and you haven't shared it with anyone. Let the postcard be your canvas, draw all over it, paint it, glue things to it. This is your secret, make it yours." These cards will have instructions on one side and a blank side for students to write on, on the other side. They will be addressed to Bridgeway Commons, so that they can easily be placed in campus mail. We will also have boxes in each hall that residents can drop their secrets into. With permission we will also have a box somewhere in the Student Center. On the day of the event, April 26th, we will hang all of the secrets we have received on the outside of Boebel, in the inlets, weather permitting. People can walk and read all of the secrets and still write one if they haven't, or write an additional secret if they have more to share. After the event, which includes the annual Ball Pit, Giant Jenga Game, and more we would like Frank Warren to give a talk.

Frank Warren is the founder of a website/movement called PostSecret. People from all over the world send Frank postcards with their secrets. Once a week he uploads roughly 20 new secrets to his website. Frank has produced 5 books with secrets that span the subjects from love to death, regrets and triumphs, hard moments and the best memories of people's lives. PostSecret also has allowed Frank to go and do talks about freeing people of secrets that hold them from living their lives, whether it be a conscious or sub-conscious action. He has done his PostSecret talks at universities, concert halls and even a Ted Talk. Frank's big message is about sharing secrets so people do not feel alone. His campaign of secrets also is heavily tied to the suicide helpline. 10% of Frank's book profits go to the Suicide Helpline, in which he has raised over a million dollars for. PostSecret has also expanded itself to now doing an interactive play with peoples' secrets. The purpose of PostSecret is to allow people to have a medium where they feel comfortable sharing things that may be hurting them, bothering them, or they just find funny. By posting the secrets and allowing people to read them, there becomes a sense of community. These secrets are 100% anonymous, but when you find a secret you connect with, even though you don't know who wrote it, there is a calming effect, a sense that you're not alone in whatever battle you are fighting. We are all diverse in our physiques, backgrounds, cultures, and ideas that allowing a space to share things creates an unmatched closeness that hopefully will spread across campus.

If UWP Was a Statistic

Out of roughly **8,624** Undergrad and Graduate Students.

- 80% have felt overwhelmed in the past 12 months = **6,899**
- 73% have experienced a mental health crisis while in college = **6,296**
 - Colleges are unaware of 35% of those = **2,203**
- 50% struggle with anxiety = **4,312**
- 50% have had suicidal thoughts = **4,312**
 - 10% have attempted suicide = **431**
 - 1% of those were successful = **4**
 - *80-90% of successful attempts were made by someone who was not receiving counseling on their college campus in any form.*
- 45% have felt hopeless = **3,881**
- 25% suffer from depression = **2,156**
- 80% of college students drink = **6,899**
 - Of those, 50% have reported binge drinking (4+ drinks per night women/5+ men) = **3,450**
 - Of those, 30% could be diagnosed with alcohol dependence/alcoholism = **1,035**
- 51% have used illicit drugs (non-medical use) at some point in their college career = **4,398**
 - 40% in the past 12 months = **1,759**
- 62% have been offered prescription stimulants such as Adderall = **5,347**
 - Of those, 31% have used it = **1,658**
- 34% have used Marijuana in the past 12 months = **2,932**
 - 6% report using everyday = **176**
- 15% have used ecstasy or some sort of hallucinogen = **1,294**
- 6% have used cough medicines to get high = **517**
 - *College students account for 51% of ER visits due to Cough Medicine Overdoses*
- 26% suffer from drug/alcohol addictions = **2,242**
 - *Only 20% of all universities in the US have drug and alcohol recovery/support programs – Platteville is not one of them.*
- 91% admit to trying to control their weight = **7,848**
 - Of those, 25% can be diagnosed anorexic or bulimic = **1,962**
- 11% have a learning disability = **949**
- 20% are victims of a sexual assault = **1,725**
 - 95% of college sexual assaults go unreported = **1,639**
 - *This means, roughly, only 86 are reported, if that.*
- 70% of college aged students will go to college = **8,624 came to UWP**
 - Of those, 30% drop-out after 1 year = **2,587**
 - Of those, 64% of college dropouts report it was due to a mental health reason = **1,656**
- 52% of student will stay and complete their degree within 6 years = **4,486**

These statistics were gathered from the National Alliance on Mental Illness, The American Psychology Association, and the University of Wisconsin-Platteville website.