

Cultural Competence in MH Services & Addressing Stigma in a Culturally Competent Way

Improving Mental Health Access on College
Campuses Learning Collaborative

February 22, 2022

A New Day Mental Wellness Center

Black Hawk College

Carl Sandburg College

City Colleges of Chicago

College of DuPage

Egyptian Health Department and Frontier

Community College

Elgin Community College

Governors State University

Harper College

Harold Washington College

Heartland Community College

Illinois Community College Board

Illinois Eastern Community Colleges

John A. Logan College

Joliet Junior College

Kankakee Community College

Kaskaskia College

Kishwaukee College

Lake Land College

Lincoln Land Community College

Malcolm X College

Moraine Valley Community College

Morton College

Northeastern Illinois University

Oakton Community College

OneGoal

Parkland Community College

Post University

Prairie State College

Richland Community College

Rock Valley College

Sauk Valley Community College

South Suburban College

Southern Illinois University

Southwestern Illinois College

Thrive Chicago

Truman College

Waubonsee Community College

Western Illinois University

MHA Learning Collaborative February 22, 2022

Cultural Competence in MH Services & Addressing Stigma in a Culturally Competent Way

- ❑ Welcome/Overview
- ❑ Campus Best Practices Panel Presentations
- ❑ Small Group Discussions
- ❑ Highlights

Virtual Housekeeping

- ▶ Most recent Zoom version is 5.9.3. (5.7.7 or higher needed to self-select breakout rooms.)
- ▶ Please show your video if you can. Pets, partners, colleagues and children welcome!
- ▶ Make sure your full name is clearly identified on video.
- ▶ Please mute yourself when not talking to limit background noise.
- ▶ Use the chat function to share your name, role, and institution.
- ▶ Use chat to ask questions and share thoughts and resources during the session.
- ▶ We are recording the call.

Agenda

Welcome & Overview

8:30am

Cultural Competence & Addressing Stigma Panel Discussion & Q&A

Breakout Rooms: Small Group Discussions (two rounds)

Implementing New Ideas: Large Group Discussion

- Q&A
- Evaluation

Adjourn

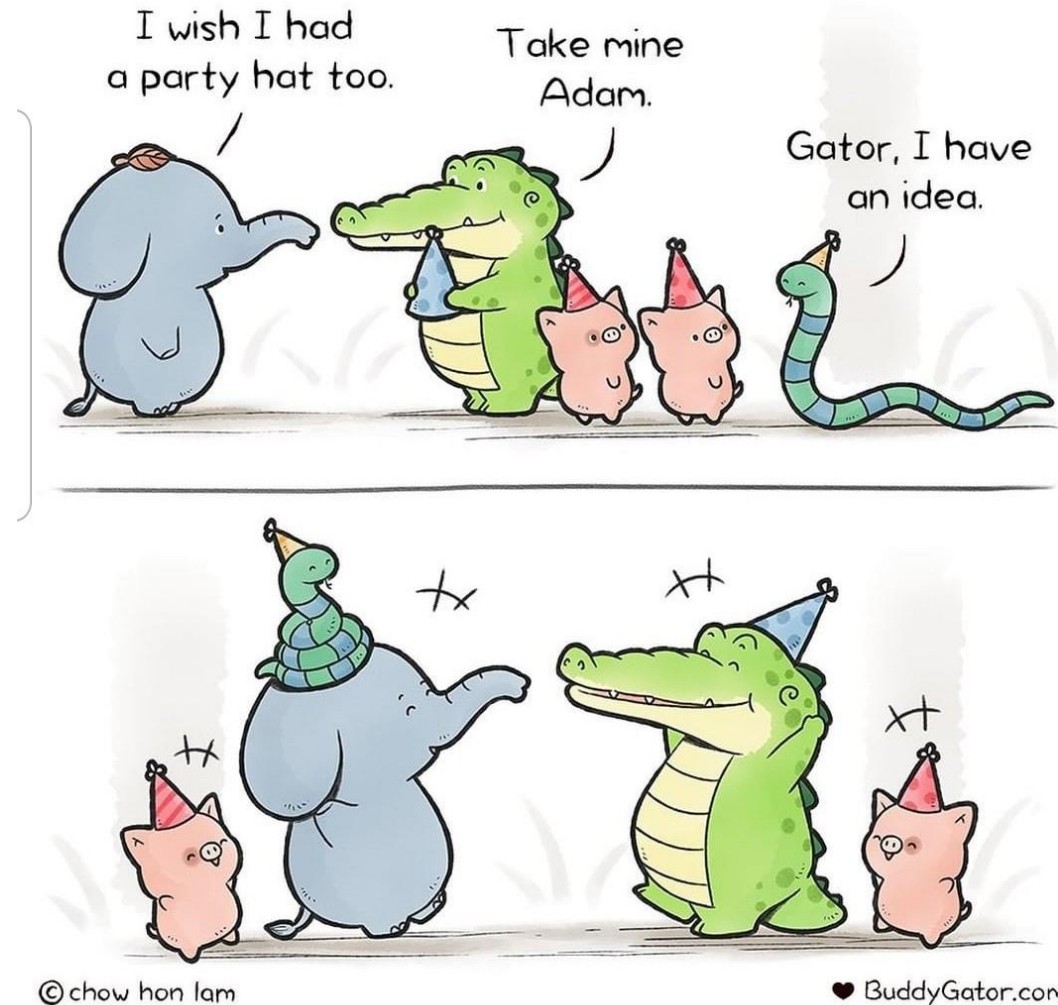
10:30am

Virtual Group Agreements

- ▶ **Be present.** Please show your video - we like to see you! Pets, partners and children welcome.
- ▶ **Be yourself.** Make sure your full name & org name is clearly identified on video.
- ▶ **Be brave.** What is said here stays here; what is learned here leaves here.
- ▶ **Move up and share.** Use the chat function to ask questions for all presenters during the session.
- ▶ **Care for your peers.** Share tips/resources in the chat as well.
- ▶ **We are recording the call.**



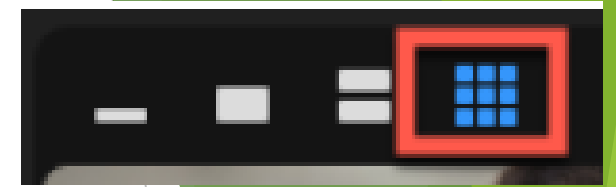
buddygatorcomics



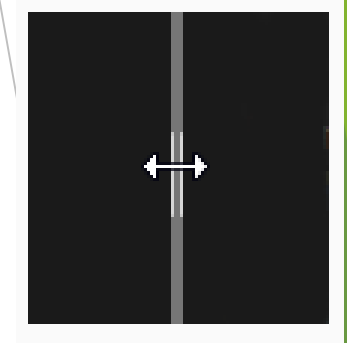
A few more tech pointers:

- ❑ **Google Drive Link in Chat** if you would like to review this slide deck and documents during the Learning Event, or afterwards.
- ❑ **Just before 10:30**, we will put the evaluation survey link in the Chat. **We love feedback** to keep planning fabulous Learning Collaborative activities!
- ❑ Google Drive link will be sent out post-event with resources shared during the learning event.

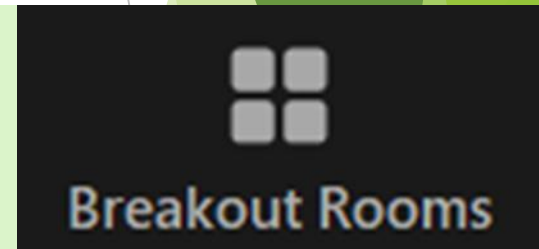
Gallery Grid icon



Side by Side slides & gallery icon



Zoom
version 5.9.3
or higher to
choose



Mute



Invite



Manage Participants



Share Screen



Chat



Record



Closed Caption



Breakout Rooms

End Meeting

Cultural Competence & Addressing Stigma Objectives

- Explore current successes and challenges in building cultural competence and addressing stigma in a culturally competent manner by public colleges and universities.
- Identify new strategies for building cultural competence and addressing stigma in a culturally competent way, while responding to current needs of students, and within the capacity of public colleges and universities.
- Make commitments for building cultural competence and addressing stigma through exploration of innovative strategies identified by Learning Collaborative institutions.

Mental Health on Campus Act

▶ The Issues

- ▶ Students are struggling with their mental health throughout the state, exacerbated by an ongoing global pandemic.
- ▶ Students who fare better with their mental health are more likely to be engaged in campus life and graduate.
- ▶ Higher education institutions are doing their best but lack the resources to fully support students.

▶ The Mental Health Early Action on Campus Act would alleviate these issues. Enacted in 2019, the Act:

- ▶ Expands peer support programs, staff training
- ▶ Encourages improved clinician-to-student ratios to ensure access to clinical services
- ▶ Creates a technical assistance center to support campuses to expand mental health supports
- ▶ Is subject to state appropriations, but has yet to receive any funding

Mental Health Early Action on Campus Act

- **Spring 2022 Legislative Session**

- Fiscal Year 2023 budget advocacy: \$19 million appropriation for the Act (HB 5424 (Ford - Conroy - Stuart), SB 4055 (Villanueva with Bennett supporting))
 - Funds go to colleges and universities in accordance with 2019 Center on Government Forecasting and Accountability (CGFA) survey
 - Some funds would also go to the Illinois Board of Higher Education for the creation of a Technical Assistance Center
 - Asking for a new CGFA report by the end of this year to get estimated updates on appropriations needed for FY24 and beyond
- Intent: Include the language on FY23 appropriations, IBHE technical assistance center, and new COGFA assessment into budget bills
- YI and NAMI Chicago have reiterated need for continuing appropriations and the need for additional funding, not simply earmarking current funding for MHEACA.

- **Next steps**

- Mental Health Advocacy Day. Share with your students to register! Connect with your state legislators to reiterate your support for these bills.
- Questions? Connect with Lily Rocha, Midwest Regional Director at Young Invincibles, at lily.rocha@younginvincibles.org or Rachel Bhagwat, Director of Policy for NAMI Chicago at rachelb@namichicago.org

Panel Presentations

- ▶ **Chaka Holley, CEO, *A New Day Mental Wellness Center***
 - ▶ Define Key Terms
 - ▶ Understand the progression to Cultural Humility
 - ▶ Key Practices of Cultural Humility for educators & students
 - ▶ Learn Practical Application
- ▶ **Ashanti Thurman & Raine Yung, Student, *Harold Washington College***
- ▶ **Marissa Cirilo, Clinical Counselor, *Truman College***
- ▶ **Dion Ruben & Malika Muhammad Stewart, Nursing Student, *South Suburban College***
- ▶ **Chris Smyre, Assistant Professor, Director of Diversity, Equity & Inclusion of Family & Community Medicine, *SIU School of Medicine***

Breakout Rooms—

- ▶ Autumn will invite you to select the breakout room of your choice. You will then see the Breakout Room icon pop up in your Control Panel.

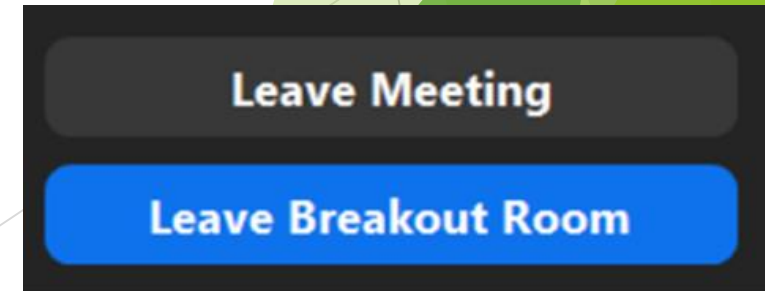
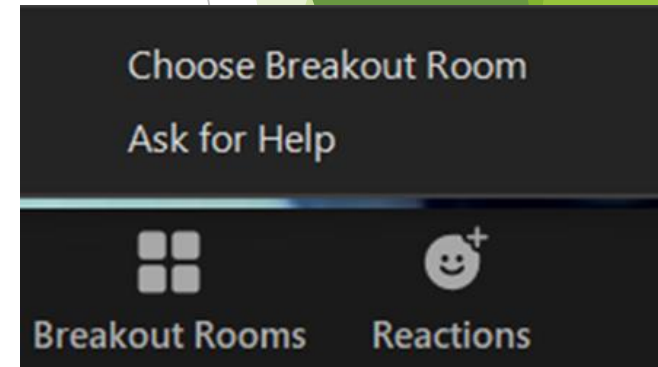
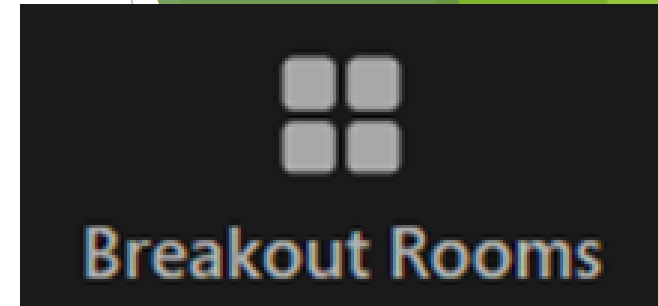
Chaka Holley, A New Day Mental Wellness Center/Alison Greene, Facilitator

Marissa Cirilo, Truman College/Tony Ohlhausen, Facilitator

Chris Smyre, SIU School of Medicine/John Charles, Facilitator

Malika, Ashanti, & Dion/Lily Rocha, Facilitator

- ▶ Once you are in the breakout room of your choosing, you will be able to enter and leave the breakout rooms freely by clicking “Choose Breakout Room” then clicking “join” next to the room you’d like to join.
- ▶ If you click Leave Room in the right hand corner you will have two options:
 - 1) Leave the breakout room and return to the main session
 - 2) Leave the Zoom meeting entirely



Implementing New Ideas

- ▶ What are some key ideas discussed in your breakout rooms?
- ▶ What are some suggestions for getting administrators on board with all the ideas we've discussed today?
- ▶ Are there any suggestions for building cultural competence and addressing stigma in the context of increased need for MH services and capacity constraints?

Designing Institution-Specific Implementation Strategies

► Two links in the Chat:

1. Google Drive for the implementation strategies handout. – Implementation Strategies word document is a tool for each organization to use at your leisure.

<https://drive.google.com/drive/folders/1Ev4Mhj3rqKQvSrJQsXEbhoD7boTtrwNb?usp=sharing>

Survey Monkey link for the evaluation of today's event.

<https://www.surveymonkey.com/r/GCZMCRY>

Do the Evaluation now before we open the breakout rooms, please!

MHA Learning Collaborative Google Drive

Cultural Competence in MH Services & Addressing Stigma in a Culturally Competent Way

- Learning Event Slides
- Learning Event Notes
- Participant Contact List (email autumn@lmcalpine.com to opt out)
- MHA Learning Collaboratives Learning Events Flier
- Registration for April 26 2022 event

Upcoming MHA LC Learning Events

- ▶ ***Preparing a Mental Health Response for a Campus-Wide Tragedy*** – Tuesday, April 26, 2022
- ▶ ***Leveraging Community Resources & Partnerships to Increase Access to Services for Students*** – Tuesday, June 14, 2022

YI is running a national COVID-19 outreach and education campaign to provide concise and factual information about the COVID-19 vaccine to young adults 18-34 years old. As part of the campaign, YI Midwest is restarting their health insurance literacy workshops to help young people navigate through the system. We'll be talking about the Basics of Health Insurance, Health Insurance Terminology, How to Access Care, and Where to Go for Care, among other topics. If you're interested in hosting us at your campus, please contact Jocelyn Bravo, IL Outreach Specialist, at jocelyn.bravo@younginvincibles.org.

THANK YOU! Take an intermission today.

A child wearing a bright yellow raincoat and a grey knit hat is walking away from the camera on a gravelly beach. The child is stepping into a puddle, causing water to splash. The background shows a blurred beach scene with some snow or sand.

**“ Spring is
when you feel
like whistling
even with
a shoe
full of slush.”**

- Doug Larson