

Integrating Mental Health Awareness into Campus Culture

Improving Mental Health Access on College
Campuses Learning Collaborative

November 30, 2021

Black Hawk College

Carl Sandburg College

City Colleges of Chicago

College of DuPage

Egyptian Health Department

Elgin Community College

Governors State University

Harper College

Heartland Community College

Illinois Eastern Community Colleges

John A Logan College

Kankakee Community College

Kaskaskia College

Kishwaukee College

Lake Land College

Lewis & Clark Community College

Lincoln Land Community College

Malcom X College

McHenry County College

Morton College

Northern Illinois University

Oakton Community College

Parkland College

Prairie State College

Rend Lake College

Richland Community College

Sauk Valley Community College

Shawnee Community College

Southwestern Illinois College

Triton College

Truman College

Western Illinois University

MHA Learning Collaborative November 30, 2021

Integrating Mental Health Awareness into Campus Culture

- ❑ Campus Best Practices Panel Presentations
- ❑ Small Group Discussions: Integrating Mental Health Awareness
- ❑ Implementation Strategies and Networking

Virtual Housekeeping

- ▶ 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 ask questions and share thoughts during the session.
- ▶ Share tips/resources in the chat as well.
- ▶ We are recording the call.

Agenda

Welcome & Overview

8:30am

Integrating Mental Health Awareness Panel Discussion & Q&A

Breakout Rooms: Small Group Discussions

Implementing New Ideas: Large Group Discussion

- Q&A
- Evaluation

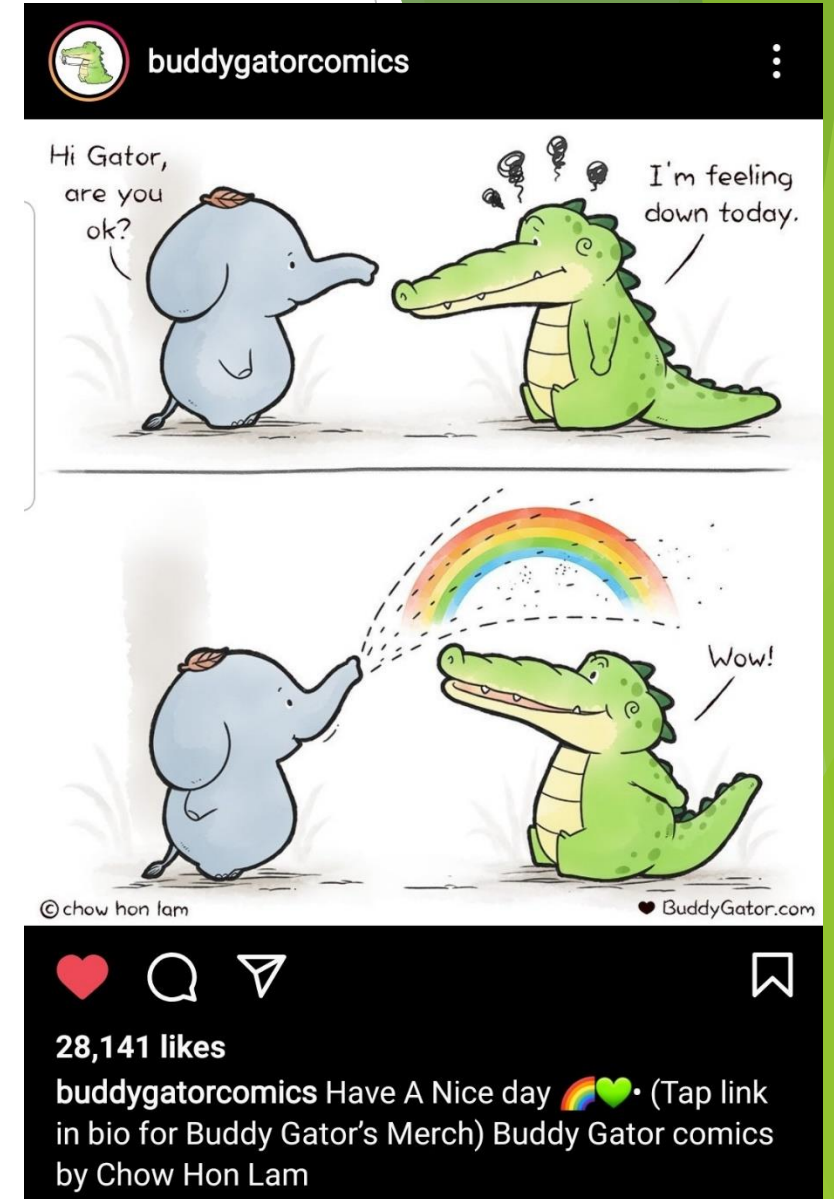
Networking

Adjourn

10:30am

Virtual Group Agreements

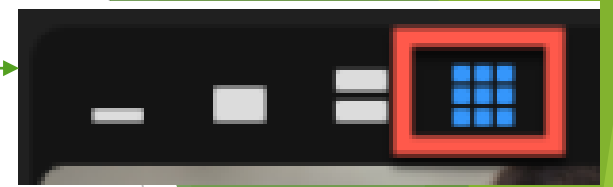
- ▶ **Be present.** Please show your video - we like to see you! Pets, partners and children welcome.
- ▶ **Be yourself.** Make sure your full name & org name is clearly identified on video.
- ▶ **Be brave.** What is said here stays here; what is learned here leaves here.
- ▶ **Move up and share.** Use 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.**



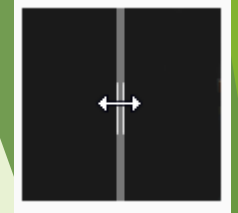
A few more tech pointers:

- ❑ **Google Drive Link in Chat** if you would like to review this slidedeck 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 5.7.7 or higher to choose


Breakout Rooms



Mute



Invite



Manage Participants



Share Screen



Chat



Record



Closed Caption



Breakout Rooms

End Meeting

Integrating Mental Health Awareness Objectives

- Explore current successes and challenges of the implementation of relevant goals of the Mental Health Early Action on Campus Act and practices of public colleges and universities.
- Identify new strategies for integrating mental health awareness while responding to current needs of students, and within the capacity of public colleges and universities.
- Make commitments for integrating mental health awareness through exploration of innovative strategies identified by Learning Collaborative institutions.

Campus Mental Health Needs

▶ Students across the state are struggling

- ▶ In 2019, it was estimated that close to 30% of 18-25 year olds struggled with mental health, the highest prevalence in any age group. The impact of COVID-19 has only exacerbated the existing crisis.

▶ Mental Health Impacts Retention

- ▶ The national 6-year bachelor's graduation rate remained less than 60% in 2013 (Kena et al., 2014), and these rates are significantly lower among Black, Latinx, and low-income students (Bound et al., 2010; Snyder & Dillow, 2013)
- ▶ A longitudinal study of dropout rates among students with low GPAs (<3.0) found that 25% of students who exhibited symptoms of a mental health problem dropped out, while less than 10% of students without mental health problems did so.
- ▶ For references, see https://www.cmich.edu/veterans/Documents/HiEd_WP_032117_StudentRetentionWP.pdf

Mental Health on Campus Act

- ▶ **Campuses are doing their best, but lack the resources to fully support students**
 - ▶ In Spring 2020, NAMI Chicago & Young Invincibles surveyed Illinois campus administrators & counselors re: the needs of their mental health centers given the challenges posed by COVID-19. 63% of respondents identified a need for funding in order to meet student demand for services.
 - ▶ Respondents specified a need to hire clinical staff, boost administrative support, address the needs of low-income students, provide broadband and laptops to both students and staff, and ensure a quality online platform for administering telehealth services.
 - ▶ In a recent American Council on Education [survey](#), 62% of institutions reported that student mental health is "worse" now than in previous years, and 73% of university presidents identified student mental health as a top 5 issue on their campus, making it the most pressing issue currently facing campuses.
- ▶ **The Mental Health on Campus Act would help solve this issue. The Act:**
 - ▶ Expands and improves campus mental health services to include peer support programs, staff training, partnerships with community providers, telehealth offerings, effective marketing/awareness of mental health services
 - ▶ Encourages campuses to strive for improved clinician-to-student ratios by evaluating existing services and partnering with local community providers
 - ▶ Provides for a technical assistance center, organized by the Illinois Board of Higher Education, which will support campuses in reaching the goals of the Act, share best practices in the field of student mental health, and aid in monitoring/evaluation

Panel Presentations

Jessica Ulrich, LCSW, Director, SIUE Counseling Services Adjunct Instructor, Department of Social Work, [Southern Illinois University](#)

- ▶ Online Screening Tool:
 - ▶ Purchasing Process: identifying needs, budget, criteria
 - ▶ Plan for Implementation

Valerie Kern-Lyons, LCPC, Professor, Clinical Mental Health & Academic Counselor, Coordinator of Advising & Counseling, [Sauk Valley Community College](#)

- ▶ Implementing an online screening tool to raise awareness and establish a mechanism to link or refer students of the public community college or university to services
- ▶ Developing and Implementing an annual student orientation session aimed at raising awareness about mental health conditions

Kelly Olson, Assistant Dean of Students, and Tim Paquette, Director of Counseling & Consultation Services, [Northern Illinois University](#)

- ▶ Designating an expert panel to develop and implement policies and procedures related to mental health on campus
- ▶ Train resident assistants in student housing, advisors, and campus security in a national Mental Health First Aid training course or similar program

Key Questions

- What works about your approach?
- How did you get buy-in from administrators?
- What challenges have you faced?
- How does your campus' type, size, geography, demographics, etc. affect your success?
- How do you fund the work and what would you do with additional state funding?
- How are you messaging? Do you have targeted messaging?

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.

▼ Buying/Planning Screening Tools	Assign
▼ Orientation + ST Implementation	Assign
▼ Designating An Expert Panel	Assign
▼ Mental Health Training Programs	Assign

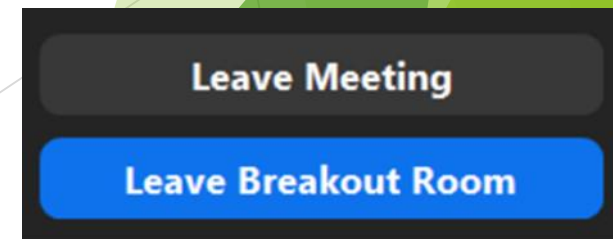
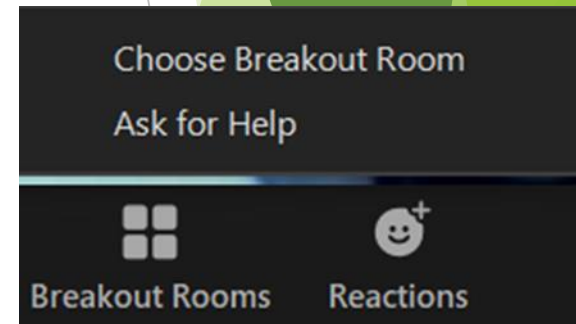
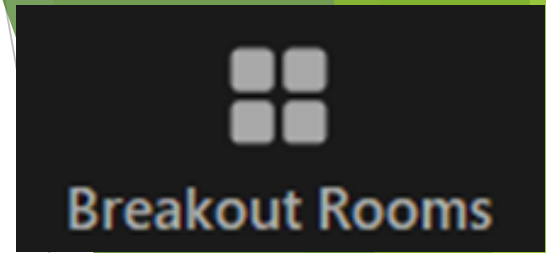
Jessica Ulrich, SIUE

Valerie Kern-Lyons, Sauk Valley

Kelly Olson, NIU

Tim Paquette, NIU

- ▶ 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 Integrating Mental Health Awareness/addressing mental health in the context of finals and/or the upcoming holiday season and school breaks?

Designing Institution-Specific Implementation Strategies

- ▶ We are giving everyone the chance to stay on the Zoom from 10:15—10:30am to network or to talk with your colleagues to brainstorm campus-specific implementation strategies.
- ▶ You can join your co-workers from your college or university in your designated breakout room.
- ▶ 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.
 1. https://drive.google.com/drive/folders/10idiWaEHMmKt9nTtKWk_peri0ouNYYiq?usp=sharing
 2. Survey Monkey link for the evaluation of today's event.
 1. <https://www.surveymonkey.com/r/LBF7S55>
- ▶ **Do the Evaluation now before we open the breakout rooms, please!**

MHA Learning Collaborative Google Drive

Integrating Mental Health Awareness into Campus Culture

- Learning Event Slides
- Learning Event notes
- Participant Contact list (email autumn@lmcalpine.com to opt out)
- MHA Learning Collaboratives Learning Events Flyer

THANK YOU! Take an intermission today.

Individual and Collective Care: Restoring the Self



Upcoming MHA LC Learning Events

- ▶ Peer-to-Peer Programs - Tuesday, January 25, 2022
- ▶ Cultural Competence in Mental Health Services & Addressing Stigma - Tuesday, February 22 2022
- ▶ 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