

Leveraging Community Resources & Partnerships to Increase Access to Services for Students

Improving Mental Health Access on College
Campuses Learning Collaborative

June 14, 2022

Black Hawk College
Carl Sandburg College
City Colleges of Chicago
Harper College
Heartland Community College
Illinois Eastern Community College
Illinois Valley Community College
Joliet Junior College
Kankakee Community College
Lincoln Land Community College
Mantra Health
Morton College

Northeastern Illinois University
North Park University
Oakton Community Colleges
OneGoal
Richland Community College
Rock Valley College
Sauk Valley Community College
Shawnee Community College
Southern Illinois University
South Suburban College
Southwestern Illinois College
Thrive Chicago
Triton College
Western Illinois University

MHA Learning Collaborative June 14, 2022

Leveraging Community Resources & Partnerships Learning Event

- ❑ Welcome & Overview / Grounding / Updates
- ❑ Panel Presentations
- ❑ Small Group Discussions
- ❑ Highlights
- ❑ MHA Feedback and Closing Thoughts

Virtual Housekeeping

- ▶ Most recent Zoom version is 5.10.7 (5.9.7 or higher is needed to self-select breakout rooms.)
- ▶ Please show your video if you can. Pets, partners, colleagues, and children are 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, ask questions and share thoughts and resources during the session.
- ▶ We are recording the call.

Agenda

Welcome & Overview

8:30am

Leveraging Community Resources & Partnerships Panel Discussion & Q&A

Breakout Rooms: Small Group Discussions

Implementing New Ideas: Large Group Discussion

- Highlights
- Evaluation

MHA Feedback and Closing Thoughts

Adjourn

10:30am

Virtual Group Agreements

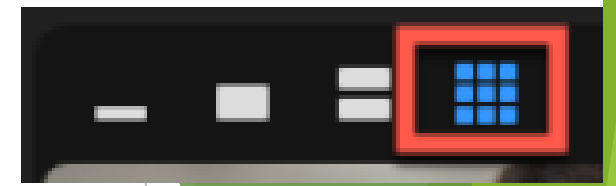
- ▶ **Be present.** Please show your video - we like to see you! Pets, partners and children welcome.
- ▶ **Be yourself.** Make sure your full name & org name is clearly identified on video.
- ▶ **Be brave.** What is said here stays here; what is learned here leaves here.
- ▶ **Move up and share.** Use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



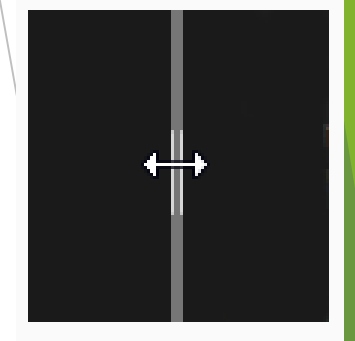
A few more tech pointers:

- ❑ **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 5.9.7 or higher to choose

 Breakout Rooms

The Zoom breakout rooms icon, which is a 2x2 grid of grey squares, is shown above the text "Breakout Rooms".

Mute



Invite



Manage Participants



Share Screen



Chat



Record



Closed Caption



Breakout Rooms

End Meeting

Leveraging Community Resources & Partnerships Objectives

- Explore lessons learned, successes, challenges, and best practices in leveraging community resources and partnerships to increase access to services for students on their campuses.
- Learn about both external and internal mechanisms for developing, integrating, and sustaining student-focused, community-based partnerships and resources to increase access to services for students.
- Identify new strategies for elevating community resources and partnerships, while taking into consideration the needs of students, faculty, and other stakeholders within the capacity of public colleges and universities.

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

▶ FY2023 Advocacy

- ▶ Goal: \$19 million appropriation for the Act
- ▶ After significant interest from the ILGA, funds were not included in the budget because of a clerical error
- ▶ Support is still there, and options are being explored

▶ Future Plans

- ▶ We will keep working with legislative leaders and staff to get feedback on the next steps
- ▶ Objective is to keep the momentum going
- ▶ Advocating for CGFA to initiate a new budget forecasting report to get estimated updates on appropriations needed for FY24 and beyond
- ▶ 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

- ▶ **Jessica Contreras, LCPC, Student Wellness Advocate, Joliet Junior College**
 - ▶ Overview of partnership with Will County Health Department's insurance navigators to support JJC's student population
 - ▶ Implementation of a student-focused initiative in collaboration with an external partner
- ▶ **Dr. Silvia Donatelli, Counselor, College of DuPage**
 - ▶ Creation and implementation of a student-focused community resource guide for College of DuPage students
- ▶ **Terra Schultz, Regional Partnership Director & Haley Staats, LPC, Clinical Solutions Consultant, Mantra Health**
 - ▶ Discussion of telehealth/campus counseling center partnerships and best practices

Breakout Rooms

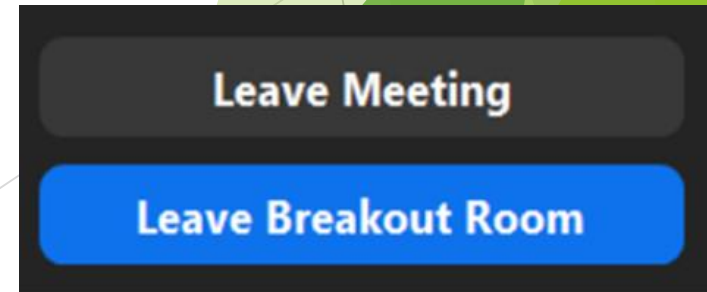
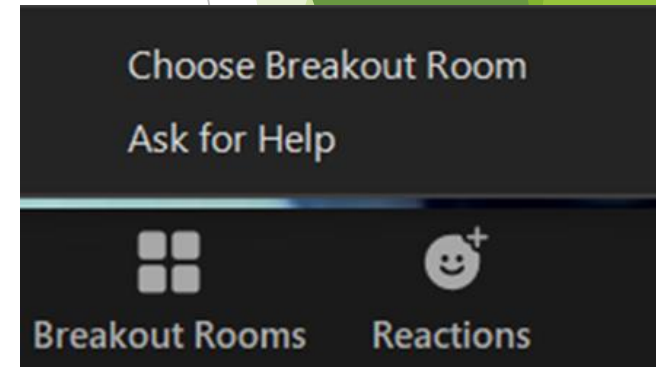
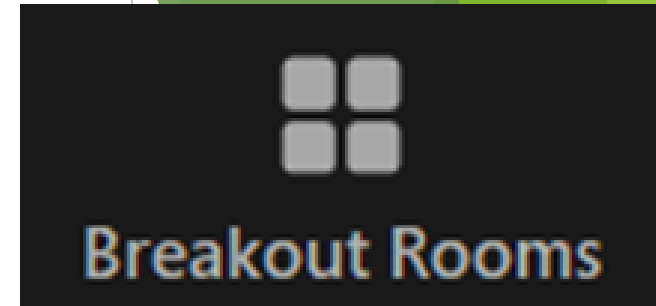
- ▶ Autumn will invite you to select the breakout room of your choice. You will then see the Breakout Room icon pop up in your Control Panel.

Jessica Contreras, JJC/Katie Chapman, Moderator

Dr. Silvia Donatelli, COD/Lily Rocha, Moderator

Terra Schultz & Haley Staats, Mantra Health/Rachel Bhagwat, Moderator

- ▶ 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” and 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



Key Ideas and Implementation

- ▶ 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 creating and leveraging community resources and partnerships that assist students, in the context of increased need for MH services and capacity/funding constraints?

And now, the end is near (at least until next year) . . .

So, we want your feedback!

- ▶ MHA's June Learning Event is the final one of the year. We've hosted 5 Learning Events from November 2021 through today and are revisiting the possibility of renewing this Collaborative next year!
 - ▶ Integrating MH Awareness into Campus Culture, November 2021
 - ▶ Peer-to-Peer Programs, January 2022
 - ▶ Cultural Competence and MH Services and Addressing Stigma, February 2022
 - ▶ Preparing a MH Response for a Campus-Wide Tragedy, April 2022
 - ▶ Leveraging Community Partnerships and Resources, June 2022
- ▶ We'd like to hear your feedback:
 - ▶ (1) What has your experience been like participating in the MHA LC Learning Events?
 - ▶ (2) What do you hope to see for/how do you envision a pt. 2 of this learning series?
 - ▶ (3) Are there any additional questions, comments, and/or concerns that you'd like to share?

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/1DokPXIy7ATWjDf5p2YM3px3V5K2B3_lm?usp=sharing

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

<https://www.surveymonkey.com/r/T8C5R8L>

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

MHA Learning Collaborative Google Drive

Leveraging Community Resources and Partnerships

- Learning Event Slides
- Learning Event Notes
- Learning Event Zoom Recording
- Shared Resources Document
- Strategies for Implementation Document (optional)
- Participant Contact List (email autumn@lmcalpine.com to opt out)

MHA LC Partner Updates

- ▶ *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 and enjoy your upcoming summer!

