Peer-to-Peer Program Implementation

Improving Mental Health Access on College Campuses Learning Collaborative

January 24, 2023

NAMI CHICAGO

1

YOUNG YI INVINCIBLES

Welcome!

Black Hawk College
City Colleges of Chicago
College of Lake County
Dominican University
Elgin Community College
Governors State University
Harold Washington College
Harper College
Heartland Community College
Highland Community College
Illinois Community College Board
Illinois Eastern Community Colleges
Illinois State University
John A. Logan College
Joliet Junior College
Kankakee Community College
Lincoln Land Community College
Lincoln Trail College
Loyola University Chicago
McHenry County College
Moraine Valley Community College
Morton College

North Park University
Northern Illinois University
Oakton Community College
Richland Community College
Rockford University
Sauk Valley Community College
Shawnee Community College
South Suburban College
Southeastern Illinois College
Southern Illinois University
Southwestern Illinois College
Thrive Chicago
Togetherall
Transformative Growth Counseling
Triton College
University of Chicago
Waubonsee Community College
Western Illinois University
Wilbur Wright College

Virtual Housekeeping

▶ Current Zoom version is 5.13.0; version 5.7.7 or higher needed 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, ask questions, and share thoughts during the session.

▶ Share tips/resources in the chat as well.

Zoom version 5.7.7 or higher to choose

Breakout Rooms
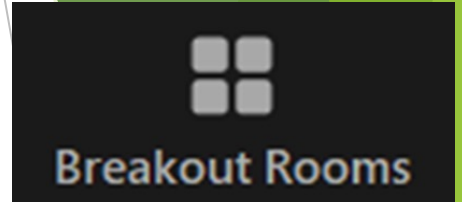
Side by Side slides & gallery icon
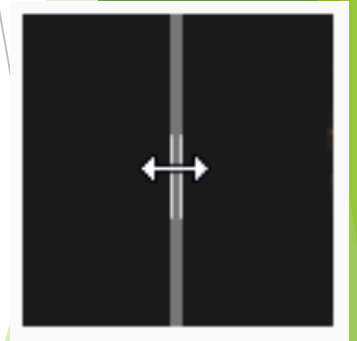
Gallery Grid Icon

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.

Emily Ladau ✔ @emily_ladau · Jan 4   ...
Okay, not doing SMART goals this year. The world's a mess. Time for FUN goals.

Flexible – Life happens, things change, goals shift.

Uplifting – Bettering myself isn't a punishment.

Numberless – Life won't be radically different if I read 29 books this year instead of 30.

💬 44   🔁 1.6K   ♡ 6.7K

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YOUNG [YI] **INVINCIBLES**

MHA Learning Collaborative January 24, 2023
Peer-to-Peer Program Implementation

Welcome & Overview   8:30am

Funding Update for the Mental Health Early Action on Campus Act
Jen McGowan-Tomke from NAMI Chicago

Peer-to-Peer Program Implementation Panel Presentations
Andrew Kaufman, NAMI Chicago
Kelly Olson & Tim Paquette, Northern Illinois University
Stacy Raphael, RISE
Zoe Ragouzeos, New York University

Breakout Rooms: Small Group Discussions

Reconvene and Adjourn   10:30am

Peer-to-Peer Program Implementation Objectives

➢ Explore current successes and challenges of Peer-to-Peer programs being implemented by public colleges and universities.

➢ Identify new strategies for implementing Peer-to-Peer programs while responding to current needs of students, and within the capacity of public colleges and universities.

➢ Make commitments for implementing Peer-to-Peer programs 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
  ► Funding appropriated for remainder of FY23; Need for ongoing commitment

Peer Support Programs

► **Fostering campus wellness by utilizing trained, trusted messengers**
  - ► Students, like resident assistants or other student leaders, can be trained to provide effective wellness support to other students, which can:
  - ► Prevent escalating concerns
  - ► Foster a supportive, well campus community
  - ► Connection with the campus wellness center for referrals, training, and supervision support

► **Evidence shows the difference peers can make**
  - ► SAMHSA recognizes the importance of utilizing peers to engage individuals in mental health care
  - ► Standardized, robust peer support programs utilizing wellness centers and resident assistants can provide safe, effective entry to mental health services.

► **What's in the Act?**
  - ► Campuses are required to develop and implement a peer support program rooted in best practice. Important considerations include:
    - ► Proper supervision by a licensed clinician of student peer providers
    - ► Appropriate training and scope of practice for peer providers, and
    - ► Policies and procedures for referring students to other supports and mental health providers

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Funding Update for the Mental Health Early Action on Campus Act (MHEACA)

Jen McGowan-Tompke, MPH, Chief Operating Officer, NAMI Chicago

- ▶ Illinois General Assembly voted on a package that includes $9 million in funding for MHEACA

- ▶ Funding available for the remainder of FY23, which ends at the end of June

- ▶ Amounts appropriated for each school will be disbursed by the Illinois Board of Higher Education and Illinois Community College Board

- ▶ Questions? Connect with Lily Rocha, Midwest Regional Director at Young Invincibles, at lily.rocha@younginvincibles.org and Jen McGowan-Tomke, COO at NAMI Chicago at jen@namichicago.org

Panel Presentations

- **Defining Roles, Training, & Supervision** Andrew Kaufman, LSW, Director of Recovery Services, NAMI Chicago

- **Implementation Program Updates at Northern Illinois University,** Kelly Olson, Assistant VP for Student Development, Dean of Students and Tim Paquette, PhD, Director of Counseling & Consultation Services, Northern Illinois University

- **Recommendations for Implementation,** Stacy Raphael, MSW, PhD, Director of Case Management & Student Navigator Network, RISE

- **Program Considerations and Recommendations,** Zoe Ragouzeos, PhD, Clinical Officer, Mary Christie Institute New York University

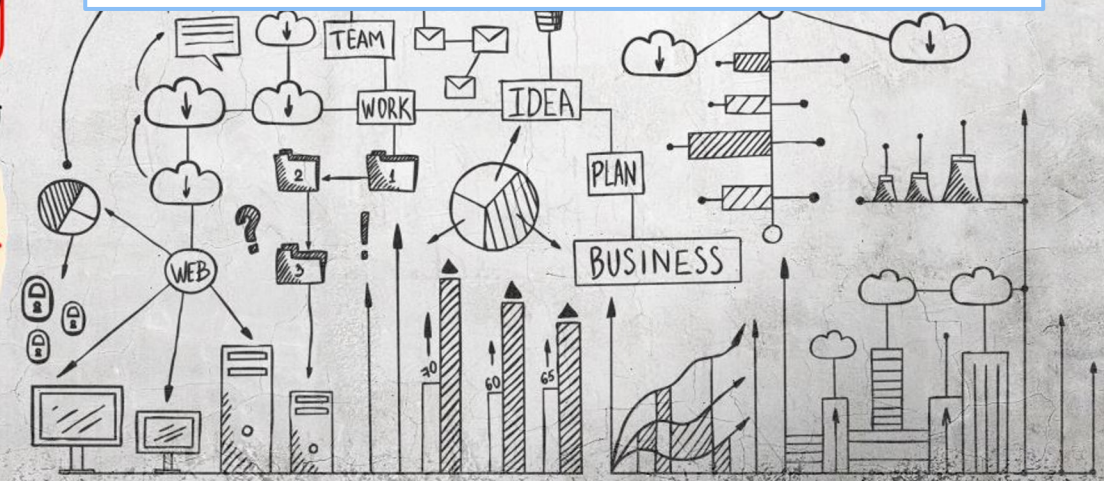# STUDENT NAVIGATOR NETWORK

Addressing Basic Needs Insecurity, One Student At a Time

Rise: A Student-Led Nonprofit Organization

Mission:

Make Higher Education accessible to all

Vision:

1. *Free tuition and fees at public colleges and universities*
2. *Support to graduate on time with little to no debt*
3. ***Support to end college basic needs insecurity***

THE PROBLEM

Basic Needs Insecurity Fall 2020

NEARLY

3 IN 5

experienced basic needs insecurity

FOOD INSECURITY AFFECTED

39% at two-year institutions

29% at four-year institutions

HOUSING INSECURITY AFFECTED

48%

HOMELESSNESS AFFECTED

14%

THE **BLACK/WHITE GAP** IN BASIC NEEDS INSECURITY WAS

16 percentage points

Source: The Hope Center for College, Community, and Justice, March 31 2021

STUDENT STORIES

"Hi, I'm a single mother, I lost my job after 13 years, my last two college classes are this fall, and my grandfather just passed away. I need money for rent, food and gas. I don't know where to go for help. Thank you!"

"I had to pawn my MacBook Pro to pay for my bills and to feed myself and my dog, plus my mother. I need money to get my laptop out of the pawnshop to finish off my classes."

WHY THIS MATTERS:

1) **Social Justice**

1) **Negative Student Outcomes**
   a) **Lower GPAs**
   b) **Lower persistence rates**
   c) **Higher rates of mental health problems**

Why This Matters:

- Hard to search for resources
- Duplication or absence of services
- Lack of coordination
- Stigma & shame

THE SOLUTION:
Student Navigator Network

FRAMEWORK

- **Holistic**
- **Culturally Competent**
- **Strengths-Based**
- **Trauma-Informed**

Student Navigators get paid $15/hour*

Students Helping Students

- Providing information
- Advocating for students
- Applying for public benefits
- Securing emergency funding
- Appealing financial aid
- Identifying school resources
- Connecting to community resources
- Providing emotional support

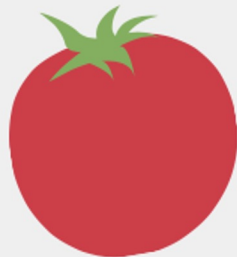# Services We Assist With

Affordable Health Care

Government Benefits

Tenant Rights Support

Technology & Internet

Emergency Aid

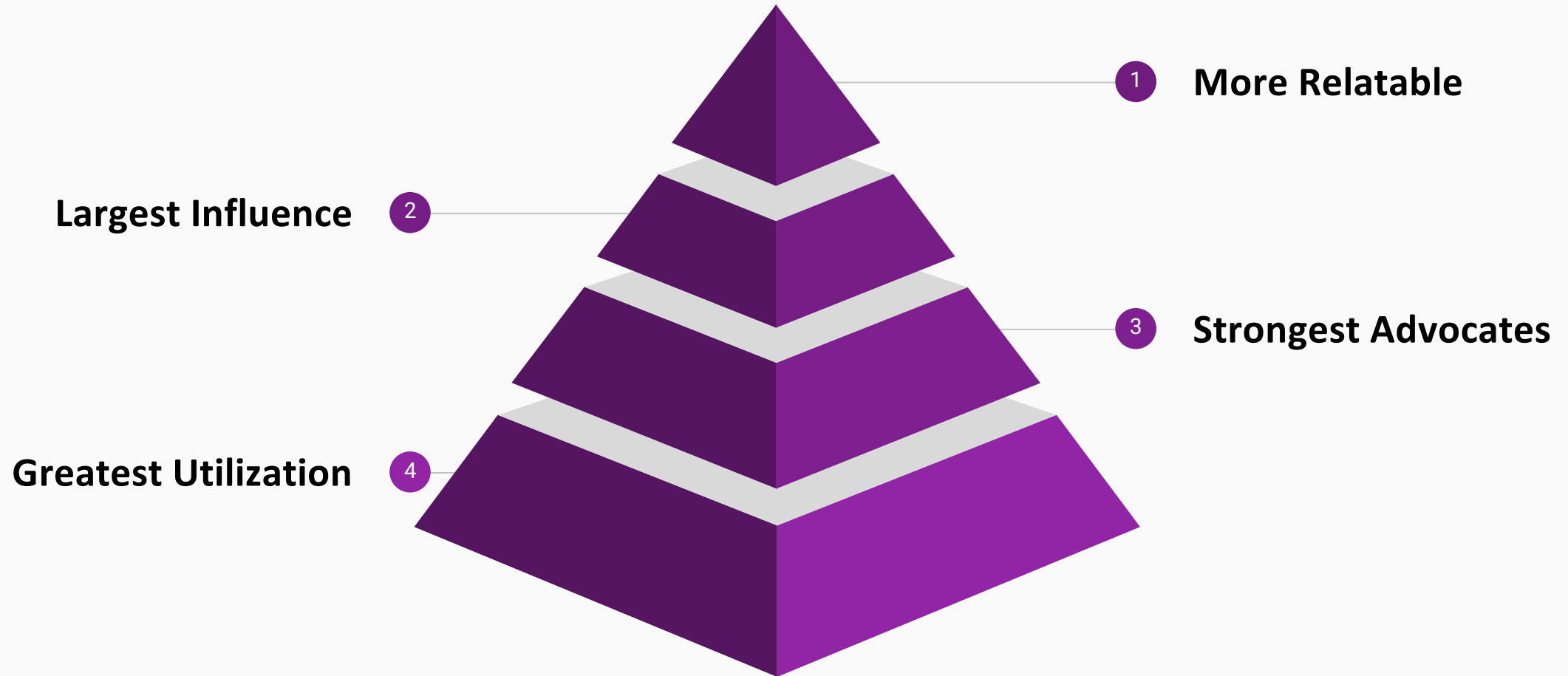**Food Pantries & SNAP**

We DO NOT provide cash grants, mental health counseling, academic advising, career services

Peer-to-Peer

1 — More Relatable

2 — Largest Influence

3 — Strongest Advocates

4 — Greatest Utilization

THE IMPACT

KEY NUMBERS:

12,000+ students served

84% student retention rate

50% feel more knowledgeable

$1.5M+ in Benefits/Emergency Aid

RECOMMENDATIONS

THREE "BUCKETS"

- **INSTITUTIONAL**
- **PROGRAMMATIC**
- **PEER-TO-PEER**

INSTITUTIONAL

- **Needs Assessment**
- **Marketing**
- **Stakeholders**
- **Campus-Wide Training**
- **Consortium**

PROGRAMMATIC

- **Design Evaluation**
- **CRM/Data Collection**
- **Intake Process**
- **Resource Guides**
- **Consortium Benefits Navs**

Peer-to-Peer

- **Hiring Process**
- **Training**
- **Weekly Supervision**
- **Internal Team Meetings**
- **Cross-Institutional**
- **Peer Mentors**
- **Social Events**

"It's amazing to talk to another student, especially for students who are first-generation and do not have other people in their lives that can help them with stuff like this. It took me less than 3 minutes to apply for the foster youth grant. You have given me new hope!"
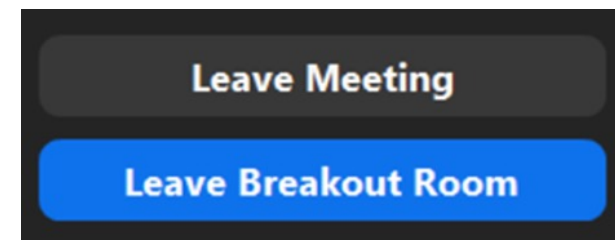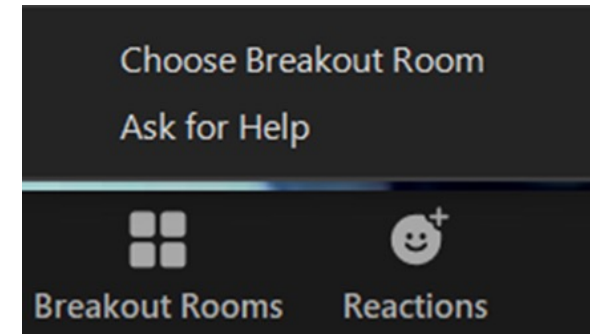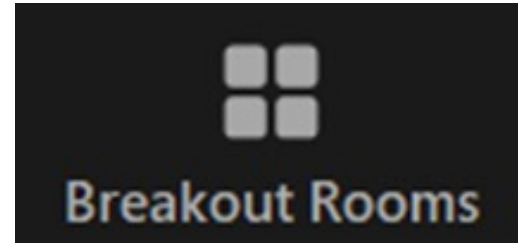
Breakout Room Discussions

▶ **Room 1: Training, Andrew Kaufman, NAMI Chicago**

▶ **Room 2: Program Development Considerations, Tim, NIU**

▶ **Room 3: Liability, Kelly, NIU**

▶ **Room 4: Cultural Humility, Conflict Resolution, Inclusion & Belonging for Program Leaders & Participants, Zoe**

▶ **Room 5: Implementation, Student Engagement & Support for Student Navigators, Lily Rocha, Young Invincibles**

Breakout Room Discussions

➤ Monika 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.

➤ 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:

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 Peer-to-Peer program implementation in the context of legislative and funding updates?

Feedback & Resources

❑ The evaluation survey link is being shared in the chat & via a QR code. **We love feedback** & use it in planning future Learning Events!

❑ Google Drive link will also be shared via a follow up email and will have resources shared during the learning event.

nami
CHICAGO

YOUNG YI
INVINCIBLES

Providing Feedback to the MHA Collaborative

We would really love your feedback!

Use this QR code to complete today's event evaluation survey or click the link in the chat!

NAMI CHICAGO

YOUNG INVINCIBLES

MHA Learning Collaborative Google Drive

Peer-to-Peer Program Implementation

➤ Learning Event Slides

➤ Learning Event Notes

➤ Participant Contact List (email monika@lmcalpine.com to opt out)

➤ MHA Learning Collaboratives Learning Events Flier

➤ Registration for our next Learning Event: *Understanding Legal Compliance*, February 28, 2023

Upcoming MHA LC Learning Events

▶ ***Understanding Legal Compliance:*** Tuesday, February 28, 2023

▶ ***Intramural Partnerships:*** Tuesday, April 18, 2023

Interested in serving on a panel for one of these events, or know someone who might be? Contact mac@lmcalpine.com & monika@lmcalpine.com

Thank you, hope to see you in February!

Connect with Us!

Lily Rocha, Young Invincibles
lily.rocha@younginvincibles.org

Tony Ohlhausen, NAMI Chicago
tony@namichicago.org

Mac Grambauer, MCFG
mac@lmcalpine.com

Monika Gaspar, MCFG
monika@lmcalpine.com

Zoom Chat Exchanges

Do we know how the newly approved mental health funding was allocated to schools?
"It was based off a survey sent to the college presidents."

Questions asked in the chat:

"Do we know how the money will be divvied amongst school? By population size? Equally amongst all?"

"Are peer mental health workers required to be mandated reporters in IL?"

"For Peer mental health supervision in IL is the supervisor required to have LCSW or LPCP or can we use LPC level for supervision?"

"For navigators are you able to work with undocumented students through a scholarship or internship to pay them if they don't have an ITIN?"

Additional Resources

Contact Lily at lily.rocha@younginvincibles.org **if you're interested in learning more about benefits navigator work**, especially state legislation about it, to be connected with a colleague leading this work.

Peer training resources from Andrew at NAMI Chicago:

▶ Nanette Larson is the person to email to get on the IL Recovery listserv (nanette.larson@illinois.gov)

▶ The IODAPCA website has good resources for people looking for info on Training/Supervision and Certification (https://iaodapca.org/)

▶ CCAR is an awesome organization that has multiple trainings for anyone looking to become a Peer and their website is: https://addictionrecoverytraining.org/recovery-coach-academy/