Peer-to-Peer Programs: How They Work, Best Practices, Lessons Learned, Costs, & More

Improving Mental Health Access on College Campuses Learning Collaborative

January 25, 2022

Black Hawk College
Carl Sandburg College
City Colleges of Chicago
College of DuPage
Elgin Community College
Governors State University
Harold Washington College
Harper College
Illinois Community College Board
Illinois Eastern Community Colleges
John A. Logan College
Kankakee Community College
Kaskaskia College
Kishwaukee College
Lake Land College
Lincoln Land Community College
Malcolm X College
McHenry County College
Morton College

Northeastern Illinois University
Northern Illinois University
OneGoal
Parkland College
Prairie State College
Richland Community College
Sauk Valley Community College
Shawnee Community College
Southern Illinois University
Southwestern Illinois College
The Support Network
Triton College
Waubonsee Community College
Wilbur Wright College
Western Illinois University

MHA Learning Collaborative January 25, 2022
Peer-to-Peer Programs: How They Work, Best Practices, Lessons Learned, Costs, & More

- ❑ **Welcome/Overview**

- ❑ **Campus Best Practices Panel Presentations**

- ❑ **Small Group Discussions**

- ❑ **Highlights**

Virtual Housekeeping

- ▶ Most recent Zoom version is 5.9.1. (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 during the session.

- ▶ Share tips/resources in the chat as well.

- ▶ We are recording the call.

Agenda

Welcome & Overview   8:30am

Peer-to-Peer Programs Panel Discussion & Q&A

Breakout Rooms: Small Group Discussions

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.

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.
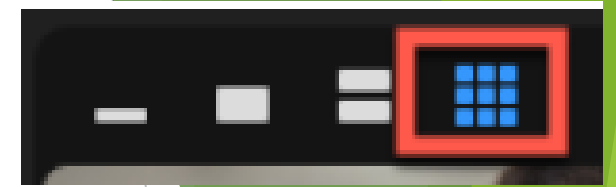
💬 44   ⟲ 1.6K   ♡ 6.7K   ⬆

A few more tech pointers:

Gallery Grid icon

☐ Google Drive Link in Chat if you would like to review this slide deck and documents during the Learning Event, or afterwards.

Side by Side slides & gallery icon

☐ 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.
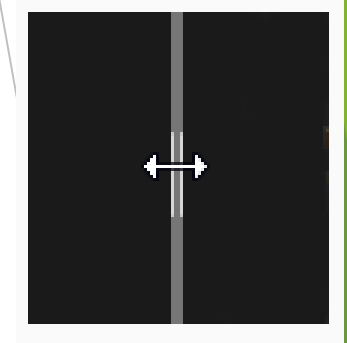
Zoom version 5.9.1 or higher to choose

Breakout Rooms

Mute   Invite   Manage Participants   Share Screen   Chat   Record   Closed Caption   Breakout Rooms   End Meeting

Peer-to-Peer Programs 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
  ► 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 (SB 4055)
  - ▶ Funds go to colleges and universities in accordance with 2019 Center on Government Forecasting and Accountability 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 COGFA report by the end of this year to get estimated updates on appropriations needed for FY24 and beyond
- ▶ Legislative champions are State Rep. LaShawn Ford and State Senator Celina Villanueva.

▶ **Next steps**
- ▶ Institutional Sign-On letter, advocacy strategy, engaging your government affairs staff
- ▶ 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

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

Panel Presentations

Nancy Easton, Psy.D. Director, Student Counseling Services, Northeastern Illinois University

- NEIU's Peer Wellness Coaching program provides 1:1 peer support for students, outreach programming, and linkage to other services,
- Coaches are located in private offices around campus (not in Counseling Center), and can meet students remotely
- Coaches are compensated using Federal Work Study and internal Student Aide funds
- Coaching helps to reduce stigma around help-seeking behaviors within communities where counseling is stigmatized

Valerie Kern-Lyons, Coordinator of Advising and Counseling, Sauk Valley Community College

- Extensive research was conducted about other institutions and their peer-to-peer programs in order to best inform the Sauk Valley program – soft launch of program in January 2021.
- Peer mentors applied online for the program and were accepted based on eligibility criteria: good academic standing at the institution, mandatory trainings (M2 Peer Mentoring model and Mental Health First Aid), weekly supervision meetings, etc.
- Mentors serve a 2-hour block throughout the week – including walk-ins -- and can schedule individual sessions as well.
- Webinars, monthly activities, and a possible newsletter have been/will be created to further engage the student population.

Emily Lustig, Board Member, The Support Network

- The Support Network's mission is to help address student mental health and well-being through the implementation, development, and collaboration of peer support initiatives in high schools and colleges.
- Materials and advisory services are provided to launch, maintain, and grow an effective peer-to-peer support model with student leaders and administrators.
- The on-campus experience consists of peers as the Director Team, weekly leader meetings, weekly groups including co-leaders and student members, and organization-wide and/or campus-wide community building events (e.g. Kickback Fridays).
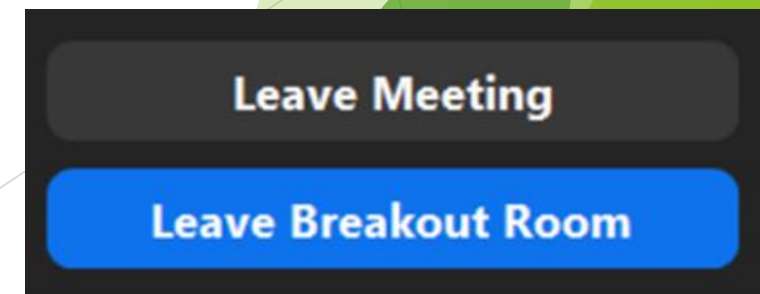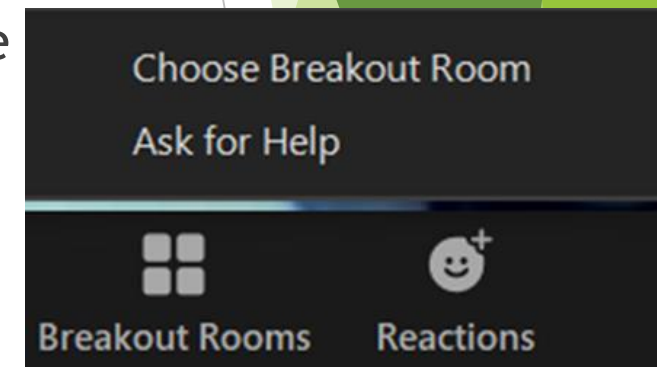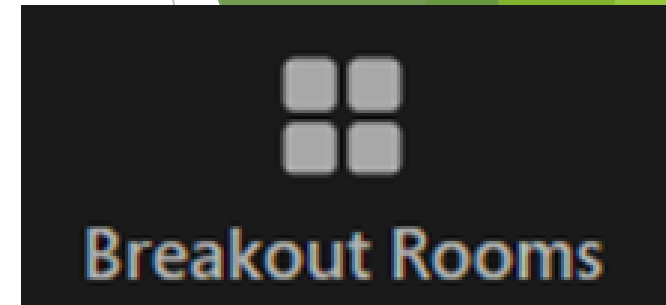
Breakout Rooms

▶ 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.

Nancy Easton, NEIU/Lily Rocha, Facilitator

Valerie Kern-Lyons, Sauk Valley/Rachel Bhagwat, Facilitator

Emily Lustig, The Support Network/Tony Ohlhausen, Facilitator
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▶ 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

Breakout Rooms (continued)

- You will see a brief notice noting it is time to switch breakout rooms. You will once again be able to choose the breakout room you go to.

> Nancy Easton, NEIU/Lily Rocha, Facilitator
> ---
> Valerie Kern-Lyons, Sauk Valley/Rachel Bhagwat, Facilitator
> ---
> Emily Lustig, The Support Network/Tony Ohlhausen, Facilitator
> ---

- In your current breakout room, click the Breakout Room icon; the list of rooms will come up; on the far right side will be a blue button that says "join". Click the join button for the room you want to move to.

- 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

Breakout Rooms

Choose Breakout Room
Ask for Help

Breakout Rooms   Reactions

Leave Meeting

Leave Breakout Room
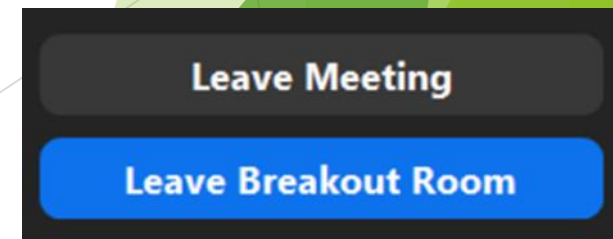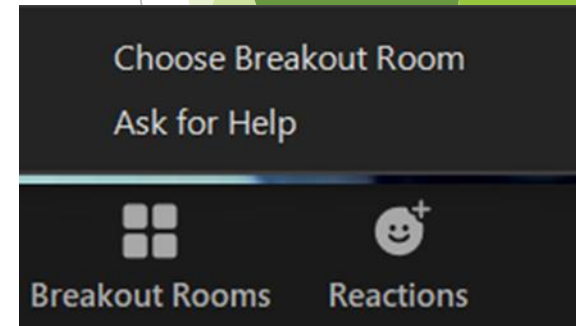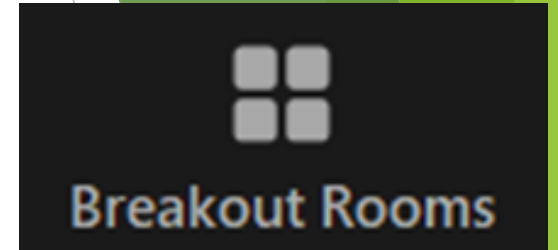
Implementing New Ideas

▶ 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 programs in the context of the current COVID/Omicron surge?

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/1xUuG0F5ZDAqbdjVbGvkz1TL4QQURGWLD?usp=sharing

2. Survey Monkey link for the evaluation of today's event. *https://www.surveymonkey.com/r/KL99L28*

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

MHA Learning Collaborative Google Drive

Peer-to-Peer Programs

➢ Learning Event Slides

➢ Learning Event Notes

➢ Participant Contact List (email autumn@lmcalpine.com to opt out)

➢ MHA Learning Collaboratives Learning Events Flier

➢ Registration for February 22 2022 event

Upcoming MHA LC Learning Events

- ***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

THANK YOU! Take an intermission today.

When everyone is getting off the Zoom call but you're struggling to find the leave meeting button so then it's just you and the host.