

Preparing a Mental Health Response for a Campus-Wide Tragedy

Improving Mental Health Access on College
Campuses Learning Collaborative

April 26, 2022

Black Hawk College
Carl Sandburg College
City Colleges of Chicago
College of DuPage
Elgin Community College
Governors State University
Harper College
Illinois College Counseling Association
Illinois Eastern Community Colleges
Joliet Junior College
Kankakee Community College
Kishwaukee College
Lake Land College
Lincoln Land Community College
Malcolm X College
McHenry County College
Morton College

North Park University
Northeastern Illinois University
Northern Illinois University
Parkland Community College
Rock Valley College
Sauk Valley Community College
Shawnee Community College
South Suburban College
Southwestern Illinois College
Southern Illinois University
Thrive Chicago
Triton College
Truman College
Workforce Equity Initiative
Western Illinois University

MHA Learning Collaborative April 26, 2022

Preparing a Mental Health Response for a Campus-Wide Tragedy

- ❑ Welcome & Overview / Grounding / Legislation and Update
- ❑ **Panel Presentations**
- ❑ **Small Group Discussions**
- ❑ **Highlights**
- ❑ **Check out**

Virtual Housekeeping

- ▶ Most recent Zoom version is 5.10.3 (5.9.7 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, ask questions and share thoughts and resources during the session.
- ▶ We are recording the call.

Agenda

Welcome & Overview

▶ Grounding

Preparing a Mental Health Response Panel Discussion & Q&A

Breakout Rooms: Small Group Discussions

Implementing New Ideas: Large Group Discussion

- Highlights
- Evaluation

Check out

Adjourn

8:30am

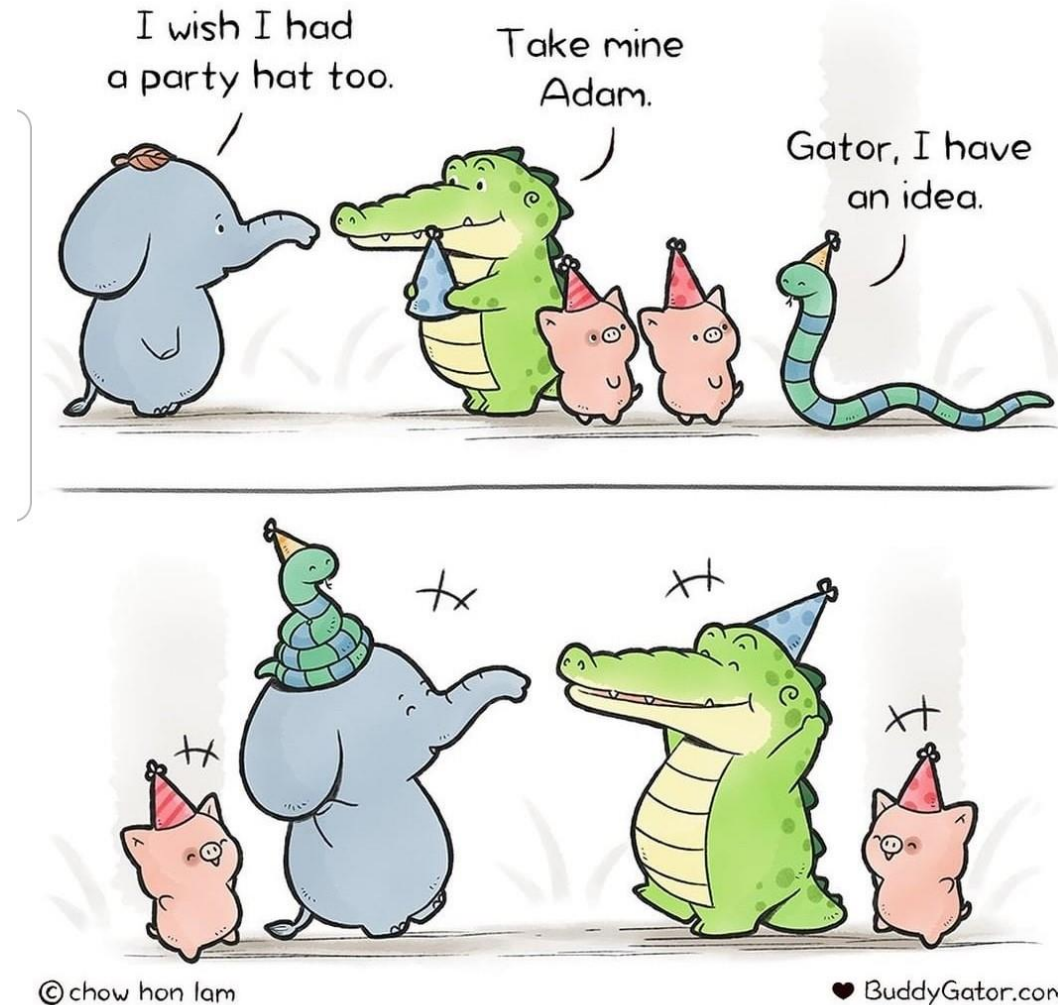
10:30am

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.**



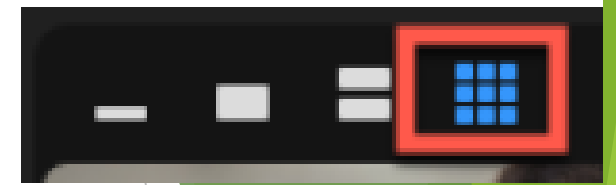
buddygatorcomics



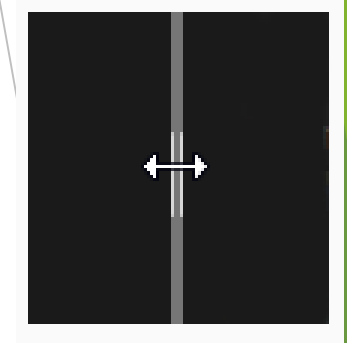
A few more tech pointers:

- ❑ **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.

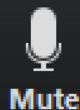
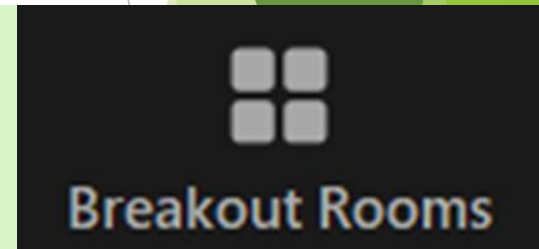
Gallery Grid icon



Side by Side slides & gallery icon



Zoom version 5.9.7 or higher to choose



Mute



Invite



Manage Participants



Share Screen



Chat



Record



Closed Caption



Breakout Rooms

End Meeting

Preparing a Mental Health Response Objectives

- Explore lessons learned, successes, and challenges in preparing a mental health response for a campus-wide tragedy.
- Identify new strategies for preparing a mental health response for a campus-wide tragedy, taking into consideration the needs of students, faculty, and other stakeholders, within the capacity of public colleges and universities.
- Share resources for developing mental health responses, including communications plans, for responding to a campus-wide tragedy.

Grounding

- ▶ Robyn Rabcicke, NAMI Chicago's Wellness Coordinator
- ▶ How do you set yourself up to be fully present in the moment without distraction?
- ▶ Set the tone to create your healthy "Self Space"

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
 - Funds would go to colleges and universities in accordance with 2019 Center on Government Forecasting and Accountability (CGFA) survey; some funds to IBHE for the creation of a Technical Assistance Center
 - Caveats: Continuing appropriations needed, and must be in addition to operational increases
- After significant interest from the ILGA, funds were not included in the budget

• Future Plans

- We will keep fighting for funding for this upcoming year, as well as for FY2024
- 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

- ▶ **Kasey Franco, Chief Education Officer, NAMI Chicago**
 - ▶ Best Practices in Responding to Tragedy
- ▶ **Amy Buwick, Director, University Counseling Center, Western Illinois University**
 - ▶ Communications plans--Lessons learned; current challenges in implementation
- ▶ **Jessica Contreras, Student Wellness Advocate, Joliet Junior College**
 - ▶ Developing crisis communications plans & real-time responses to campus incidents
- ▶ **Chris Smyre, Assistant Professor, Director of DEI/Family & Community Medicine, SIU School of Medicine**
 - ▶ Supporting campus staff and faculty; top-down/bottom-up mechanisms for communication
- ▶ **Marya Burke & Katie Schacht, Counselors, Parkland College**
 - ▶ Increased suicidal ideation; on-call system; how campus incidents have impacted practitioner/staff well being
- ▶ **Kelly Olson, Assistant VP & Dean of Students, Northern Illinois University**
 - ▶ Current Protocols and crisis responses on campus, community-wide, & potential impact across IL.

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.

Amy Buwick, WIU/Alison Greene, Facilitator

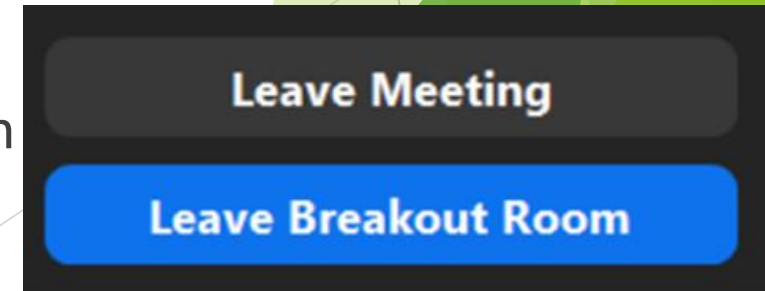
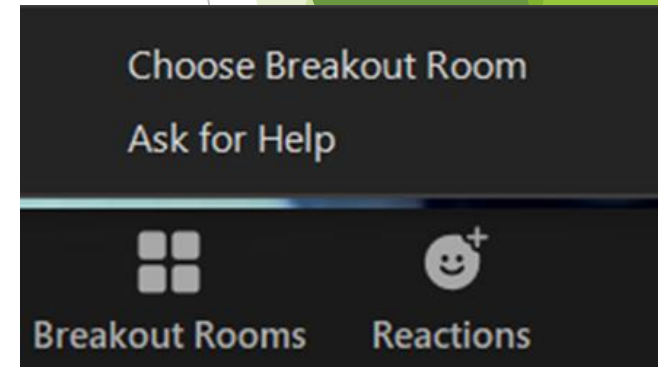
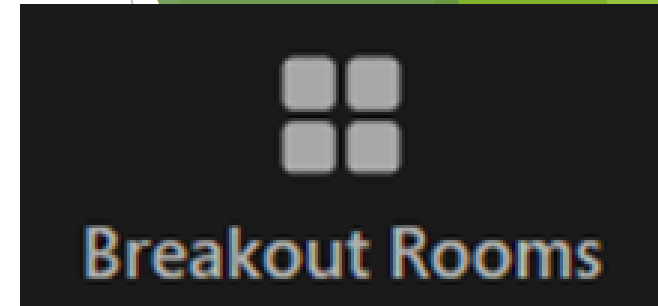
Jessica Contreras, JJC/Anne Althoff, Facilitator

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

Marya Burke & Katie Schacht, Parkland College/Lily Rocha, Facilitator

Kelly Olson, NIU/Rachel Bhagwat, 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



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 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/1Hq5XqB0ZE5Ugf-HXnUnqag4yHSBAXz2p?usp=sharing>

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

<https://www.surveymonkey.com/r/WQRG76K>

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

Grounding and Check out

- ▶ Pause, Reflect & Reset
- ▶ Find the time and ability to allow yourself time for transition.

MHA Learning Collaborative Google Drive

Preparing a Mental Health Response for a Campus-Wide Tragedy

- Learning Event Slides
- Learning Event Notes
- Participant Contact List (email autumn@lmcalpine.com to opt out)
- MHA Learning Collaboratives Learning Events Flier
- Registration for June 14, 2022 event

Upcoming MHA LC Learning Events

- ▶ ***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.

