



OHIO PROGRAM *for* CAMPUS SAFETY & MENTAL HEALTH

2019 PROGRAM SUMMARY



NEOMED

COORDINATING CENTERS
of **EXCELLENCE**



TO OUR **STAKEHOLDERS**

Campus mental health is a serious concern and suicide remains the second leading cause of death for youth and young adults 10-24 years of age. During the past two decades, that rate has significantly increased. As the number of students seeking mental health programming has increased in the past five years, the Ohio Program for Campus Safety & Mental Health (OPCSMH) has remained steadfast in its mission to promote a comprehensive approach to suicide prevention and mental health awareness to higher education institutions and community organizations in Ohio. University leaders, student affairs employees, mental health professionals and faculty members are responding to students struggling with suicidality, overdoses, anxiety and other concerns. These stakeholders need access to practical and evidence-based practices to screen students regularly for suicide risk and other mental health concerns and to engage them in treatment. The OPCSMH uses a collaborative approach to addressing mental health concerns to allow college and university communities to come together to improve student outcomes. OPCSMH, a coordinating center of excellence within the Department of Psychiatry at Northeast Ohio Medical University, is grateful to Peg's Foundation and the Ohio Department of Mental Health & Addiction Services for their generous support.

What's New with the Ohio Program for Campus Safety & Mental Health?



Russell Spieth, Ph.D., joined the OPCSMH in 2018 as the managing director of campus mental health. Dr. Spieth is a licensed psychologist.



Jessica Zavala joined the OPCSMH in 2018 as the program manager. Jessica has a master's in public administration and is a licensed chemical dependency counselor assistant.

2019 PROGRAM **HIGHLIGHTS**

Collaborative Program Development Grants (CPDG)

OPCSMH awarded 16 mini-grants designed to promote campus-community collaboration in 2019. These mini-grants support an array of campus programming, including suicide prevention trainings, mental health awareness campaigns and depression screenings.

Institutions of higher education and community entities from 75 of Ohio's 88 counties have participated in OPCSMH CPDG grants during the course of the program.

The OPCSMH has awarded \$375,000 in mini-grants to support 90 campus/community collaborations throughout Ohio.

“The Collaborative Program Development Grant from the Ohio Program for Campus Safety & Mental Health helped connect and build a relationship with Stark County colleges and universities. Prior to the Self-Care Fair, we did not have a presence or awareness campaign with college-age students. This grant enabled us to form collaborative partnerships for the future to help reach more college students.”

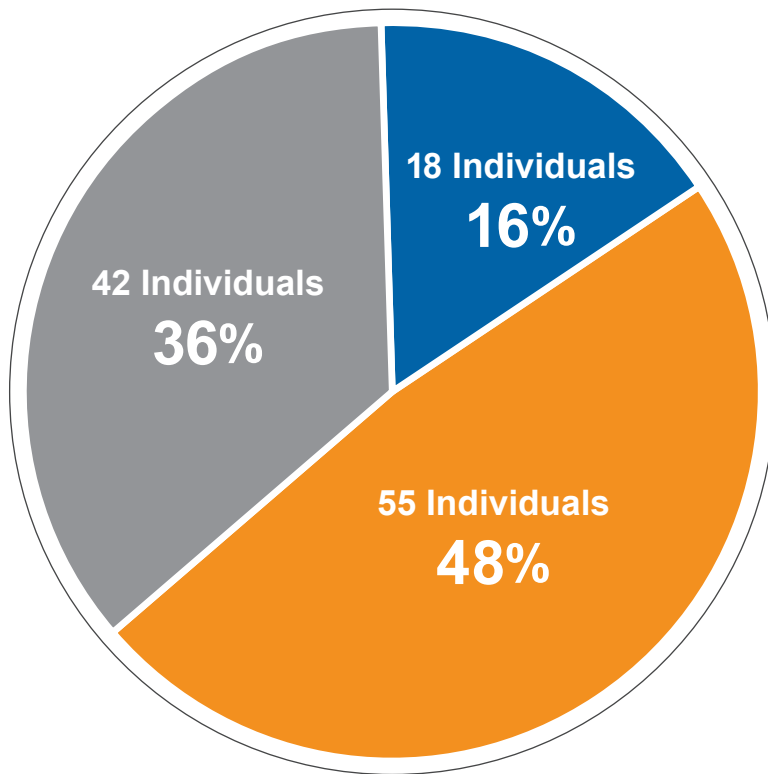
DAN MUCCI

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Campus Spotlight: Proposals funded for the 2019 grant cycle included a collaboration among Stark County’s Child & Adolescent Behavioral Health and Kent State Stark, Malone University, Stark State College and Walsh University to provide a Collegiate Self-Care Fair for Stark County’s higher education students. All participants received safe messaging and mental health resources.

Angie Hayes, motivational speaker and trauma survivor, performs at Walsh University for students, faculty and staff and shares her story of healing and building resiliency after a traumatic event.



2019 Conference Participation

- Community Organizations
- 4-year Public and Private Institution of Higher Education
- 2-year Public and Private Institution of Higher Education

The OPCSMH held its fourth, biennial conference #Raising Student Voice and Participation May 21, 2019, at Quest Conference Center in Columbus, Ohio. Alison Malmon, founder and executive director of Active Minds, was the keynote presenter. More than 100 individuals participated in ten breakout sessions and individuals from across Ohio with vested interests in supporting mental health awareness for students representing community organizations, two- and four-year public and private institutions attended.



OPCSMH is excited to announce its next conference will be May 18, 2021.

TRAINING

Since 2009, approximately 90,000 individuals in Ohio have been exposed to suicide prevention messaging through the OPCSMH.



Alison Malmon, founder and executive director of Active Minds, addressing questions and sharing information with the conference audience. Active Minds is dedicated to raising mental health awareness among college students through peer-to-peer dialogue and interaction.

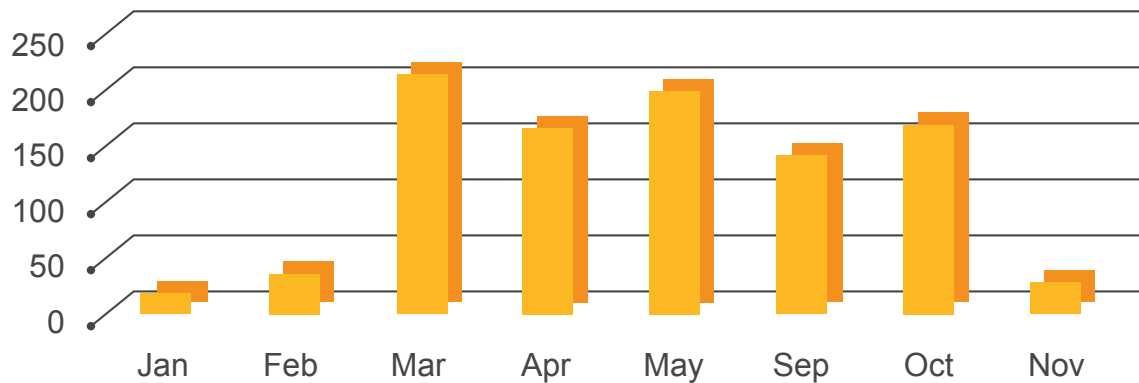


Michael Harhager responds to a question about campus-based Collegiate Recovery Programs. Michael and Erin Blakely (University of Akron) along with Steven Schreck (Otterbein University) and Lindsay Miller (NAMI-Geauga) participated in the student panel at the OPCSMH conference.



Lindsay Miller representing the National Alliance on Mental Illness (NAMI) on Campus program in Geauga County. NAMI Geauga County and Kent State-Geauga collaborate to offer on-campus programming.

2019 OPCSMH Webinar Attendance



Each year the OPCSMH offers webinar topics that were suggested by our stakeholders. In 2019, webinars topics included safe messaging for suicide prevention, accessing crises resources and the comprehensive approach to mental health programming and suicide prevention on campus.

The OPCSMH expanded opportunities and offered continuing education units (CEUs) to Ohio mental health clinicians. Webinars are available through the OPCSMH YouTube channel.

2019 Webinar Topics

January 2019	Collaborative Assessment and Management of Suicidality (CAMS)
February 2019	Creating a Collegiate Recovery Community on Campus
March 2019	Supporting College Students with Accommodations and Serious and Persistent Mental Illness
April 2019	The Intersection of Mental Health and Academic Outcomes
May 2019	Increasing Student Engagement: Outreach to Marginalized Populations on Campuses
September 2019	Crisis Intervention in Higher Education
October 2019	A Class of Our Own: Supporting the Mental Health Needs of Students of Color
November 2019	Preparing Our Students, Faculty and Staff with QPR



Ohio Program for Campus Safety and Mental Health
2019-2020 WEBINAR SERIES



Dr. Russell Spieth, far right, with Kent State University's Police Officer Jeff Futo and Sergeant Chris Jenkins and NEOMED's Director of Public Safety/Chief of Police Kali Meonske participating in an OPCSMH webinar.

Campus Safety and Crisis Intervention in Action

On September 24 the Ohio Program for Campus Safety & Mental Health initiated its 2019-2020 webinar series, *Crisis Intervention in Higher Education*. Crisis Intervention Teams (CIT) in higher education provide a valuable service by referring students to the most appropriate crisis resources.

The *Crisis Intervention in Higher Education* webinar included an overview of the CIT model in higher education; tools to identify mental health crisis trends and reporting structures; and strategies to create multidisciplinary care teams.

Upcoming Webinars

- Building a Community that Supports Student Mental Health
- Effectively Providing Telehealth Services on Campus
- Examining the role/benefits of case managers in campus counseling centers
- Involvement/engagement of parents within FERPA parameters
- Ohio's New Suicide Prevention Plan and Higher Education
- Panel discussion on students' experiences navigating campus services and mental health programming needs across Ohio
- Trauma-informed practices and strategies for higher education students



The OPCSMH, in collaboration with the JED Foundation and Peg's Foundation, developed the Ohio Healthy Campus Initiative. The Ohio Healthy Campus Initiative is a cohort of campuses that are participating in the JED Campus Program and the Healthy Minds Study.

The JED Campus Program assesses fidelity to the comprehensive mental health approach and supports the development of strategic plans to improve students' emotional well-being. The Healthy Minds Study is a survey of students developed by the University of Michigan to determine the prevalence of mental disorders, help-seeking behavior and attitudes about mental

health. Each year campus stakeholders from a cross-section of Ohio colleges and universities convene to discuss the Healthy Minds Study annual data and to learn about implementing best practices on campus.

This year nearly 50 stakeholders gathered at the Healthy Minds convening at Denison University in Granville, Ohio. Laurel Kennedy, Ph.D., vice president of student affairs, presented information about safe messaging and suicide prevention programming implemented at Denison University. David Rivera, M.D., (The SteveFund), and Sarah Lipson, Ph.D., (Healthy Minds Study) also provided formal presentations.

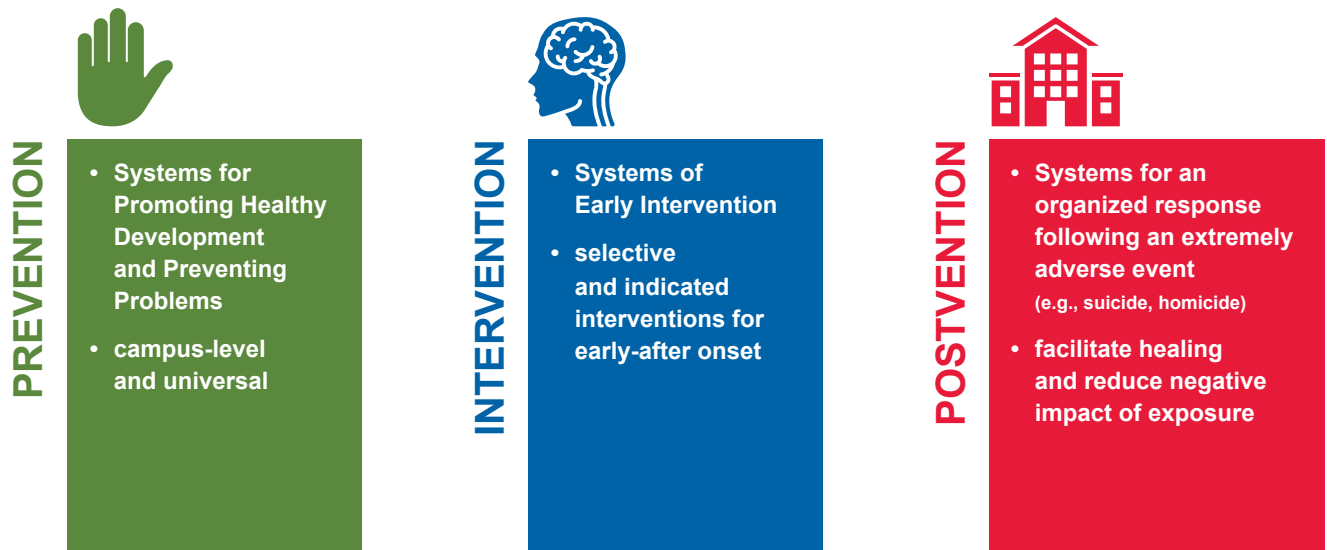


jedfoundation.org



OHIO PROGRAM FOR
CAMPUS
SAFETY & MENTAL HEALTH

Continuum of Strategies to Promote Mental Health in Higher Education



Promoting Mental Health Awareness and Wellness in Higher Education

The OPCSMH understands that supporting the emotional health of students, faculty and staff is the responsibility of the entire community. Best practices support promoting prevention, intervention and postvention all within a system of care.

Prevention

Effective prevention in higher education includes an integrated approach in which campus professionals and students and community stakeholders work collaboratively.

Intervention

Intervention strategies include assessments, access and referral to appropriate treatment resources to address mental health problems and ensure adequate support.

Postvention

With effective postvention planning and policies, students who are impacted by suicide will have access to resources and interventions.

Ohio House Bill 28

Ohio House Bill 28 (131st GA, 2015) enacted suicide prevention programs at public institutions of higher education. HB 28 serves as a guide to OPCSMH crisis intervention access, mental health program access, multimedia access, student communication plans and postvention planning.



With a clear focus and vision for 2020 and beyond, the Ohio Program for Campus Safety & Mental Health will continue promoting an integrated, public health approach to campus suicide prevention and wellness.


With continual funding and partnerships, we commit to executing more Collaborative Program Development Grants to promote campus-community collaboration. In addition, we will continue to support outreach efforts to reduce mental health and/or substance use disorder-related stigma. Finally, we are dedicated to supporting strategies that engage students in planning and delivering campus-based mental health programming.

Ohio Program for Campus Safety & Mental Health

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