

# **BUILDING A UNIVERSITY COMMUNITY THAT SUPPORTS STUDENT MENTAL HEALTH**



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# HOPES FOR TODAY

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1

Learn ways to develop relationships within a collaborative leadership framework

2

Understand the importance of student engagement to create high impact inclusive programs.

3

Become familiar with several student-led initiatives

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EVERY ENCOUNTER MATTERS







# COLLABORATIVE LEADERSHIP

## RELATIONSHIPS

Engage others in  
building a Community  
of Care  
HealthyUC, UHS  
CAPS STaff, SA  
MHChampions  
Mind Body Faculty

## SHARED LEADERSHIP

Non-expert Stance  
Others Ideas are  
respected,  
necessary and  
valued  
Counter Cultural

## LISTEN

Be Present  
Put your agenda  
away  
Trust Others  
No More Business as  
Usual  
Community Wellness  
Groups



# CIRCLE PRINCIPLES

LEADERSHIP ROTATES,  
RESPONSIBILITY IS SHARED,  
WHOLENESS OF THE GROUP

SPEAK WITH INTENTION,  
LISTEN WITH ATTENTION,  
TEND TO THE CIRCLE





Student Centered and Public Health approach to  
Health and Wellness on campus involves building a  
Community of Care

**Supporting all students at every level of need**

Engaging all members of our Campus Community

**A Community View**



# STUDENT ENGAGEMENT

2

GO TO WHERE **THEY ARE**, ASK THEM WHAT **THEY NEED?**

HOW BEST CAN I **SUPPORT YOU?**

BE **INVITED** INTO THEIR LIVED EXPERIENCES (AVOID ASSUMPTIONS)

INVOLVE **THEM** IN DECISION MAKING (INTENTIONAL ACTION)

**ACTION, ACTION, ACTION**



# INVITED INTO STUDENT'S LIVED EXPERIENCE TO UNDERSTAND AND TAKE ACTION



LOVE

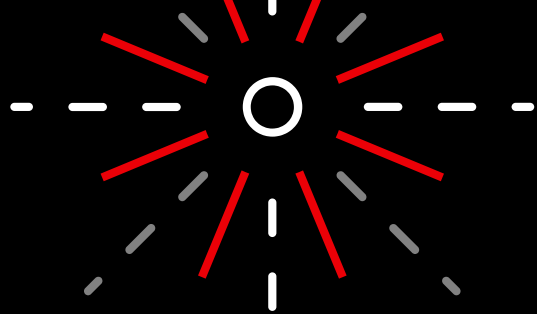


HIGH IMPACT  
INCLUSIVE  
PROGRAMS



COMMUNITY

How do you build intimate relationship with people you love?  
It can be complicated, difficult & messy but worth it!  
- You Advocate for them

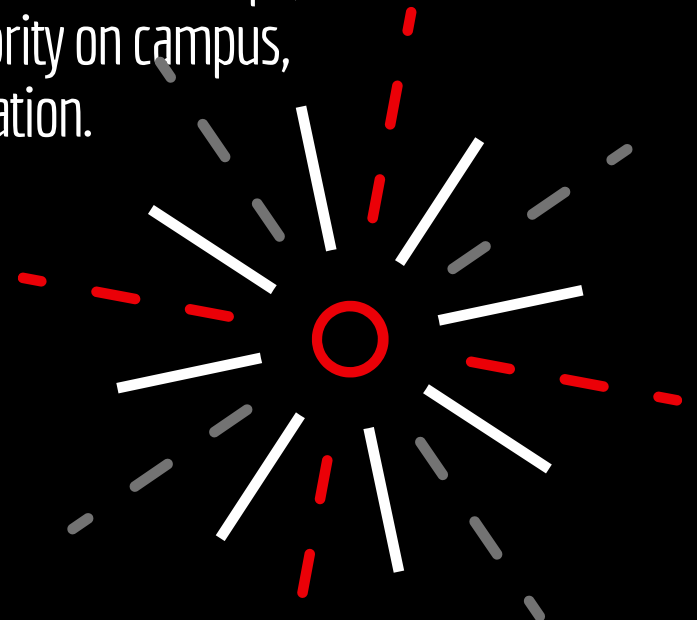
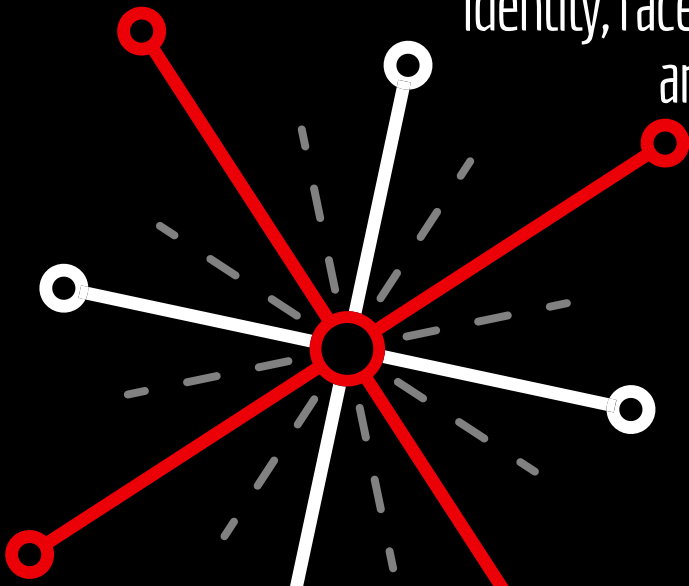


SOCIAL JUSTICE PLATFORM  
FOR BLACK STUDENTS AT  
THE UNIVERSITY OF  
CINCINNATI

# WE GOT US

Collaboartion with  
African American  
and Cultural  
Resource Center  
(AACRC)

A supportive space where students of color can come and find community, support, and develop a sense of belonging while discussing topics such as: relationships, identity, race and diversity, being a minority on campus, and experiences of discrimination.





**Facilitated by Julie Lineburgh, CAPS Counselor and Outreach Coordinator**

**Expanding to Graduate and COM Leaders**

Our Mission: Bearcats Support Network (BSN) is a community of students that fundamentally works to destigmatize mental health, while holistically creating a network throughout campus that is supportive, inclusive, and connected through peer-to-peer support groups and monthly social events

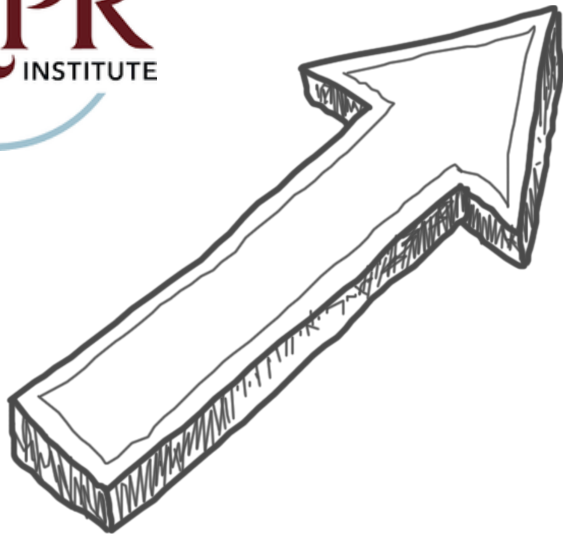
Established 2018 - grown by 200 %

"BSN has become family to me and I will forever value friendships, relationships, and experiences gained through the sharing empathetic love and conversations."



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# MENTAL HEALTH CHAMPIONS PROGRAM



## STUDENT INITIATED

130 faculty and staff applied in the inaugural year!

\*Chandler Rankin and Abby Smith - SGA

Big Collab Group all levels of University

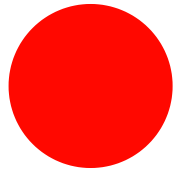
## ALL DAY TRAINING

January

- 1.Student Panel
- 2.Supporting Others
- 3.Wellness for Self
- 4.NAMI - Language Matters
- 5.NEW - QPR

## SUPPORTIVE LEARNING ENVIRONMENTS

This group is creating impact in building supportive environments building allies and culture change across our campus.



**THANK YOU & QUESTIONS**

