



OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CCoE

OPCSMH 2023-2024 Webinar Series

FROM BURNOUT TO BALANCE: UNDERSTANDING THE IMPORTANCE OF DECOLONIZING MENTAL HEALTH AND WELLNESS STRATEGIES FOR BIPOC STUDENTS

First generation BIPOC students face unique challenges that uniquely impact their experiences in higher education. This engaging 1-hour webinar will provide a brief introduction to the decolonized framework for mental health approaches and wellness strategies in higher education as many of the current approaches to well-being are historically grounded in Eurocentric and Western models and have been inconsistent with the ways in which many BIPOC individuals understand, experience, and navigate the world. This webinar empowers attendees to recognize the importance of decolonizing wellness strategies to improve mental health, retention, and success among BIPOC college students. Attendees will additionally learn culturally responsive strategies and decolonized mental health practices that help first generation BIPOC college students expand notions of well-being and succeed in PWIs.

TIME

May 8th, 2024

1:00pm-2:00pm EST

SPEAKER

Stacey Diane Arañez Litam, PhD,
LPCCs, NCC, CCMHC

Assistant Professor, Cleveland State
University



**SCAN TO
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Questions?

Contact us at opcsmh@neomed.edu