



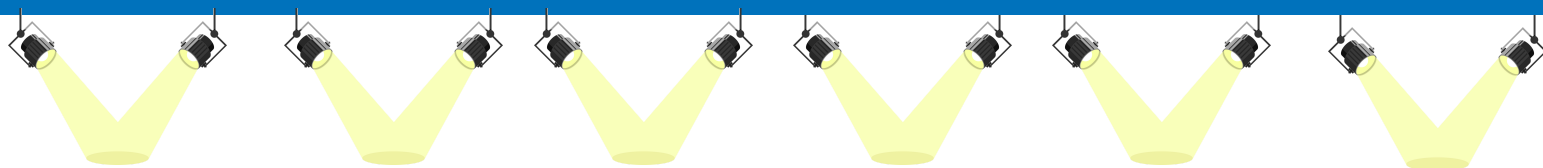
OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CC&E

The Campus Connection

Keeping Ohio's campuses and communities of learning connected quarterly.

March 2025

6th Edition



Pictured: Amanda Stilgenbauer, Brittany Bartlett, Josh Thrash, and Kathy Temple-Miller, Annaleise Fisher

Campus-Community Spotlight: Washington State College of Ohio's P.S. I Love You Day

Washington State College of Ohio (WSCO) recently collaborated with P.S. I Love You Day to host a Community Health Day on February 10th. WSCO's event featured 20 community partners and over 200 participants, including the OPCSMH's own Annaleise Fisher, Ed.S., LPCC-S, Suicide Prevention and Health Promotion Manager. Fisher had this to say when asked about her experience: "I was honored to attend the P.S. I Love You event this February at

Washington State College of Ohio. This Campus-Community Collaborative grant-funded event had an impactful theme that appeared to resonate with attendees. **Attending this event provided me with an opportunity to learn more about the P.S. I Love You Day non-profit organization, which seeks to reduce stigma about mental health and suicide.** The event featured a vibrant purple theme, where attendees were encouraged to wear purple and were gifted purple carnations coupled with a variety of mental health, wellness, and suicide prevention resources. The impressive turnout clearly demonstrates WSCO's dedication to the well-being of its campus-community." P.S. I Love You Day is a registered non-profit dedicated to eliminating the stigma associated with mental health. The non-profit's mission is to promote hope and build a community where everyone feels embraced, valued, and supported. P.S. I Love You Day is celebrated every second Friday of February. WSCO worked closely with the OPCSMH as a fiscal year 2025 Campus-Community Collaborative Grantee (CCG). The CCG award helped with funding to support this event. In addition to meeting with community partners and experiencing a warm and welcoming environment, attendees could also look forward to receiving flowers. Students, faculty, and staff all enjoyed this day of self-love and mental health awareness. The OPCSMH was ecstatic to help support this event and looks forward to supporting similar events in the future! To learn more about P.S. I Love You Day, click [here](#).

Unveiling Ruth Simera: A Journey Through an Executive Director's Unique Perspective of Wellness for Stress Awareness Month



Ruth Simera, M.Ed., LSW
Executive Director
Coordinating Centers of Excellence
Northeast Ohio Medical University

The Ohio Program of Campus Safety and Mental Health is pleased to introduce Ruth H. Simera, M.Ed., LSW, Executive Director of the Coordinating Centers of Excellence at Northeast Ohio Medical University (NEOMED). In this interview, she discusses how wellness is crucial to daily life and shares techniques for incorporating wellness into your everyday routine. Collegiate Mental Health Assistants Mattison Toth, an undergraduate public health student, and Ren Hackley, a graduate-level social work student, interviewed Simera. Simera has a wealth of experience and knowledge in mental health and community intervention. She uses her expertise to offer valuable insights and practical advice on managing wellness, coping with stress, and effectively managing time.

Wellness is vital for maintaining mental clarity and focus and for leading a fulfilling life while supporting the overall functioning of your body's systems. Throughout our discussion with Simera, we learned new insights that will benefit readers regarding having improved mental health management. One important topic we explored was the difference between wellness and self-care, which is often misunderstood.

Wellness is centered on achieving goals, while self-care promotes resilience and well-being. For example, wellness is a sense of well-being, like feeling healthy or content. At the same time, self-care comprises the activities you engage in to achieve wellness, like eating nutritiously, exercising, or engaging with loved ones.

Interested in reading the full story? Click [here](#)!

Other Recommended Resources, provided by Ruth Simera, M.Ed., LSW

- Mindfulness and Meditation:
 - There are various apps available to support people at all levels of experience and with all levels of available time. The one I have chosen for myself is Insight Timer. It offers guided sessions for as short as a few minutes and more extended opportunities, and people can choose whether to set goals or not. I like the flexibility and options.
 - Mindfulness and Health Institute: they offer a variety of resources, some of which are free to community members, e.g., free live-online Community Mindfulness Sessions each week.
- Science-based wellness information: I referenced two physicians who have done extensive research. They both have books available, but they also appear on many podcasts, which can be easily accessed for free.
 - Dr. Sanjay Gupta: 5 Pillars of Brain Health
 - Dr. Rangan Chatterjee: 4 Pillar Plan for Everyday Health
- Sleep:
 - The American Academy of Sleep Medicine/Foundation has a Sleep Education website (<https://sleepeducation.org>) with resources and educational information, including a bedtime calculator, sleep diary, and more.
 - National Sleep Foundation (www.thensf.org)



Get ready for fresh perspectives! OPCSMH student employees, Ren and Mattison will soon be sharing their insights on campus-community collaboration, mental health, and suicide prevention- all from college students' point of view! You will find their blog posts on our [website's](#) archives page or on our [LinkedIn](#) account.

Student Spotlight: Sarah Watson, Ashland University



Pictured: Jessica Zavala, Annaleise Fisher, Ren Hackley, Janel Molnar, Sarah Watson



The Ohio Program for Campus Safety and Mental Health is honored to recognize Sarah Watson, a junior at Ashland University (AU). In January, Watson was recognized nationally for her significant contributions to collegiate mental health and suicide prevention initiatives at the NASPA Strategies Conference in Boston, MA. She was selected as the Outstanding Peer Educator Award recipient among a pool of exceptionally qualified candidates. Her mentor, Janel Molnar, Director of Recreation and Wellness at AU, accompanied her to the NASPA Strategies Conference. Notably, this is not the first award Watson has received for her leadership; she was also awarded the Perseverance & Courage Award at Ashland University!

Watson is responsible for spearheading multiple mental health and suicide prevention initiatives at AU, one being her involvement with [Josh's Benches for Awareness Corporation](#). Josh's Benches is a non-profit organization for mental health and awareness that provides benches to schools and community organizations nationwide. This bright yellow bench can be found near the Recreation Center on campus and serves as a symbol of hope and encouragement to ask for help (see pictured)! The bench features the Suicide and Crisis Lifeline number, 988, and a quote chosen by Watson. Watson thoughtfully selected the quote, "Stay another day. KEEP GOING."

Additionally, Watson demonstrates leadership in various mental health and suicide prevention initiatives at AU. As only a sophomore then, she served as AU's Wellness Intern and developed a team of 16 peer educators who lead wellness programs on campus. Today, Watson continues to serve as the president of this Student Wellness Team. Watson also spreads awareness about suicide prevention by instructing QPR Gatekeeper training sessions. Furthermore, she has been selected as a lead speaker on numerous occasions to share her personal experience of losing her father to suicide at an early age.

Watson shared that she plans to continue her involvement with mental health and suicide prevention programs after graduating from AU. She provides a model of leadership and inspiration for Ohio campus-communities. The OPCSMH cannot wait to hear what she will do next!

Current & Upcoming Funding Opportunities

Please see the table below for a list of current and upcoming funding opportunities available to assist institutions of higher education, non-profits, state agencies, and college students.



Funding Opportunity	Closing Date	Award Ceiling
<u>University Mental Health Fellowship</u>	April 20th, 2025	Unspecified
<u>NCAA Innovations in Research and Practice Grant Program</u>	May 5th, 2025	\$50,000
<u>Drug-Free Communities (DFC)</u>	May 5th, 2025	\$125,000/year
<u>Pilot Research Opportunities in Crisis Response Services for Suicide Prevention (R34 Clinical Trial Optional)</u>	June 3rd, 2025	\$450,000

Training Opportunities

Please see below for a list of upcoming in-person and virtual training opportunities.



Event	Description	When & Where
Ohio Program for Campus Safety and Mental Health Webinar Series	Be sure to check the OPCSMH Webinars page for newly announced webinars each month during the academic year!	Zoom
Ohio Program for Campus Safety and Mental Health 7th Biennial Conference: The Evolving Landscape of Campus Behavioral Health	Register today for the OPCSMH 7th Biennial Conference: The Evolving Landscape of Campus Mental Health! Depart with the skills, knowledge, and resources to navigate the evolving landscape on campus behavioral health, no matter your role on campus.	May 15th, 2025 8am-4pm EST OCLC Conference Center Dublin, Ohio
2025 CIT Conference	The NEOMED Criminal Justice Coordinating Center of Excellence is excited to announce that this year's Ohio CIT Conference will once again be held at The Quest Conference Center in Columbus! In addition to the Ohio CIT Awards ceremony, the agenda features two keynote speakers, and a range of breakout sessions tailored for CIT coordinators, law enforcement, corrections, and public safety telecommunicators.	April 9, 2025 9am-4pm EST Columbus, OH
QPR Training	Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to help someone in crisis seek the support they need.	April 14th, 2025 1pm-2:30pm EST Virtual

Event	Description	When & Where
Connecting the Dots: Working with Fraternities and Sororities	For better or worse, there is nothing like the sorority & fraternity experience or working with fraternities and sororities on the campuses in which they reside. Complex, and often complicated organizations, lead to complex and complicated relationships. The question this session aims to explore is why. Why can working with fraternities & sororities and the professionals and volunteers who work with them be so complicated? Come “connect the dots” and explore barriers and complexities getting in the way of successful working relationships.	April 16, 2025 2pm-3pm EST
Sources of Strength Virtual Ohio Conference	The mission of Sources of Strength is to prevent adverse outcomes by increasing wellbeing, help-seeking, resiliency, healthy coping, and belonging. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support, or protective factors, for young people so that when times get hard, they have strengths to rely on	April 23, 2025 Virtual
Suicide Prevention Symposium on Empowering Communities to Save Lives	The Suicide Prevention Symposium on Empowering Communities to Save Lives is an impactful event designed to equip attendees with critical insights and strategies to prevent suicide and support mental health in a community.	May 28th, 2025 08:30am - 05:00pm EST
Verbal Intervention	Verbal Intervention will prepare attendees to identify, respond to, and prevent low-risk crisis behavior with nonrestrictive intervention techniques. It teaches non-restrictive verbal interventions, such as limit setting, that effectively de-escalate challenging behavior.	June 13th, 2025 8am-5pm Canton, OH
Risk Reduction Language to Increase Community Readiness: Adult Alcohol Use	In this webinar, Kristina will share strategies to break through to individuals when community readiness for adult alcohol use is low and change seems impossible	August 1 2025 11:30am-12:30pm EST Virtual
Beyond Connections: Building Capacity for Prevention Through Expanded Networks and Partnerships	In this session, we'll explore some of the practical benefits of professional associations and networking with like-minded peers. Expanding who you know, taking advantage of local opportunities, and learning about available resources can help you tackle other items on your To Do list.	September 5 2025 11:30am-12:30pm EST Virtual

Does your organization have a training or funding opportunity occurring between June and September 2025? Contact us at opcsmh@neomed.edu so we can share it in the next quarterly OPCSMH Newsletter!

Be sure to [sign up](#) for the Ohio Program for Campus Safety and Mental Health listserv to stay up to date on new training opportunities, events, and funding opportunities!

Find previous editions of *The Campus Connection* [here](#)!

