



Student Mental Health Summit:  
Educating and Empowering Students

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University of Oregon

# Presenters

Mariko Lin, PhD

Kyra Ortega-Schwartz, BS

Suzie Stadelman, MS

# Learning Objectives

- Replicate planning and execution of a mental health summit or similar event
- Share needs assessment data and themes to understand UO campus community
- Develop outreach and education that emphasizes student feedback, especially underrepresented communities





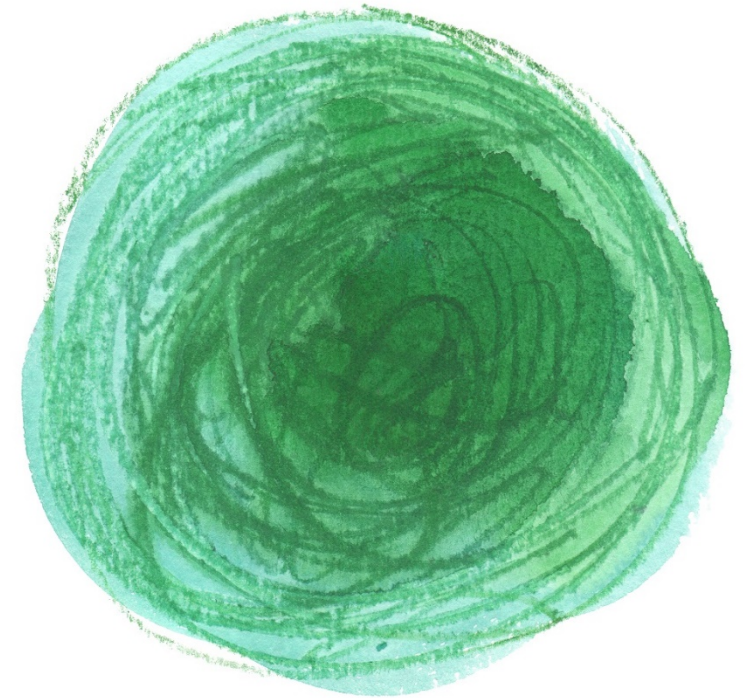
# Garrett Lee Smith (GLS) Campus Suicide Prevention Grant

- 2004 Garrett Lee Smith Memorial Act from Oregon Senator Gordon Smith
- The purpose of this program is to develop a comprehensive, collaborative, well-coordinated, and evidence-based approach to:
  - Enhance services for all college students, including those at risk for suicide, depression, serious mental illness, and/or substance use disorders
  - Prevent mental and substance use disorders
  - Promote help-seeking behavior and reduce stigma
  - Improve the identification and treatment of at-risk college students
- Administered by the Substance Abuse and Mental Health Services Administration (SAMHSA)



# GLS Grant at UO

- Collaboration between Prevention Science and University Counseling Center
- Received Notice of Award in November 2018
- Funding of ~\$100,000 a year, for three years (2018-2021)
  - UO matching federal budget
- Two special populations: LGBTQ+ and Veteran Students
- Mental Health Task Force and Advisory Council



# Planned GLS Activities

- Expand existing Applied Suicide Intervention Skills Trainings (ASIST)
- Increase access to existing Interactive Screening Program
- Review and revise crisis protocols, formalize a postvention plan
- Implementation of Kognito for students and faculty/staff
- Create and launch a marketing campaign to normalize mental health struggles and encourage help-seeking behaviors
- Create peer-to-peer support groups that enhance student connectedness and belonging
- Addition of Let's Talk locations across campus
- Jed Campus
- **Student Mental Health Summit – Sunday, May 5, 2019**





# UO Campus Climate

- Nationally, utilization of counseling centers is increasing, this is consistent at UO

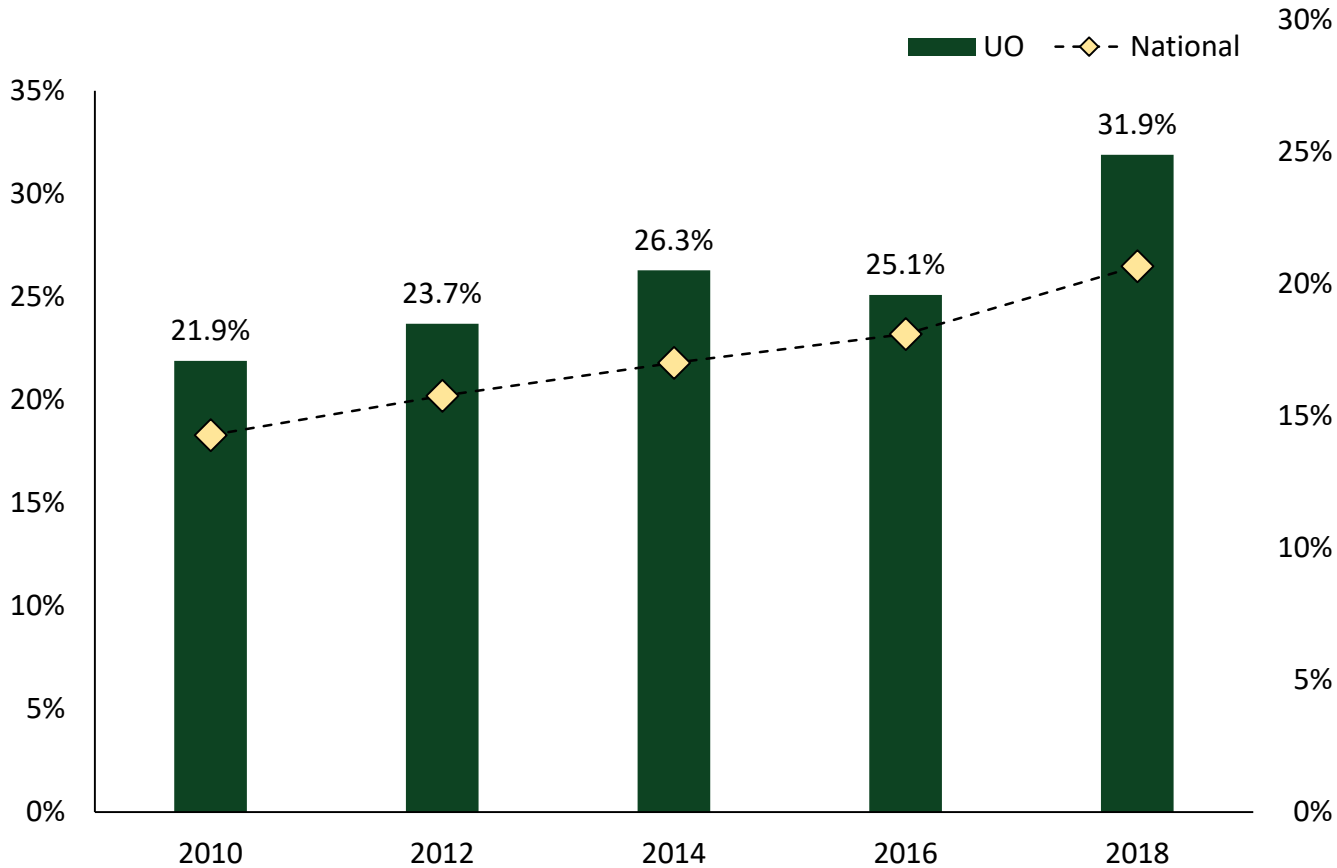
*From 2013-14 to 2017-18:*

- 29% increase in number of clients accessing services
- 24% increase in total number of appointments (regardless of attendance)
- At the same time, enrollment had decreased by 7% during the same time frame.

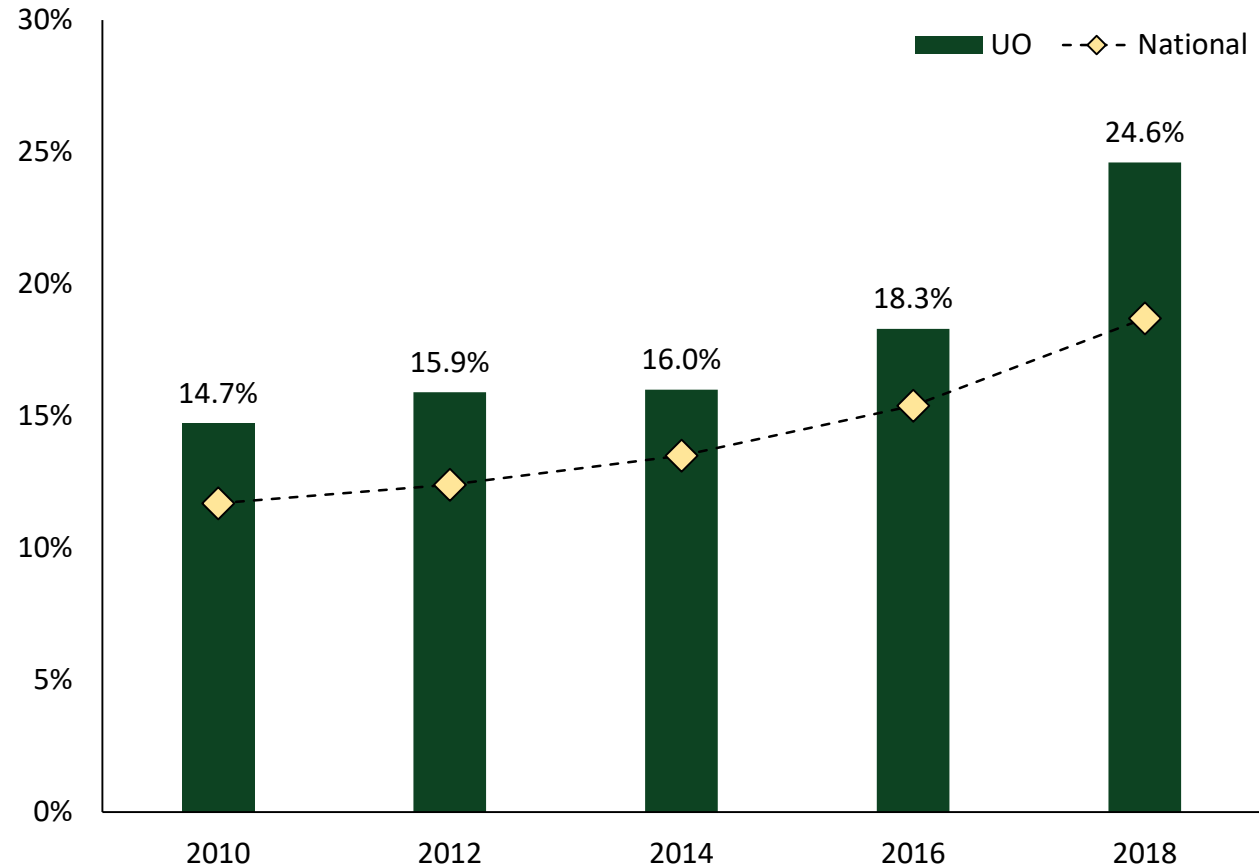
# UO Campus Climate

Higher rates of anxiety and depression than the national average

Anxiety Affects Academic Performance (Last 12 Months)

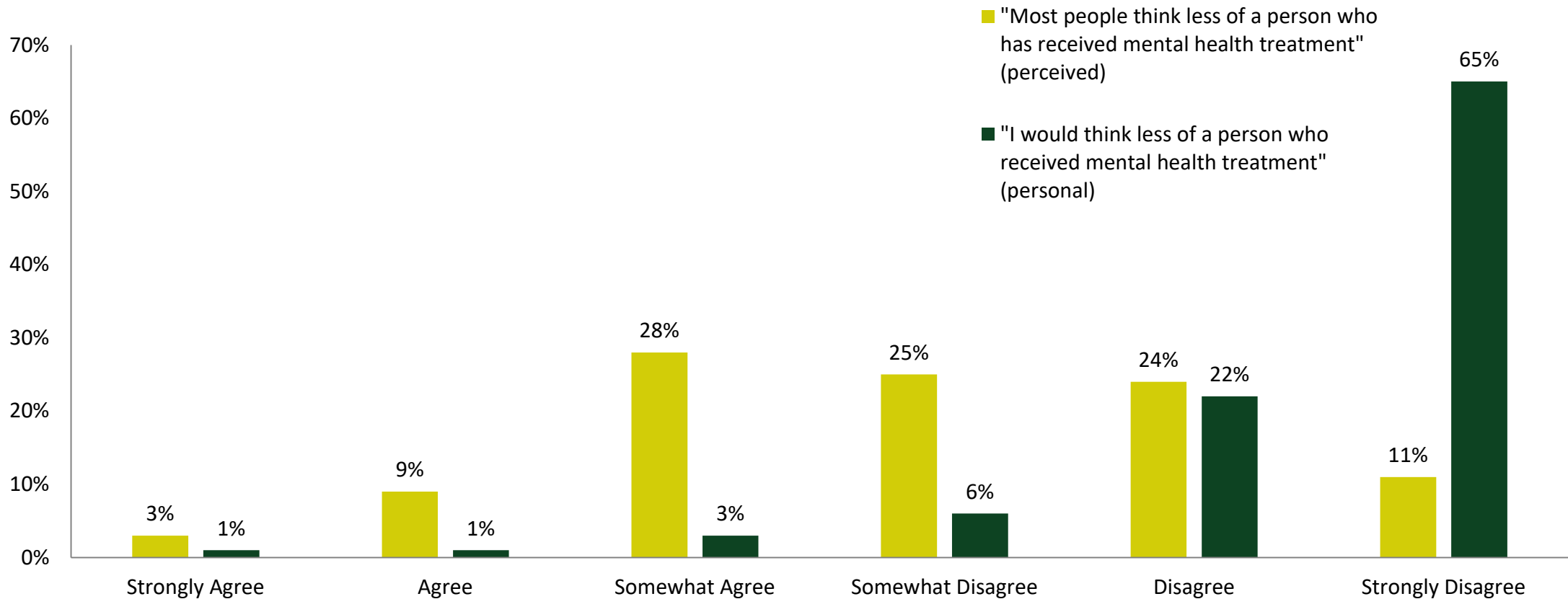


Depression Affects Academic Performance (Last 12 Months)



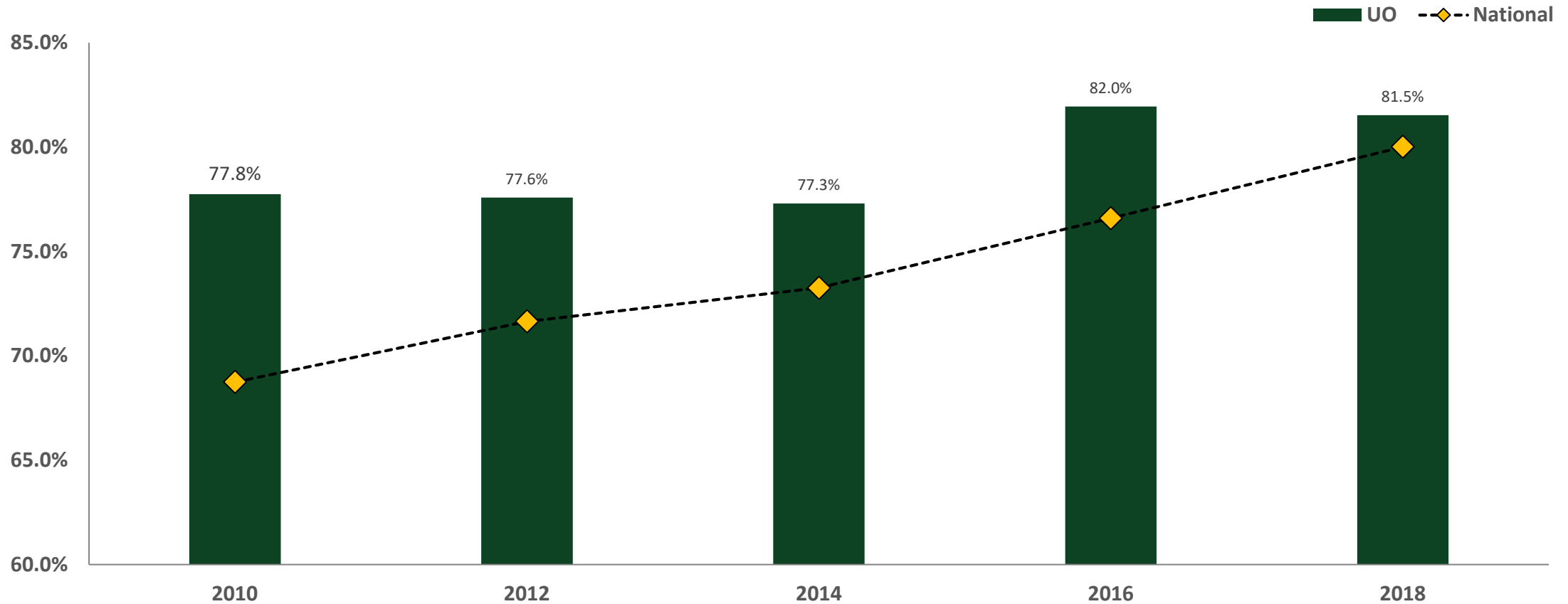


# UO Campus Climate-Stigma



# UO Campus Climate- Help Seeking

Would consider seeking help from mental health Professional if bothered by a problem









Three circular brushstrokes in shades of green and yellow-green, arranged in a triangular pattern on the left side of the slide. The top circle is a dark green, the middle one is a medium green, and the bottom one is a light yellow-green. Each circle has a textured, hand-painted appearance with visible brushstrokes.

# Goals of Summit


- Showcase mental health research
- Highlight and increase awareness of the services and resources
- Reduce stigma and fear of mental illness and increase help seeking
- Hear about students' experiences surrounding mental health



# Timeline



Build  
Schedule



January

# Building the Schedule

<b>10:00-10:20</b>	<b>Check-in</b>
<b>10:20-11:15</b>	Welcome & Keynote
<b>11:15-11:30</b>	Break
<b>11:30-12:20</b>	Breakout Session #1
<b>12:20-1:30</b>	Lunch
<b>1:30-2:20</b>	Breakout Session #2
<b>2:20-2:30</b>	Break
<b>2:30-3:20</b>	Breakout Session #3
<b>3:20-3:30</b>	Break
<b>3:30-4:15</b>	Closing
<b>4:15-4:30</b>	Summit Evaluation

# Budget

	UCC	GLS	Partners
Space & Microphones	\$425		Erb Memorial Union
Food (Light Breakfast and Lunch)	\$4,163		Catering
Incentive (Hydro Flask and Decal)	\$2,093		Duck Store
Printing (Advertising, Program, Name Tags)		\$593	Marketing & Communication
			KIND Bars
			Yogi Tea
<b>Total:</b>	<b>\$6,681</b>	<b>\$7,274</b>	

February-  
Late March



Call for  
Proposals



# Call for Proposals

- Duck Nest Wellness Center
- Health Promotions/Health Initiatives
- Psychology Department
- Counseling Psychology Department
- Couples and Family Therapy Department
- Prevention Science Department
- University Counseling Center
- Student Groups (SSPT, SAB, SMHA)
- Sexual Violence Prevention
- Substance Abuse Prevention
- Center for Digital Mental Health





# Proposals by Campus Partners

- **'The Focus Group:' A Men's Health Initiative**  
*Wellness Center*
- **Therapy Advisor: Developing an App to Connect People with the Mental Health Care They Deserve**  
*Center for Digital Mental Health*
- **Evidence-Based Mental Health Services at the University of Oregon Psychology Clinic: What We Do and What to Expect as Our Client**  
*Psychology Department*

# Proposals by Students

- **Microaggressions and Mental Health: Implications for Students and Staff at the University of Oregon**  
*Counseling Psychology Department*
- **Recovery Ally Training**  
*Collegiate Recovery Center*
- **Thank You for Being a Friend: Tips for Engaging in Challenging Conversations Surrounding Substance Use**  
*Substance Abuse Prevention Peer Educators-Dean of Students*
- **Suicide Prevention Workshop**  
*Student Suicide Prevention Team*



# Proposals by Counseling Center Staff

- **Latinx College Student Mental Health**  
*LatinX Student Specialists*
- **What are Black/African-American Student Specialists?**  
*Black and African American Student Specialists*
- **Supporting Trans and Gender Diverse Students**  
*Staff on the Gender Support Services Team*
- **Queer Students of Color on College Campuses: Navigating Identity and Mental Health**  
*Doctoral intern as part of yearlong consultation project*
- **Trends in Mental Health and Counseling Center Utilization at the University of Oregon**  
*Assessment Team – Graduate Employee, Assistant Clinical Director*





# Breakouts

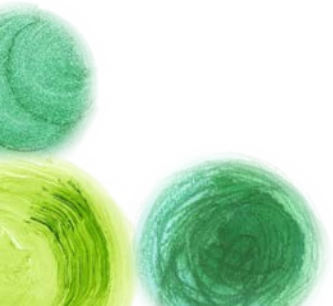
Breakout Session #1	<i>Let's Talk About Mental Health</i>	<i>Supporting Trans and Gender Diverse Students</i>	<i>Thank You for Being a Friend: Tips for Engaging in Challenging Conversations Surrounding Substance Use</i>	<i>Trends in Mental Health and Counseling Center Utilization at the University of Oregon</i>	<i>Evidence-Based Mental Health Services at the University of Oregon Psychology Clinic: What We Do and What to Expect as Our Client.</i>
	Suzie Stadelman, MS	Reese Henrichs-Beck, PhD, Chris Michales, PhD	Avery Turner	Christina Cendejas, MS, Alisia Caban, PhD	Crystal Dehle, PhD
Breakout Session #2	<i>Let's Talk About Mental Health</i>	<i>Queer Students of Color on College Campuses: Navigating Identity and Mental Health</i>	<i>Latinx College Student Mental Health</i>	<i>What are Black/African-American Student Specialists?</i>	<i>Recovery Ally Training</i>
	Mariko Lin, PhD	Anjali Dhar, MS	Eric Garcia, PhD, Michael Carrizales, PsyD	Nikki Chery, PhD, Chris Smith, PsyD	Dani Wilson, MA, MS, Kory Coleman
Breakout Session #3	<i>Let's Talk About LGBTQ+ Mental Health</i>	<i>Therapy Advisor: Developing an App to Connect People with the Mental Health Care they Deserve</i>	<i>Microaggressions and Mental Health: Implications for Students and Staff at the University of Oregon</i>	<i>Student Suicide Prevention Workshop and Training</i>	<i>'The Focus Group:' A Men's Health Initiative</i>
	Anjali Dhar, MS	Monkia Lind, MS, Nick Allen, PhD	Lindsey Romero, BA, Yahaira Garcia, MEd	Jazmin Cole, Kelley Sullivan	Arian Mobasser, MS



Open Early April

# Registration

- Free event
- Meals provided
- Qualtrics, with pre-test
- Shared with Advisory Council and other campus colleagues
- Incentive for first 100 to register AND attend

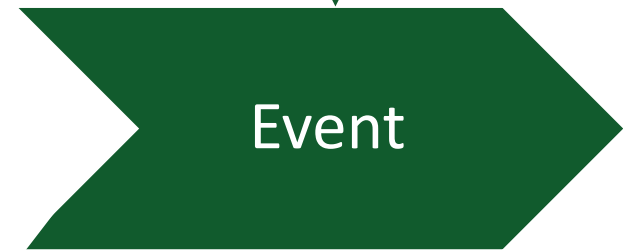


Higher Volume than Expected



# Registrant Demographics

May 5



Event



# Event

- Welcoming Remarks
- Lunch Tabling
- Lower attendance than expected
- Closing Panel

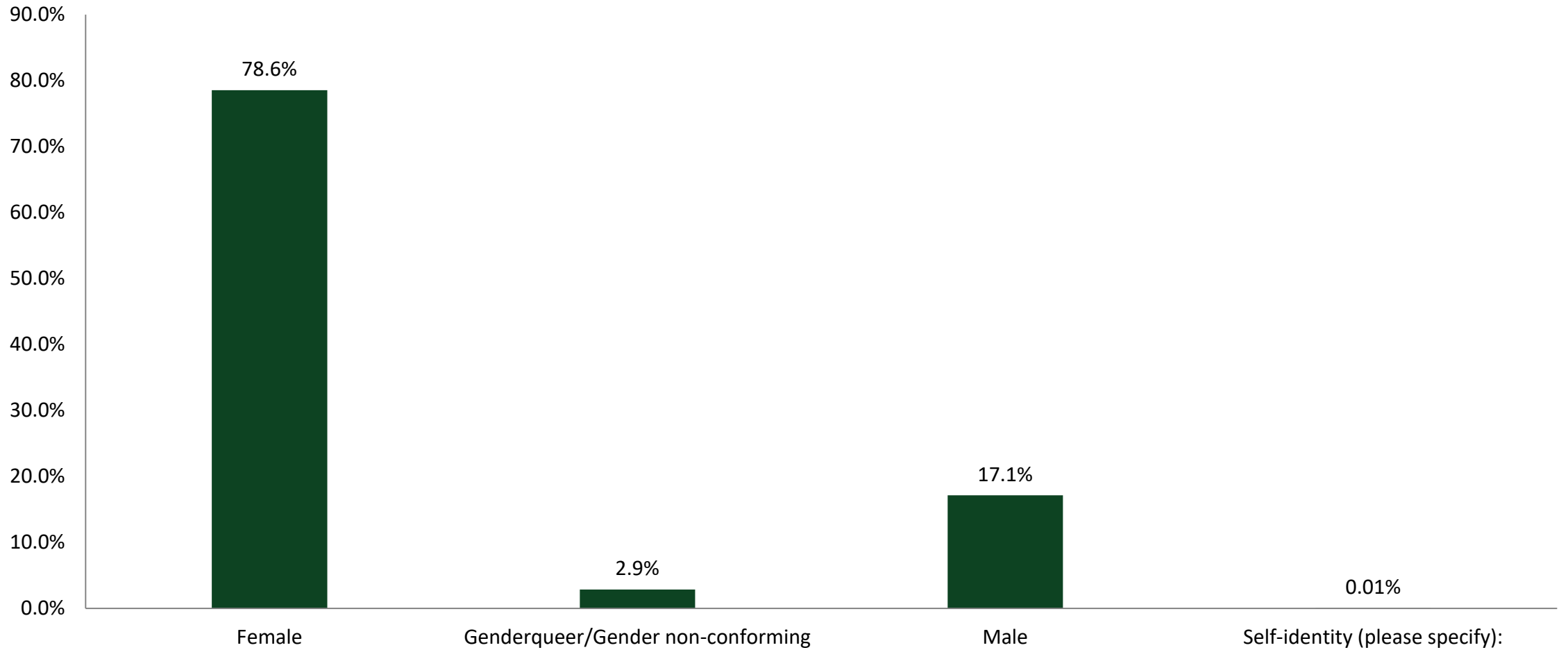


# Evaluation Data

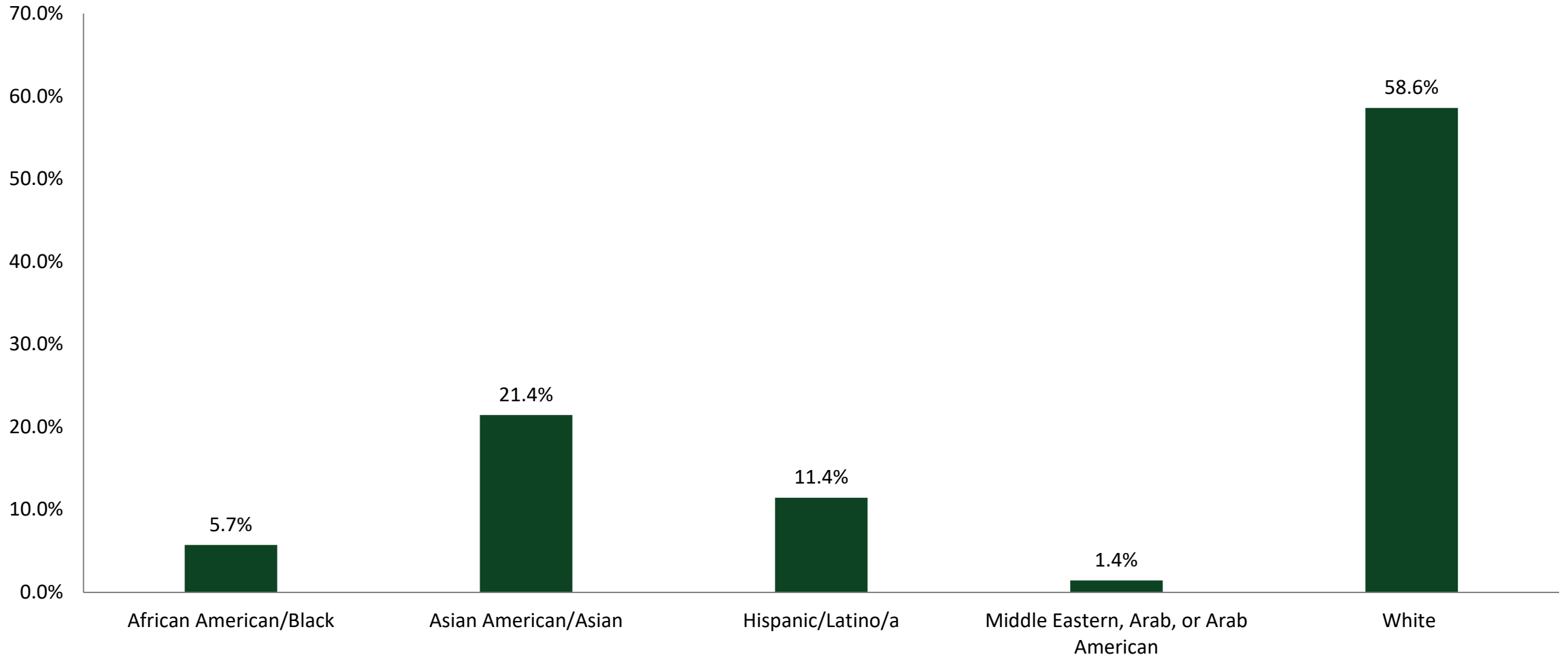
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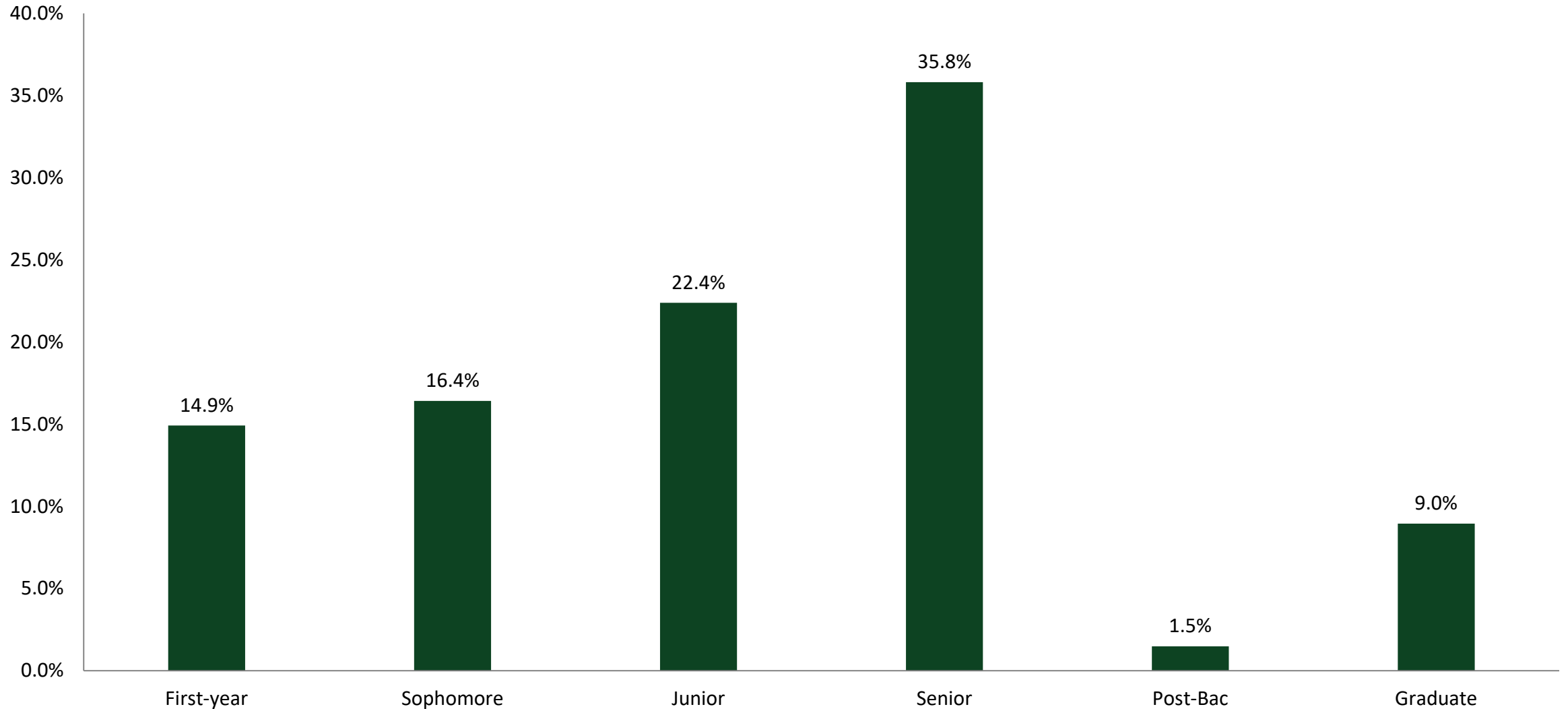
# Demographics of Attendees-Gender



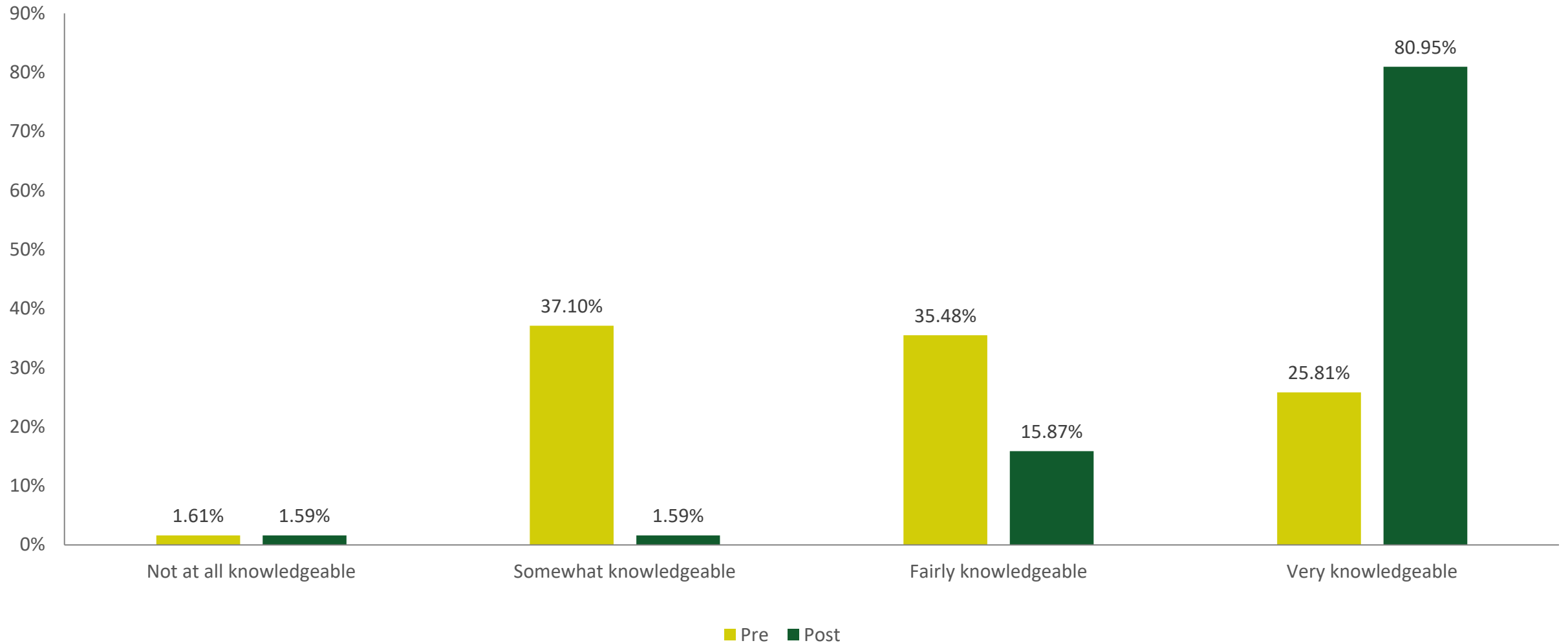
# Demographics of Attendees-Race



# Demographics of Attendees-Year in School

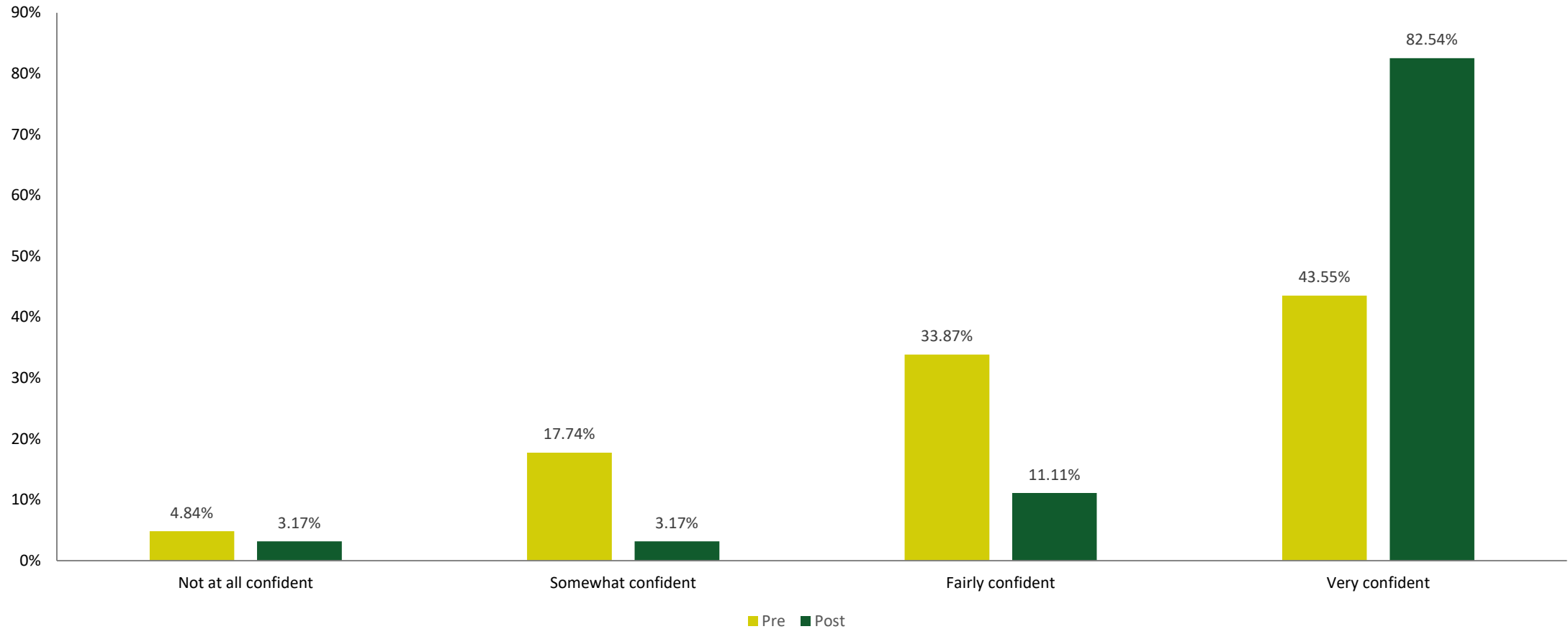


# How knowledgeable do you feel about the mental health support resources on campus?

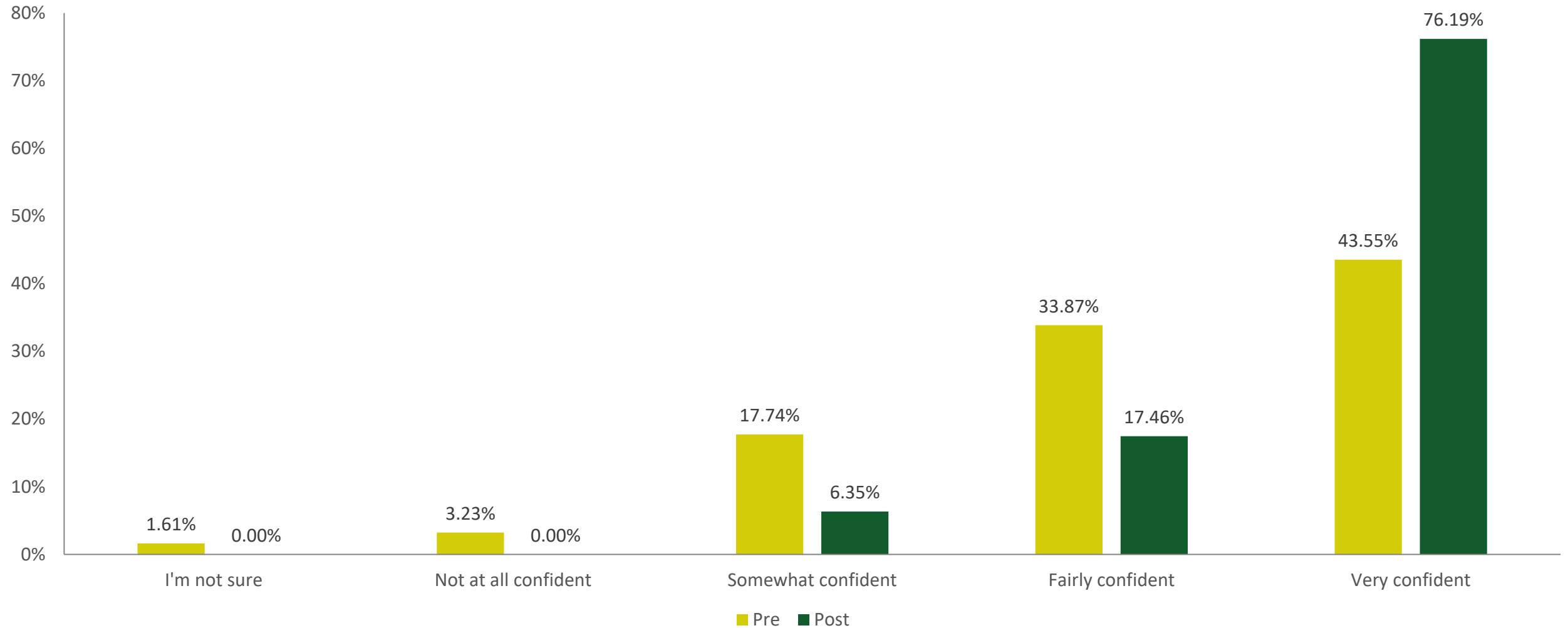




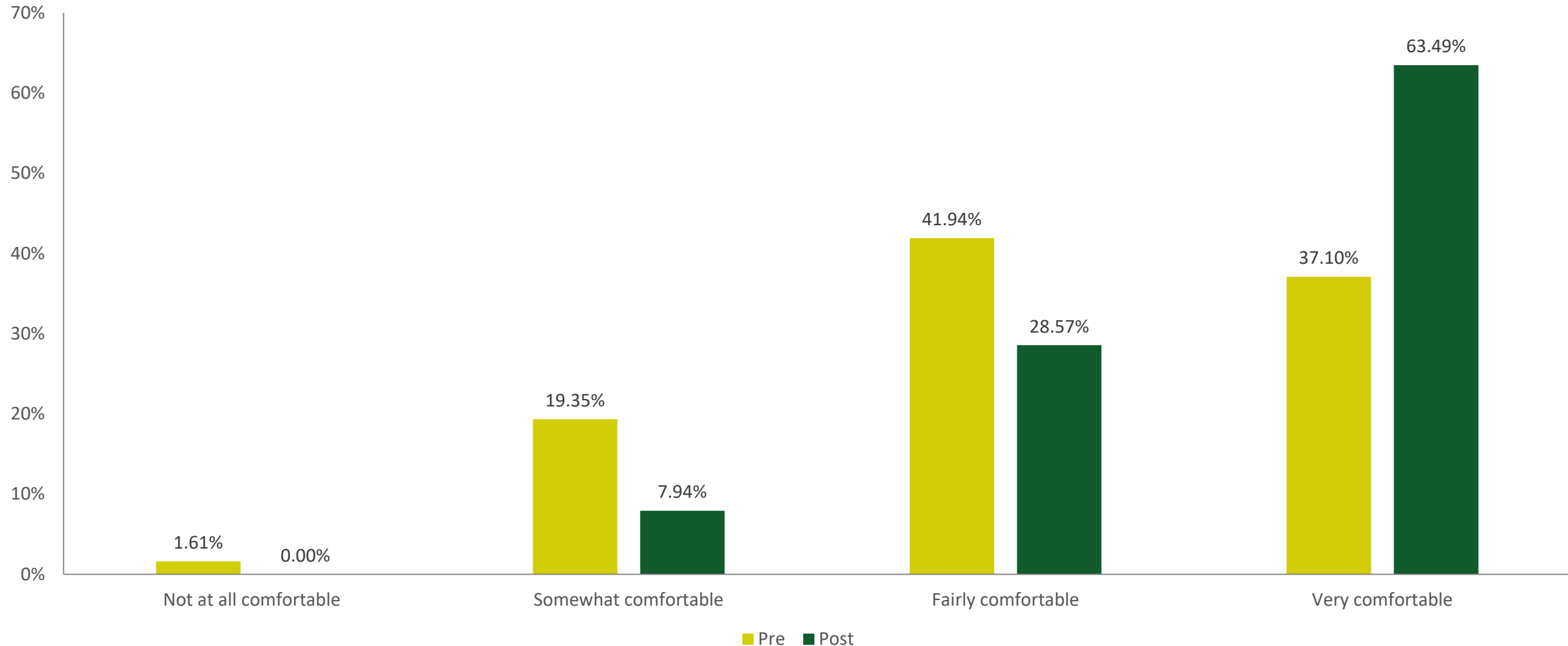
# How confident do you feel to seek out mental health support services for yourself?



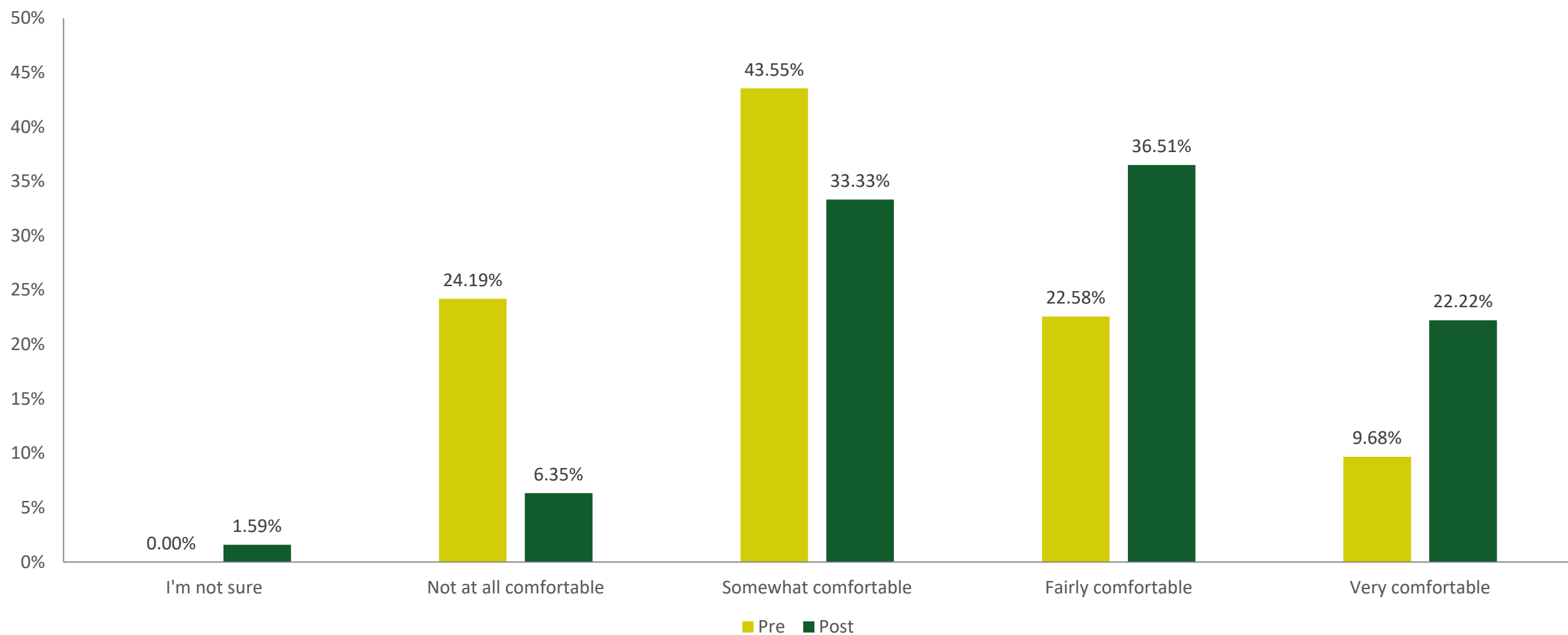
# How confident do you feel to help someone else seek out mental health support services?



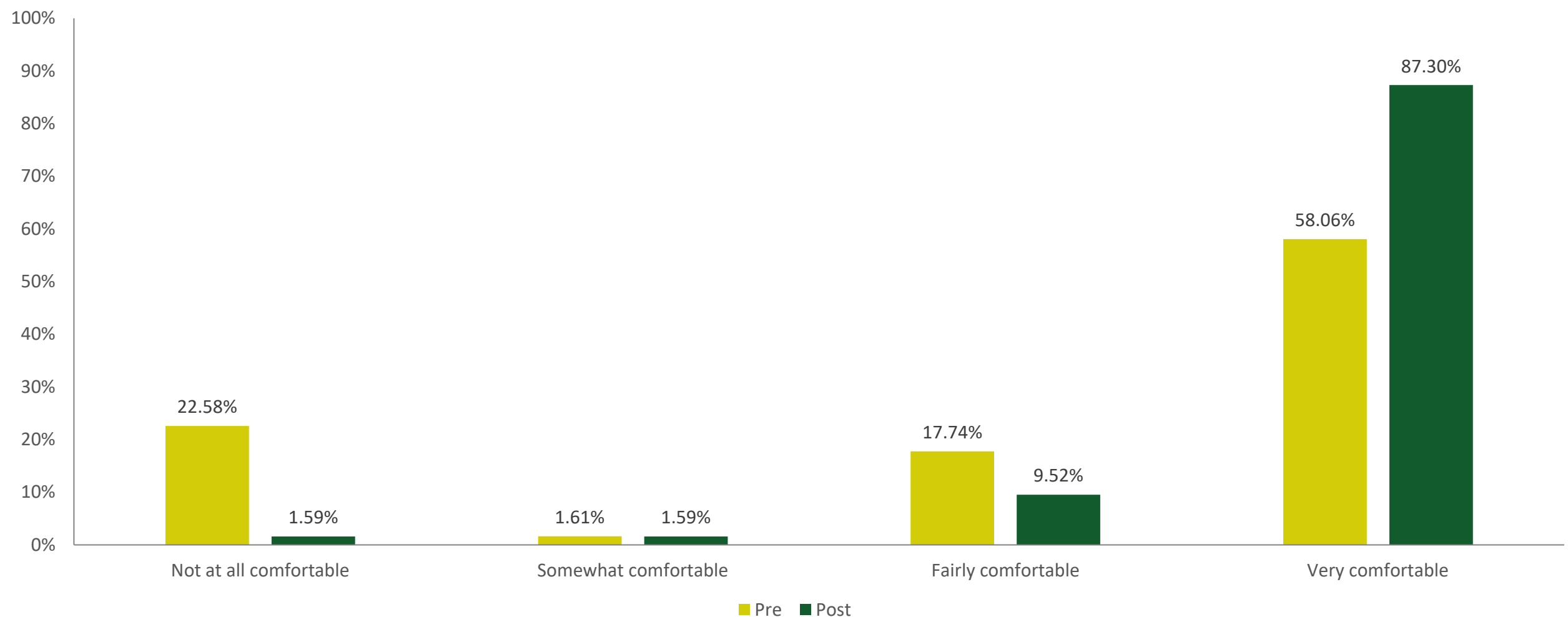
# How comfortable do you feel discussing mental health concerns with other students/peers?



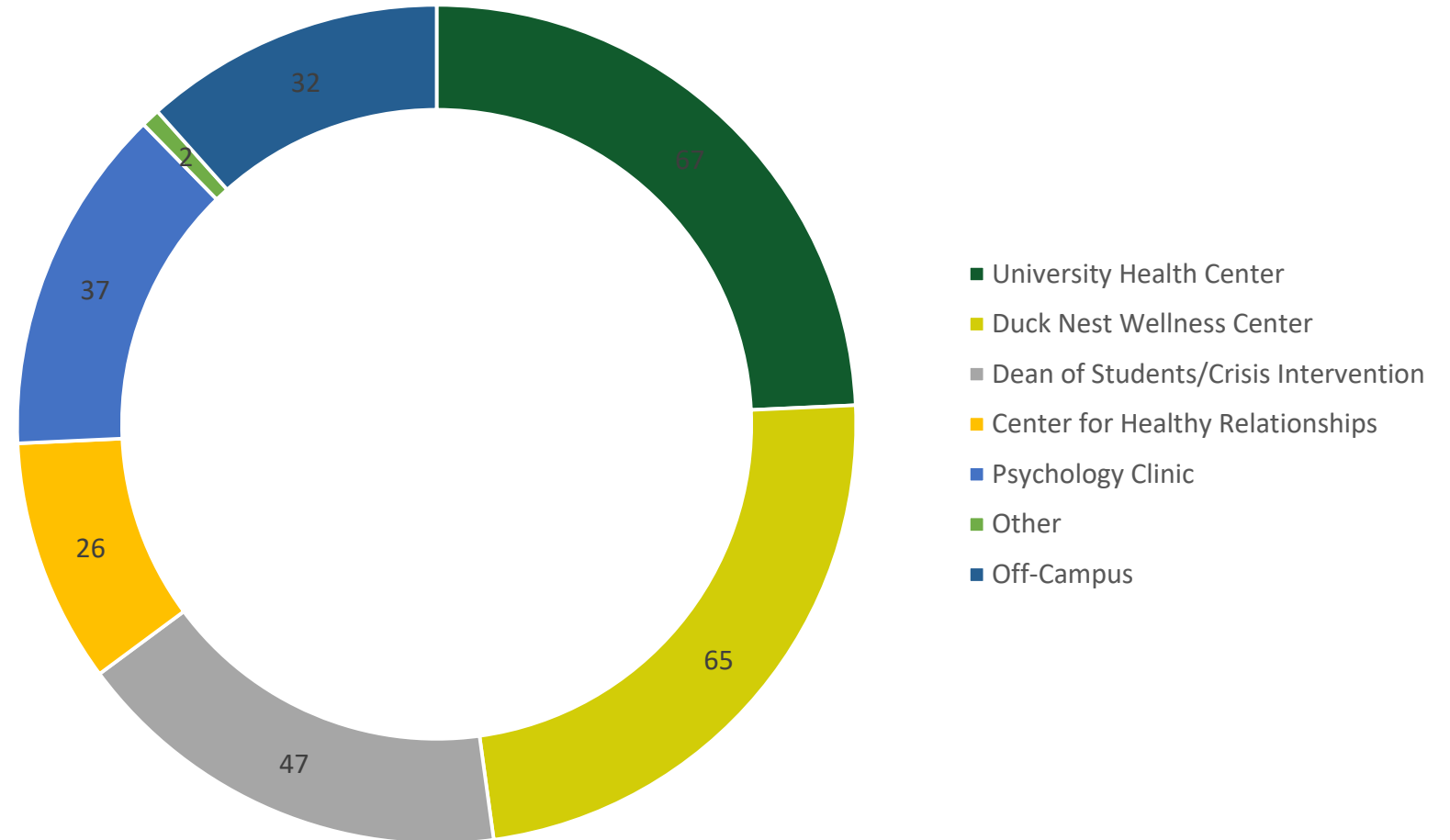
# How comfortable do you feel discussing mental health concerns with professors?



# How comfortable do you feel discussing mental health concerns with Counseling Center staff?

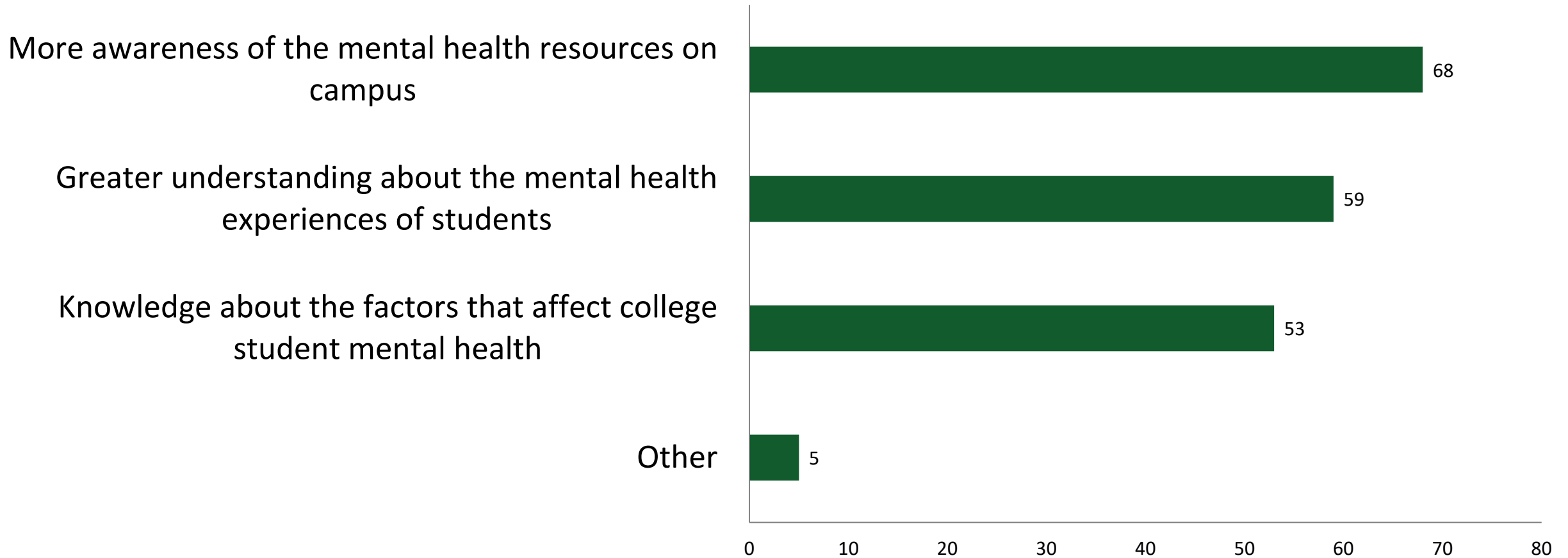


If you felt it was necessary, would you utilize any of the following additional mental health support services on campus?



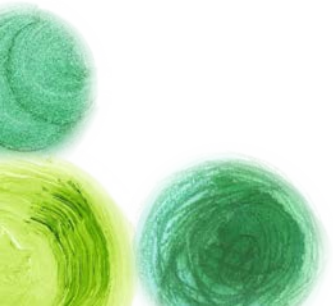


# What do you feel you have gotten out of attending the Summit today?



# Themes from Facilitated Discussions

- Stigma is being reduced, but not in a meaningful way
- Waitlist continues as a barrier
- Resource confusion
- Diversity representation



# Lessons Learned & Future Directions

- Lower student attendance—plan for less
- Timing of Event (Term, Day, Length)
- Electronic Post-Evaluations
- Students valued this event and want it to be annual

“I really appreciated this summit, everyone was very knowledgeable about mental health which made realize how much mental health matters.”

“I really appreciated this experience, I think it is such an important topic all around but specifically for the demographic that relates to college folks.”



# Q&A

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- Suzie: [sstadelm@uoregon.edu](mailto:sstadelm@uoregon.edu)
- Kyra: [kyrao@uoregon.edu](mailto:kyrao@uoregon.edu)
- Mariko: [marikol@uoregon.edu](mailto:marikol@uoregon.edu)

