



MENTAL HEALTH SUMMIT

PRESENTED BY THE UNIVERSITY OF MINNESOTA AND MINNESOTA STATE
OCTOBER 22, 2020 ■ 9 A.M. - NOON

Schedule

9:00 a.m.

Welcome

- President Joan T. A. Gabel, University of Minnesota
- Chancellor Devinder Malhotra, Minnesota State
- Kaz Nelson, M.D., Associate Professor of Psychiatry and Behavioral Sciences, UMN Twin Cities Medical School, Convener

9:15 a.m.

Keynote Speaker: Sara Abelson, Co-Investigator and Lead for Diversity, Equity and Inclusion Projects with the Healthy Minds Network

College Student Mental Health: National Trends, COVID-19 Impacts, and Opportunities for Action

Mental health problems among college students were at alarming levels and on the rise prior to the eruption of COVID-19. The pandemic has added stressors and exacerbated mental health problems. Sara Abelson will review the current state of college student mental health nationally, trends over time, and opportunities for action, drawing on the largest study of college student mental health in the U.S., the Healthy Minds Study. 30 minutes presentation and 30 minutes Q&A

10:15 a.m.

Break and Transition to Breakout Sessions

10:25 a.m.

Facilitated Breakout Sessions

11:30 a.m.

Concluding Remarks and Next Steps

- President Joan T. A. Gabel, University of Minnesota
- Chancellor Devinder Malhotra, Minnesota State
- Sara Abelson, Co-Investigator and Lead for Diversity, Equity and Inclusion Projects with the Healthy Minds Network
- Kaz Nelson, M.D., Associate Professor of Psychiatry and Behavioral Sciences, UMN Twin Cities Medical School, Convener

Objectives

- Increase attendees' understanding of college student mental health data and trends.
- Provide specific examples and strategies for how to support student mental health.
- Align higher education leaders around a common set of priorities.

Keynote Speaker



Sara Abelson, M.P.H., (she/her/hers)

Co-Investigator and Lead for Diversity, Equity and Inclusion Projects with the Healthy Minds Network

Sara Abelson is reviewing the current state of college student mental health, drawing on the largest study of college student mental health in the U.S., the Healthy Minds Study. She has worked in higher education for more than a decade, helping students, staff, faculty, administrators, and policies work to enhance mental health and mental health equity. Sara is currently a Ph.D. candidate, Association of American Colleges & Universities Patricia Cross Scholar, and Center for Research on Ethnicity, Culture, and Health Fellow at the University of Michigan School of Public Health.

Breakout Sessions

Session 1: Faculty and Student Mental Health: Becoming Allies and Building Collaborations

Faculty and student leaders will discuss mental health collaborations and how to be allies across roles. Specific examples of strategies and initiatives will be discussed, along with opportunities and challenges moving forward.

- Carrie Brimhall, Ph.D., President, Minnesota State Community and Technical College (Facilitator)
- Phil Buhlmann, Ph.D., Professor and Faculty Consultative Committee Chair, UMN Twin Cities
- Sarah Cronin, Ph.D., Assistant Professor of Psychology, Bemidji State University
- Noah Gagner, Ph.D., Clinical Professor of Psychology, University of St. Thomas
- Jesse L. Lewis, He/Him, Doctoral Student, UMN Twin Cities
- Lauren Meyers, Minnesota Student Association, UMN Twin Cities
- Vincent Reed, President of Psychology Club, Central Lakes College

Session 2: Culturally-Responsive Models for Student Mental Health Care and Holistic Wellbeing

Across Minnesota institutions of higher education, colleagues are innovating new forms of culturally-responsive and culturally-affirming holistic student mental health programs and services. Panelists will speak to current initiatives and models of practice to support the mental health of students from historically marginalized populations.

- dr. Saby Labor, Ed.D., She/Her/Hers & They/Them/Theirs, Director, Gender and Sexuality Center for Queer and Trans Life, UMN Twin Cities (Facilitator)
- Nina Hernandez Beithon, She/Her, Diversity Liaison Counselor, UMN Twin Cities
- Javier Gutierrez, Ed.D., He/Him/His, Associate Dean of Students, Hamline University
- Jalex Lor, He/Him/His, Counselor, Minneapolis College
- Kate C. Noelke, She/Her/Hers, Director of Integrated Wellness, Winona State University
- Alma Torres Pierce, She/Her/Hers, Interim Director Student Success & Academic Advising, UMN Crookston
- Jenni Yamada, She/Her/Hers, Student Life Coordinator, Inver Hills Community College

Session 3: Access and Accommodations: Trends and Challenges in Responding to the Surge in Demand for Mental Health Services on Campus

This panel will explore what we know about the challenges that colleges and universities face in effectively responding to the mental health needs that students are experiencing. Panelists will discuss the service demand trends over time, and highlight specific innovative ways that colleges and universities have developed to keep up with increasing pressures to respond, including collaborative telepsychiatry models. Panelists will further share thoughts about the evolving role that institutions of higher education have played in delivering various services to students managing mental health issues, and discuss the sustainability of these roles.

- Denise McDowell, Ed.D. Vice President for Enrollment Management and Student Life, Winona State University (Facilitator)
- Jodi A. Egeland, A.P.R.N., C.N.P., Medical Director, Student Health Services, Minnesota State University, Mankato
- Matt Hanson, Ph.D., L.P., Interim Director, Boynton Mental Health Services, UMN Twin Cities
- Donna Johnson, Director, Disability Resource Center, UMN Twin Cities
- Julie Trosvig, Counselor, Alexandria Technical and Community College

Session 4: It's Not About You, but What You Do Matters: Using Trauma-Informed Tools to Rebalance Power

Being trauma-informed means realizing students are the experts of their own experiences and needs. Session participants will identify ways to recognize and respond to influences of racism, trauma, discrimination, oppression, and power imbalance. Using scenarios, participants will apply trauma-informed tools to actions that support students.

- Carolyn Porta, Ph.D., M.P.H., R.N., Professor and Associate Vice President for Clinical Affairs, UMN Twin Cities (Facilitator)
- Shari N. Dade, Ph.D., Psychologist at Everyday Psychology, and UMN Twin Cities alumna
- Katie Eichele, M.S., Director, Aurora Center, UMN Twin Cities
- Maggie Kazel, M.S.Ed., Counselor, Fond du Lac Tribal and Community College

Session 5: Fostering Student Wellbeing and Resilience: Practice, Programs, and Initiatives

Panelists will discuss Minnesota college and university efforts to boost the knowledge, understanding, and application of evidence-based mental health and wellbeing practices within campus life. From college-wide public health and systems change models to daily practices for students, staff, and faculty, this session will include emerging strategies in building campus environments where students learn, heal, grow, and thrive.

- Sandra Olson-Loy, Vice Chancellor for Student Affairs, UMN Morris (Facilitator)
- Neal Bhakta, Student Body President, UMN Duluth
- Erica Karger-Gatzow, Assistant Director of Health Promotion and Marketing, St. Cloud State University
- Janet Lewis Muth, Director of Health Promotion, Carleton College
- Carolyn H. Livingston, Ph.D., Vice President for Student Life and Dean of Students, Carleton College
- Jeanne Williamson, Assistant Director of Student Counseling, Health and Wellness, UMN Morris



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