



# MENTAL HEALTH SUMMIT

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



UNIVERSITY OF MINNESOTA  
**Driven to Discover®**



MINNESOTA STATE

# Welcome to Session 5:

Fostering student wellbeing and resilience: Practice, programs, and initiatives



During this session, you can use Zoom's communication features:



**Raise Hand.** Indicate that you need help from the meeting host or technical support staff.



**Q&A.** Submit your questions. They will be viewable only by the presenter and facilitators.

# Presenters



**University of Minnesota, Morris:** **Sandra Olson-Loy**, Vice Chancellor for Student Affairs and **Jeanne Williamson**, Assistant Director of Student Counseling, Health, and Wellness

**Carleton College:** **Carolyn Livingston**, Vice President for Student Life & Dean of Students and **Janet Lewis-Muth**, Director of Health Promotion

**St. Cloud State University:** **Erica Karger-Gatzow**, Assistant Director of Health Promotion & Marketing

**University of Minnesota, Duluth:** **Neal Bhakta**, Student Body President

# Session Overview – Fostering student wellbeing and resilience: Practice, programs, and initiatives



**Wellbeing** “A state of good health, happiness, fulfillment, and purpose, judging one’s life positively and feeling engaged.”  
Jim Purcell, Returns on Wellbeing Institute

**Wellness** “A conscious, self-directed and evolving process of achieving full potential.”  
The National Wellness Institute

# Session Overview – Fostering student wellbeing and resilience: Practice, programs, and initiatives



Responding to [MN College Student Health Survey data, 2018](#)

18 MN colleges/universities. 28,895 students surveyed; 10,579 responded; 37%.

**43% Diagnosed with a Mental Health Condition in their Lifetime**

33% Anxiety

29% Depression

9% Attention Deficit Disorder

**67% Adequate sleep -- 3 or fewer days/ week**

**74% Experienced stress as a health/personal issue in the past year**

**49% Their stress impacted their academics**



## Building a Flourishing Environment

- Create the expectation - support the expectation
  - Funding, capacity, and more
  - Not just during high stress times
- Work across campus divisions
  - Not just the work of the counseling center
  - Involve unlikely messengers
- Normalize the positive
  - Positive psychology framework
  - Happy Hour example

# Carleton College



Flourishing

Flourishing,  
with illness

Flourishing,  
No illness

Illness

No Illness

Languishing,  
with illness  
(crisis?)

No illness,  
languishing

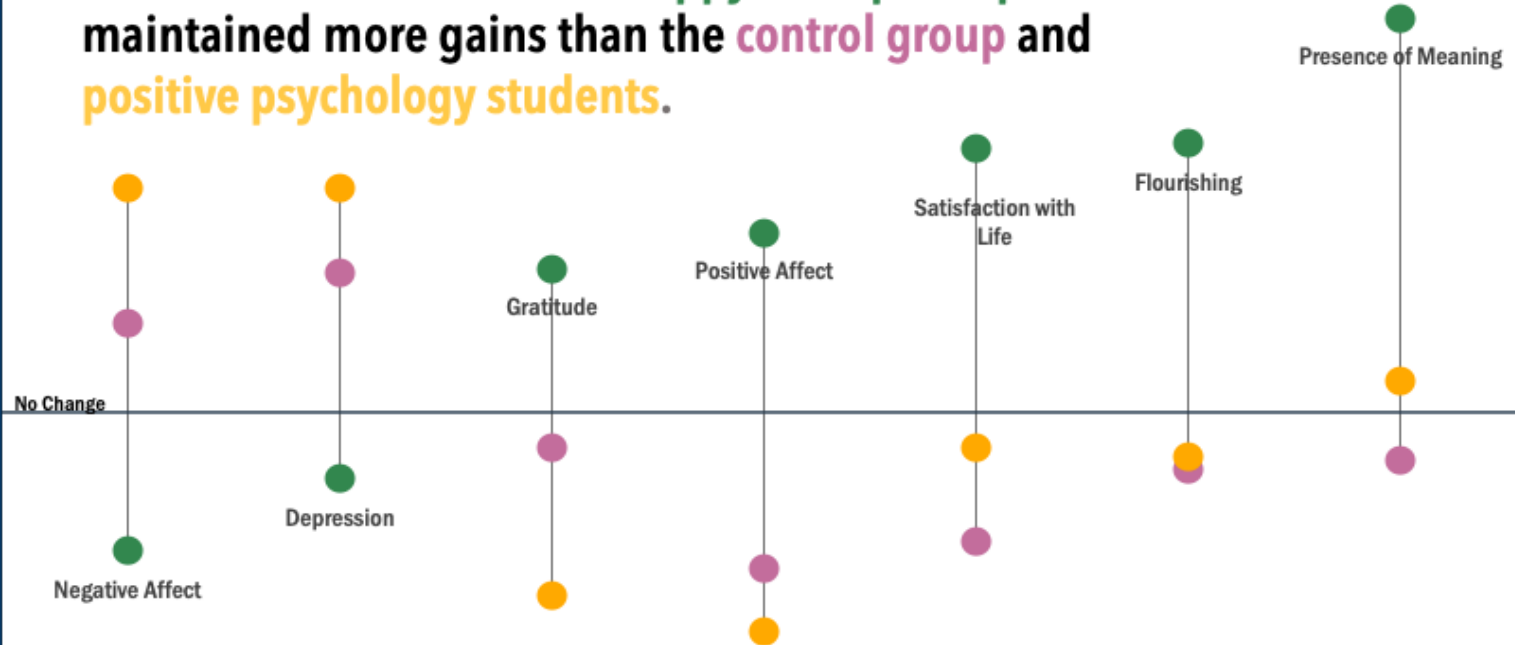
Languishing

Corey Keyes' two continua model

# Carleton College



Five months after the trial, **Happy Hour participants** maintained more gains than the **control group** and **positive psychology students**.





# University of Minnesota Morris



## Fostering Student Mental Health and Wellbeing

Higher Learning Commission  
Quality Initiative: Student Retention

data driven • models of promise  
evidence based wellbeing practices  
student, faculty, & staff engagement  
campus systems change

MORRIS  
LET'S THRIVE  
*learn heal grow*

# University of Minnesota Morris



## Laurie Schreiner – Thriving Quotient Model

- Engaged Learning
- Academic Determination
- Positive Perspective
- Social Connectedness
- Diverse Citizenship

“Thriving college students not only are academically successful, they also experience a sense of community and a level of psychological well-being that contributes to their persistence to graduation and allows them to gain maximum benefit from being in college.” About Campus May-June 2010

# University of Minnesota Morris



## Morris Let's Thrive:

a holistic campus initiative  
infusing evidence-based mental  
health and wellbeing practices,  
skill building, information and  
resources  
into students' curricular and co-  
curricular life



# University of Minnesota Morris



For Students: 10 action steps to embed wellbeing in your college life

For Faculty/Staff: 10 ideas for embedding evidence based wellbeing practices into students' academic lives

New Student Orientation

Reclaiming Happiness

Don't Cancel That Class Initiative

## 10 IDEAS FOR EMBEDDING EVIDENCE- BASED WELLBEING PRACTICES INTO STUDENTS' ACADEMIC LIVES

Faculty and staff have asked, "What can I do to help my students better survive and thrive in college?"

Here are a few ideas drawing on wellbeing research and emerging best practices.

Research shows that cultivating mindfulness deepens understanding of course material; increases creativity, insight, concentration, attention; and increases mental health and psychological wellbeing with greater connection, generosity, and compassion for others.

—Contemplative Practices in Higher Education: Powerful Methods to Transform Teaching and Learning, 2013

1. **Build wellbeing and stress management strategies into your syllabus.** Giving an extra assignment/exam and letting students drop their lowest score promotes learning and reduces anxiety. Include wellbeing and stress management information and resources on your syllabus. ([See UMN Syllabus Requirements Policy, B.8](#))

# St. Cloud State University - Hey, You Okay?



**QPR** Gatekeeper Training (JED Campus)

**Bounceback Program:** Social connection is a protection factor from suicide

**Messaging to the individual:** stress-management tips, increase help-seeking behavior, self-assessment of symptoms

*People were much more likely to engage in the conversation if we were talking about how they could help someone else.*

# St. Cloud State University - Where it Began



## RUOK? (Australia [ruok.org.au](http://ruok.org.au))

- Student and Employee Health and Wellness
- SHIP funding via Stearns County



## Crowdfunding campaign

- Raise program awareness
- Provide participation incentives

## Classroom/Department Presentation

- 20 minutes



# St. Cloud State University - 5 Steps



1. ASK HEY, YOU OKAY?



2. BE THERE



3. LEND A HAND



4. KEEP IN TOUCH



5. BE REAL



# St. Cloud University - Where we're at



## Hey, You Okay? Day/Week

- Messaging around campus
- 40 campus members trained as trainers
- Class Collaborations
  - Mass Comm master's level class  
Information Media 690
- Huskies 1st Four (Orientation)

<https://www.youtube.com/watch?v=7uLLGEnTqul>





# University of Minnesota Duluth



## Wellbeing Programs Centered in Place

Recreational Sports Outdoor  
Program fosters active, healthy  
lifestyles and connections to the  
natural world



# University of Minnesota Duluth



## Student Wellness and Wellbeing Framework

### Canadian Index of Wellbeing

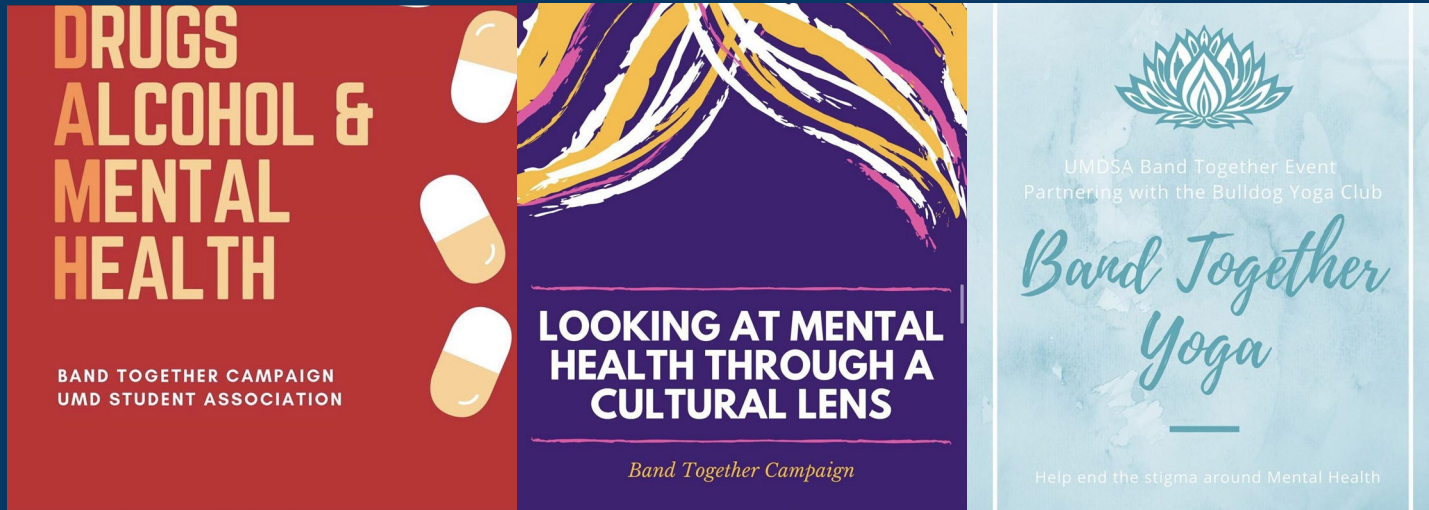
<https://uwaterloo.ca/canadian-index-wellbeing/what-we-do/domains-and-indicators>

STUDENT WELLNESS & WELLBEING	Access & Opportunity	Space & Resources	Safety & Security
Mind		Mental energy	Intellectual Emotional Spiritual
Purpose	Personal values		
Body			Lifestyle & Behavior
Connectedness		Engagement & Community	Honor self & others
Environment	Welcoming spaces	Physical space	
Economic	Equity in policies	Financial resources	Financial security

# University of Minnesota Duluth



## UMD Student Association - Band Together



# QUESTIONS AND DISCUSSION



# Links and Resources



- **Carleton College:** <https://www.carleton.edu/health-promotion/>
- **University of Minnesota, Morris:** <https://students.morris.umn.edu/health-and-wellness/morris-lets-thrive>
- **St. Cloud State University:** <https://www.stcloudstate.edu/healthwellness/initiatives/hey-you-ok.aspx> and <https://www.stcloudstate.edu/healthwellness/>
- **University of Minnesota, Duluth:** <https://www.d.umn.edu/student-life/initiatives/bulldogwell>
- **NASPA Well-being and Health Promotion Leadership Virtual Conference - 1/12-15/2021**  
<https://www.naspa.org/events/stratwhpl>

# Time for Closing Remarks



We hope you enjoyed your session!

To reconvene for closing remarks with  
President Gabel, Chancellor Malhotra,  
Sara Abelson, and Dr. Kaz Nelson go to:

**[z.umn.edu/MHSkeynote](https://z.umn.edu/MHSkeynote)**

Thank You