MENTAL HEALTH SUMMIT

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

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

Corey Keyes’ two continua model

Flourishing

Flourishing, with illness
Flourishing, No illness

Languishing

Languishing, with illness (crisis?)
No illness, languishing

Illness

No Illness
Five months after the trial, **Happy Hour participants** maintained more gains than the **control group and positive psychology students**.
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
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
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
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)
- 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
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=7uLLGEnTquI
University of Minnesota Duluth

Wellbeing Programs
Centered in Place

Recreational Sports Outdoor Program fosters active, healthy lifestyles and connections to the natural world.
Student Wellness and Wellbeing Framework

Canadian Index of Wellbeing
https://uwaterloo.ca/canadian-index-wellbeing/what-we-do/domains-and-indicators
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
Thank You