



OHIO PROGRAM *for* CAMPUS SAFETY *and* MENTAL HEALTH

2022-2024 PROGRAM SUMMARY

Who We Are

The Ohio Program for Campus Safety and Mental Health (OPCSMH) is a coordinating center of excellence as a resource dissemination center, we promote suicide prevention, mental health awareness and wellness. The Ohio Program for Campus Safety and Mental Health is generously funded by the Ohio Department of Mental Health and Addiction Services and Peg's Foundation.

Education and Training

Education and training are essential components of learning & professional development opportunities that OPCSMH extends to the campus-community annually via webinars, conferences & symposiums. All training courses reflect evidence-based concepts & evidence-informed frameworks.

Technical Assistance

Technical assistance provided by the OPCSMH is focused on specific technical skills and tools relevant to improving mental well-being and preventing suicide for institutions of higher education.

Campus-Community Collaborative Grants (CCG)

The OPCSMH provides funding to support and encourage campus-community collaboration. These mini-grants support an array of programming and on-campus suicide prevention training.



TABLE OF CONTENTS

A Note from the Director	3
New Staff	4
Meet the Team	5
New Initiatives & Expanded Funding	6
The Campus Connection Newsletter	8
Inaugural Symposium	8
The S Word Screening	10
Webinar Series	11
Regional Training	13
Biennial Conference	14
Campus-Community Collaborative Grants	16
Advisory Committee	17
Event Calendar	18



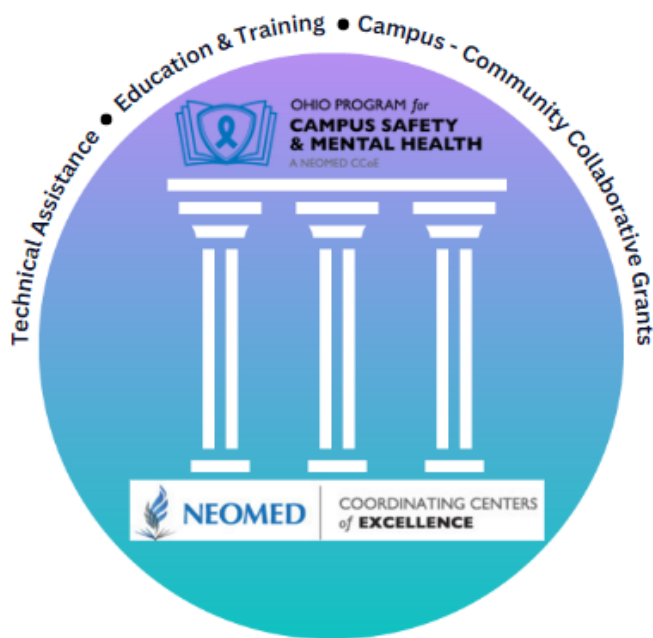
OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CCoE

COORDINATING CENTERS of EXCELLENCE and OHIO PROGRAM for CAMPUS SAFETY and MENTAL HEALTH STAFF

A special note from the Director



Jessica Zavala, MPA | Director
Ohio Program for Campus Safety and Mental Health
(OPCSMH)
Department of Psychiatry



As we conclude another year, I am excited to extend my deepest gratitude and share reflections on the progress and achievements of the Ohio Program for Campus Safety and Mental Health over the past couple of years.

These past couple of years have been transformative for this center. We have navigated through challenges, celebrated milestones and continuously strived to meet the ever-changing landscape of mental wellness in higher education for the campus-community. With growth and expansion, we have successfully expanded training to now include an annual Campus Safety & Suicide Prevention Symposium to provide more opportunities for learning. For innovation and development, we take pleasure in operating alongside campuses ensuring that our training and grant resources align to meet the needs and are designed with their individual campuses in mind. For campus-community engagement, we promote collaboration between campus and community stakeholders to address mental health promotion and suicide prevention. Lastly for sustainability, we have fostered connections for more than 10 years and look forward to expanding ways to efficiently distribute resources, training, and technical assistance to all campuses across the state as a statewide initiative.

We remain steadfast as a coordinating center of excellence in our vision of promoting mental health wellness and suicide prevention. We also remain dedicated to providing exceptional training and education, fostering a culture of innovation and inclusivity and a sense of belonging. Stay tuned, there is so much more on the horizon. I am confident that we will achieve even greater heights over the next year. On behalf of the entire OPCS MH team, thank you for your continued support and partnership.

In Collaboration,

Jessica Zavala

A Special Welcome to our New Staff



Chris Tutino, MPH | Dissemination Coordinator
Ohio Program for Campus Safety and Mental Health
(OPCSMH)
Department of Psychiatry

Chris Tutino is a Kent State University alumnus, receiving his Bachelor of Arts in Psychology and Master of Public Health with a concentration in Social and Behavioral Sciences. He took his first steps into the world of prevention while working at the Kent State University Student Recreation and Wellness Center as a founding member of the Emergency Response Training Committee, which focused on training the student staff to respond to various medical emergencies. In addition to developing, instructing, and evaluating weekly courses, he was specifically responsible for incorporating mental health crisis response training into the curriculum. Chris also had the opportunity to form a student club, *Even Ground*, that centered on men's mental health with a good friend of his. Their goal was to create a safe space for any individual who identified as male to come discuss mental health with a group of their peers. Additionally, the club's programming aimed to educate students and combat stigmas as well. During his graduate program, he completed an internship with the Kent State University Center for Public Policy and Health, and developed a program to educate students, staff, and faculty on utilizing gratitude journaling to manage symptoms of anxiety and stress. Chris joined the OPCS MH in November 2022, and by applying the knowledge and skills he learned from his Psychology and Public Health background, he aims to prevent suicide and promote mental health by utilizing upstream oriented strategies and policies.

Madison Gaskill is a Kent State University alumna, having earned her Bachelor of Arts in Psychology with a concentration in Counseling Careers and Master of Education in Clinical Mental Health Counseling. She joined the OPCS MH team as Program Coordinator II in January 2024. Madison is passionate about promoting social justice and equity in the mental health field and serving groups that have been marginalized, with specific interests in women's issues and providing LGBTQIA+ gender-affirming care. Prior to this role, she provided individual and group counseling services utilizing feminist and cognitive behavioral therapies and served as Lab Coordinator and Research Assistant for the Program for Research on Anxiety Disorders Among African Americans lab under Dr. Angela Neal-Barnett aiming to decrease the prevalence of Black infant and maternal mortality rates in Northeast Ohio and beyond. During her graduate studies at Kent State University, she earned a position as Graduate Assistant coordinating the College of Education, Health and Human Services Living Learning Community and instructing the First Year Experience course. In addition, she values being a lifelong learner and is dedicated to supporting the mental health and wellness of those aiming to better themselves through higher education. Outside of the office, she enjoys practicing yoga, trying new recipes, and spending time with her family, friends, and cat named Jerry!



Madison Gaskill, M.Ed. | Program Coordinator II
Ohio Program for Campus Safety and Mental
Health (OPCSMH)
Department of Psychiatry

Meet the Rest of Our Team



Randon S. Welton M.D.

The Margaret Clark Morgan Chair of Psychiatry
Professor of Psychiatry
Northeast Ohio Medical University

Ruth H. Simera, M.Ed., LSW
Executive Director
Coordinating Centers of Excellence
Department of Psychiatry



Amber Wallace, MA | Consultant

Ohio Program for Campus Safety and Mental
Health (OPCSMH)
Department of Psychiatry

Louise Feciuch, BS | Consultant
Ohio Program for Campus Safety and Mental
Health (OPCSMH)
Department of Psychiatry



Farewell and Congratulations to our Spring Interns



Sophia Starkie | 2024 Spring Intern

Ohio University College of Health and Sciences Professions
Voinovich School of Leadership Public Affairs
Major: Community and Public Health

MacKenzie Kay | 2024 Spring Intern
Ohio University College of Health and Sciences Professions
Voinovich School of Leadership Public Affairs
Major: Community and Public Health



NEW INITIATIVES and EXPANDED FUNDING



For FY24 the Ohio Program for Campus Safety and Mental Health received expanded funding from Ohio Mental Health and Addiction Services and new funding via House Bill 33 from the Ohio Department of Higher Education. Through these increased funds, the OPCSMH was able to support more campuses than ever before. Nineteen campuses submitted proposals, and funding supported seventeen campuses to be selected. The OPCSMH also held an inaugural Campus Safety & Suicide Prevention Symposium and will expand a virtual learning community for current and previous grantees for the Fall.



The Ohio Program for Campus Safety and Mental Health and Northeast Ohio Medical University (NEOMED) received funds allocated in the state budget which permits the Chancellor to provide resources and support to address behavioral health needs at state institutions of higher education. Distributed funds to Ohio's colleges and universities via House Bill 33 prioritized behavioral health services, including, but not limited to:

- Increase campus-wide knowledge and awareness of available care options.
- Increase access to, and availability of care options.
- Remove barriers to care options
- Leveraged to create long-term sustainability on campus and support collaborative, community-based programs and initiatives that can be sustained with community resources.

In addition, House Bill 33 funding allows for the expansion of telehealth, increased awareness of telephone and text message care line services, expansion of certified peer education programs and direct aid to students who are unable to afford care.



Expanded Funding Continued



The Ohio Center of Excellence for Behavioral Health Prevention and Promotion works to highlight the role and value of prevention in building healthy and safe communities in Ohio. The OPCSMH role as an inaugural partner solidified our partnership and commitment to enhance the quality of life with prevention science principles across the state of Ohio. Our ongoing role as an organizational partner supports system change efforts including expanding peer-to-peer QPR training for professional and preprofessional students throughout Ohio. [Click Here](#) to learn more!



The Ohio Wellness Campus Collaborative (OWCC) provides Ohio's higher education, campus-community partnerships with resources and technical assistance in addressing campus mental and behavioral health needs. Technical assistance provided to selected campuses included skills and resources to develop and sustain campus community partnerships that can navigate the dynamic mental and behavioral health needs of Ohio students and staff.



The Rise and Thrive model now led by the Ohio College Initiative supports campus and community partnerships for behavioral health and wellness initiatives. This work will continue with support from the state and will combine with the Ohio Wellness Campus Collaborative to engage new campuses and maintain existing campus members. The OPCSMH maintains its role as part of the leadership facilitation team. Previously the Rise and Thrive initiative was led by Ohio University.



Building Partnerships

The Campus Connection – Quarterly Newsletter

The Campus Connection is a quarterly newsletter from the Ohio Program for Campus Safety and Mental Health that aims to bring inspiring stories from efforts that are being made around Ohio to improve mental health on college campuses. Readers can also expect to find funding opportunities for institutions of higher education, non-profits, state agencies, and college students, as well as training opportunities. As of July 1st, the OPCSMH has released 4 editions of The Campus Connection.



Want to check out past editions of ***The Campus Connection***? Click the link below.

[Click Here](#)

Inaugural Symposium

The OPCSMH held its ***Inaugural Campus Safety and Suicide Prevention Symposium: Cultivating Caring Campuses*** on April 11th, 2024. The event attracted over 100 participants from across Ohio and neighboring states to engage in presentations and discussion with content experts related to college student mental health, wellness, safety, and suicide prevention. The symposium theme focused on how colleges and universities can make their campus culture caring and inclusive related to mental health concerns for students, staff, and faculty, and promote the message that suicide prevention is everyone's job on campus, not just mental health professionals. The event featured panels and sessions on topics of supporting LGBTQ+ student mental health on campus, on-campus response safety teams, current trends in college student mental health and suicide prevention, and more.



Inaugural Symposium Continued



Morning keynote speaker **Dr. Martin Swanbrow Becker**, Associate Professor of Psychological and Counseling Services at Florida State University, discussed the evaluation of suicide prevention programming on college campuses, encouraged participants to appraise their campus climate and culture related to mental health promotion and suicide prevention, and highlighted the importance of creating a culture of belonging on campus.



Afternoon keynote, **Dr. Corbin J. Standley**, Director of Impact Communication and Continuous Improvement with the American Foundation for Suicide Prevention, emphasized the importance of addressing inequities in suicide prevention programming and considering the sociopolitical context of suicide risk and suicide prevention efforts.

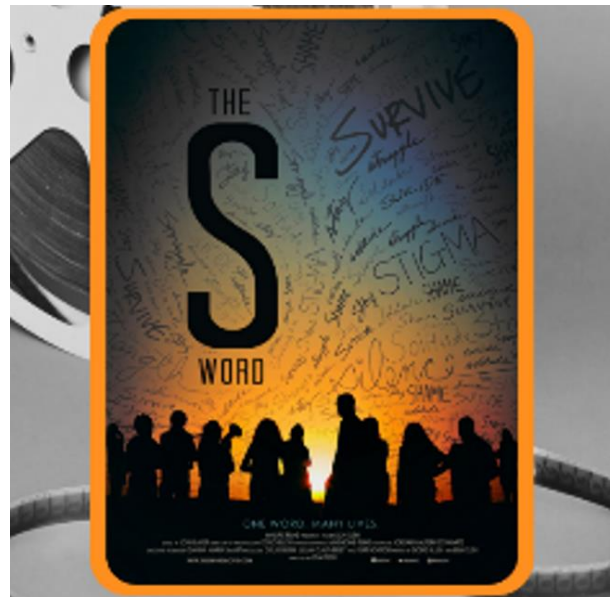


Wright State University, represented by **Dr. Huma Bashir** and **Chief Kurt Holden**, shared Wright State's initiative to have all faculty and staff trained in QPR with the help of funds secured as a grantee of the OPCSMH Campus-Community Collaborative Grant, while Chief Holden shared his perspective on incorporating QPR and mental health promotion into his role with campus and public safety officers.

To access archives of the full Symposium, including resources and PowerPoint presentations, please visit:
<https://www.neomed.edu/csmh/training-opportunities/symposium/>

The S Word Documentary Screening

Following the inaugural Campus Safety and Suicide Prevention Symposium, participants were invited to attend a free and public screening of *The S Word*, a powerful feature documentary that puts a human face on a topic that has long been stigmatized and buried with the lives it has claimed. The film gives a platform to those with lived experience - people who have attempted to take their own lives and survived to tell their stories.



Lisa Klein, Dr. Jenny Cureton, Mykka Gabriel- LPCC, Dr. Doug Smith & NEOMED student P3 Olivia King

Following the screening, **Lisa Klein**, Director of *The S Word*, facilitated a panel discussion with local experts and student voices including **Dr. Jenny Cureton**, **Dr. Doug Smith**, **Mykka Gabriel**, LPCC, and 3rd year NEOMED pharmacy student **Olivia King**, who engaged in discussion related to issues of suicide and mental health in institutions of higher education. For more information on *The S Word* and how to bring a screening to your community, visit [Shattering the Silence around Suicide](https://theswordmovie.com) (theswordmovie.com).

The OPCSMH also provided copies of *Suicide: The Forever Decision* written by **Dr. Paul G. Quinnett**, suicide expert and director of the QPR Institute, to all participants thanks to The Ohio Center of Excellence for Behavioral Health Prevention and Promotion.

Save *the* Date

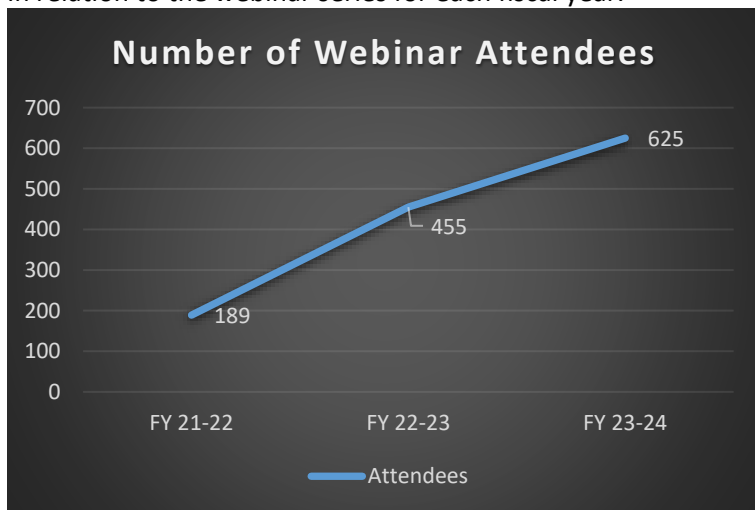
3rd Annual Symposium
September 19, 2025

TRAINING and TECHNICAL ASSISTANCE

Webinar Series

The OPCSMH Webinar Series attracts viewers from all over Ohio, and surrounding states and has even reached viewers from other countries. The webinar series utilizes stakeholder feedback in order to develop monthly focuses. Utilizing evidence-based practices as a learning opportunity allows for staff, faculty, students and service providers to become informed on the latest practices and stay relevant on trending issues.

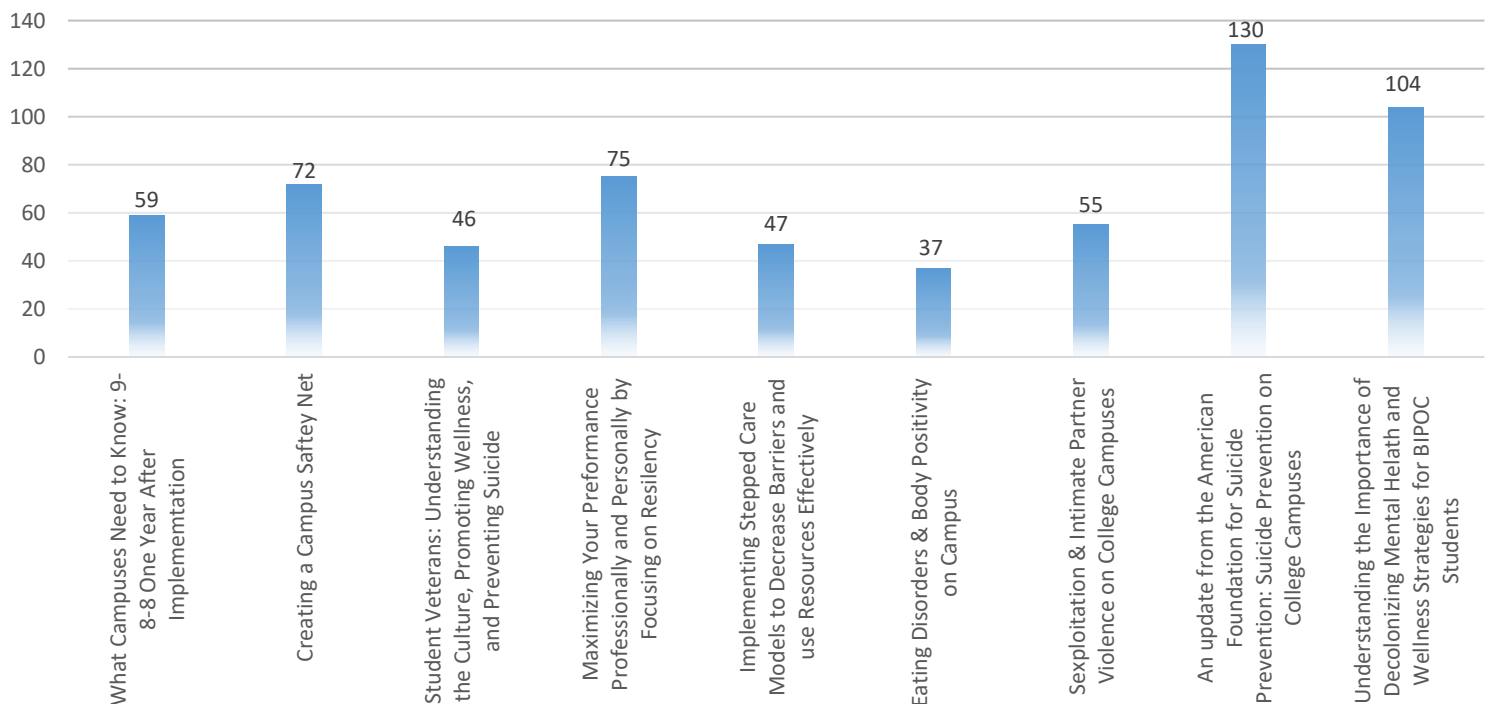
Historical Data: The chart below reflects attendance data in relation to the webinar series for each fiscal year.

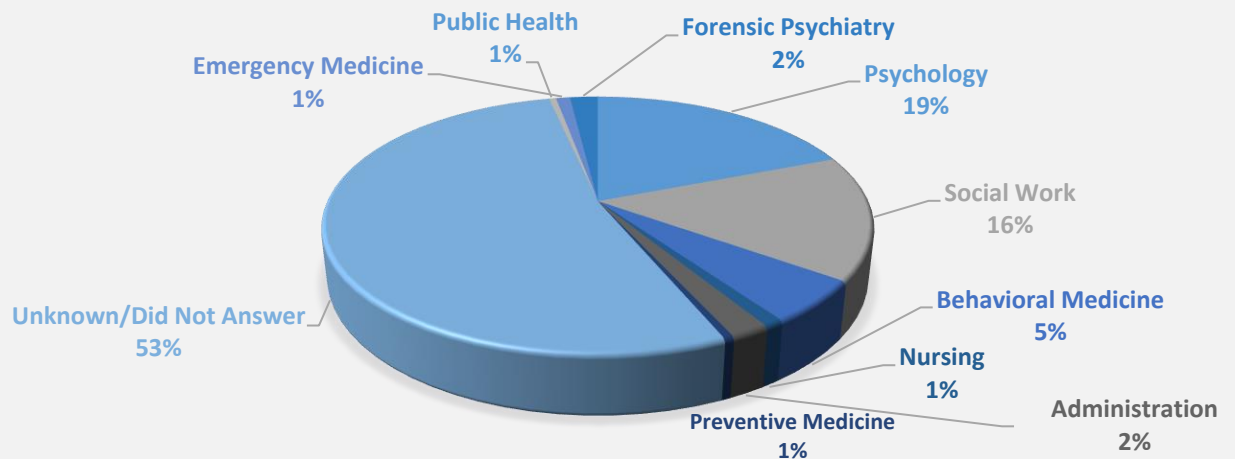


“I appreciate having the series as an option and the fact that it is local/state based often makes it more relevant than other nationally based webinars.”

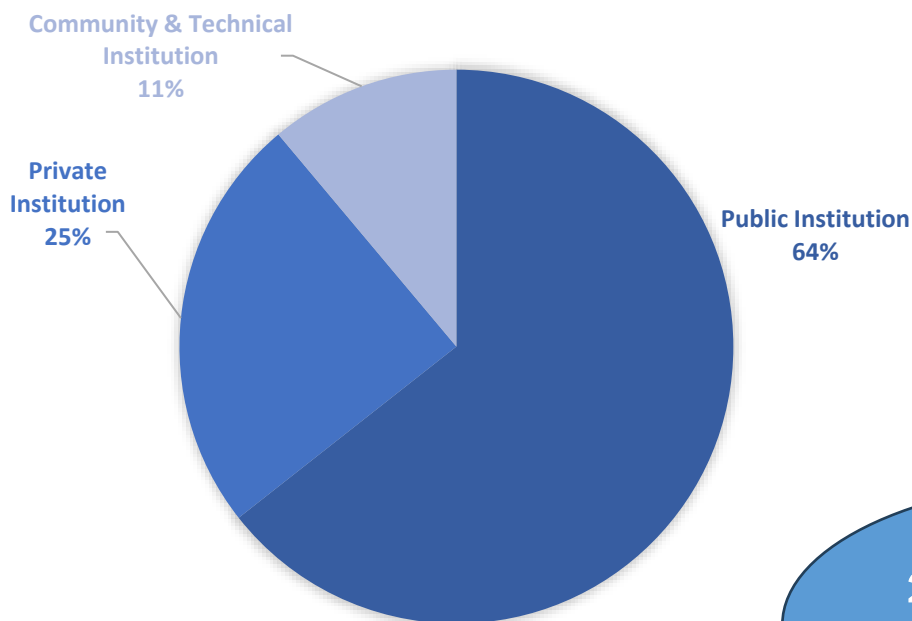
-Taken from a topic survey report.

FY 23-24 MONTHLY WEBINAR ATTENDANCE





Universities/Colleges of Attendees



The graph to the left shows the institutions the webinar attendees in Ohio are from.

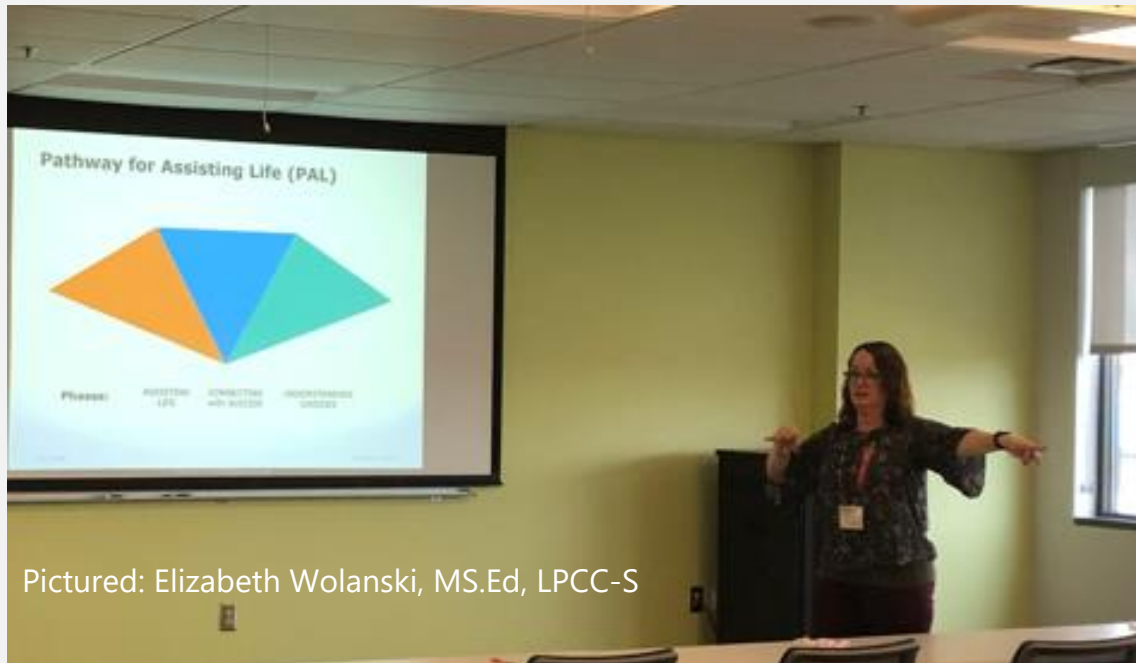
204 attendees earned CEU's by attending one of the webinars!

To access archives of the full webinar series, including resources and PowerPoint presentations, please visit:

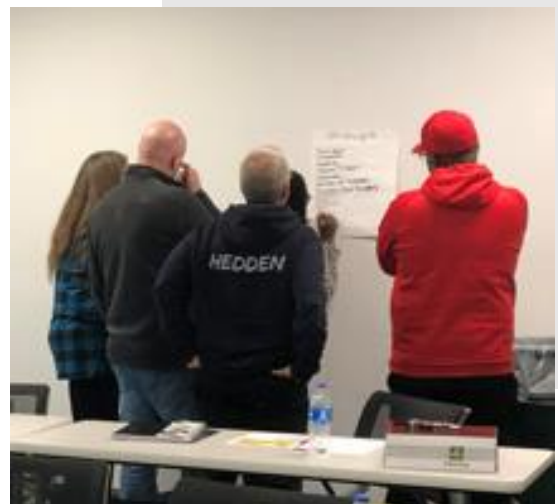
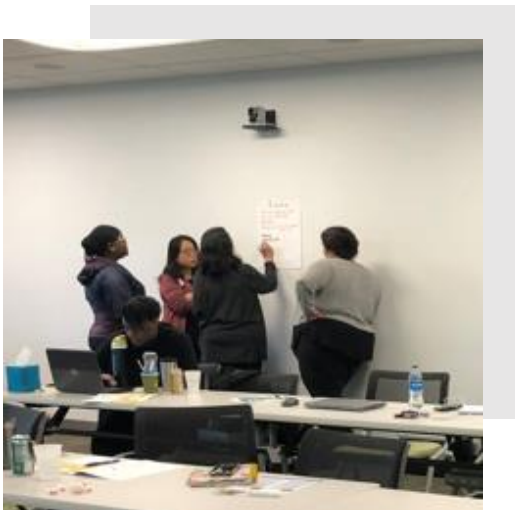
<https://www.neomed.edu/csmh/archives/>

Regional Suicide Prevention Training

ASIST - LivingWorks Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop designed for members of all caregiving groups. Attendees learn a suicide prevention model to identify persons with suicidal risk, seek a shared understanding of reasons for dying and living, develop a safety plan based upon a review of risk, become prepared to do follow-up, and become involved in suicide-safer community networks.



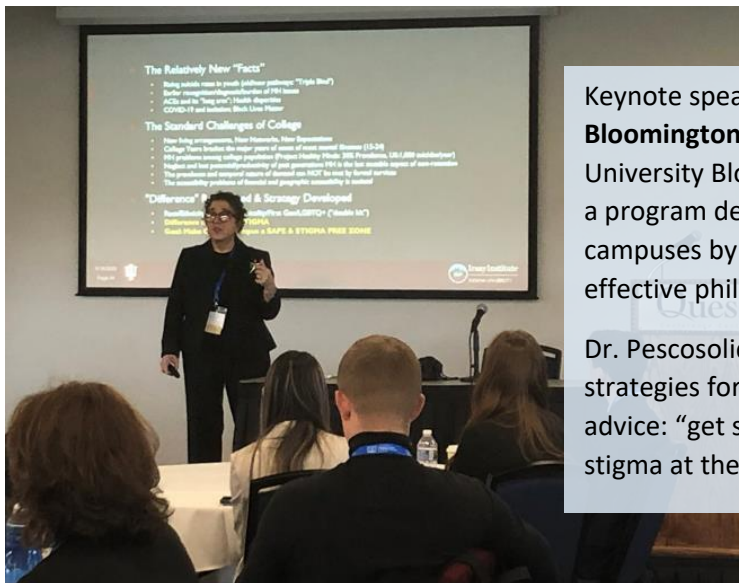
Pictured: Elizabeth Wolanski, MS.Ed, LPCC-S



Pictured: ASIST attendees participating in small group work.

Reimagining Campus-CommUNITY Partnerships: Breaking Down the Silos

The Ohio Program for Campus Safety and Mental Health celebrated Mental Health Action Day by hosting their 6th Biennial Conference: Reimagining Campus-CommUNITY Partnerships: Breaking Down the Silos on May 18th in Columbus, Ohio. Mental Health Action Day is a day to spread the message that mental health is health and is an integral part of one's overall wellbeing. It was wonderful to be back in person this year and the Ohio Program for Campus Safety and Mental Health (OPCSMH) is beyond grateful for the continued support and collaboration from its partners.



Keynote speaker, **Dr. Bernice Pescosolido, Indiana University Bloomington**, enlightened the audience with information on Indiana University Bloomington's initiative, [U Bring Change to Mind](#), which is a program designed reduce the stigma of mental health of college campuses by "starting the conversation" and using a simple, yet effective philosophy: By students, for students.

Dr. Pescosolido also provided attendees advice and effective strategies for stigma reduction on their campuses. Her primary advice: "get students involved in the process early and address stigma at the root cause."



At the afternoon plenary, **Kelly Davis of Mental Health America** and **Rei Scott of Students with Psychosis** provided details about the history of peer mental health support programs, as well as strategies to effectively develop and implement peer support programs on campuses of institutions of higher education. Both Davis and Scott emphasized elevating student leadership who have had lived experiences with mental illness, ensuring adequate and comprehensive peer support training is provided to leaders, prioritizing trauma-informed and human rights-focused approaches to mental health support, and investing in the future of college peer support. Davis and Scott also shared their lived experiences with mental health, telling powerful stories that led them to be who they are today.

Reimagining Campus-CommUNITY Partnerships: Continued

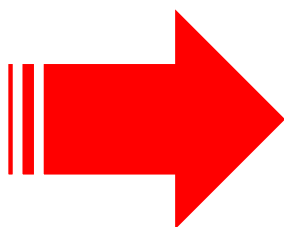
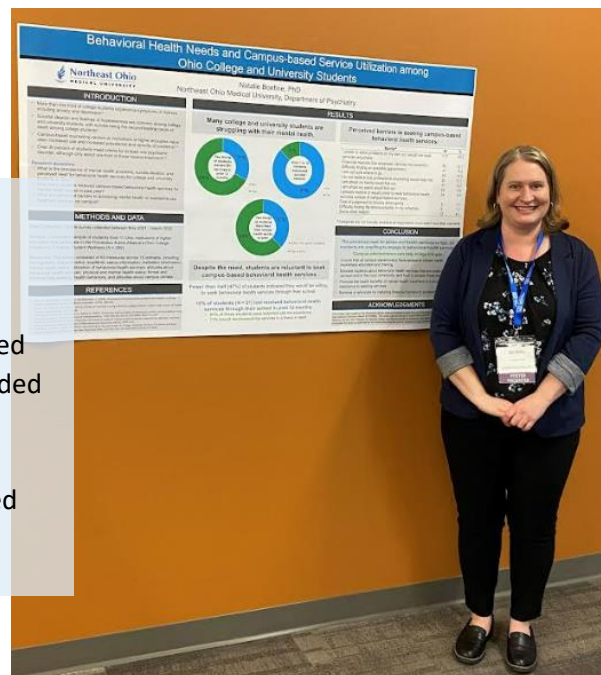


Dr. Gavin Luter of UniverCity Alliance at the University of Wisconsin-Madison presented on "Breaking Down Silos" and encouraged the audience to foster the campus-community partnership that this year's conference aimed to emphasize and celebrate. Dr. Luter spoke about the UniverCity Alliance, which is an organization that creates opportunities for collaboration between the University of Wisconsin-Madison and local county governments. UW-Madison students are given the opportunity to complete a real-world project that helps address the needs of local governments. Examples of projects students have participated in include best practices reports, program evaluations, health impact assessments, among many more.



Additionally, the OPCSMH 6th Biennial Conference hosted a poster presentation for the first time, which included a presentation from Northeast Ohio Medical University's very own **Dr. Natalie Bonfine**.

Dr. Bonfine's presentation, "Behavioral Health Needs and Campus-based Service Utilization among Ohio College and University Students," provided prevalent statistics on the mental health of students attending Ohio's institutions of higher education, as well as revealing that a study she conducted found that only 18% of college students in Ohio had received behavioral health services through their school in the past 12 months.



Recordings of the presentations from the conference can be found on the [Ohio Program for Campus Safety and Mental Health's YouTube channel](#)

Save *the* Date
7th Biennial Conference
May 15, 2025

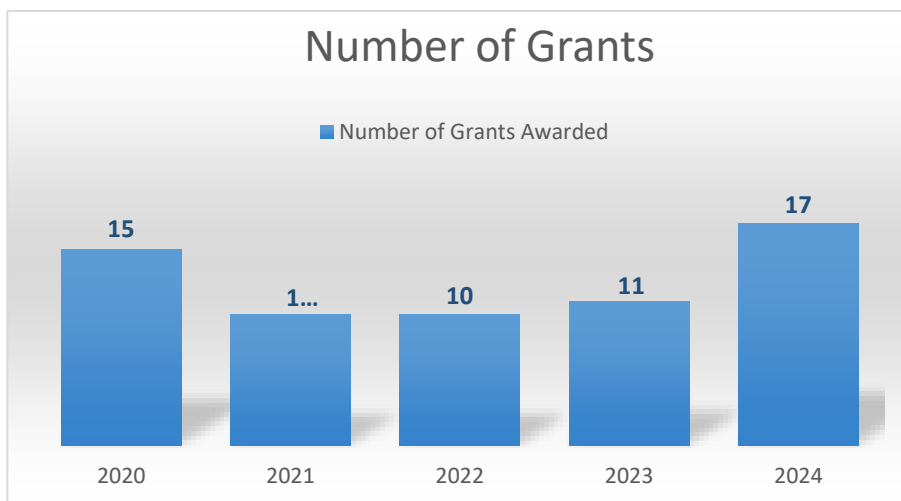
CAMPUS-COMMUNITY COLLABORATIVE GRANTS (CCG)

The purpose of the CCGs is to promote collaboration between college/university and community stakeholders to develop programming to prevent suicide, promote mental health and reduce stigma about mental illness or its treatment on campus.



Promoting mental health | Preventing suicide | Reducing stigma

OPCSMH has been fortunate to receive increased funding over the years that has allowed for an increase in grants awarded as shown below.



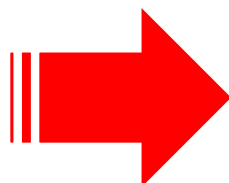
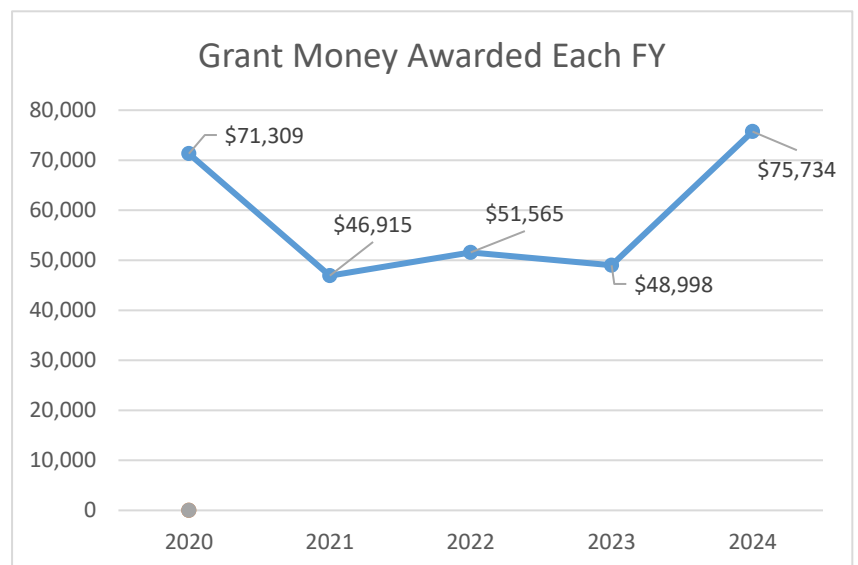
Do you have an idea to help promote mental health, prevent suicide or reduce stigma on your campus?

Learn More!

<https://www.neomed.edu/csmh/grants/>

OPCSMH has awarded over **\$294,000** in funding over the last 6 years.

The chart to the right shows how much funding was awarded to colleges, universities and stakeholders in each fiscal year.



[Click Here](#) to check out some of the work of our past grant recipients.

WHAT'S ON THE HORIZON

Advisory Committee

Since the inception of the OPCSMH, the OPCSMH has understood the value of teamwork and collaboration. Starting in the Fall of 2024 the OPCSMH will re-establish the Advisory Committee. The OPCSMH also recognizes that student counseling services are not the only stakeholders responsible for addressing suicide prevention and mental health on campus. It needs to be a comprehensive, multidimensional campus-wide effort. We need the participation efforts of experienced campus-community members to share your voice.

As a member of the OPCSMH Advisory Committee, participants will have the unique opportunity to:

- Contribute to the dissemination of mental health awareness information
- Make a positive impact on the higher education community in the state of Ohio
- Serve your community by volunteering your time and expertise
- Expand your professional network and collaborate with other industry leaders

Student Advisory Committee

14% of college students report having trouble focusing on studies and/or work.

Suicide is the #2 leading cause of death among young adults.

Active Minds. (2022, November 14). Statistics - young adult mental health stats and figures. <https://www.activeminds.org/about-mental-health/statistics/>

Active Minds. (2022, November 14). Statistics - young adult mental health stats and figures. <https://www.activeminds.org/about-mental-health/statistics/>

It is always important to include numerous voices at the table when promoting change in an environment. The OPCSMH began the process of establishing the Student Advisory Committee with the help of two undergraduate interns, MacKenzie Kay and Sophia Starkie. MacKenzie and Sophia provided firsthand insight into student concerns related to mental health and assisted in the development of a process to recruit students to join the OPCSMH student advisory committee.

*When students **feel heard** and **supported** by their institutions, they may feel more comfortable sharing their experiences and expressing their concerns.*

College students are under immense amounts of stress that can lead to mental health struggles. By cultivating an environment where mental health is openly discussed not only among students but also among faculty, institutions of higher education can develop programs and services that directly address the student's mental health needs. In addition, when students have the opportunity to express their concerns, they gain confidence in their ability to vocalize their opinions and come together, therefore increasing campus collaboration and relationships. The OPCSMH looks forward to welcoming the student voice to the table.

Event Calendar

September 2024

- 6th - Campus Community Collaborative Grant application due
- 19th – 2nd Virtual Symposium

May 2025

- 15th - 7th Biennial Conference

September 2025

- 27th – 3rd Annual Symposium



Podcast



The OPCSMH is excited to announce the re-branding of the Campus-Community Chats with a new and improved format! Get ready to join campuses from across the state for conversations about the mental health and wellness topics that impact Ohio's campuses every day. Keep an eye out for more information coming soon on this opportunity exclusive to past and present CCG Grantees beginning in October 2024.

FOLLOW US

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www.neomed.edu/csmh/

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