

# OHIO PROGRAM FOR CAMPUS SAFETY AND MENTAL HEALTH

## FY26 Campus-Community Collaborative Grant Grantee Summary

### Ashland University

The purpose of these grants 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

#### PROJECT OVERVIEW

Ashland University implemented a series of mental health awareness and engagement initiatives designed to increase visibility of campus mental health resources, reduce stigma surrounding help-seeking behaviors, and strengthen the overall culture of wellness across their campus. Project activities also included the creation of the *Keeping Ashland Healthy* podcast, offering suicide prevention training, and professional development for staff.

#### PROGRAM OBJECTIVES

- Promote awareness and reduce stigma through positive messaging campaigns
- Offer MindWise Signs of Suicide (SOS) training opportunities for campus members
- Utilize assessments from campus members to measure awareness of resources and attitudes toward stigma
- Provide professional development for counseling staff

#### CHALLENGES/BARRIERS

- Reporting issues with MindWise Signs of Suicide Software
- Logistical challenges when attempting to engage off-campus populations and coordinate campus-wide events across multiple departments

#### KEY STAKEHOLDERS

Ashland County Mental Health and Recovery Board

#### OUTCOMES

- Effectively increased awareness, reduced stigma, and improved knowledge of mental health resources
- Survey results from 235 participants found that 91% believed seeking mental health support is accepted and encouraged at Ashland University
- 88% knew how to access or refer others to campus mental health services.
- Successfully established the *Keeping Ashland Healthy* podcast

#### ADDITIONAL DATA

- 400+ campus members completed MindWise SOS training
- MindWise SOS was voted as the program of the year