



Promoting mental health | Preventing suicide | Reducing stigma

OPCSMH CCG Previously Supported Activities

For additional evidence-based programming, visit the [Suicide Prevention Resource Center Best Practices Registry](#)

Mental Health and Suicide Prevention Training

Activity	Description
<u>Mental Health First Aid Training (MHFA)</u>	Early intervention and referral training for mental health challenges. **If you are interested in providing MHFA as a part of your grant work, please reach out to the OPCSMH at opcsmh@neomed.edu for more information.
<u>Question Persuade Refer (QPR) Training</u>	Recognition and referral training for suicide risk. **If you are interested in providing QPR as a part of your grant work, please reach out to the OPCSMH at opcsmh@neomed.edu for more information.
<u>Assessing and Managing Suicide Risk (AMSR)</u>	AMSR Training teaches clinicians and other healthcare professionals who conduct suicide risk assessments how to determine the level of suicide risk for an individual.
<u>Applied Suicide Intervention Skills Training (ASIST)</u>	2-day training program that teaches participants how to assist those at risk for suicide. Participants will learn to recognize signs, provide skilled intervention, and develop a safety plan to keep someone alive.

Peer Support Programs & Student Led Organizations

Activity	Description
<u>NASPA Certified Peer Educator Training</u>	Certified Peer Educator (CPE) is a comprehensive, 12-hour foundation training suitable for any collegiate peer education group. The training includes eight modules, covering the role of peer education, helping peers make a behavior change, listening skills, response and referral skills, how to take action and intervene, ensure programming efforts are inclusive and accessible, programming and presentation skills, self-care, and group dynamics. • <u>CPE Module Outline</u>
<u>NAMI on Campus</u>	Student-led, student-run mental health organizations on college campuses. • Raise mental health awareness with fairs, walks and candlelit vigils. • Educate the campus with presentations, guest speakers and student panels. • Advocate for improved mental health services and policies on campus. • Support peers with signature NAMI programs and training from NAMI State Organizations and Affiliates. • Largest grassroots mental health organization in America.
<u>Active Minds</u>	Nation's premier nonprofit organization supporting mental health awareness and education for young adults. Student-led organization to promote mental health.
Collegiate Recovery Communities	Peer-driven recovery support delivered on college campuses through a mix of professional and peer-driven supports supplemented with self-management, based on the individual's needs, resources and recovery stage. • <u>Kent State University</u> CRC • <u>Ohio State University</u> CRC • <u>Ohio University</u> CRC • <u>University of Akron</u> CRC

	• Association of Recovery in Higher Education
Sources of Strength (SOS)	Evidence-based upstream approach to youth mental health promotion and suicide prevention that harnesses the power of peer social networks to create healthy norms and culture, ultimately preventing suicide, violence, bullying, and substance misuse.
Student-Led Educational Programming	Examples: • “In Our Own Voices” gives attendees a personal perspective about mental health conditions as they hear individuals with lived experience talk openly about their condition and their recovery. • “Language Matters” content focuses on recognition of language that perpetuates misinformation of the disorders and the individuals who live with them and provides replacement language that can neutralize stigmatizing characterizations.
Peer Advocate Compensation	Funds may be used to compensate student/peer advocates providing mental health support for CCG approved programming.

Mental Health Screening

Activity	Description
ScreenU – Screening, Brief Intervention and Referral to Treatment (SBIRT)	ScreenU is a web-based program that digitizes screening, brief intervention, and referral to treatment (SBIRT) to allow for its use beyond clinical settings. It is currently available in three versions: ScreenU Alcohol, ScreenU Cannabis, and ScreenU Rx. These online tools can identify students making high-risk alcohol and drug choices, provide strategies to reduce their risk of negative consequences, and connect them with resources local to your campus and community.

Mental Health Screening Events	Screening for mental health and substance use concerns helps students gain practical knowledge about their mental health and serves as an essential tool for suicide prevention. Examples of brief, evidence-based screening tools may include PHQ-9, GAD-7, AUDIT, etc.
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Mental Health Awareness Activities

Activity	Description
Mental Health Speakers	Grant funds may be used to compensate qualified mental health speakers promoting mental health awareness, suicide prevention, wellness, etc. through their presentation.
Mental Health Awareness Events	Grant funds may be used for materials to support mental health awareness events. Example materials may include: • Posters • Hand-outs/fliers • Educational materials • Banners • Marketing materials • Billboards • T-shirts • Stickers • Journals • Chalk • Pens • Therapy animals • Yoga instructor

	• Other non-cash incentives for participation
Self-Care & Wellness Activities	Grant funds may be used for supplies to support self-care and wellness activities. Examples of self-care & wellness items may include: • Motivational stickers • Stress balls • Arts and crafts • Journal • Coloring books • Stress balls • Mindfulness resources • Anxiety-reduction materials • Creative expression kits • Paint sets • Educational materials • Sensory materials
Film Screenings	Grant funds may be used to support expenses related to hosting a screening of a mental health awareness or suicide prevention related film. Examples include: • <u>Generation Found</u> • <u>The S Word</u>
<u>The Green Bandana Project</u>	Volunteer-driven movement dedicated to preventing suicide through promoting help-seeking behavior and increasing awareness of vital mental health resources. Volunteers are given basic suicide prevention training, and pledge to refer those in need of mental health and suicide prevention information and resources.



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Mental Health PSA Videos	Grant funds may be used to support the production of PSA awareness videos on relevant topics.
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Professional Development Opportunities

Activity	Description
<u>Mental Health on College Campuses Conference</u>	The Mental Health on College Campuses (MHCC) annual conference at The University of Michigan brings together professionals and students from across the nation for a focused review of recent research and practical advances in understanding mental illnesses among college students.
<u>Higher Education Suicide Prevention Coalition Conference (HESPC)</u>	The Higher Education Suicide Prevention Coalition (HESPC) is a collaborative organization with the united goal of developing and implementing strategies to reduce suicide on college campuses and improve the overall wellness of students. HESPC hosts an annual conference that aims to create a powerful opportunity for networking, learning, and developing techniques to prevent suicide.
<u>NASPA Strategies Conference</u>	The NASPA Strategies Conferences provide student affairs practitioners with the knowledge and skills to effectively address collegiate alcohol and drug misuse prevention, mental health, sexual violence prevention and response, peer education and well-being through a variety of comprehensive and integrative approaches.

Virtual Mental Health Tools

Activity	Description
<u>Therapy Assistance Online (TAO) for Higher Education</u>	Evidence-based educational modules are comprised of brief videos, interactive games, and mindfulness exercises meant to help you recognize and confront negative thoughts and behaviors.
<u>StressBusters Mobile App</u>	Mobile application which provides in-the-moment coping skills and information on suicide prevention, intervention, referrals, and emergency resources.
<u>BetterYou Mobile App</u>	BetterYou mobile application lets students set goals in four wellness categories: physical, social, educational and mindfulness. BetterYou keeps track of progress for you, which can make improving one's overall wellness simpler and more manageable.