

# Ohio Program for Campus Safety and Mental Health

Campus-Community Collaborative Grant

Grantee One Page Summary



**Bowling Green State 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.

## PROGRAM OBJECTIVES

These collective programs address several components of the Comprehensive Approach to Mental Health on Campus, including developing life skills, promoting social connectedness, identifying students at risk, and increasing help-seeking behavior.

- 1.) Provide Question, Persuade, Refer (QPR) Gatekeeper Training. On and off-campus resources will be highlighted. The goal is to train 35 people.
- 2.) Implement a stigma reduction and mental wellbeing campaign. The campaign will include on-campus activities and events, mental wellbeing programming, and a public awareness campaign. On and off-campus resources will be promoted, including the new 988 number. Additional funds to support this objective are provided by Youth MOVE Ohio, and BGSU.
- 3.) Expand NAMI on Campus, increase attendance at the Depression on College Campus Conference, and increase NAMI memberships. This objective will also provide access to NAMI membership to student leaders of the NAMI on Campus chapter. NAMI membership includes access to resources from NAMI national, NAMI Ohio, and NAMI Wood County. Most importantly, it ensures leaders have access to NAMI on Campus materials offered through NAMI national's online portal, NAMI Net. By the end of the academic year, there will be an executive group of 8 students, faculty, and staff, who will attend the Depression on College Campus Conference, and 10 NAMI memberships will be provided to students.

## OUTCOMES

### Events Summary

- In partnership with NAMI Wood County, 42 faculty, staff, and students were trained in Question, Persuade, Refer (QPR) Gatekeeper Training over three trainings hosted in March 2022
- The stigma reduction campaign featured three videos, including student and staff interviews. The first video was a campaign launch video. Additional videos featured the women's soccer team, and a discussion with the staff from the Counseling Center and Athletics regarding men's mental health.
- Mindfulness workshops, self-care events, including programming before midterms and finals, and a Pride Month event with NAMI on Campus were hosted. Four mindfulness workshops (two introductions, two advanced) were hosted during Fall 2021, and two (one introduction, one advanced) during Spring 2022.
- Mindful self-care events and workshops were hosted in collaboration with the Wellness Connection, Counseling Center, and BGSU Dining. During the summer semester, NAMI on Campus and the Wellness Connection offered programming during Pride Month. Self-care kits were distributed at the Wellness Connection and LGBTQ+ Center. The Wellness Connection also hosted an event in the pool with paddle boards and an inflatable obstacle course. Sensory bottles provided by NAMI on Campus were distributed at this event, and at the Student Recreation Center.

Event Description	Student Participation	Faculty participation	Staff Participation
QPR Training	24	0	18
Stigma reduction social media campaign, mindfulness workshops and self-care events	*44,308	43	83
Depression on College Campus Conference and NAMI Membership	3	1	4

\*Includes data gathered from social media analytics including total overall impressions