



Ohio Program for Campus Safety and Mental Health

Campus-Community Collaborative Grant

Grantee One Page Summary

Central 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

The mission of Central State University's (CSU) Counseling Services is to provide professional mental health counseling services that help CSU students maintain emotional well-being in order to achieve their educational and career goals. As an 1890 Land-Grant Institution and a minority-serving Historically Black University (HBCU), most students are from highly stimulated areas and have some trauma exposure.

Counseling Services will hire three mental health advocates. They will receive Question, Persuade, Refer (QPR) Gatekeeper *Train the Trainer* certification and will be tasked with training other students. Each advocate will be required to complete two training sessions, helping others to identify the risks for suicide. Counseling Services will use the funds to market the stigma-free campaign, increasing help-seeking behaviors. Counseling Services will develop and produce materials for the Vibe Program, in hopes of assisting and supporting members of the LGBTQIA+ community on campus.

Focus:

- Expand CSU's suicide prevention efforts by providing QPR (Question, Persuade, and Refer) Gatekeeper Training to the campus community.
- Expand CSU's stigma-free campaign to encourage students to seek mental health assistance.
- Assist with the stigma-free campaign, the Counseling Center will partner with the Fine and Performing Arts Department to produce "Healing through Expression", allowing students a creative outlet to express themselves.

OUTCOMES

Two of the mental health advocates that were hired served as Resident Assistants. In conjunction with their RA duties, they provided a mental health perspective in their programming and activities for their resident halls Their efforts educated and empowered students to seek help. In addition, the mental health advocates supported their fellow RAs with promoting mental awareness on campus. RAs were receptive to developing a working relationship with counselors on campus. These activities increased students accessibility to counseling services by 20%. Counseling services served 1,200 students last academic year and this year's number as of date exceeds 1,500. Critical mental health needs were effectively assessed by trained student leaders, faculty, and staff and appropriate interventions and immediate referrals were executed. Counseling services has 2 part-time case managers to assist students with accessing resources and 2 trauma coaches. to triage needs.

PARTICIPATION

Provided QPR Gatekeeper Training for Athletics staff, Student Leaders, and Incoming Freshman Students (150 Participants)	2 of the mental health advocates were certified to provide QPR Gatekeeper Instructor's Training
Trauma Informed Care Training for Campus Safety and Student Leaders (75 participants)	Weekly Resilience Program (30 participants)
Developed The Vibe Program (4 support meetings, 20 participants)	Let's Taco-Bout It (9 participants)
Drug and Alcohol Education (100 participants)	Horticulture Therapy (75 participants)

Partnerships

- Theater Department: Healing Through Expression (25 participants)
- 1890 Land Grant Department: Peace Garden Plot
- Agriculture Department/Horticulture Intervention
- Charlton and Charlton