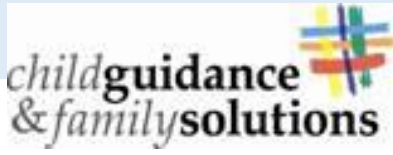


# Ohio Program for Campus Safety and Mental Health

Campus-Community Collaborative Grant

Grantee Summary



## Child Guidance & Family Solutions

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

Child Guidance & Family Solutions (CG&FS) is a behavioral health agency in Northeast Ohio serving children, teens, adults, and families with mental health concerns. CG&FS will collaborate with the University of Akron. The University will schedule trainings and screenings that our mental health providers will present to the students, RA's, counselors, advisors and other faculty at the University of Akron. The University of Akron will identify the students and staff that would benefit from the grant activities, as well as coordinating dates and times for the trainings and screenings that will take place.

### OUTCOMES

#### Barriers

There was one barrier based on the timing of this grant and the semesters at the University of Akron. Because many students and faculty are not present at the university in the summer, we were unable to provide training during this time; therefore, instead of conducting 12 trainings, we conducted four. Two of the four trainings were offered to faculty, and two were offered to students.

The table below provides a brief description of the activities completed during the grant:

Student Trainings	
Description of Training	Number of Participants
Provided information on reducing the stigma of mental health; focusing on reducing the stigma on a college campus. (Virtual)	21
Recognizing the signs and symptoms of mental health and learning and implementing coping skills to promote wellness. (Virtual)	11
Faculty Trainings	
Recognizing the signs and symptoms of depression, suicidal ideation and anxiety. (Virtual)	30
Recognizing the signs and symptoms of mental health and learning and implementing coping skills to promote wellness. (In Person)	30

During these presentations, resources throughout the community were provided, and faculty and students were given the materials presented during the training to reference in the future. CG&FS also purchased coping tools for faculty and students, such as stress balls, journals, buddha boards and fidgets for the classroom to assist with improving concentration and reducing anxiety and depressive symptoms. CG&FS also taught mindfulness techniques and practiced mindful eating and relaxation exercises with the use of mints and chocolate.