



# Ohio Program for Campus Safety and Mental Health

Campus-Community Collaborative Grant

Grantee One Page Summary

## MENTAL HEALTH AND RECOVERY BOARD OF WAYNE AND HOLMES COUNTIES

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 OVERVIEW

The Mental Health & Recovery Board of Wayne and Holmes Counties (WHMHRB) will collaborate with the Ohio State University Agriculture and Technical Institute (ATI), The College of Wooster (CoW), and The University of Akron: Wayne College (UA).

- The College of Wooster and The University of Akron will each train one person to be a Question, Persuade, Refer (QPR) instructor.
- Implement new programming, including mindfulness groups and positive psychology class at The College of Wooster.
- Host a Mental Health and Disability Event at The University of Akron and the play-based event, Recess, at the Ohio State University Agriculture and Technical Institute. Both events will incorporate local outpatient and campus-based mental health providers to promote help-seeking behaviors, reduce stigma associated with mental illness treatment, and reduce suicide.

### OUTCOMES

Brief Description of Activity	# Student Participants	# Faculty/ staff Participants	# Community Partner Participants
Disabilities and Mental Health Awareness.	102	16	6
Be a Good Friend Day. Encouraging students to look out for each other's mental health and theirs too.	46	6	0
QPR (Question Persuade Refer) Training	0	1	16
'Happy Hour: Taking Control of My Wellbeing'	11	0	0

### Challenges

Our Fall attempt for a group focused on mindfulness failed as students didn't engage in the opportunity. We solicited feedback from students and modified the ongoing group format into a series of individual workshops based on the book, *Finding Peace in a Frantic World: Mindfulness Practices for Everyday* by Mark Williams and Danny Penman. Students could drop in to one, many, or all of the 7 workshops rather than committing to a 6-week group during the Spring semester.

#### Finding Peace in a Frantic World Workshop - Attendance

# Student Participants	# Staff Participants
30	6