

# Ohio Program for Campus Safety and Mental Health

Campus-Community Collaborative Grant

Grantee One Page Summary



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.

## NAMI of Southwest Ohio

### PROGRAM OBJECTIVES

NAMI SWOH will present at least 22 virtual (live) or in-person *In Our Own Voice (IOOV)* presentations to college and university audiences, including students and faculty. NAMI's IOOV program presents information on recognizing the warning signs and symptoms of mental illnesses and suicidal ideation, information on treatment and recovery, and pathways to building healthy life skills. IOOV gives attendees a personal perspective about mental health conditions as they hear individuals with lived experience talk openly about their condition and their recovery experiences.

NAMI SWOH will present at least three virtual (live) or in-person *Language Matters* presentations to college and university audiences, including students and faculty. The *Language Matters* presentation was developed by NAMI SWOH in response to an identified lack of awareness of the use of stigmatizing language about mental health conditions, even among health care professionals. Content focuses on recognition of language that perpetuates misinformation and mischaracterization of the disorders and the individuals who live with them, and provides replacement language that can neutralize stigmatizing characterizations.

### OUTCOMES

NAMI SWOH surpassed initial projection and delivered 30 *In Our Own Voice* and 3 *Language Matters* presentations, reaching 909 students, staff, and faculty at different colleges and universities around Cincinnati. Additionally, another of NAMI's signature programs, *Ending the Silence* was presented to a University of Cincinnati class of school counselors. NAMI SWOH was invited to talk about NAMI's advocacy role to two Mental Health Policy classes. Many of our presentations were in classes that are training future health care professionals – nurses, doctors, therapists, social workers and rehabilitation specialists.

#### Quantitative evaluation data results indicated:

- 92% learned information that was helpful to them
- 96% felt that the presenters communicated well
- 93% would recommend the presentation to others.

**Activity:** *Language Matters* presentations to college and university audiences, including students and faculty. The training provides replacement language that can neutralize stigmatizing characterizations.

# of Student Participants	# of Faculty Participants	# of Staff Participants
42	15	6

#### Challenges

The safety restrictions imposed due to the pandemic and our focus on the health and safety of NAMI SWOH's program leaders and staff did pose challenges to the delivery of our programs in 2021. Some professors we have relationships with were not able to invite us to present because their classes were held asynchronously. Due to the sensitive nature of our presentations where our peers share their personal journey with their mental health, NAMI does not allow presenters to be recorded. We also continue to face challenges recruiting volunteers from campus. NAMI presentations in the past have resulted in immediate connections between students, NAMI presenters and staff. This would result in students volunteering to present for NAMI, advocate for mental health and participate in NAMI On Campus events. We have been able to get back to recruiting students, but the momentum will take a while to build.