

(Out)Reach for the Stars!: Creating Counseling Center Outreach Opportunities for Marginalized Populations

Phil Hughes (he/him) MA, LPCC
Assistant Director of Outreach
Bowling Green State University

Who's in the space?

Join at

Slido.com

#2757 164



Learning Objectives

- ◆ 1. Identify how colleges and universities can collaborate with the campus-community to leverage the promotion of student safety & well-being, mental health awareness and campus suicide prevention efforts.
- ◆ 2. Identify and acknowledge the cross-communal and inter-university partnerships that address and strengthen the outcome of mental health service provision for student populations.
- ◆ 3. Identify outreach opportunities to engage student-focused programming that addresses stigma and barriers to accessing mental health care.
- ◆ 4. Provide best practices, resources, and help-seeking options that target suicide prevention for all campus-community student populations.
- ◆ 5. Recognize inclusive strategies and efforts meeting the needs of all groups within the campus community, including first generation, BIPOC (black indigenous and people of color), students with needs for accessibility & accommodations and historically underrepresented backgrounds.

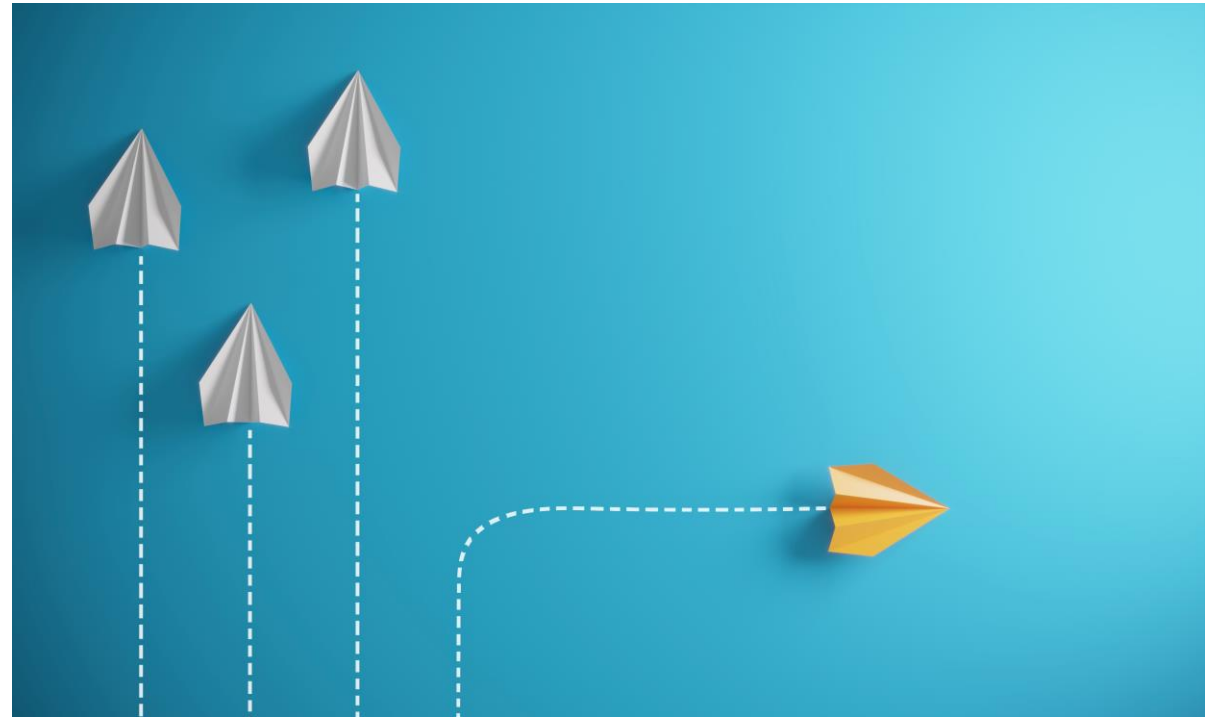
Previous outreach programming

- ◆ Start the Conversation
- ◆ Workshops
- ◆ GRIT
- ◆ Rest In Protest
- ◆ It's OK To Not Be OK
- ◆ Traditional outreach i.e. presentations
- ◆ Peer Ambassador



New Directions

- ◇ Suicide Prevention Awareness Month
- ◇ Erase the Stigma
- ◇ QPR and MHFA
- ◇ Mental Health Advocacy certificate
- ◇ Fundraising with campus groups/classes
- ◇ Taking it all into account



Meet Me Halfway

◆ Campus partnerships



Drop-in groups

- ◆ Started in fall of 2022
- ◆ The goal is to increase access and needs of historically marginalized populations





Workshops

- ◆ Created out of a need to reduce pressure on the CC system
- ◆ Anxiety management and stress management
- ◆ Adjustments and future changes

It's Real



- ◆ It's Real: College Students and Mental Health.
- ◆ Program that was created by the AFSP
- ◆ <https://www.youtube.com/watch?v=YN69VIDKBFs>

Let's Talk

- ◆ Created at Cornell and has been adopted by many universities.
- ◆ 15-minute, confidential, brief consultation with licensed Counseling Center staff.
- ◆ Collaborated with several campus partners to host Let's Talk in their space.

Suicide Prevention

- ◇ Programming
- ◇ Facts
- ◇ Resources





The Best Is Yet To Come

Questions?



References

- ◆ American Foundation for Suicide Prevention. (2021, November 15). *It's real*. American Foundation for Suicide Prevention. Retrieved May 3, 2023, from <https://afsp.org/itsreal>
- ◆ American Foundation for Suicide Prevention. (2021, July 30). *What we've learned through research*. American Foundation for Suicide Prevention. Retrieved May 3, 2023, from <https://afsp.org/what-we-ve-learned-through-research#additional-resources>
- ◆ American Psychological Association. (n.d.). *New Research in Suicide Prevention*. Monitor on Psychology. Retrieved May 3, 2023, from <https://www.apa.org/monitor/2021/09/news-suicide-prevention>
- ◆ Barnhorst A, Gonzales H, Asif-Sattar R. Suicide prevention efforts in the United States and their effectiveness. *Curr Opin Psychiatry*. 2021 May 1;34(3):299-305. doi: 10.1097/YCO.0000000000000682. PMID: 33405481; PMCID: PMC8048720.
- ◆ *Let's talk drop-in consultation*. Cornell Health. (n.d.). Retrieved May 3, 2023, from <https://health.cornell.edu/services/mental-health-care/lets-talk>
- ◆ *Preventing suicide in the United States - Sage journals*. (n.d.). Retrieved May 4, 2023, from <https://journals.sagepub.com/doi/10.1177/0033354920974657>
- ◆ *Resources*. Ohio Suicide Prevention Foundation. (2023, April 25). Retrieved May 3, 2023, from <https://www.ohiospf.org/resources/>
- ◆ *Rest is resistance*. The Nap Ministry. (2023, January 25). Retrieved May 3, 2023, from <https://thenapministry.com/>
- ◆ Suicide prevention. (n.d.). Retrieved May 3, 2023, from <https://suicideprevention.ohio.gov/home>