



OPCSMH QPR INSTRUCTOR COMMUNITY OF PRACTICE

This academic year, the OPCSMH established the OPCSMH Question, Persuade, Refer (QPR) Instructor Community of Practice by providing an opportunity for 26 members of the Ohio campus-community to become certified QPR Instructors. In the short period since its inception, over 20 QPR training sessions have been provided to 350+ participants who are now certified QPR Gatekeepers. Alongside the QPR Instructor Community of Practice, the OPCSMH will continue to provide future suicide prevention training opportunities and help save lives! Interested in becoming a certified QPR Gatekeeper? Stay tuned for future training announcements!

THAT'S A WRAP ON THE 2025-2026 ACADEMIC YEAR!

Thank you to everyone who contributed to and participated in OPCSMH programming during the 2025-2026 academic year! We simply could not have had such a successful year without you. The OPCSMH is already hard at work planning for the 2026-2027 academic year so we can continue to provide impactful programming. We are looking forward to seeing what the year brings and hope to see you there!

ESSENTIAL WELLNESS TIPS FOR SUMMER

The Summer season is upon us! Read on for some of our favorite tips for having a Summer of wellness!

- Stay hydrated
- Stay cool and keep refreshed
- Protect your skin by wearing sunscreen
- Spend time in beautiful nature
- Soak up the Vitamin D, an essential vitamin for mental wellbeing
- Take advantage of the extra daylight by enjoying a daily walk
- Eat lots of fresh fruit



Partner Spotlight: Tracy Pritchard



Please join us in congratulating Tracy Pritchard, MSW, LISW-S, esteemed professor at Ohio University and valued member of the OPCSMH Advisory Committee on his upcoming retirement at the end of June 2026. Tracy has dedicated 20+ years to preparing future generations of social workers to make a difference in their communities. He taught classes, coordinated field placements and led the Child Welfare Workforce Professional Education Program at OU. We thank Tracy for his unfaltering dedication to bettering his community and his passion for empowering others to make an impact of their own. Enjoy your well-deserved retirement, Tracy!



Crystal N. Dunivant, MSW, LSW, has been a champion of the social work profession for over the last decade but believes it is time to reimagine what social work can look like in the future. Crystal currently serves as a Consultant and Trainer with Best Practices in Schizophrenia Treatment (BeST) at Northeast Ohio Medical University with a

special interest in the intersection of mental health and race. She is part of a team that provides ongoing training and consultation on Coordinated Specialty Care for First Episode Psychosis to 12 teams across 23 counties. Crystal takes pride in being the project leader for First Episode Psychosis Project ECHO, virtual learning community that provides training and mentorship to Coordinated Specialty Care for First Episode Psychosis team members and other interested clinicians in Ohio and across the country.

Additionally, Crystal is a member of the OPCSMH Advisory Committee and the OPCSMH QPR Instructor Community of Practice and was recently appointed as the Chair of the Northeast Hub Substance Use & Other Addictions Subcommittee of the Mental Health & Addiction Advocacy Committee (MHAC).

Outside of work, Crystal loves to read and enjoys spending quality time with loved ones.

Supporting The Mental Health Of Students During The Summer

While summer break is often viewed as a time for rest and recovery, it can also present significant mental health challenges for college students. The transition away from campus routines, peer networks, counseling services, and academic structure can leave many students feeling isolated, anxious, or disconnected. Research and clinical experts note that the loss of school-based support systems, disruptions in routine, and increased uncertainty about the future can negatively affect student well-being.

Colleges can play an important role in supporting students beyond the academic year. One key strategy is ensuring continuity of mental health care by promoting telehealth counseling options when available and providing clear information about accessing services while away from campus. Encouraging students to maintain connections with counselors, mentors, and peer support networks can help reduce feelings of isolation and provide stability during transitions.

Institutions can also help students establish healthy summer routines by sharing resources focused on sleep, exercise, nutrition, self-care, and stress management. Summer engagement opportunities such as internships, volunteer programs, community service projects, and skill-building workshops can provide structure, purpose, and a sense of accomplishment.

Finally, colleges should proactively communicate with students before and during the summer months, normalizing the challenges that can accompany transitions and reminding students where to seek help if they experience worsening mental health symptoms. By extending support beyond the traditional academic calendar, colleges can help students return to campus feeling more connected, resilient, and prepared for success.

GET IN TOUCH WITH THE OPCSMH!



[Ohio Program for Campus Safety and Mental Health](#)



[@neomedopcsmh](#)



[Ohio Program for Campus Safety and Mental Health](#)



[@neomedopcsmh](#)



[Ohio Program for Campus Safety and Mental Health](#)



opcsmh@neomed.edu