

# Ohio Program for Campus Safety and Mental Health

Campus-Community Collaborative Grant

Grantee One Page Summary



## Tiffin University

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

Tiffin University will form an advisory team with multiple stakeholders and advise this grant and TU's programming going forward. The Mental Health and Recovery Services Board of Seneca, Sandusky, and Wyandot Counties (MHRSB)) will facilitate discussions during the documentary presentation focusing on survivors. TU will increase their alignment with NAMI, who will provide at least one presentation on campus. Together with students, faculty, staff, and TU's Counseling and Wellness Center professionals, they will make up the advisory team for the administration of this grant.

### OUTCOMES

| Date           | Brief Description                               | # of Student Participants | # of Faculty Participants | # of Staff Participants            |
|----------------|---|---------------------------|---------------------------|------------------------------------|
| 2/15/2023      | <i>The S Word</i> Documentary Screening and Q&A | 0                         | 0                         | 2 staff<br>1 Community Participant |
| 1/2023-present | MindWise Screening Tool                         | 73                        | N/A                       | N/A                                |
| 4/5/2023       | Dragon Check Day                                | 103                       | 4                         | 7                                  |

#### Activity 1: *The S Word* Documentary Screening and Q&A

**Summary:** This event was to screen the documentary *The S Word* and then host a Q&A with TU's local NAMI representative. In this instance, S stands for suicide. This documentary aims to destigmatize the word suicide and tell audiences that silence is more dangerous than saying the "s word" itself.

**Challenges:** Unfortunately, another campus organization hosted an event that provided a participation incentive. Due to this other event on campus, TU did not have student participation at the film screening. Moving forward, TU will engage, collaborate, and plan with other campus organizations and fields of study in order to support and enhance student attendance.

#### Activity 2: MindWise Screening Tool

**Summary:** This tool was brought to Tiffin University in order to provide students access to depression, anxiety, trauma, and gambling screening assessments. The goal also was to support students in better understanding how their symptoms impact them as a whole. The screening platform does not provide a diagnosis but will make recommendations about what the next steps may be: such as following up with a mental health care provider.

#### Activity 3: Dragon Check Day

**Summary:** This campus-wide event was organized to spread awareness about self-care activities, symptoms of mental health diagnoses, suicide awareness, and other campus supports. The design of this event was to have activities that students can engage in to learn self-care and coping strategies.