

<u>Session Title</u>	<u>Session Description</u>
Supporting the Whole Student	<p>The Stark State College chapter of the Psi Beta National Psychology Honor Society opened a Students Serving Students Food Pantry in the spring of 2015. This initiative has served hundreds of students through the years. The pantry is 100% student led, student facilitated, and institutionally supported. The level of learning and impact on volunteer students and patrons was unanticipated. The overall value of service learning and empathetic understanding of community engagement in creating a safe and collegial campus atmosphere is the focus of this presentation.</p>
College Hope Squad: A Peer-to-Peer Suicide Prevention Program	<p>Research suggests that when a young adult is suicidal, they often tell peers instead of getting professional help. Therefore, training students to do intentional outreach with distressed peers is a model that can save lives on college campuses. Hope Squad (www.hopesquad.com) is an evidence-supported, peer leader, suicide prevention model found in 500 schools in the U.S. and Canada. Hope Squads can be found in elementary, junior high, high schools, and college campuses, and each level has its own unique curriculum and materials. Participants in this session will learn about the college Hope Squad program, the data supporting its effectiveness, and how students are becoming the essential lifesavers on their campuses.</p>
Suicide Prevention & Mental Wellness at Community Colleges	<p>This presentation will examine the unique qualities of community college students and their mental wellness. An overview of depression and suicide symptoms will be presented, along with the multiple factors of community college students that put them at an elevated risk of suicide. A recently developed phone app will be demonstrated.</p> <p>Community college students face a number of challenges related to their mental wellness. Anxiety, depression, and relationship problems are the three highest reported reasons that community college students seek out counseling services (AUCCCD, 2016). More than half of all college students have had suicidal thoughts. Of these students, half never seek counseling services and of those who die by suicide, 80-90% were not receiving help from their college counseling center (Active Minds, 2018). Suicide is the 10th leading cause of death in the United States and 2nd among college students. Nearly 1,100 college students die by suicide each year. Community college students often face significant stressors beyond the classroom, including work, transportation, homelessness, or supporting their family. The JED Foundation recently reported that nearly half of all parents surveyed had not discussed the potential for anxiety or depression as their teens prepared to go to college (2018). These stresses, along with developing or manifesting mental health issues, pose as significant issues for community college students. Issues like isolation and mental health stigma may be tremendous barriers to help-seeking behaviors. This presentation will examine the unique qualities of community college students and their mental wellness. An overview of depression and suicide symptoms will be presented, along with the multiple factors of community college students that put them at</p>

	<p>an elevated risk of suicide. This presentation will also review suicide as a health epidemic and how a multi-campus referral system may be beneficial to community colleges and their students.</p> <p>Active Minds (2018). http://www.activeminds.org/</p> <p>Association for University and College Counseling Center Directors (2016). https://www.aucccd.org/assets/documents/aucccd%202016%20monograph%20-%20public.pdf</p> <p>The JED Foundation (2018). https://www.jedfoundation.org/mental-health-concerns-not-focus-preparing-high-school-students-college-despite-increased-risks/</p>
<p>There’s an app for that: Putting suicide prevention and mental health resources at your students’ fingertips</p>	<p>Ken developed Lakeland’s award-winning Reach Out mobile app, which provides easy access to information and resources for suicide prevention and mental health promotion. He has partnered with the Ohio Suicide Prevention Foundation to create the Reach Out Campus Affiliate Program. Participating colleges can utilize grant funding to customize the Reach Out app for their own campuses. Information about the program can be found at: http://www.ohiospf.org/content.php?pageurl=reach_out</p>
<p>Recognizing and Responding to First Episode Psychosis</p>	<p>Symptoms of psychosis often initially emerge during the adolescent and young adult years. University faculty and staff are likely to encounter early signs of psychosis (prodrome) or symptom manifestations of a psychotic disorder in the higher education setting but may not recognize such symptoms or know how to respond. This workshop will provide information on recognizing prodromal and psychotic symptoms, explore the importance of accommodations in higher education, and describe how to best support students experiencing these symptoms while pursuing a college education. Supporting students includes involving parents and other family members in early identification and referral to community resources.</p>
<p>Youth Empowerment as a Framework to Engage Young People in Creating Healthy Schools and Communities</p>	<p>Youth-led programs are unique because they embrace young people (i.e. adolescents and young adults) as change agents in their schools and communities in order to address pressing behavioral health issues. Ohio’s Youth-Led Initiative has identified youth empowerment as a framework to engage young people in environmental and systems change efforts to address substance abuse and mental health issues at the local level. This session will describe how this initiative utilizes the Youth Empowerment Conceptual Framework (YECF; Holden et al., 2004) and SAMHSA’s Strategic Prevention Framework (SPF) to engage young people in a data-driven strategic planning process to select and implement evidence-based prevention strategies to create meaningful change within their</p>

	<p>schools and communities. Resources will be shared during this interactive session and concrete examples of youth-led programs will be discussed.</p>
<p>Drawing on your fears</p>	<p>My fascination with fear comes directly from my awareness of how life can change in an instant. I was in a serious car accident in the mid-1960s, when I was 6 years old. My dad crashed into a telephone pole. I flew through the front windshield and had major head and facial injuries. My parents were told at that time that if I lived, I'd be a vegetable. The doctors were wrong. Within two weeks, I was out of the hospital, and I recovered fully.</p> <p>After the accident, I became acutely aware of the fine line that separates the chapters of our lives — in one moment, I was just a kid playing with my dolls, proud of my new watermelon-print dress — and then later in that day, I was near death, soaked in blood, with glass shards crushed into my head and face.</p> <p>Fear still lurks in my middle-aged life, and instead of ruminating about it, I decided to explore it from the mindset of a collector. Through other people's words and my visuals, I have been steadily creating (since 2012) a visual narrative about common and not-so-common fears that others have shared with me. These fears include death, failure, losing a child, losing one's voice, losing one's mind, centipedes in the shower, needles, cancer, speaking honestly with one's spouse, déjà vus, seaweed, getting arrested at Disney World, biscuits and clusters of small holes.</p> <p>The Fear Project's participants — friends, neighbors, colleagues, my students, family members, acquaintances and people I've never met — share their fears with me via email or in person. Many often people tell me that after seeing a tangible interpretation of their fear, they feel less burdened by it.</p> <p>During this breakout session, I will talk about how and why this project started, share a variety of illustrations and discuss what I've discovered during this process of visualizing fear. I will also facilitate a hands-on activity where participants will have the opportunity to visualize some of the things that scare them most.</p>
<p>Empowering Student Voices - Heathy Campus Initiatives</p>	<p>Through the Kent State of Wellness Student Ambassador program and the Seeds of Wellness mini grant program, students are building the programs, projects and resources that they feel are crucial for mental health and emotional well-being. We will discuss the ways in which we outreach to recruit students into the initiatives and then how we are able to create a meaningful experience that utilizes training, engaged decision making, autonomy and self direction that result in sustained change that improve physical and mental health for all the community.</p>
<p>Crisis Text Line: Using Real Time Data to</p>	<p>Since August 2013 over 100 million messages have been exchanged at Crisis Text Line. At Crisis Text Line every texter is connected with a Crisis Counselor, and real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. This presentation will</p>

Understand Issues on Campus	identify real time data and strategies used, as a step for Crisis Text Line to understand issues on campuses.
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