



OHIO PROGRAM *for*  
**CAMPUS SAFETY  
& MENTAL HEALTH**  
A NEOMED CCoE

## **Creating Community Wellness:**

### **Equity and Inclusion in Student Mental Health**

*How to utilize creative virtual outreach activities and Identify outreach strategies to promote mental health on campus, reduce stigma of counseling, target suicide prevention, and serve those indigenous, underrepresented, and marginalized student populations.*

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### **Session Description:**

After the 2020 spring semester spring break, the universities have changed to online teaching due to the COVID-19 pandemic. This change also impacts the mental health services provision to our students. University counseling services change from in person counseling to distance counseling. Our institution has been through the transition by providing the services to our students before and after the pandemic. Our outreach programming and activities also encounter changes due to social distancing regulations. Therefore, a quick change in service through different approaches would be needed. The changes of the approaches would also help the students/clients who continue needing mental health services and supports, as well as providing services to those indigenous underrepresented, and marginalized student populations impacted by racial injustice on top of COVID-19. This presentation aims to address the mental health demands of clients in the college campus and discuss innovative ways to utilize different approaches such as phone check-in, online COVID-19 support group, relaxation packages distribution, virtual relaxation station, care packages for faculty/staff, classroom zoom outreach and Zen Gardening, etc. to serve our students before and during the pandemic. The presentation also demonstrates how the different approaches, programming and activities are conducted. The presentation will include the outcome feedback of the students/clients utilizing the different services, as well as the ways how those indigenous, underrepresented, and marginalized students are benefited and served. The effectiveness of the different approaches indicated by the statistics and data analyses, as well as future improvements and suggestions will be discussed. Lastly, what we have learned from the changes of services due to the COVID-19 pandemic that can benefit for future post pandemic services to our students will be also explored during the presentation.

## Learning Objectives:

- The participants will be able to prepare and design their own different approaches by the discussing with the presenter of the new ideas serving our students.
- The participants will be able to create their outreach programing and clinical services to their students by applying the different approaches of the presentation.
- The participants will be able to learn how to attract and outreach students from different cultures and backgrounds by conducting culturally referenced activities to promote mental health.

***Link to join:***

<https://neomed.zoom.us/j/97502946621?pwd=aXNoc2M1and2c3RiRGNTQkVrUTN6Zz09>

Password: 073367



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