

[HMN]

The Healthy Minds Network

[healthymindsnetwork.org](http://healthymindsnetwork.org)



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Research-to-practice  
in the field of college  
student mental health

## Participate 4

The many benefits of  
participating in HMN's  
survey-based studies

# Introducing The Healthy Minds Network

A research-to-practice network in college student  
mental health



The Healthy Minds Network (HMN) is a new initiative committed to translating research-to-practice in the field of college student mental health, and adolescent and young adult mental health, more generally. Based out of University of Michigan, HMN focuses on three main objectives:

(1) producing knowledge (*research*), (2) distributing knowledge (*dissemination*), and (3) using knowledge (*practice*).

The ultimate goal is that HMN research will have a positive impact on the mental health of young people by informing intervention and prevention programs, outreach and educational efforts, and policies.

## Elements of HMN

Research briefs  
Webinar series  
Annual symposium  
Survey research  
Intervention research  
Online data interface



## Research-to-Practice in College Student Mental Health

*A “lay of the land”*

*There are many organizations engaged in research and practice in the field of college student mental health. HMN is adding something unique and complementary in two basic respects: first, we are approaching mental health primarily from a population health perspective, which complements clinical perspectives; second, our background and starting point is mainly research—we are trying to build bridges from research to practice, whereas most of the other key organizations have been working on the reverse.*

Researchers and campus practitioners are well aware of the high and increasing prevalence of mental health problems among college students today. Despite a shared objective to promote student well-being, researchers and practitioners often speak across one another and get their wires crossed. The stakes are far too high for this sort of miscommunication. In the field of college student mental health, it's not enough for researchers to step out of the “ivory tower”; it's not enough to go through the motions of making research relevant. For real progress to be achieved, researchers need to make it their mission to conduct and deliver

research that can directly inform practice. The Healthy Minds Network is making this its core objective. Achieving this aim will be a team effort. Here are some of the other key players in the field.

### Lay of the Land

**Active Minds, Inc.** is a non-profit organization that empowers students to speak openly about mental health in order to educate others and encourage help-seeking. Through its student run chapters (now on more than 300 campuses), Active Minds works to increase students' awareness of mental health issues, provide information and resources, encourage students to seek help, and serves as liaison between students and the mental health community. Active Minds and HMN are partnering to empower student leaders through research and to expand the reach of HMN's surveys.

**American College Health Association—National College Health Assessment (ACHA-NCHA)** examines college students' health habits, behaviors, and perceptions. ACHA-NCHA covers a wide range of health behaviors, including substance use, sexual health, weight, nutrition,



The HMN free Webinar Series provides an opportunity to discuss research findings in the field of college student mental health and their implications for practice. Sessions are held approximately once per month, featuring a new topic at each session as well as expert panelists.

**Next Webinar: Connecting Research to Practice in College Student Mental Health: *New opportunities and how to get involved***

Tuesday, August 6 (12-1pm)

Thursday, August 8 (3-4pm)

*\*All times ET; same content at both sessions*

**Panelists:** Sara Abelson (*Senior Program Director, Active Minds, Inc.*) & Joseph Behen (*Executive Director, Counseling, Health, and Disability Services, School of the Art Institute of Chicago*)

**RSVP:** [healthyminds@umich.edu](mailto:healthyminds@umich.edu)

## HMN Data Access

We welcome the use of our data sets by other researchers. In the past we have always shared the Healthy Minds Study data with other researchers who have asked for it, and now we've made that process easier.

On our website you'll find a comprehensive codebook for The Healthy Minds Study. Simply email us with your interests and we'll happily send you the data set!

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exercise, personal safety and violence, and mental health.

**Association for University and College Counseling Center Directors (AUCCCD)** promotes awareness of college student mental health through research, education, and training provided to members, professional organizations, and the public. AUCCCD aims to help counseling directors provide effective leadership and management.

**The Center for Collegiate Mental Health** at Pennsylvania State University is a multi-disciplinary, member-driven, research center that provides accurate information about the mental health of college students in order to serve the needs of clinicians, administrators, researchers, and the public.

**The Jed Foundation's** JedCampus program is a nationwide initiative designed to help colleges and universities assess and enhance mental health promotion and suicide prevention programming on campus. A JedCampus seal is awarded to schools that exhibit, through a self-assessment process, mental health promotion and suicide prevention consistent with recommended practices.

**The National Research Consortium of Counseling Centers in Higher Education**, housed at the University of Texas, conducts large-scale research studies on mental health issues among college students. The Consortium's most recent study, on the nature of suicidal crises, involved participants from 70 U.S. colleges and universities, establishing the largest dataset of in-depth college student suicidal behavior.

There are also many organizations involved in college student mental health as part of their broader mission, including NASPA, ACPA, and others. With this wealth of networks and resources, college student mental health is an ideal field for the research-practice link to flourish.

***"Our basic goal is to conduct and communicate research that can help improve student mental health at a population-level. We can only do this by maintaining strong connections with administrators, practitioners, and students themselves."*** –Daniel Eisenberg, PI, HMN





**C**olleges and universities play a key role in the Healthy Minds Network by participating in our survey-based studies.

**The Healthy Minds Study** is an annual survey-based study examining mental health and related issues (depression, anxiety, substance use) and service utilization among college students. Since its national launch in 2007, HMS has been fielded at nearly 100 college and university campuses across the U.S., with over 100,000 survey respondents. HMS is expanding significantly beginning in 2014, including to international colleges and universities and U.S. community colleges. Research with HMS data has yielded insights on the role of mental health for academic success, barriers to help-seeking, and much more ([healthymindsnetwork.org/research/publications](http://healthymindsnetwork.org/research/publications)).

### Benefits of Participation

HMN data can be used in numerous ways:

- To strengthen grant applications
- To advocate for mental health services and programs on campus
- To evaluate existing programs (e.g., reductions in stigma following a major campaign)
- To assess need for programs and services
- To raise awareness of mental health and campus resources
- To make comparisons with peer institutions

### Enhancements

Beginning in 2013-2014, participating colleges and universities will benefit from two significant enhancements to the data reporting process:

Interactive data interface: Campus contacts will be able to log in to a secure server to further explore their data. The interface will allow individuals to easily generate graphs and tables for presentations. It will also be easy to examine sub-groups of interest.

Rapid access to data report: Customized data reports will be generated through a new automated process. After quality-checking, the full report will be available within days of completing data collection.

***"Our participation in the Healthy Minds Study has provided us with the broadest and deepest understanding of the mental health needs and status of our students that we have ever had. It has been essential to developing a sophisticated, data-driven, public health approach to the well-being of our student body, tremendously valuable in our advocacy for resources, and highly impactful in our efforts to highlight the significant role poor mental health and mental illness play in academic impairment and attrition."***

—Joseph Behen, Executive Director,  
Counseling, Health, and Disability Services,  
School of the Art Institute of Chicago

**[CONTINUED]****How to Participate**

Although many colleges and universities collect data about student mental health, there is great variation in the quality of these data and how they are used to inform practice and campus policies. HMN's survey-based studies take a public health approach to college student mental health by assessing a range of mental health topics at the *population* level. Enroll your campus today and join an international network of campuses that are making student mental health a priority.

We make participating as easy as possible. There are six simple steps to complete, totaling approximately 10 hours of work for campus contacts: sign a participation contract, complete a data agreement, attain IRB approval or exemption, send a file of students for survey recruitment, customize the survey with local resources, and submit payment. At each step, the HMN research team provides assistance to ensure a smooth and successful participation experience.

Participation fees vary based on institutional characteristics (range: \$500-\$3,000). All participation fees feed back into the development of HMN research, helping us to expand and create enhancements. Participating in HMN's survey studies is a short-term cost for a long-term gain, providing colleges and universities with the data needed to improve student well-being.

**Contact** our research study coordinator, Katie Beck, for more information: [healthyminds@umich.edu](mailto:healthyminds@umich.edu) or 734-936-1321.

**Contact HMN:**

Web: [healthymindsnetwork.org](http://healthymindsnetwork.org)  
 Email: [healthyminds@umich.edu](mailto:healthyminds@umich.edu)  
 Phone: 734-936-1321

**Save the date:**

Next Webinar: August 6 (12-1pm ET) & August 8 (3-4pm ET)

College Mental Health Research Symposium (Ann Arbor, MI): March 11-12, 2014

