

Welcome to the College Mental Health Research Symposium

NOTES:

Thank you for joining us, we will begin shortly.

We encourage you to put your webcam on for the duration of the event.

Please switch your view to "presenter" or "people."

Please mute yourselves for the start of the symposium.

We will use the Chat feature.

EMAIL HEALTHYMINDS@UMICH.EDU OR PRIVATE-MESSAGE CALEB WANG AND AKILAH PATTERSON IF YOU ARE HAVING TECHNICAL DIFFICULTIES.



College Mental Health Research Symposium

Tuesday, March 17, 2020

12-3pm ET





Welcome

Overall introduction to mini-symposium: Sarah

Lightning introductions: Peter

Overview of best practices initiative: Daniel

Innovation exercise: Nathaan

10th Annual Symposium



- WELCOME!
- Unique opportunity for researchers, clinicians, administrators, advocates, and others to meet, discuss, and collaborate
- Diverse audience brought together by a shared goal to improve college student mental health
- Thank you to everyone for being here, and to Nathaan Demers for co-facilitating with us!

Healthy Minds Study

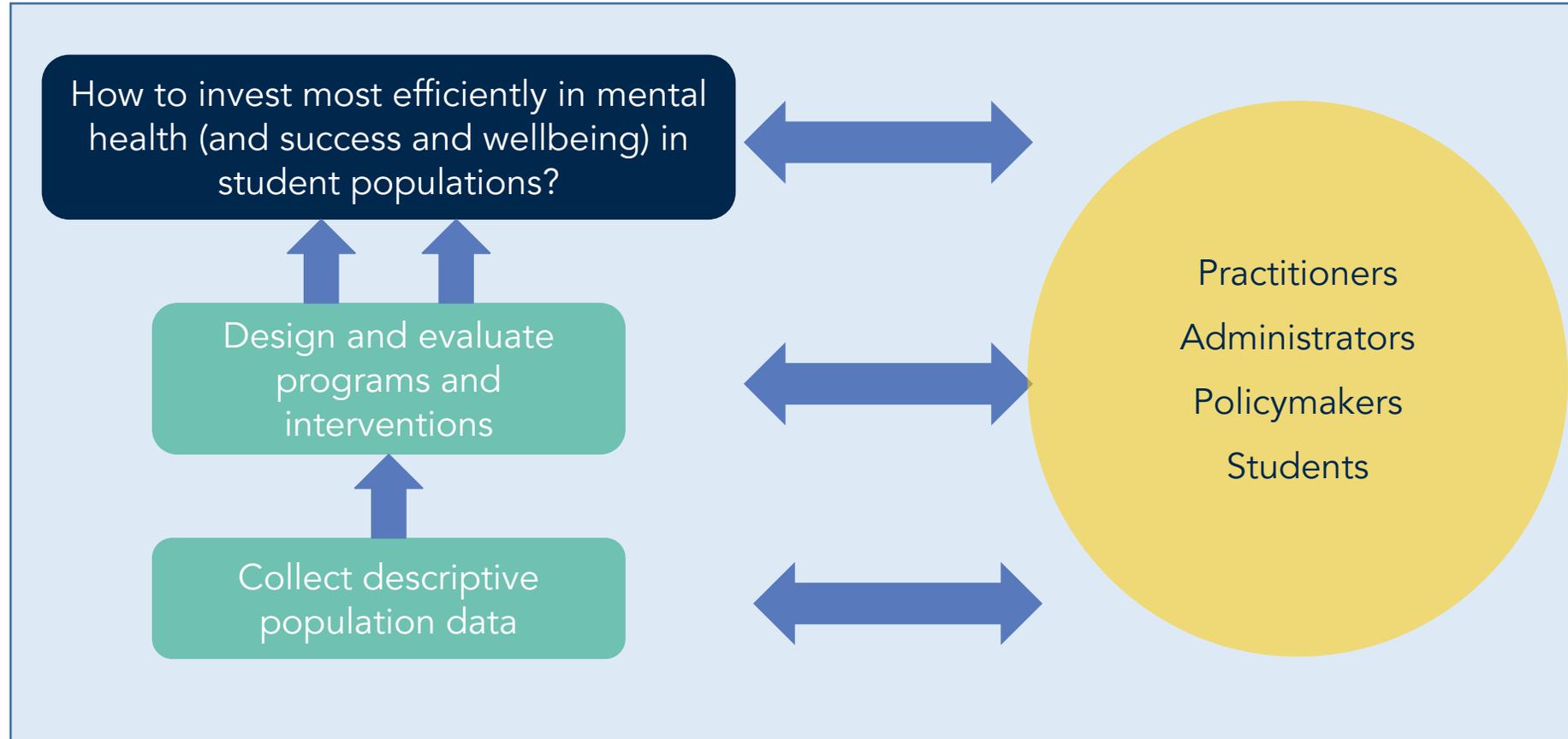
(healthymindsnetwork.org/research/hms)



Study team:

- Daniel Eisenberg
- Sarah Lipson
- Peter Ceglarek
- Hannah Connors
- Paula Guro
- Matthew Jirsa
- Akilah Patterson
- Megan Phillips
- Meghna Singh
- Amber Talaski
- Caleb Wang
- Emma Watters
- Adam Wheeler
- Sasha Zhou
- Sara Abelson

HMN: Research to Practice Network



Mini Symposium Format



- Abridged, online format
- Welcome and overview (~5 minutes)
- Lightning round intros (~75 minutes)
 - Each person/organization introduces self and highlights one new thing you're working on, in 30-45 seconds!
- About the best practices initiative (~10 minutes)
- Innovation exercise (~75 minutes)
 - With breakout rooms
- Wrap-up, networking breaks (~15 minutes)



Lightning Introductions

Symposium Participants

- Colleges/universities
- National organizations
- Advocates
- Campus practitioners
- Clinicians
- Faculty/researchers
- Health IT
- Graduate and undergraduate students

Lightning Introductions

- Fire up your webcams! Switch to presenter or people view.
- Meet the Healthy Minds team
- Meet the Symposium network
 - Name, pronouns
 - One representative per group (i.e., organization, lab, school, business, foundation, etc.)
 - 50 seconds
 - Who are you?
 - What's new?
- Meet your virtual neighbor
 - Breakout groups
- Re-group and wrap-up



Overview of Best Practices Initiative

If you want to improve student mental health campus-wide, what information would you ideally have?

Key Pieces Already in Place

Overall Framework for a Campus Mental Health System

JED Campus, Steve Fund's Equity in Mental Health

Process for Gathering Stakeholders and Making Changes

JED Campus, National College Depression Partnership, 20x30

Data on Needs, Gaps, Emerging Concerns

Healthy Minds, NCHA, CCMH, AUCCCD, JED, etc.

What Information Is Missing?

Specific programs/practices (e.g., gatekeeper trainings, stigma reduction campaigns, digital health platforms)

- How many and which campuses are using each program?
- What is the quality of evidence for each program?
- To what extent does that evidence translate to different types of campuses and student populations within campuses?
- How have campuses implemented and sustained these programs?

Imagine if...

You could go to a website and immediately get concise, careful, credible answers to these questions about specific programs and practices.

And if you needed more information and support, you could easily contact experts and other campuses with relevant experience.

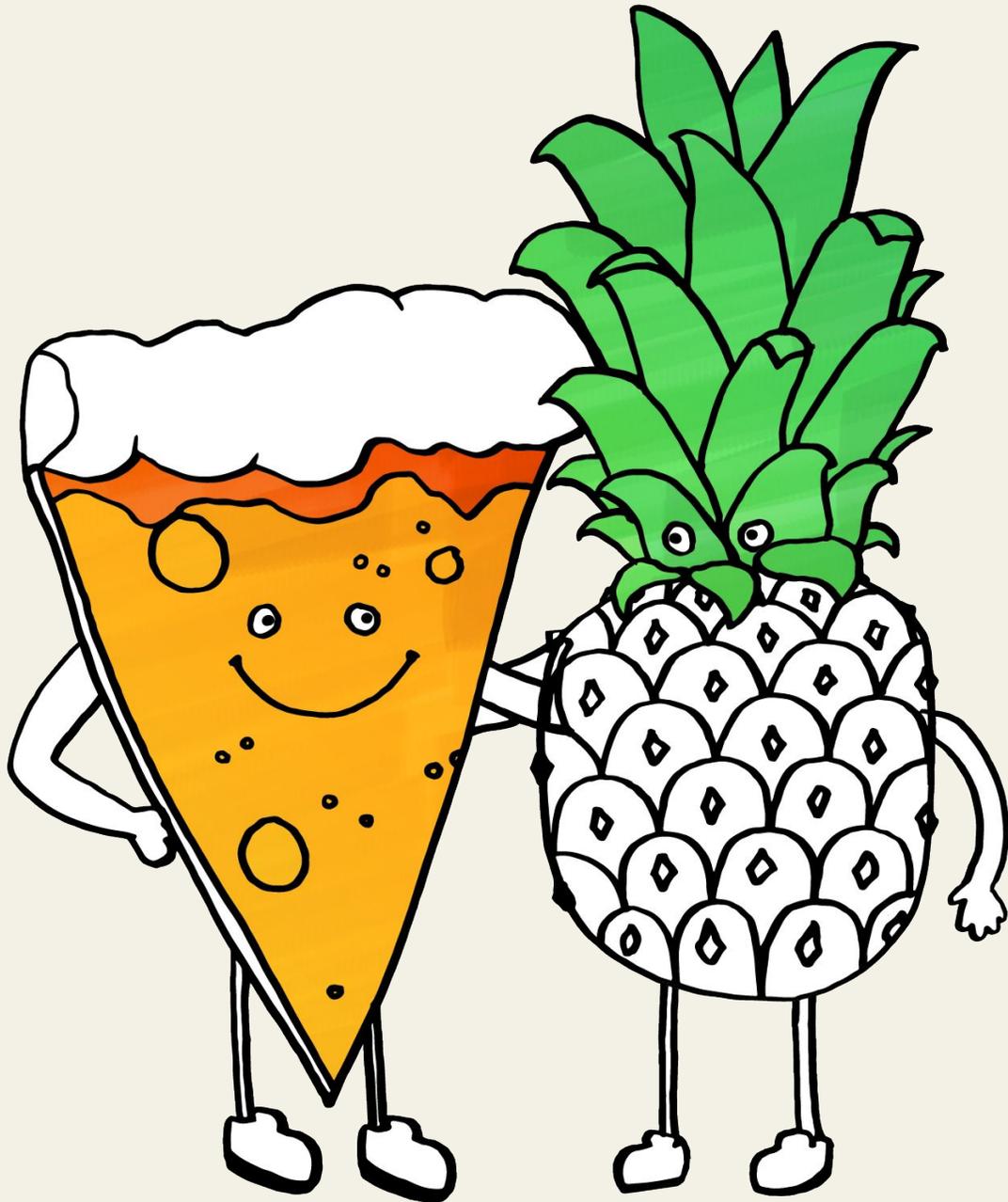
Building a “Best Practices Initiative”

Synthesize publicly available data and evidence

Compile additional data that is not yet widely available (e.g., campuses’ internal evaluations, other unpublished reports)

Support campuses in collecting more and better evaluation data

Assemble experts available to provide additional support

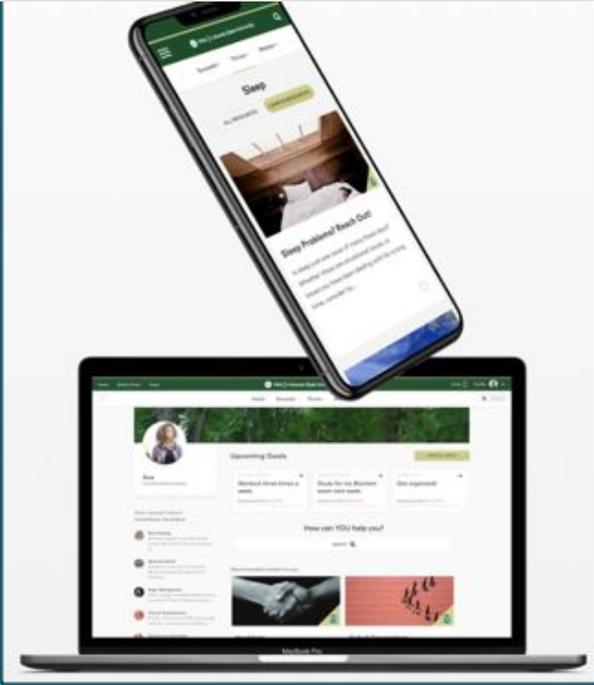
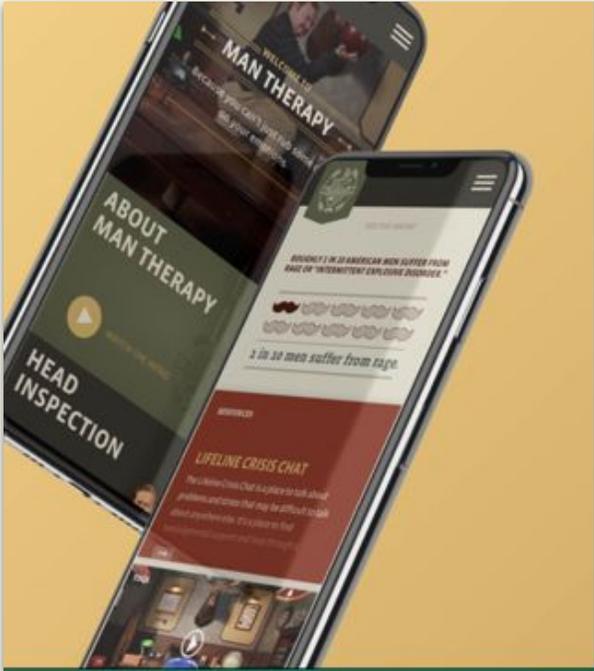


Innovation Challenge

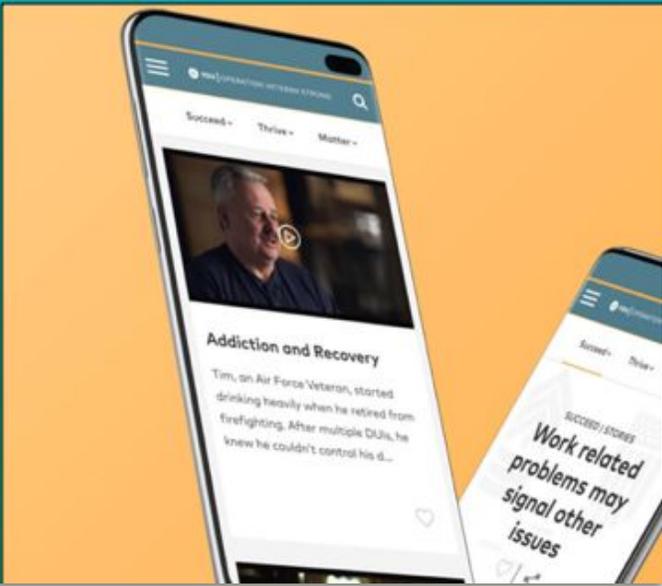


Nathan Demers, Psy.D.

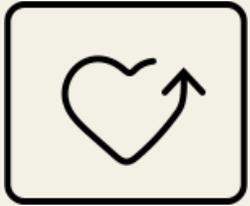
We create behavioral health
and wellbeing solutions
through design and technology



GRIT DIGITAL HEALTH

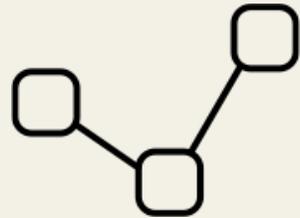


Reverse-Engineering Health



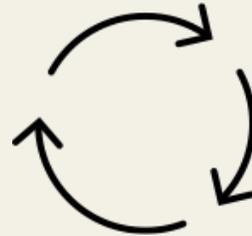
Technology

Develop tech
experience to
engage psychology



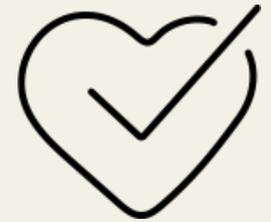
Psychology

Understand
psychological
determinants of behavior



**Health
Behavior**

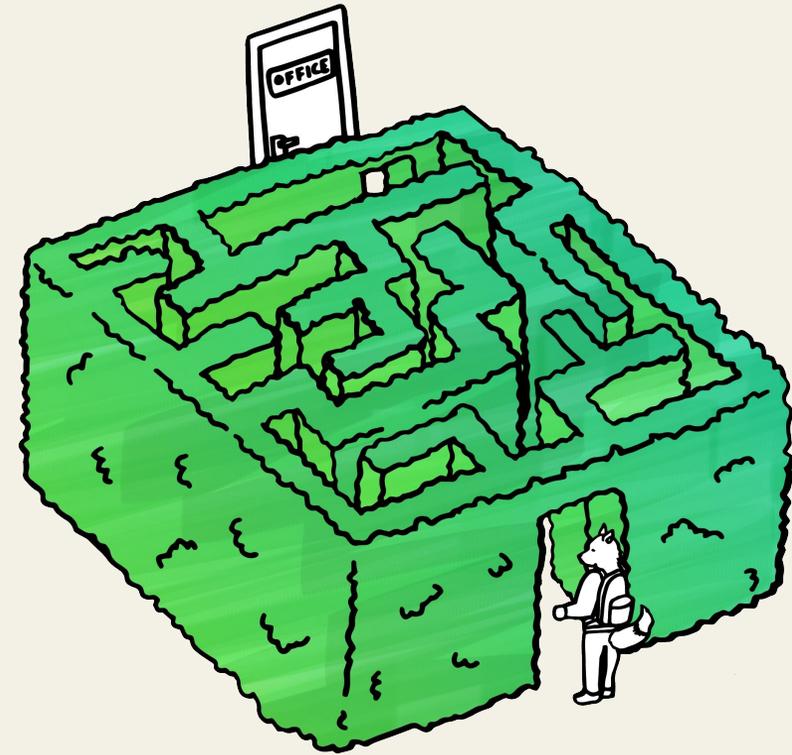
Research the
behavioral drivers
of health



**Successful
Outcome**

3B's Activity

- **Behavior:** ID the desired behavior
- **Barriers:** ID anything that gets in the way
- **Benefits:** ID ways to maximize benefits of doing the behavior

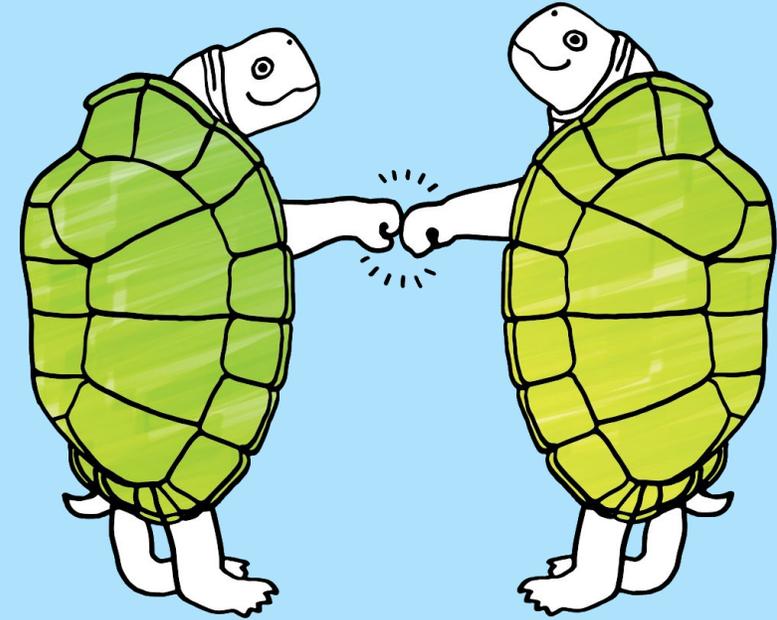


- **Behavior:** Encourage higher ed professionals to turn to a Best Practice Initiative whenever starting a new project
 - (e.g., study, review, intervention, program, campaign, policy, etc.).

- **Barriers**
- **Benefits**



"Ground Rules"



One conversation
at a time

Go for
quantity

Defer judgement

Stand up

Be visual

Encourage wild
ideas

Build on ideas

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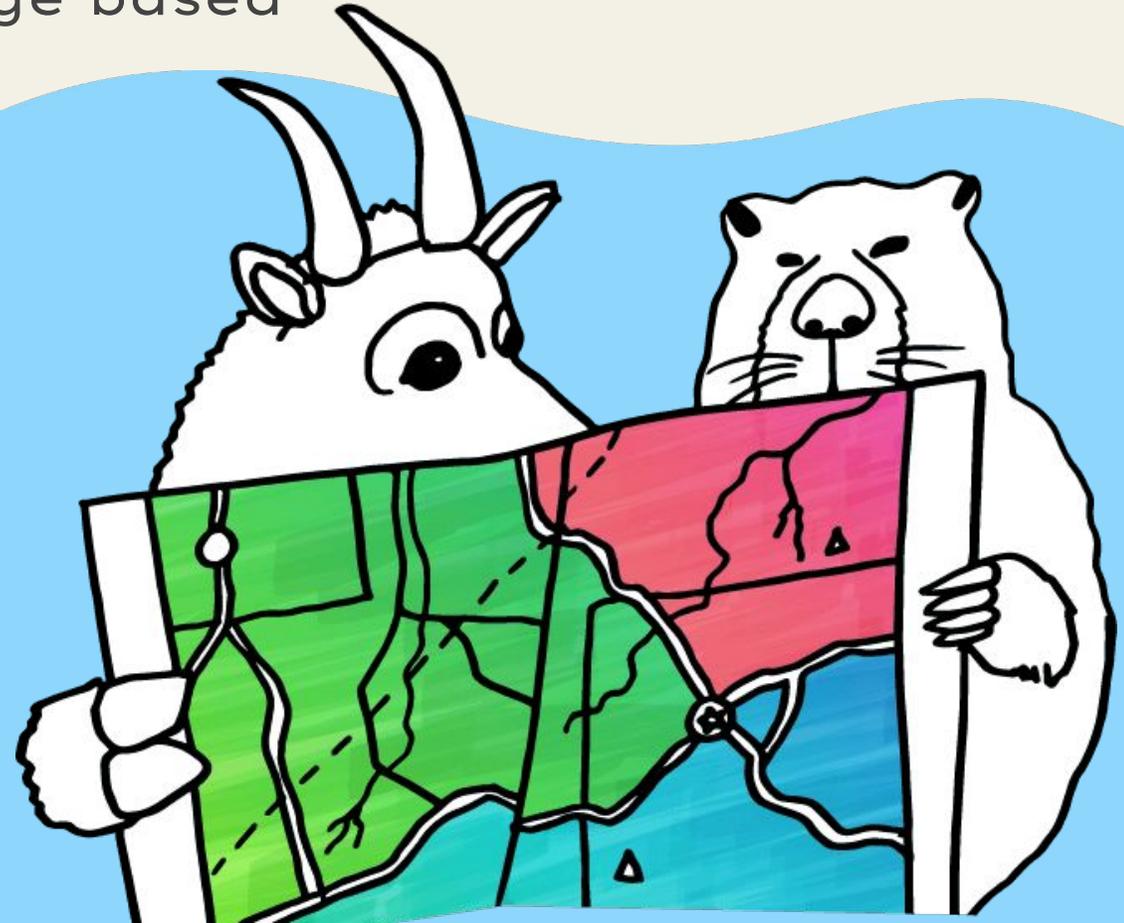
- **Barriers**

- **Benefits**

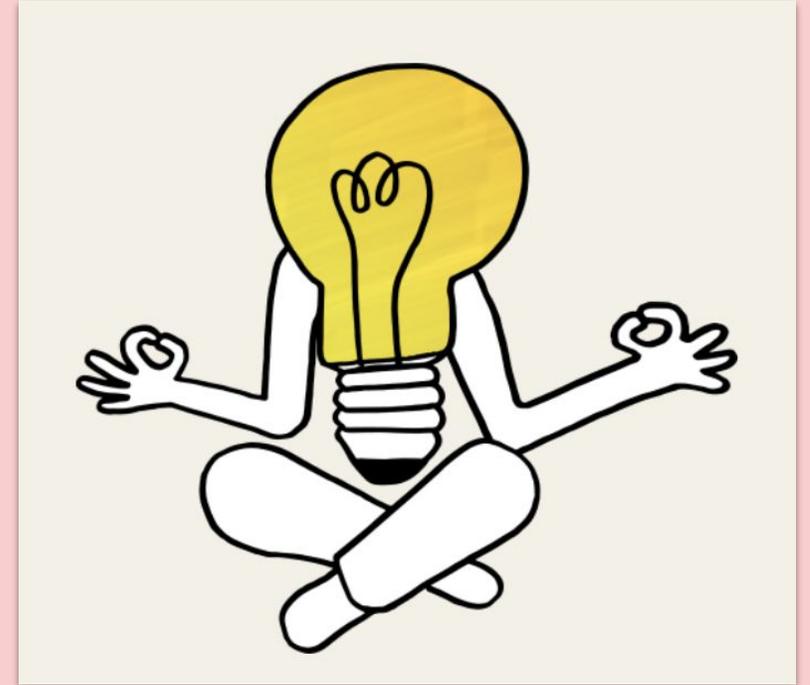


- Organize your Barriers & Benefits into themes

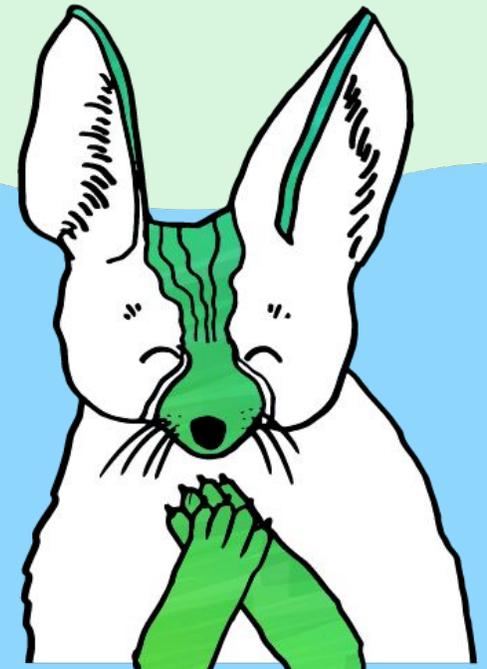
- i.e. structure, systemic, knowledge based



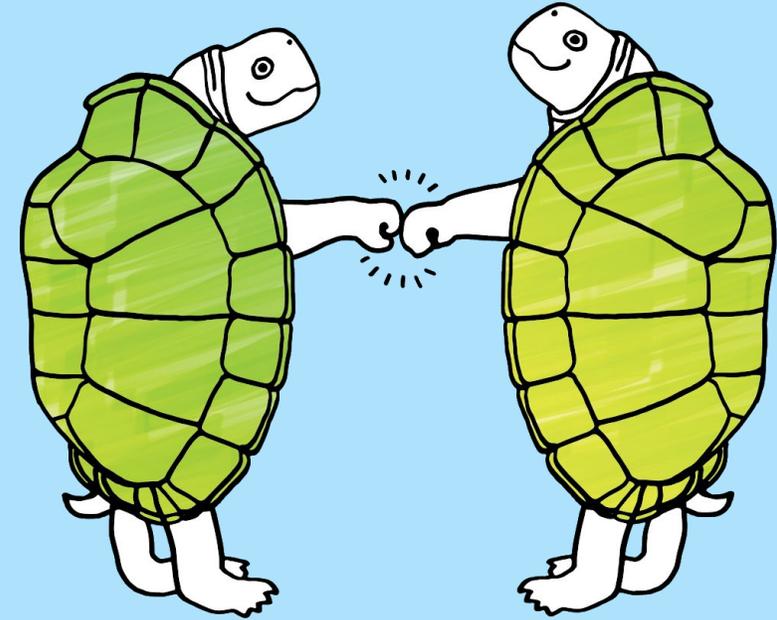
Shareout



What functionalities would encourage stakeholders' use of a Best Practices Initiative?



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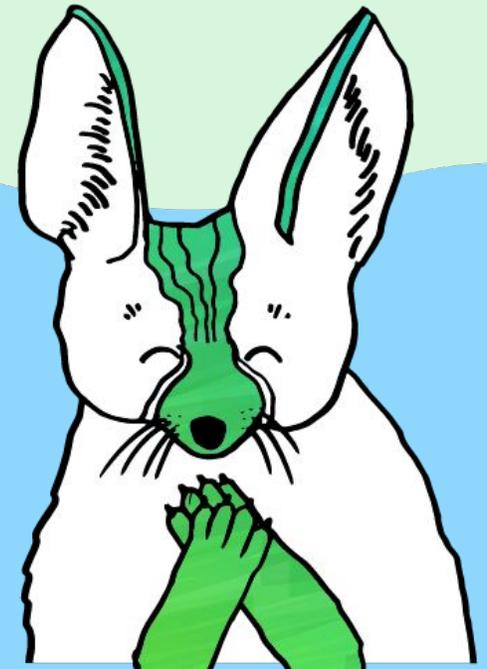
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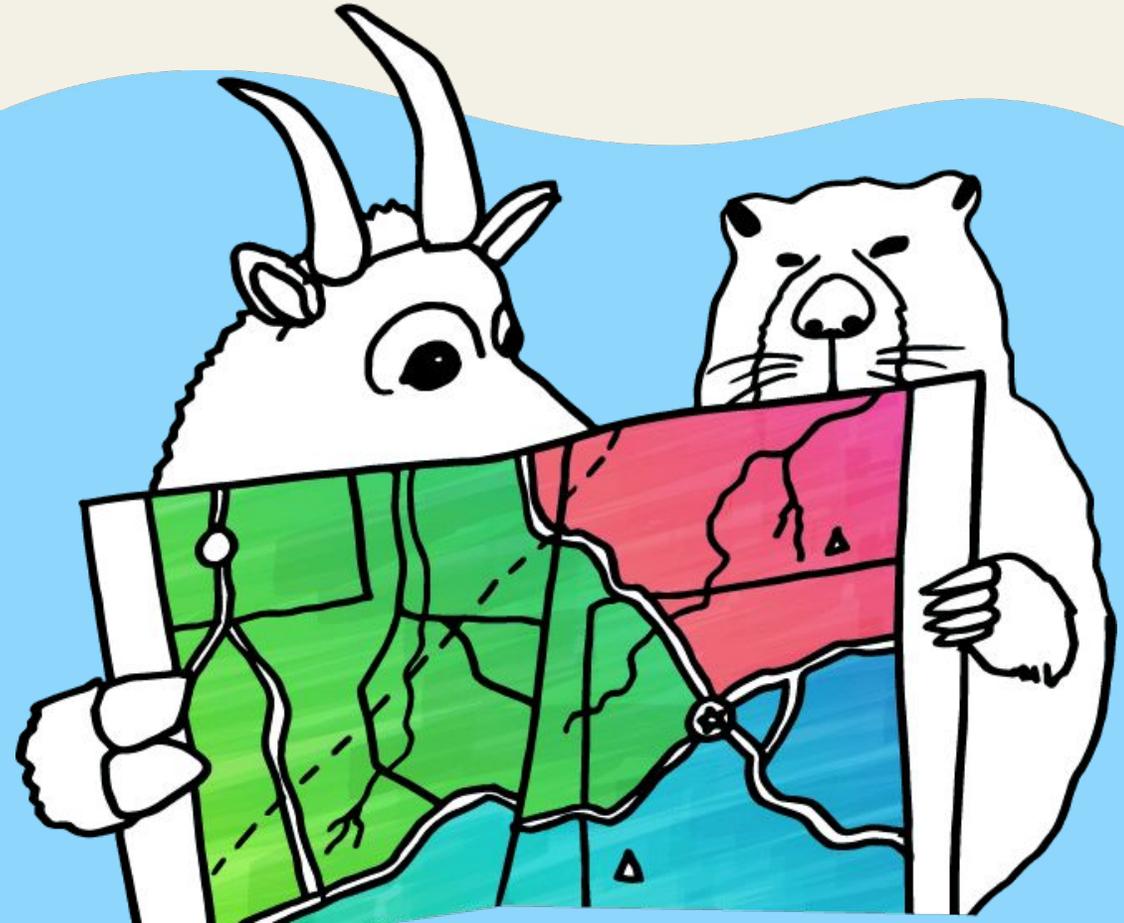
Build on ideas

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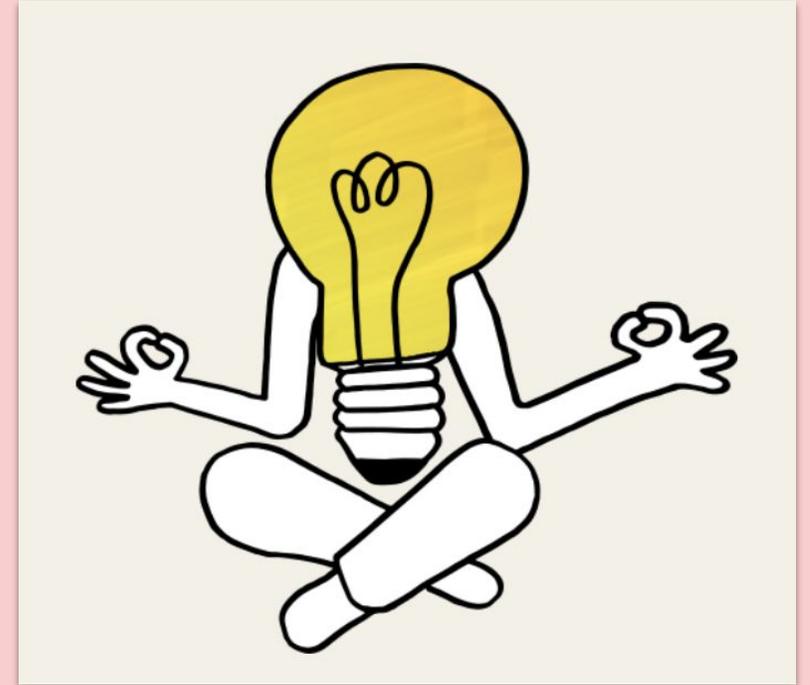


- Organize ideas into themes

- i.e. social functionalities, notifications, utility-based



Shareout





Wrap-Up

Thank you for joining us!

- Networking to end
- Bios of all attendees have been circulated
- Notes will be taken and shared later

More Information



Daniel Eisenberg: daneis@umich.edu

Sarah Ketchen Lipson: sklipson@bu.edu

Healthy Minds Network team: healthyminds@umich.edu

Website: www.healthymindsnetwork.org