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

How to invest most efficiently in mental health (and success and wellbeing) in student populations?

- Design and evaluate programs and interventions
- Collect descriptive population data

Practitioners
Administrators
Policymakers
Students
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
We create behavioral health and wellbeing solutions through design and technology.
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
Be visual
Go for quantity
Encourage wild ideas
Defer judgement
Build on ideas
Stand up
**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**
● Organize your Barriers & Benefits into themes
  ● i.e. structure, systemic, knowledge based
Shareout
What functionalities would encourage stakeholders’ use of a Best Practices Initiative?
“Ground Rules”

One conversation at a time

Go for quantity

Defer judgement

Be visual

Encourage wild ideas

Build on ideas

Stand up
What functionalities would encourage stakeholders’ use of a Best Practices Initiative?
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