The Healthy Minds Network

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2020 College Mental Health Research Symposium

Summary and Minutes

Hosted by The Healthy Minds Network
University of Michigan and Boston University

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Summary:

The 10th annual College Mental Health Research Symposium was held on March 17, 2020 via Zoom video conferencing. We were sad not to be able to host the symposium in person due to the COVID-19 pandemic, but we were inspired by the energy, warmth, and ideas that everyone brought to this online forum.

The symposium brought together approximately 60 people--including researchers, clinicians, campus practitioners, entrepreneurs, advocates, students, and others--to discuss opportunities and challenges in campus mental health. This year's symposium focused on the need for more clarity about "best practices." In other words, we need a better collective understanding of which programs and interventions work best for addressing mental health at a campus level. Whereas we now have a relatively rich picture of the problems facing us, such as rising prevalence of symptoms and demand for services, we lack clear guidance on which solutions are most effective.

The brainstorming and discussion yielded many great ideas, and we are excited to continue this conversation in the months and years to come.

You can view the slides of the Symposium here.

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The 10th Annual College Mental Health Research Symposium

March 17, 2020

Welcome & Healthy Minds Network Overview	12-12:15 pm
Lightning Intros	12:15-1 pm
Overview of Best Practices Initiative	1-1:15pm
Innovation Tournament	1:15-2:30 pm
Closing Thoughts	2:30-3 pm

Welcome and Healthy Minds Network Overview

Minutes:

- Sarah began the meeting, introduced welcome, hope, and intent
  - Drawing stakeholders together to meet, discuss, collaborate
- HMN and HMS Overview
  - 350 campus, 350k student respondents to date
  - Growth of study and study team since 2007
  - Primary goal and starting point is to conduct research
  - How can we be using research and evidence to inform practice and policy
  - Design and evaluate programs and interventions
  - Collect descriptive population data

Overview of Best Practices Initiative

Minutes:

- Imagine a seamlessly integrated network of mental health leaders, interdisciplinary, that can collaborate and share initiatives,
- What are the key pieces already in place?
  - Overall framework for campus MH system--at conceptual level, what are the pieces? (JED Campus, Steve Fund's Equity in MH)
  - Emphasis on diversity, equity
- What's a good process for making MH changes on campuses?
  - JED campus
  - 20 by 30
  - NCDP
- Data on needs, gaps, emerging concerns
  - HMS
  - NCHA
  - CCMH
  - AUCCCD
  - JED
- What's missing?
  - How many and which campuses are using specific programs, e.g. gatekeeper trainings, stigma reduction campaigns, digital health platforms
  - Which programs are effective; to what extent?
- Imagine if you could go to website and get concise, careful, credible answers to these questions about best programs and practices

Innovation Tournament

Thank you to Nathaan Demers for facilitating the Innovation Tournament!

Minutes:

Minutes are organized chronologically based on the discussion that unfolded during the symposium. For example, after the first breakout, Group 10 was the first to share, followed by Group 6.

First breakout: barriers and benefits
- Logistical barriers
  - How to get word to campus administrators that Best Practices Initiative (BPI) exists
  - Who gets access; how does that trickle down to people actually implementing products/programs at the end of the day?
- Benefits

- ○ Main benefit = saving time, energy, money, heartache by learning from successes and failures of other institutions' program implementations
  - ○ Data points—would be helpful not only to inform programs, but to share "this program is effective for these reasons, and we know that because of this data"—could help folks get funding or attention to projects
  - ○ Possibility of sharing project over multiple campuses to get larger sample and more data to really robustly evaluate a program or initiative for a larger sample size—makes more relevant
- ● Group 10
  - ○ Would be wonderful if BPI could be safe space to talk about when we fail and why; have opportunity to learn from each other that way
  - ○ In addition to everything that's working right and things for which we have good evidence and promise around—might be as useful to learn from mistakes, assuming could be safe and productive place to share those failures
  - ○ Have seen campuses work through similar mistakes over and over
  - ○ Challenge = how to create a safe space
- ● Funding considerations
  - ○ Important to have funders around table and connected to an initiative
  - ○ Doing best practices and evaluating and reporting takes time, energy, expertise, and funding
  - ○ Emphasis = importance of weaving opportunity for financial support to participate, turn to it, use it
- ● Group 6
  - ○ Drawing on similar experience not in realm of mental health, but civic engagement—other orgs have created big, scrolling clearinghouse of best practices
  - ○ Was so huge it was kind of unusable
  - ○ In the end, wasn't the resource that was created as much as the opportunity to build on growing relationships between people
  - ○ Let's not only think of BPI as an object that gets created, because that tends to be big and congealed
  - ○ Rather, this could be site for ongoing connections between people

Second breakout: Functionalities
- ● Group 1
  - ○ Gamification to engage with both faculty, instructors, and students
  - ○ Have competitions between different areas
  - ○ Design with wizard that customizes your journey
  - ○ Make sure not just useful for universities, but also technical colleges, vocational schools, community colleges, other institutions of higher ed—being able to customize would be good
  - ○ Could lean into campus rivalries
    - ■ Which of Big 10 can implement the most best practices related to mental wellbeing?
    - ■ Could be interesting way to coax each other on for the positive rather than classic arms race of who has bigger gym or library
  - ○ Filtering and mentorship opportunities
    - ■ Have a very robust filter that lets you look by school type, type and/or cost of initiative
    - ■ Be creative about how disseminating and how becomes common go-to resource through partners and grantors, and different publications of higher ed
    - ■ Opportunity of mentorship through the platform

- - - ■ Knowing higher ed = small community
      - ■ Grad students = a lot of folks on campus on ground doing this type of work, and have energy to do new initiatives
      - ■ Having connection or platform like Slack where they could talk to professionals further along in the field
      - ■ Quarterly webinars through platform
        - ● Learn more about data collection and evaluation
        - ● These would help connect grad students more to the higher ed community as whole and take into further career
    - ○ Could consider chatbot onboarding—asks what are your goals, budget, what department, how big is your school—then you get recommended a handful instead of doing filtering work yourself
- ● Group 2
  - ○ Peer pressure: the "best schools" are adopting it
  - ○ Ease of use
  - ○ Show the impact (proof that something works; efficacy based on evidence-based practices)
  - ○ Concrete and specific goals for the initiative
  - ○ Connections within the administration at the higher level. JED example: Schools end up signing up for the program, have a network of people within the network.
  - ○ Documentation for legal approval, IRB approval, administrator red tape. Cutting through the red tape. IT worksheet
- ● Group 3
  - ○ Obama and Beyonce promoting :)
  - ○ ability to communicate across departments and universities (each specialty area has it's own great resources and listservs but connecting across is harder)
  - ○ Must be efficient, clear, not a lot of information to wade through
  - ○ Want to be able to pick up the phone and call someone
  - ○ Make it accessible across technology capabilities and skills
  - ○ Needs to be intuitive for all users (The Shrink Space has experience with this and hiring the right tech development person)
  - ○ No fee to join/access
  - ○ Some way to make best practices seem relevant and accessible and useful to ALL (including low-resource institutions)
  - ○ Have tailored versions to make it clear it's relevant to users?? E.g. how to make it clear it's useful and relevant to HBCUs, HSIs, etc.
  - ○ Have an off-line version? Accessible without internet access
  - ○ Universal internet access
  - ○ Tools to help a group/task force work through key decision-points - which populations to focus on, prevention or intervention, how to prioritize
  - ○ Instant calculations of cost and returns on investment
- ● Group 4
  - ○ Return on investment (link evidence to mental health outcomes, GPA, and retention)
  - ○ Learning from others (successes and failures)
  - ○ Organized in multiple ways (by outcome you're trying to affect, by program, by modality)--like ROI, drop down menu
  - ○ Easy way to input data and new evidence

- Group 5
  - Shows which types of campuses have piloted the tool/service- urban? rural? community college? (Filtering- choosing what's relevant)
  - Standardized reporting (Opportunities for collaboration)
  - Shows status of projects- in progress, complete, in brainstorming stage, implementing, spreading, etc. (Being creative about dissemination)
  - Independent review- to be on this list there has to be some sort of peer review/ independent review process (User-friendliness)
  - Ability to collaborate with people - chat room/ slack community?- messaging feature (Breaking initiatives into different levels of completion (in progress, looking for collaborators, etc.)
  - A level of verification- .edu email? only people who request access? Needs to be a human?
  - Filter capability- looking at cost, specific population, type of campus
  - Definitely include information on cost and required resources
  - Needs to look nice/ look easy to use ***Important
  - Something which designates a funder/grant's stamp of approval
  - Opportunities for mentorship/networking - ability to work with people who have implemented projects
  - Meetings with graduate students? Talk about how to collect data?
  - Needs to be a lot of resources devoted to disseminating this tool! People need to know its there
  - Chronicle of Higher ed- should be a link to all articles about mental health
  - Needs to be something people automatically think of/ know about
  - Breaking apart different networks- student affairs, clinicians, faculty, administrators. This could be a required field for access- or could be an optional opportunity for networking
  - For students- how to use this tool/contact people at your campus who can help
- Group 6
  - Make it free, available, easy to use--not requiring training and complex
  - use it to build connections and relationships (with money for site visits)
  - availability of advisor/mentor/guide
  - make it usable to reach new student population--to expand the reach of its benefit
  - make it known to everyone (different institutions, sectors)
  - have it generate shared resources, easily disseminated across institutions (with $ support to share resources and expertise)
  - having the BPI include suggestions for measuring effectiveness, tools for self-assessment
  - searchable in different ways: by outcomes, by type of institution, by student populations
  - easy ways to report back outcomes, levels of success
  - transparency of sharing information, including problems (no proprietary defensiveness)
  - accessible to students, not only professionals and faculty
  - co-created by students
- Group 7
  - Clear ROI for each initiative included. MAybe campuses would be able to share their ROI's if applicable. Sharing information about ROI for similar initiatives
  - Easy to navigate, devote time to user experience. Maybe a chatbot onboarding to get you where you need to be - i.e. what department are you from, what goals do you have, school size
  - Include student voices/testimonials for each of the programs.

- ○ Spelling out benefits of all initiatives for each department on campus to promote cross departmental collaboration
  - ○ model this initiative in a way that resonates and reflects higher ed org structure - provide a blueprint for what department should do what to support the initiative
  - ○ Include "best practices" for integrating cross departmental collaboration (how have schools done this well in the past?)
  - ○ Give everyone a free starbucks gift certificate for signing up on the registry ;)
  - ○ Peer support, ways to learn from others mistakes,
  - ○ Include this registry as part of orientation / new employee onboarding (b/c hard to learn and be motivated to use new behaviors)
  - ○ Make the equivalent of "Leeds certified building" or a seal that has power for recruitment for mental health best practices (i.e. e use 3, 5,7 ot these best practices on campus)
  - ○ Make it fun - gamification - LEAN into conference rivalries (i.e. who can implement the most EBP's in the Big 10)
  - ○ Mentorship
- ● Group 8
  - ○ Focus on collaboration, all voices contributing
  - ○ listen to community needs to build buy in
  - ○ Funding! Donors specifically fund MH initiatives (e.g., restricted gifts) - ensure that best practices are required, documented, reported
  - ○ Leadership support
  - ○ Technology
  - ○ Having students around the table. Student voices. Calls on professionals to lead by example
  - ○ Partnerships within university (CAPS, graphic design, marketing?)
  - ○ Community partnerships
  - ○ Therapy dog program
  - ○ Local "celebrities" like athletes, Sister Jean types
  - ○ Also talked about leadership and having support from the top
  - ○ In addition, funding always important and necessary to proceed with various programs
  - ○ Having these initiatives attached to funding the same way we need to report on data—also report on how we're using initiatives and how they have helped programs succeed—this should be encouraged
  - ○ Could have buckets of initiatives
    - ■ Could have shared ROI
    - ■ E.G. generally ROI on peer programs is "x", and here's what different programs look at different schools
- ● Group 9
  - ○ how the study was done, what variables were, effect size - rating for the studies evaluating the program or program itself (easily digestible for non-data folks)
  - ○ student involvement
  - ○ promising practices (one that don't have great evidence but seem to work with some populations) --> something that can grow
  - ○ mobile app component
  - ○ celebrity presence - Rand LA anti-stigma campaign kick off to get initial excitement going; Jill Biden interest in MH + work in VA
  - ○ peer-to-peer; peer-to-mentors components

- Group 10
  - Emphasized human component, interactive component of a site or portal
  - Wouldn't just be going to read information or documents
  - Would be regular hangouts for experts and stakeholders
  - Maybe videos profiling campuses or experts so you could get to know them in more interesting way and connect with them if you wanted
  - Generally—more human experience, interactive experience for exchanging ideas
  - No one wants another sterile website that isn't giving and taking feedback
- Group 11
  - Focused on leadership and need for leadership
  - Someone like Barack Obama as spokesperson would be amazing
  - But more long-term and sustainable—have university presidents on board
  - Also have board members on board
  - Type of coalition where you have university presidents, board members, and ambassadors from student population to come together and have discussions
  - If coalition unitedly agrees on how to champion a cause and move forward—can go back to university and specifically apply it to what their university looks like
- 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
  - We all want what's best for our students. Sometimes there are competing interests among stakeholders
  - How are we getting word out to campus admins that this exists?
  - Who is getting access?
    - How would that impact what programs are implemented where?
- Benefits
  - Saving a lot of time by learning from the successes and challenges of others
  - A fluid and evolving site that is flexible
- Data
  - We know this program is effective because of this data and this should be funded because of this initiative.
- Needs
  - Stepped up resources, levels of leadership support
  - Breaking down silos, making sure each department feels represented
  - Safe place to talk about when we fail and why we fail and having the opportunity to share in those lessons
  - Importance of funders around the table
    - Doing best practices, evaluating, and reporting takes time, energy, and lots of funding
- What would get stakeholders to engage?
  - A design that had a "wizard" that could help customize your journey
  - Categorize/customize based on institutional-type (e.g., tech colleges, community colleges, etc.)
  - Robust filter
  - Supporting the role of graduate students
  - On-boarding -- getting to know an institution before we tailor
  - Emphasis of the human component
    - Connecting universities, exchanging ideas

- ○ Leadership from the top down
    - ■ National Champion (like Barack)
    - ■ University Presidents
    - ■ Board Members (including student board members/ambassadors)
    - ■ Departmental/school leaders
    - ■ Student leadership at every level
- ○ Shared ROI

Closing Thoughts

Minutes:

- COVID-19
    - ○ Resources sharing and coping strategies
    - ○ Telepsychiatry and Telemedicine. Licensure for state to state: National Network of Depression Center)
        - ■ What are the barriers to this work?
    - ○ Licensures for care
    - ○ Health Tech
        - ■ If a provider is having only therapy helping navigate the licenses
- Next steps
    - ○ What questions need to be answered and what advocacy things need to happen as well?
    - ○ How are we going to digest this as well?

Additional Resources and References

Active Minds: www.activeminds.org

American College Health Association: www.acha.org

Bringing Theory to Practice: www.bttop.org

Center for Collegiate Mental Health: ccmh.psu.edu

Equity in Mental Health Framework (by the Steve Fund and Jed Foundation): www.equityinmentalhealth.org

Everfi Campus Prevention Network: www.campuspreventionnetwork.com

Grit Digital Health: www.gritdigitalhealth.com

JED Campus Program: www.jedcampus.org

LiveWellNYU: www.nyu.edu/life/safety-health-wellness/live-well-nyu.html

Mary Christie Foundation: www.marychristiefoundation.org

NeuroFlow: www.neuroflowsolution.com

PocketConfidant: www.pocketconfidant.com/education

PsyberGuide: wwww.psyberguide.org

The Shrink Space: theshrinkspace.com

YBMen Project: www.ybmenproject.com

YOU at College: www.youatcollege.com

More information about the Healthy Minds Network is available at www.healthymindsdnetwork.org.