

CSU Stanislaus Student Mental Health Initiative: A Collaboration Between the Campus and County PEI



California State University | Stanislaus

What happened first

- Hired a group of student 'mentors'
 - Had them read the grant and discuss
 - Asked them how they would go about meeting the three deliverables

CSU STANISLAUS

PEER PROJECT

Prevention, Education, Empowerment, Relief

The PEER Project of CSU Stanislaus creates **PREVENTION** and **EDUCATION** related activities to eliminate the stigma associated with mental health issues and reduce risk of student suicide. It is our mission to **EMPOWER** students to recognize and support individuals who are at risk on our campus. We aim to increase awareness, promote wellness and acceptance, as well as create a safe environment in which students can find **RELIEF**.

SMHI: CSU Stanislaus PEER Project

- Website:

<http://www.csustan.edu/PEERProject/index.html>

- Classroom Presentations – Educational Video
 - Wellness Events
- Trainings: Mental Health, Stigma Reduction and Suicide Prevention
 - Campus & Community Resource Awareness

First Meeting with PEI

- Hey, what deliverables are you suppose to meet for your PEI *thing*
- I'll share what my deliverables are for my SMHI-CaIMHSA *thing*
 - Maybe we can see if any of these deliverables match?
 - Maybe we can see if we can have a shared *thing!*

A Collaborative *Thing* was Born

- Turns out we had a significant match
- To create an environment/culture that supports emotional health and wellness
 - Community Capacity Building-Sustainability
- Increase county presence on the campus
 - Campus & Community Resource Awareness Events

Recognition of Gaps

- Veterans
- Significantly Distressed Students
 - LGBT

Warriors 4 Warriors Mission

Assist student-veterans with navigating the academic environment through friendship, camaraderie and shared experiences to increase their success and engagement within the university.



What Does W4W Look Like?

ACTIVITIES

- Recreation, social, and/or academic
 - ❖ Gym, Biking, Movies, Study groups, Cup of coffee and a chat etc. Every Veteran has different needs & interests
 - ❖ Mentor/Mentee applications address particular interests in order to pair veterans together who share common interests
- Navigation of campus resources
 - ❖ Getting the lay of the land, and becoming familiar with your new environment alongside a friend (Mentor)

What Does W4W Look Like?

ACTIVITIES (cont.)

- Over the summer, approximately 50 incoming freshman and transfer students were given a needs survey and asked to rate their interest in attending peer support groups focused on a variety of topics (PTSD, Academic Performance, Substance Abuse etc.)
- Based on the positive responses discovered in the surveys, W4W intends to organize several Veteran focused peer support groups in the Fall 2013 semester

Women's Veteran Program

- **GOAL:** The goal of the project is to help women veterans become more knowledgeable about the services and resources available to them in the community, and to provide them with resources they need to be successful in creating and maintaining a home-life education balance.

The Swords To Plowshares

- 1. Expanding the University's Veteran Center, with private areas for serving women veterans
- 2. Developing collaborative partnerships to expand services offered to local women veterans
- 3. Hosting an annual Women's Wellness Conference designed to serve and empower women veterans in California's Central Valley through education and fellowship.

Significantly Distressed Students

- LIFE Path – Offers effective treatment and support to youth and adults (14-25), experiencing early symptoms of psychosis
 - LIFE Path consists of mobile team members and can meet with family at home, school, and additional community locations
 - These services are available without regard to ability to pay!

LIFE Path

- WWW.sierravistacares.org
 - or
- www.centerforhumanservices.org
 - (209) 312-9580
 - L – Lasting
 - I – Independence
 - F- Family
 - E - Empowerment

LGBT

- Recognized a shortage in services in the community
- The university has been asked to have a seat at the county table to address this community need
- Exploring what we (Campus and County) can accomplish together

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