

# 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

# BHRS Four Transformational Commitments

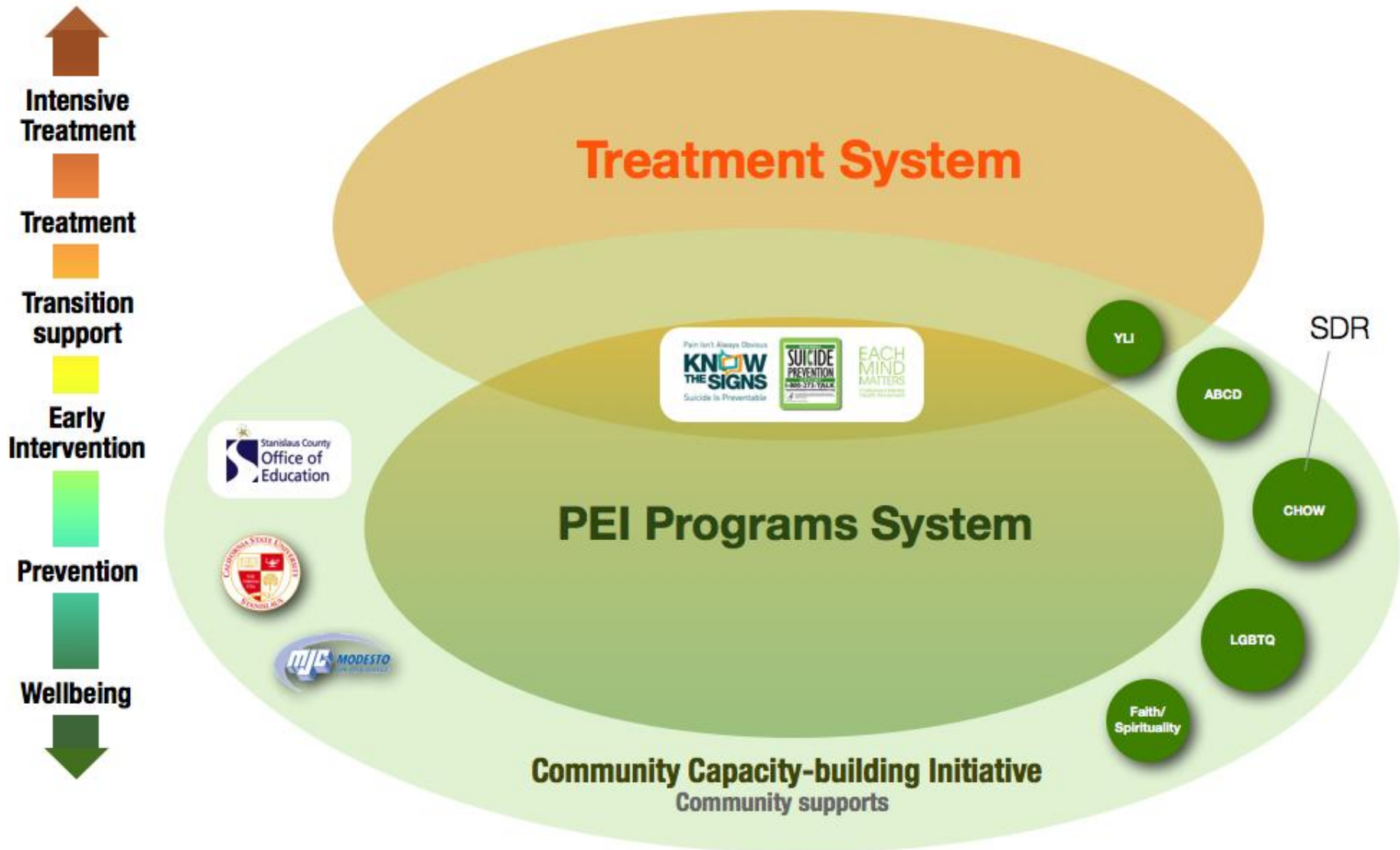
---

- Results
- Leadership  
Development
- Community Capacity-  
building
- Fiscal Sustainability





# Understanding our movement



# Emerging Opportunities & Collaborations

---

1. Mental Health, Well-being Promotion & Stigma Reduction
2. Hospitalization Referral and Support Coordination
3. Crisis Response
4. Leadership Development & Capacity-building
5. Increase the presence of community BH resources on the campus
6. STIGMA: Create a level of comfort for students to be able to reach out not only to campus services but to community services as well.

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**

Suicide Is Preventable

**EACH  
MIND  
MATTERS**

California's Mental  
Health Movement



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



California State University | Stanislaus