

Mental Health Peer Educator Toolkit Proposal

Commission on Mental Health
Marketing and Communications Workgroup

Submitted by

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Overview

We are proposing a strategy to create, facilitate, and maintain a program focused on enhancing mental health literacy by providing education and tools to students to support one another with positive practices for mental health and well-being.



Workgroup Recommendation Action Strategies

Action Strategy 1: Develop and launch a peer-to-peer campaign focused on creating a culture of care and well-being, reducing mental health stigma, and increasing self-help efficacy.

Action Strategy 2: Partner with undergraduate and graduate student organizations and their executive council leadership to create student-led educational programs using a peer-to-peer model of education.

Action Strategy 5: Develop a mental health outreach toolkit to promote consistent and safe messaging content to be shared across the enterprise.



Intentions

- Identify and train a representative from every student organization to serve as a Wellness Officer.
- The Wellness Officer becomes a member of the organization's executive team.
- Develop a curriculum expanding upon existing evidence based training such as REACH.
- Ongoing support for Wellness Officers via consultation with mental health professionals.
- Offer the same training to students tasked with helping. (RAs, Peer Educators, tutors, Sorority and Fraternity Life)



Core Curriculum Module 1



Mental Health Literacy

- Aspects of Epidemiology
- Stigma Reduction
- Social and Cultural Considerations
- Common Developmental Concerns
- Approaches to Prevention and Treatment



Core Curriculum Module 2



Resource Identification (Multimodal Services)

- When and Where to Seek Help
- Self-management Strategies
- Identify and Refer for Concerns within a Spectrum of Resources
- Goals of Developmental, Treatment, and Crisis Response



Core Curriculum Module 3



Proactive Self-Care Strategies (Prevention)

- Obtain and Maintain Positive Mental Health
- Identify Educational Resources via FYE, STEP, MINDSTRONG
- How to Access Workshops via CCS, SWC, Suicide Prevention
- Review the Ohio State: Wellness app
- Create a Wellness Plan



Core Curriculum Module 4



Culture of Care

- Understanding a Horizontal Community Approach
- Leadership in Wellness
- Practice Activities and Discussions related to Mental Health
- Identifying Professional Consultative Supports



Roadmap for Success

- Fully develop curriculum and identify methods of instruction.
- Launch a campaign to enhance buy-in.
- Determine staffing needs to support and facilitate programming and consultation.
- Develop support, training, and education opportunities for advisors.
- Establish a Wellness Officer Council.
- Ongoing communications via various channels.
- Incentivize program with funding, wearables/insignia, certification.



Reference



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