Mental Health Peer Educator Toolkit Proposal

Commission on Mental Health Marketing and Communications Workgroup

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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.
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
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
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.
Gary D. Glass (2019). College Counseling Center Outreach—An Organizing Framework, *Journal of College Student Psychotherapy*, DOI: 10.1080/87568225.2019.1596773To link to this article: [https://doi.org/10.1080/87568225.2019.1596773](https://doi.org/10.1080/87568225.2019.1596773)


