

UNIVERSITY OF RIO GRANDE AND RIO GRANDE COMMUNITY COLLEGE

The purpose of these grants is to promote collaboration between college/university and community stakeholders to develop programming to prevent suicide, promote mental health and reduce stigma about mental illness or its treatment on campus.

PROGRAM OVERVIEW

Rio Grande will offer a series of workshops and seminars that cover a range of topics related to mental health, including stress management, anxiety reduction, depression awareness, suicide prevention, and self-care strategies. These sessions will be led by licensed mental health professionals, ensuring the accuracy and effectiveness of the information provided.

In addition to in-person sessions, we will develop a comprehensive online platform that hosts educational materials, resources, and self-help tools related to mental health. This platform will be accessible to all students and staff, allowing them to engage with the content at their own pace.

To reduce stigma surrounding mental health, we will launch campus-wide awareness campaigns that aim to normalize discussions about mental health. These campaigns will use posters, social media, and other communication channels.

OUTCOMES

The “Mental Health Matters at the University of Rio Grande” campaign has significantly raised awareness and fostered a supportive environment for mental health concerns among students and staff. Despite challenges in participation, the successful transition to virtual sessions and the engagement in cultural competency initiatives have laid a solid foundation for ongoing support and dialogue. By securing institutional funding and additional grants, we are committed to sustaining and expanding these vital activities, ensuring that mental health remains a priority within our campus community.

Activity	Attendees
<i>Kaleidoscope Youth Center LGBTQIA+ Session</i>	7
<i>Hopewell Health Centers Trauma Informed Care</i>	12
<i>Mental Health First Aid</i>	11
<i>Hopewell Health Centers Trauma Informed Care</i>	25
<i>Kaleidoscope Youth Center LGBTQIA+ Session</i>	3
<i>Mental Health First Aid</i>	26
<i>Mental Health First Aid</i>	14

To measure the success of our programs, we offered brief surveys for participants to complete prior to and after a training session. We targeted the participant’s knowledge of the topic and found that on average, roughly 50% of participants described themselves as knowledgeable on the topic prior to the training, and that increased to roughly 80% of participants following the training.