

# Ohio Program for Campus Safety and Mental Health

Campus-Community Collaborative Grant

Grantee One Page Summary



**WITTENBERG UNIVERSITY**

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

In the last year, the Tiger Counseling Center at Wittenberg University collaborated with Northeast Ohio Medical University (NEOMED) through the Campus-Community Collaborative Programs Grant. Through this grant, the Tiger Counseling Center was able to promote a variety of mental health and stress reduction events on campus as well as develop a sensory/wellness room for the campus community. The primary purpose of the activities and wellness room was to reach students who, based on office reports, have been less likely to utilize traditional counseling services.

## OUTCOMES

Activities Completed	#Participants
Women's Herstory Week Activities - Various self-care and personal development events promoting mental health and relationship building	58
Counseling Awareness Month - Mario Kart Live event with Student Involvement	106
Sensory Room Development - Creation of a drop-in space for participants to unwind and engage in stress reduction activities	N/A
Marketing & Mental Health Awareness - Creation and purchase of marketing materials to promote TimelyCare platform and other office programs & initiatives	N/A

### Objective One: Promote Social Connectedness

Through intentional programming, our office was able to facilitate two events that encouraged social engagement within our community: Women's Herstory Week and Mario Kart Live. Each event served to provide education on mental health through interactive, stress-reduction, activities. The events occurred through collaboration with the McClain Center for Diversity & Inclusion, Student Development, and Student Involvement.

### Objective Two: Increase Help Seeking Behaviors

Through funding from the Campus-Community Collaborative Programs Grant, our office was able to implement marketing strategies to increase campus awareness of available resources. The purpose of increasing marketing was to increase student use of the 24/7 mental health and wellness platform, TimelyCare, as well as utilization of available on-campus resources.

### Objective Three: Develop/Improve Upon Life Skills

With funding provided by NEOMED through the Campus-Community Collaborative Programs Grant, our office was able to begin development of a sensory/wellness room. The purpose of this room is to provide a space for individuals of the Wittenberg community to take a break from their day and engage in stress-reduction activities which are deemed as necessary life skills for daily wellness.