



OHIO PROGRAM *for* CAMPUS SAFETY *and* MENTAL HEALTH

2021-2022 PROGRAM SUMMARY

Who We Are

The Ohio Program for Campus Safety and Mental Health (OPCSMH) is a resource dissemination center promoting suicide prevention, mental health awareness and wellness. The OPCSMH is generously funded by the Ohio Department of Mental Health and Addiction Services and Peg's Foundation.

Biennial Conference

View conference highlights from the 2021 Biennial Conference and be sure to Save the Date for May 18, 2023.

See more updates on page 6

Training and Technical Assistance

Campus-Community Twitter chats, webinars and more highlights.

See more updates on page 4

Collaborative Program Development Grants (CPDGs)

The OPCSMH celebrates more than 10-years of funding and supporting campus-community collaborations.

See more updates on page 9



COORDINATING CENTERS
of **EXCELLENCE**

A MESSAGE TO THE CAMPUS COMMUNITY



“Prevention is Key”

Getting to Know OPCSMH Director

As director of the Ohio Program for Campus Safety and Mental Health, Jessica Zavala is excited to continue the work alongside stakeholders, to disseminate statewide best practices in campus suicide prevention and to expand mental health promotion and awareness.

“Collaboratively we have so much power to bring awareness and change. Prevention is key. Supporting mental health and suicide prevention shifts the narrative and focus to 1) improving access to care and referral to services, 2) enhancing delivery of care, and 3) promoting the support of “wellness,” which is the key to overall good health.”

Jessica Zavala, M.P.A.
*Director, Ohio Program
for Campus Safety and
Mental Health*

“The past two years have been extremely challenging for most institutions of higher education. The OPCSMH continues to maintain visibility as a resource center. We are extremely proud to have the ability to serve as an outlet to campuses and local community organizations searching for best practices on navigating campus and student life in a pandemic.”

As a Coordinating Center of Excellence, this program encourages collaboration between campus and community stakeholders to develop suicide prevention programs, and activities that promote mental health and well-being across Ohio’s colleges and universities. Zavala actively serves on the Ohio Suicide Prevention Foundation’s Higher Education subcommittee and the Strengthening and Sustaining Ohio’s Suicide Prevention Coalitions Evidence-Based Practice Taskforce. Zavala is also engaged in efforts that aim to promote health equity and social justice. She also serves on the Ohio Mental Health and Addiction Services (OhioMHAS) Disparities and Cultural Competence Advisory Committee (DACC).

Coordinating Centers of Excellence and Ohio Program for Campus Safety and Mental Health Staff



Ruth H. Simera, M.Ed., LSW
*Executive Director
Coordinating Centers of Excellence
Department of Psychiatry*



Randon S. Welton, M.D.
*The Margaret Clark Morgan
Chair of Psychiatry
Professor of Psychiatry
Northeast Ohio Medical University*



Abby Zona, B.S.
*Dissemination Coordinator,
OPCSMH*

PROGRAM HISTORY

COORDINATING CENTERS OF EXCELLENCE

In partnership with Peg’s Foundation, the vision of NEOMED’s Department of Psychiatry in the College of Medicine — through the Coordinating Center of Excellence — is to serve as a national model for dissemination of state-of-the-art programs and practices that promote recovery and improve the lives of individuals with schizophrenia and other mental illness — as well as the lives of those around them.



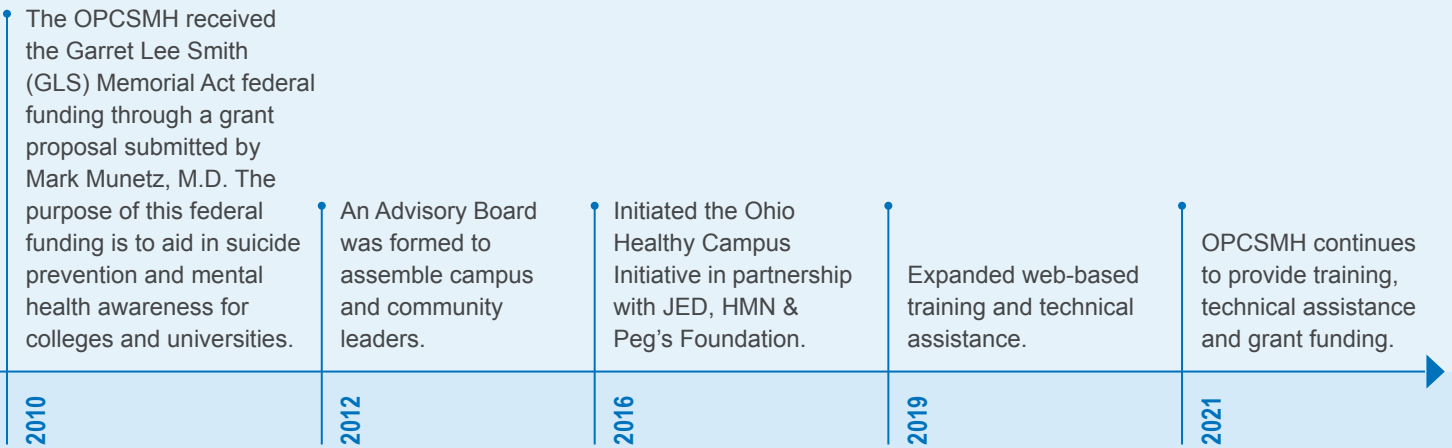
OHIO PROGRAM *for*
**CAMPUS SAFETY
& MENTAL HEALTH**
A NEOMED CCoE



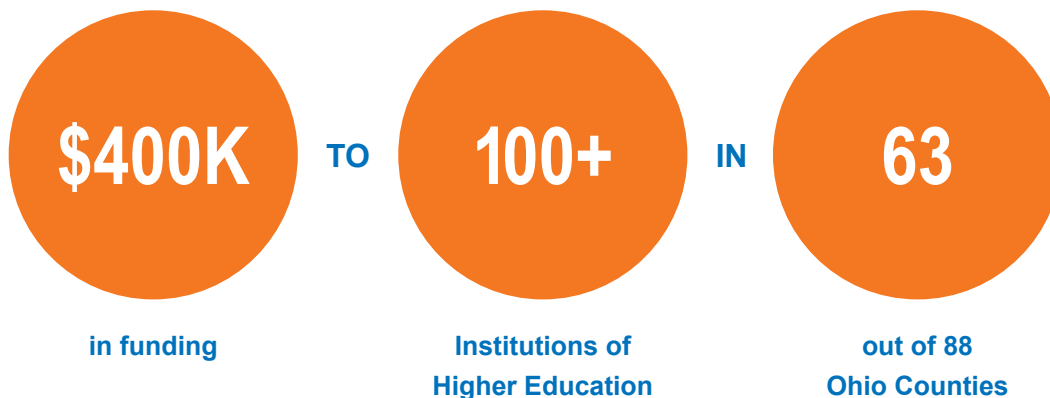
**CRIMINAL JUSTICE
COORDINATING CENTER
of EXCELLENCE**
A NEOMED CCoE



**BEST PRACTICES
IN SCHIZOPHRENIA
TREATMENT CENTER**
A NEOMED CCoE



Over the past 10 years, OPCS MH has funded campus-community partnerships. These grants support a variety of campus activities such as: training a student peer network, depression screenings to identify students in distress and refer to appropriate resources, and mental health campaigns.



All programs and training offered by OPCS MH support an evidence-based and evidence-informed framework. During the pandemic OPCS MH and its stakeholders pivoted to hybrid wellness and depression screenings, amongst other programs and activities to continually support services to students. Stakeholders were able to incorporate best practices and innovative strategies for future-oriented programming.

TRAINING AND TECHNICAL ASSISTANCE

A NEW way of Sharing Resources: [#CampusCommunityChat](#) [#CampusPowerHour](#)



Campus Community Chats

Twitter Live Chats

Ohio Program for Campus Safety and Mental Health wants to keep you connected. Please join us for our Campus Community Chats, a one-hour Twitter Special [@neomedopcsmh](#).

[View past chat transcripts](#)

Based on survey feedback — prioritizing safety, mental wellness, and preparing for academic success presented in a new way for students, staff and faculty during the past year. The Ohio Program for Campus Safety and Mental Health introduced a virtual “Campus Community Chat” to expand upon ways campuses and communities can access collegiate mental health resources. Altogether the OPCSMH offered four Twitter Chats partnering with a community organization that also collaborates with universities for programming to the campus community.



OPCSMH recently received Governor’s Emergency Education Relief (GEER) funding from the Ohio Department of Higher Education in partnership with the Ohio Department of Mental Health and Addiction Services to develop the Ohio Wellness Campus Collaborative (OWCC). The OWCC provided technical assistance, support, resources, workshops and training to a cohort of five campus-community partnerships to address pandemic-related behavioral health issues with students enrolled in Ohio’s public universities, community colleges and nonprofit higher education institutions.

TRAINING AND TECHNICAL ASSISTANCE...CONTINUED

Through GEERs funding, the OPCSMH partnered with The Ohio State University Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery. The following campuses are participating in the cohort:

Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery

BGSU®



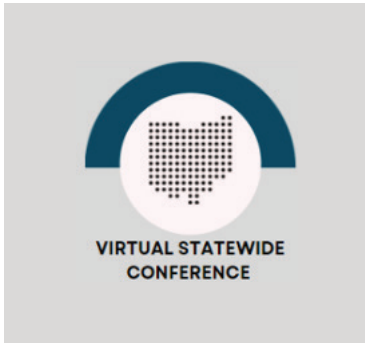
Youngstown
STATE UNIVERSITY



OPCSMH is a proud partner of the Rise and Thrive Campus-Community Partnerships. Other collaborators include: the Ohio Department of Mental Health and Addiction Services; Prevention FIRST!; the Ohio College Initiative, a program of Prevention Action Alliance; the Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery and the Ohio University Voinovich School of Leadership and Public Service.

[Click here](#) for more information on Rise and Thrive webinars and training.

2021 BIENNIAL CONFERENCE



Ohio Program for Campus Safety and Mental Health held its fifth biennial conference — Creating Community Wellness: Equity and Inclusion in Student Mental Health — on May 18, 2021. The event was virtual and proved to be a record success with 199 attendees representing public, private and community colleges and universities across Ohio as well as community organizations and providers.

The 2021 biennial conference focused on identifying how colleges and universities can create welcoming environments and acknowledge feelings of isolation and exclusion and that lead to mental health disparities.



Keynote speaker, **David Rivera, Ph.D.**, discussed Investing in Mental Health and Academic Success of Students of Color.



Afternoon Plenary Speaker, **Justin A. Chen, M.D., M.P.H.**, brought a focus on Breaking Silences in the Model Minority: Asian American and International Student Mental Health Before and During COVID- 19.



To access archives of the full conference, including resources and PowerPoint presentations, please visit: [Conferences | Ohio Program for Campus Safety & Mental Health | NEOMED](#) or scan the QR code.

SAVE *the* DATE

2023 OPCSMH
SIXTH BIENNIAL CONFERENCE
MAY 18, 2023

2021-2022 OPCSMH WEBINARS

“I appreciate having the series as an option and the fact that it is local/state based often makes it more relevant than other nationally based webinars”



Drs. Fred and Penny Frese virtual lecture, Community Building and Collaboration Among Students With Psychosis



What the Launch of 988 Means for Crisis Care



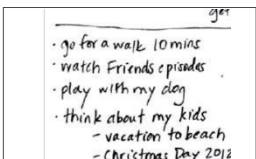
Student panel Promoting Hope, Wellness and Resilience: Elevating the Impact of the Student Voice



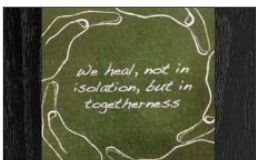
Campus Burnout in the COVID Era



Promoting Student Wellness, Success and Retention: Applying the Eight Dimensions of Wellness



Facilitating Recovery Friends After Trauma Among College Students



What It Is Like to Lose Someone to Suicide: Promoting Hope and Resilience in Suicide Loss Survivors



Webinars overall satisfaction out of 5.

“Thank you for all you do to bring awareness and understanding to our colleges and communities”

Upcoming FY23 Webinar Topics

- Mental Wellness for Collegiate Student Athletes
- Motivational Interviewing in Higher Education
- Mental Wellness/Health Latino/a/x Students
- Wellness Strategies and Resources
- First Generation Students
- Managing Anxiety and Stress

Talk with us.



Preparing Campuses for the Implementation of 988

There is hope.



In July 2022, 988 was launched. This number will be used when people need help in a suicidal, mental or substance use-related crises.

[This webpage](#) provides an overview of 988, funding information for 988, data on suicide in the U.S., suicide prevention resources, and a 988-partner toolkit that includes fact sheets in English and Spanish.

Community-Building and Collaborating Among Students With Psychosis



Hear about the incredible journey of mental health activist **Cecilia McGough**. McGough is founder and executive director of Students with Psychosis, a nonprofit organization with a global reach, media consultant and former radio astronomer living with autism and schizophrenia.

[Click here](#) to view the webinar recording.

“*Having a statewide coordinated initiative, like this one can more efficiently distribute resources and provide technical assistance to campuses and universities.*”

OPCSMH had a **41%** increase in webinar attendance in 2021-2022!

OPCSMH COLLABORATIVE PROGRAM DEVELOPMENT GRANT IS NOW...CAMPUS-COMMUNITY COLLABORATIVE GRANTS (CCG)

The purpose of the CCGs is to promote collaboration between colleges/universities and community stakeholders to develop programming to prevent suicide, promote mental health and reduce stigma about mental illness or its treatment on campus.

The vitality of leveraging campus-community collaborations is essential as a resource dissemination center. It recognizes that campus communities have a diverse set of needs, and it's vital to tap into both campus and communities to identify the best strategies to improve and maintain these relationships.

The OPCSMH leverages the impact of mental health systems and public health expertise, provides collaborative funding and partnership opportunities, and improves access to trainings and technical assistance.

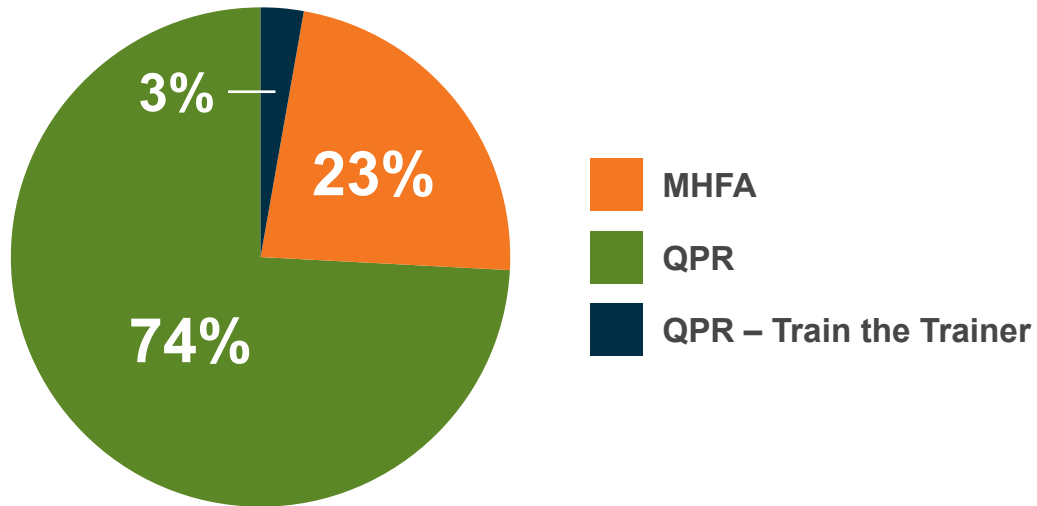
CORE VALUES:

- Impact of local mental health systems
- Leverage public health expertise of knowledge and resources
- Provide collaborative funding and partnership opportunities
- Improve access to trainings and technical assistance



OHIO STAKEHOLDERS READY TO RESPOND

The piechart depicts those trained in Mental Health First Aid (MHFA) and QPR (Question Persuade Refer) gatekeeper trainings since 2019. OPCSMH has funded 597 trainings for Ohio Stakeholders.

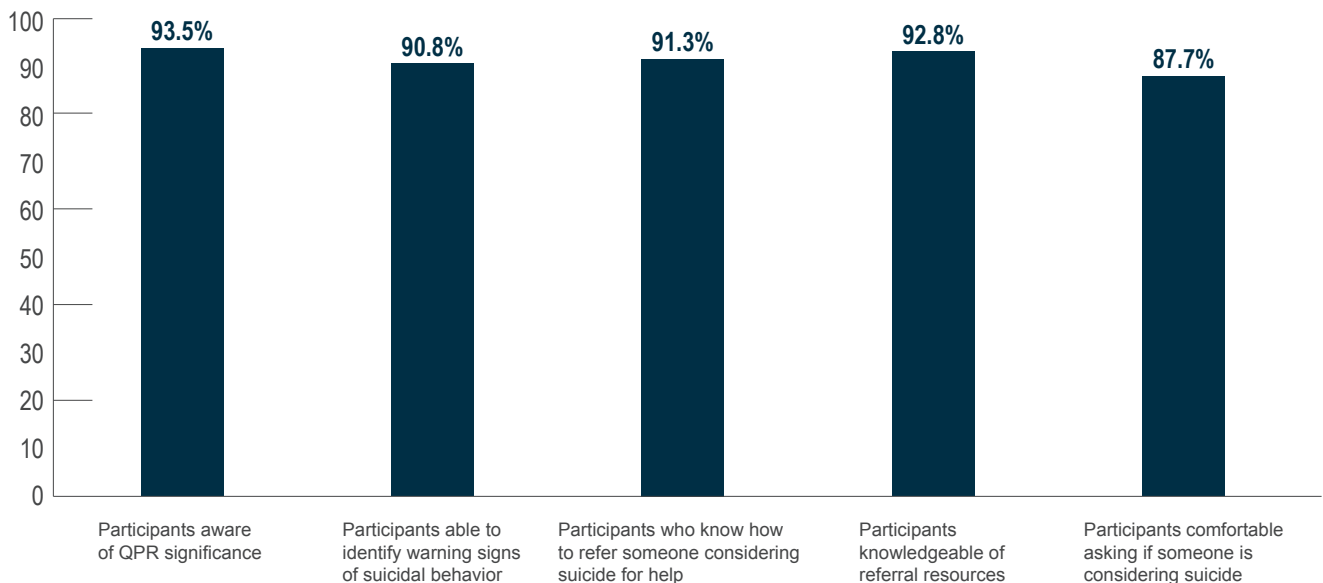


To apply for a CCG Grant, please visit:

[Grants | Ohio Program for Campus Safety & Mental Health | NEOMED](#)

Or Scan the QR code with your phone's camera

% of Participants Ability to Respond



**Data depicted in the chart represents pre-post survey data from a CPDG grantee (2021). Data includes responses from an initial cohort of faculty/staff attendees.*

CONGRATULATIONS TO OPCSMH 2021 – 2022 COLLABORATIVE PROGRAM DEVELOPMENT GRANTEES:



All grant recipients received a complimentary wellness toolkit for program implementation.



EXPANDING OPPORTUNITIES, PARTNERSHIPS AND RESOURCES



VIRTUAL GATEKEEPER &
CAMPUS COMMUNITY
CHAT TRAININGS

Stay tuned... OPCSMH
partnerships will be expanding
gatekeeper trainings for FY23

The Vitality of Leveraging Campus-Community Partnerships: Re-Imagining the Strength of Collective Collaboration

Guest Authors:
Jessica Zavala, M.P.A., Director
Abigail Zona, B.S., Dissemination Coordinator

Continuity of Partnerships
Since 2019, OPCSMH provided more than...

- \$400K in funding
- 100+ Institutions of Higher Education
- 63 Out of 88 Ohio Counties

The Vitality of Role (Objectives)

- Campus Communities have a diverse set of needs for suicide prevention and mental health. The OPCSMH supports those needs by personalizing the management and execution of Campus-Community Grants.
- Each organization provides leadership, which allows them to build on their expertise and promotes an egalitarian atmosphere.
- Innovative strategies and best practices that expand/improve campus community partnerships.
- A statewide coordinated initiative can more efficiently distribute resources and provide technical assistance to campuses and universities.

Campus-Community Collaborative Grants (CCGs)

The purpose of the CCGs is to provide 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.

Redesigned Supported Programs & Activities During COVID-19

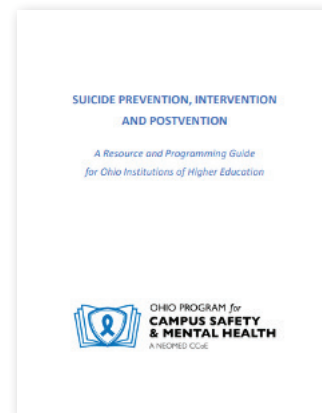
Campus stakeholders provided to hybrid webinars and depression screenings to continually provide services to students despite the pandemic. Stakeholders were able to provide best practices and adopt innovative strategies for the future.

Best Practices & National Frameworks
All programs support an evidence-based and evidence-informed framework.

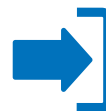
Thoughtful planning and making certain decisions that are equitable and inclusive for all campuses remains a focus for the OPCSMH. The OPCSMH maintains visibility as a resource center and outlet to campuses and local community organizations searching for best practices on navigating campus and student life in a pandemic.

For more information regarding the OPCSMH scan the QR code.

OPCSMH presented the poster
“[The Vitality of Leveraging Campus-Community Partnerships: Reimagining the Strength of Collective Collaboration](#)” at the *Depression on College Campus (DOCC)* University of Michigan Conference.



The OPCSMH has updated [The Suicide Prevention, Intervention and Postvention](#) guide for FY23.



Scan the QR
Code to view the
updated guide.



- OPCSMMH biennial conference, May 2023
- Technical assistance opportunities for 2022 and 2023
- Suicide prevention awareness training
- Upcoming webinars 2022-2023

For more information regarding the OPCSMMH, scan the QR code

OHIO PROGRAM FOR CAMPUS SAFETY AND MENTAL HEALTH

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Stay connected!

77% of participants found us on the listserv.

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