

Mental Health Resource Fair

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Background

- According to a 2012 survey (Mistler, Reetz, Krylowicz, & Barr, 2012) conducted by the Association for University and College Counseling Center Directors:
 - **Anxiety** continues to be the most predominant concern among college students (41.6%)
 - followed by **depression** (36.4%),
 - **relationship problems** (35.8%)
 - **suicidal ideation** (16.1%),
 - **alcohol abuse** (9.9%)
 - **sexual assault** (9.2%)
 - **ADHD** (8.9%)
 - And **self-injury** (8.7%)
 - 95% of Center Directors surveyed believe that psychological problems are an **increasing concern** at their campus (Mistler et. al, 2012)

Gap

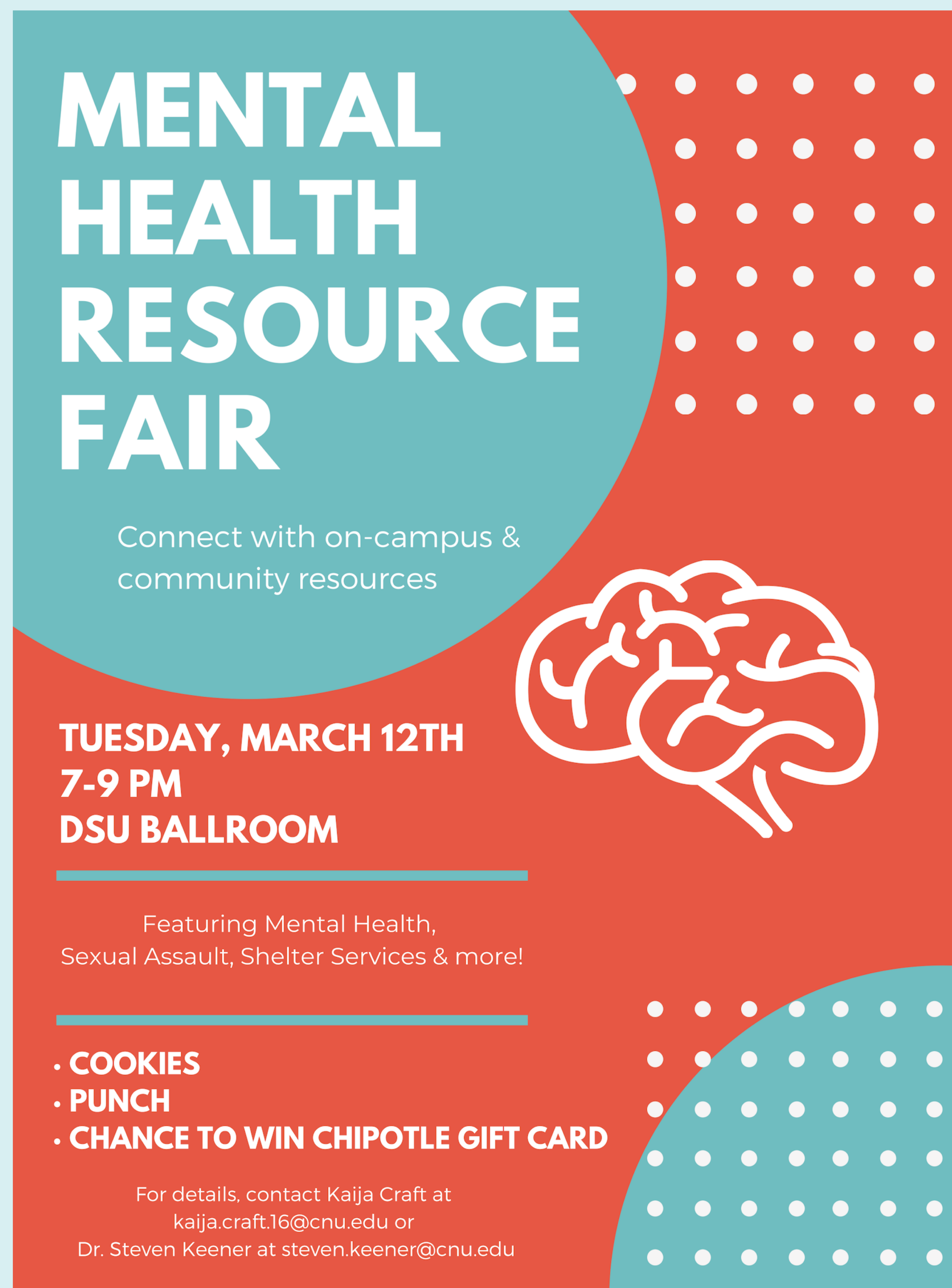
Many resources and potential community partners exist to help address these issues at CNU; however, each resource is **disconnected**. This makes these resources **difficult to access**, particularly in times of **crisis**. A program is needed, such as a Mental Health Resource Fair, which **connects these resources** and **increases their accessibility** for the campus and local community.

Implementation

- **Conducted research** on available resources
- **Established partnerships** with on-campus and community resources
- **Received council** from School Psychologist
- **Reserved space** for Fair to be held
- **Booked catering** for the fair
- **Advertised** through print flyers, social media, and the Daily Digest
- **Developed post-test survey**
- **Designed handouts:** National & Online Helpline resources, Directory with Guiding Questions
- **Constructed mental health awareness ribbons**
- **Created and distributed thank you gifts:** handwritten letters and certificates of appreciation
- **Evaluated survey responses** and **assessed efficacy** of the event

Mission Statement

The mission was to develop an **evidence-based, student-centered, survivor-focused** Mental Health Resource Fair that connects important on-campus and community resources to those in need.

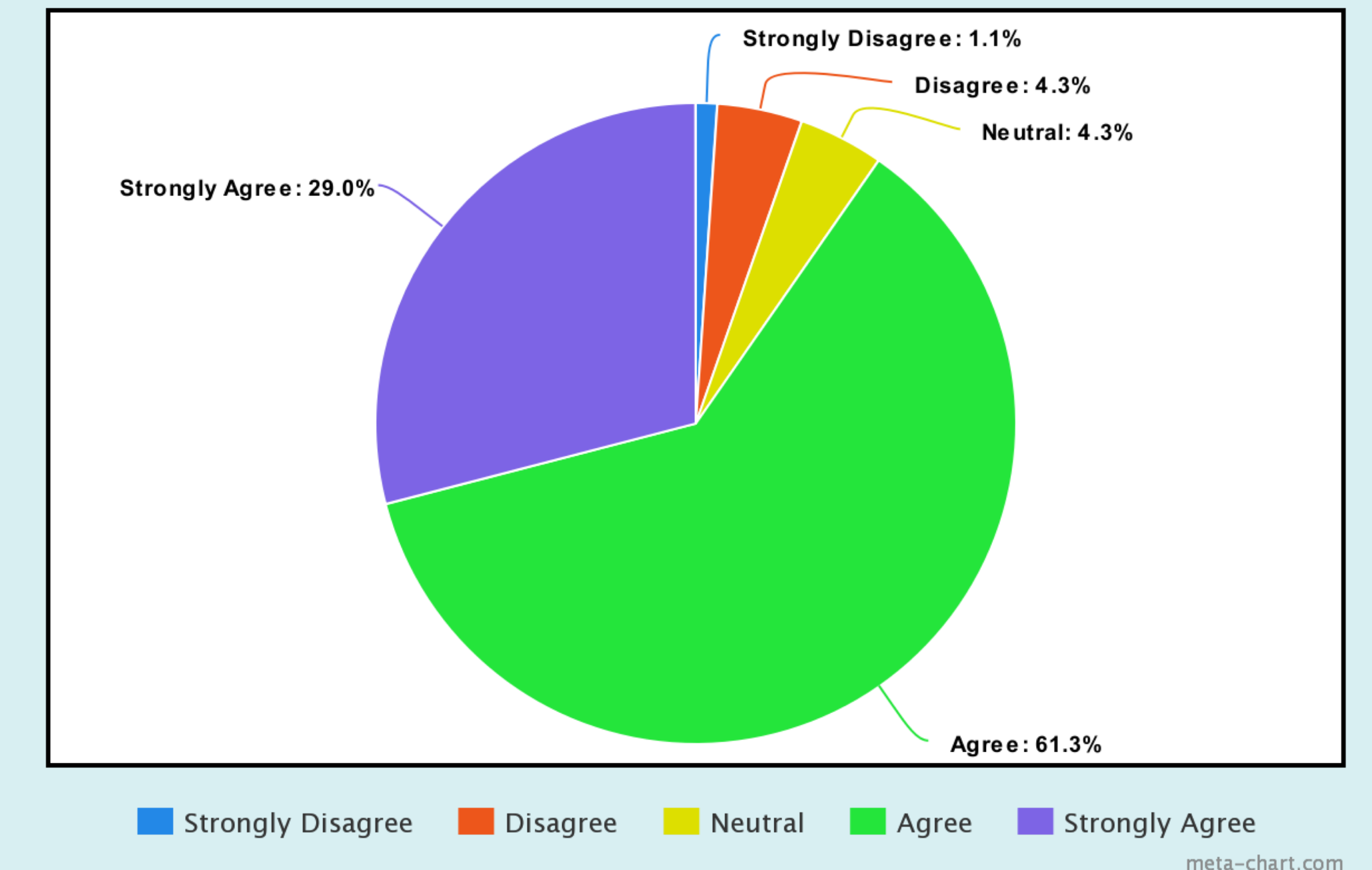


The Event

10 organizations participated in the event.

Mental Health Resources
CNU's Office of Counseling Services
Hampton-Newport News Community Services Board
N.A.M.I. (National Alliance of Mental Illness) @ CNU
N.A.M.I. of Newport News and Hampton
Psychological First Aid
W.A.T.C.H. - Wellness Action Team for Captain's Health
Sexual Assault Resources
The Center for Sexual Assault Survivors of Newport News
Fear 2 Freedom
Shelter and Housing Resources
Transitions Family Violence Services
LGBTQIA Resources
Spectrum

There were about **115** attendees total and **92** survey responses.



Post-Test Survey Highlights

According to the survey, **91.3% of attendees strongly agreed or agreed** that their knowledge of mental health, sexual assault, and shelter resources improved after this event.

Additionally, some highlights from the survey of what students liked best included:

"I liked the **diversity** of the groups that I saw at the event, and I liked that they offered **help and opportunities**, not one or the other."

"The **options** and **kindness** and **willingness** of these individuals who want to help you and care about you"

"Speaking with a man from the office of counseling services, he gave me a **nudge in the right direction** in an issue im having"

"I liked the **multitude of resources** they offered and it felt like a **safe space** where I could ask any question I wanted."

Feedback on what could be improved:

- **More!** More organizations, people in attendance, speakers, ways to take survey
- During the **lunch hour**

Acknowledgements

I would like to thank the **Ferguson Fellowship** for Social Entrepreneurship, the **organizations** that participated, and my faculty mentor, **Dr. Steven Keener**, for giving me the opportunity to make a difference in our community.