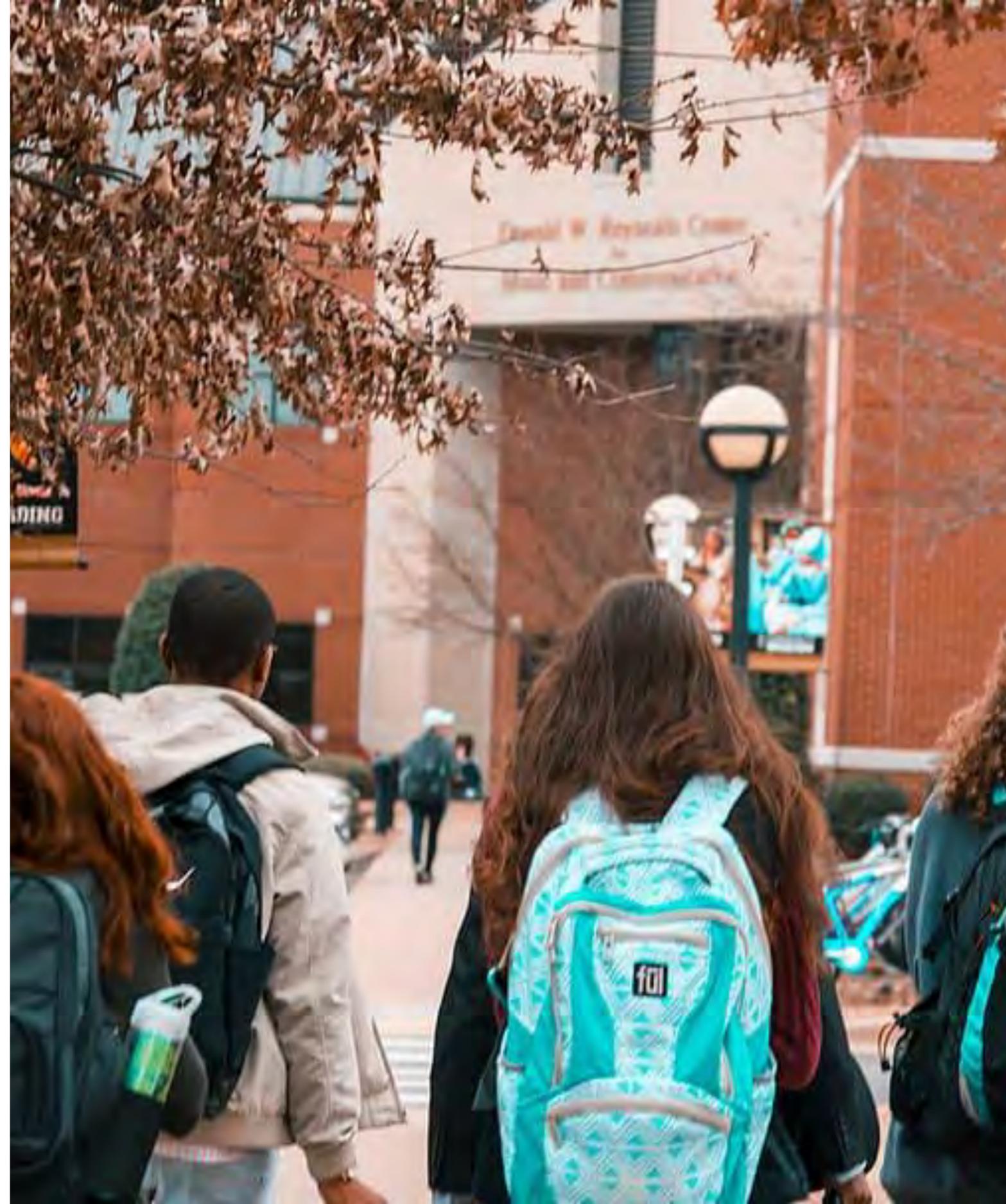


# Resource Guide for Campus Mental Health Supports

July 12, 2022

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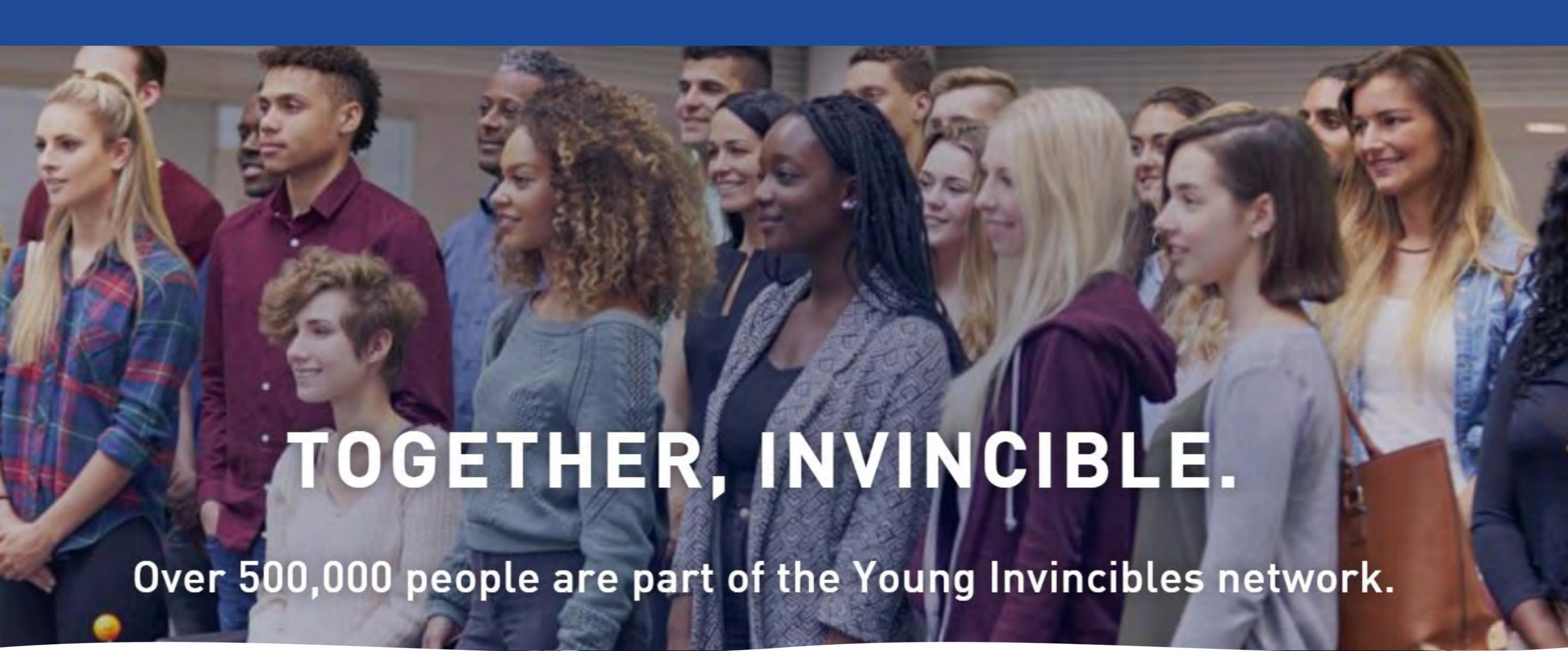


# Agenda

- 1. Who We Are**
- 2. Defining the Problem**
- 3. Legislative Advocacy**
- 4. Impact & Response to COVID-19**
- 5. Learning Collaborative & Resource Guide**
- 6. Looking Forward**



Guided by the experiences of **those living with mental health conditions** and **rooted in equity, NAMI Chicago educates** to fight stigma and discrimination, fiercely **advocates** for our community, and **shares hope, connection and expertise** with people on their mental health journey.



**TOGETHER, INVINCIBLE.**

Over 500,000 people are part of the Young Invincibles network.

**Young Invincibles'** mission is to amplify the **voices of young adults** in the political process and expand economic opportunity for our generation.

# The Problem



In 2017, **1/3** of all US college students had been diagnosed with a mental health condition – a **14% increase** in the previous decade.

A 2019 study showed that students who struggled with mental health were **2x as likely to drop out** of college. For Black, Latinx, and low income students, rates were **2.5x higher.**

# Illinois Legislation

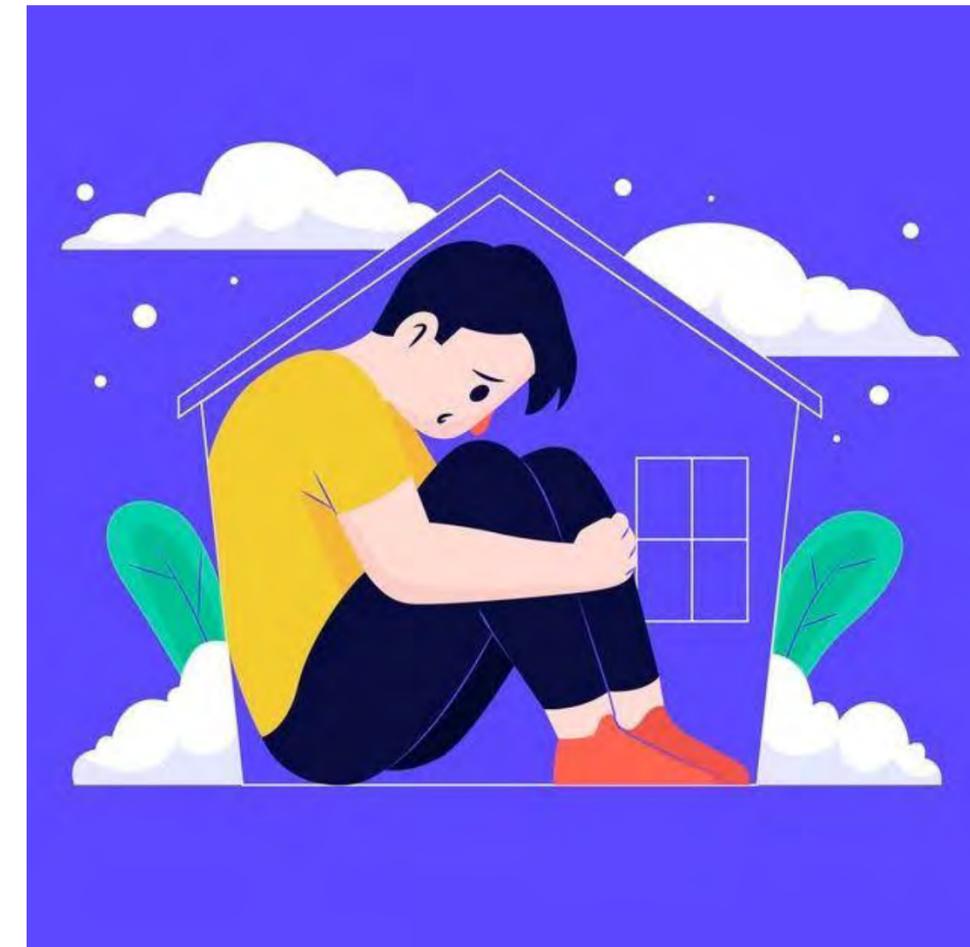
Passed unanimously in 2019, the **Mental Health Early Action on Campus Act** created new requirements for public 2-year and 4-year college campuses across Illinois, addressing gaps in mental health services for students through training, peer support and community-campus partnerships.

**However, it still has not been funded.**

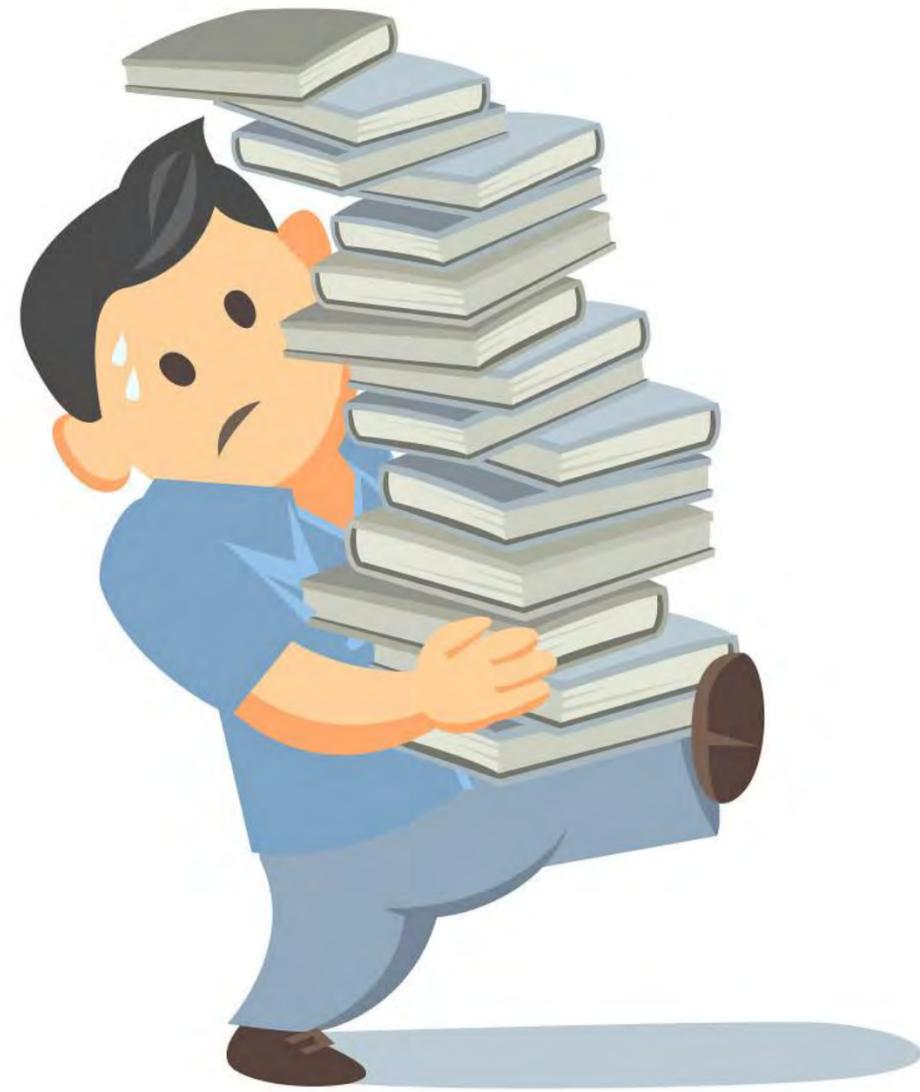
# Impact of COVID-19 on Students

**1 in 4** young people ages 18-24 considered suicide between May-June 2020.

In 2020-2021, **more than 60%** of college students nationally met the 'criteria' for at least one mental health concern. That's a **2x increase** from 2017.



# Response from Institutions



In December 2021, college and university presidents ranked student mental health as the **#1 most pressing concern** on campus nationwide.

# Learning Collaborative

- **Founded in Fall 2021**
- **5 “Learning Events” in its inaugural year**
- **Participation from >40 of Illinois’ 58 public colleges and universities**
- **100% of participants across 5 events said that the takeaways would definitely or possibly contribute to and/or improve the efforts and practices at their institution**



# Learning Collaborative

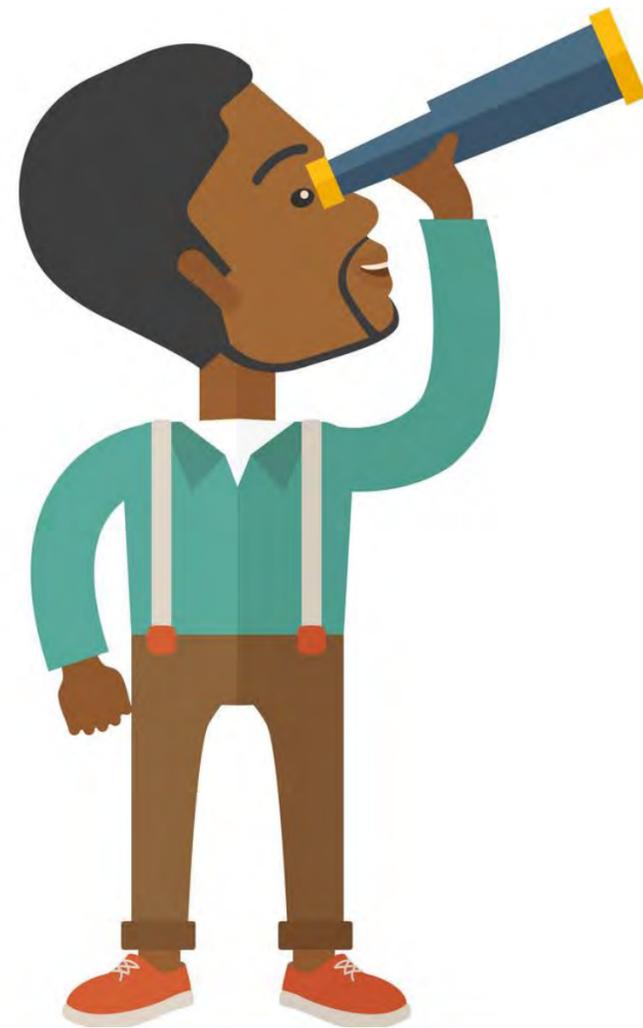
- **Integrating Mental Health Awareness into Campus Culture**
- **Peer-to-Peer Programs: how they work, best practices, lessons learned, costs, and more**
- **Cultural Competency in Mental Health Services and Addressing Stigma in a Culturally Competent Way**
- **Preparing a Mental Health Response for a Campus-wide Tragedy**
- **Leveraging Community Resources and Partnerships to Increase Capacity**

# Resource Guide

- Resources and learning from the Collaborative's inaugural year
- Data to “make the case” for the need to expand & fund student mental health supports
- Available on NAMI Chicago & Young Invincibles' websites; will eventually be available on websites of IBHE and ICCB



# Looking Forward



- **Learning Collaborative Year Two, to build into the Technical Assistance Center at IBHE**
- **Sustainable funding for FY23 and beyond**
- **Student mental health at private colleges & universities**

# Questions & Discussion

