



# MENTAL HEALTH ALLIES INITIATIVE

**Collective Impact Team (CIT):**

Elizabeth Mondragon, PSY.D.: Director, Counseling & Psychological Services

Connie Marmolejo, DrPH : Interim Director, The Well

Shalaurey Jones-Consalvo, DrPH: Senior Policy Analyst

Denise Woods, DrPH: Associate Vice Chancellor of Health, Well-being & Safety

# COLLECTIVE IMPACT MODEL





# EQUITY IN MENTAL HEALTH FUNDING INITIATIVE

- **Who:** UC campuses
- **What:** The Budget Act of 2021 (California Assembly Bill 128) includes \$15 million in ongoing funds to address student mental health needs at the University of California
- **When:** These are ongoing state funds from the Budget Act of 2021
- **Where:** Funding is to help campuses support evidence-based strategies for handling the escalating behavioral health crisis among students
- **Why:** Because addressing student mental health is foundational to learning and it provides for a safe and healthy campus environment

# **MENTAL HEALTH ALLIES INTIATIVE:** **PRINCIPLES**

1. Using a Collective Impact Framework, the Mental Health Allies will support and advance
  - a. Social Justice
  - b. Equity
  - c. Health on campus
2. Systemic change

# MENTAL HEALTH ALLIES: **HOW?**

**How:** Utilize a combination of academic curricula and experiential activities to create sustainable and knowledgeable allies

# MENTAL HEALTH ALLIES : **PROCESS**

- Students, staff, and faculty will be nominated by supervisors
  - A form will be shared at the end of this workshop with those interested
- **1-year curriculum**
  - Initial summer training block
    - 4-part training block focused on basic helping skills, identification of signs of distress, intervention skills, and understanding of available resources
  - Activities: includes quarterly meetings and sharing information via social media and other platforms related to your area
    - Communication Format: TEAMS (**staff/faculty**) - Canvas (**students**)
- Culminating Activity: large scale group activity/project for May is Mental Health Month (developed by the MH Allies cohort)

# **MENTAL HEALTH ALLIES: GOALS**

- Improving skills related to identifying students in crisis, and appropriately taking next steps to provide help and support
- Increasing knowledge related to access of holistic mental health and well-being care
- Decreasing stigma/barriers around help seeking support for mental health
- Promotion, understanding, and awareness across the campus of resources
- Engagement with embedded community/departments liaisons in a community of well-being



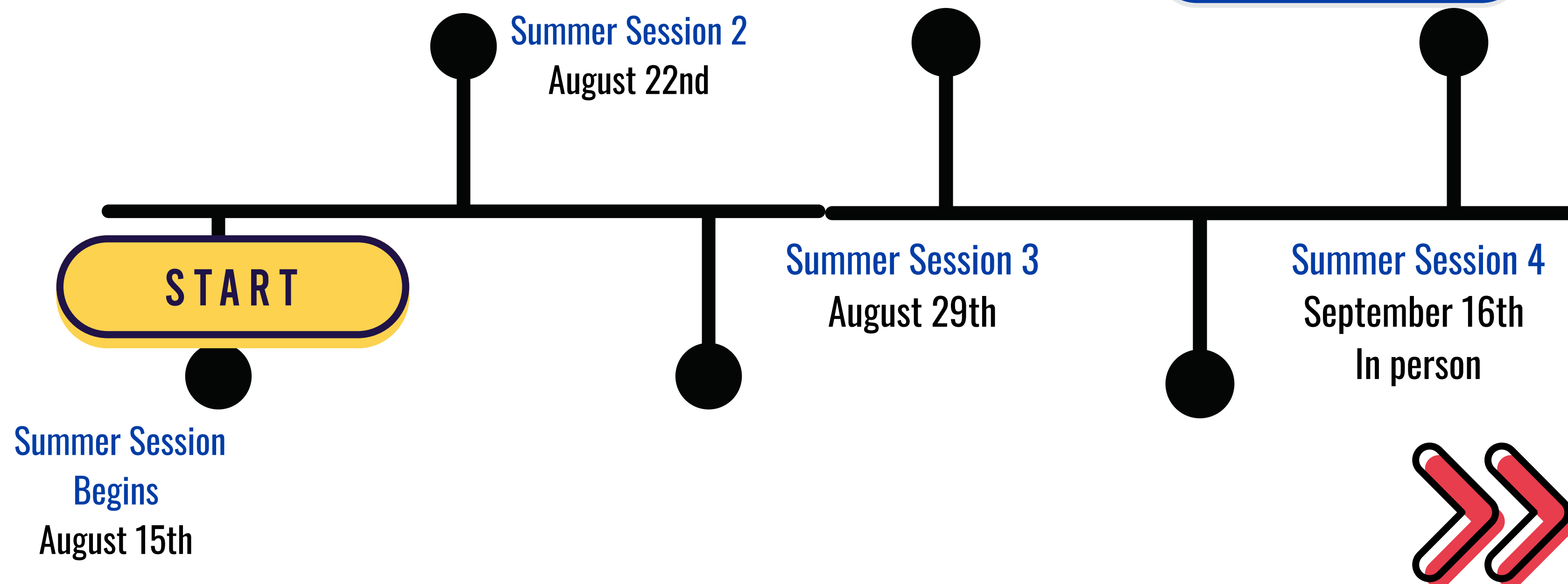
# MENTAL HEALTH ALLIES: **ACTIVITIES**

## Required Activities

- Online modules
- Mandatory attendance to initial training block: **Summer**
- Active participation in quarterly ongoing training and information sharing :
  - One (1) zoom training and discussion
  - Two (2) discussion assignments
  - Monthly information sharing
    - Faculty/Staff: TEAMS
    - Students: Canvas

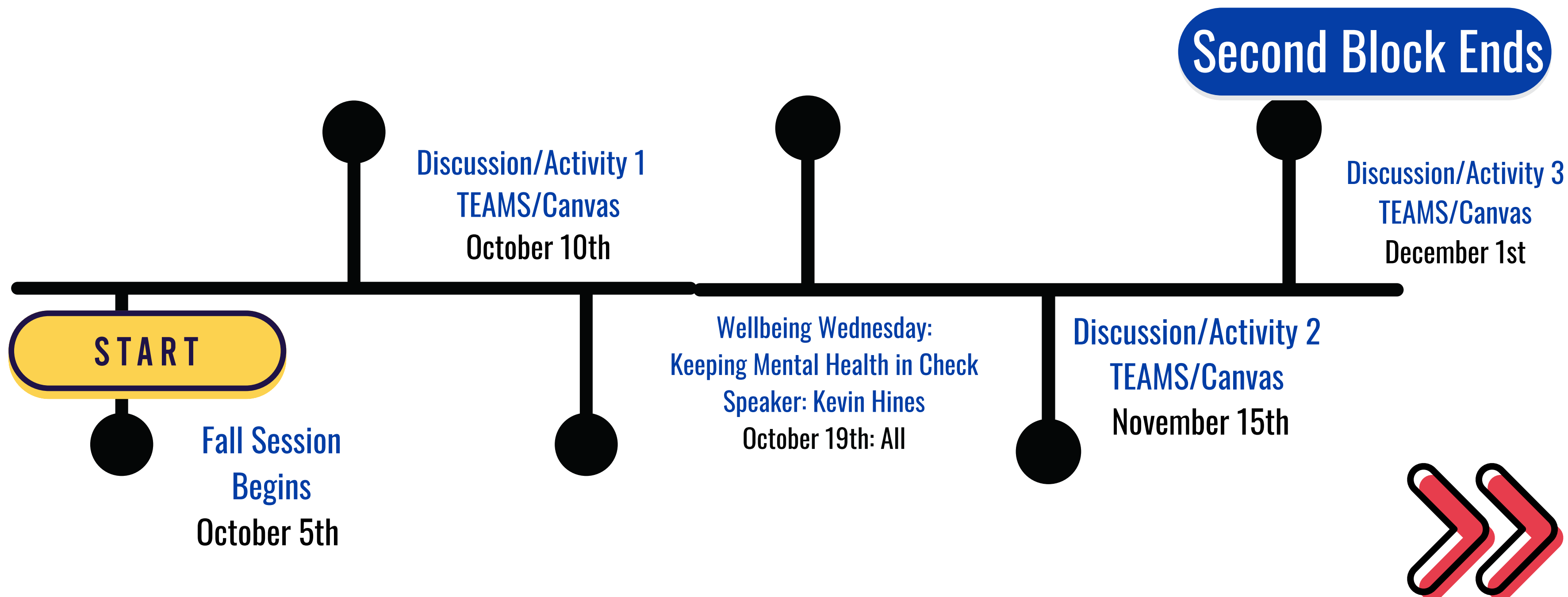
# MENTAL HEALTH ALLIES: **TIMELINE**

First Block Ends



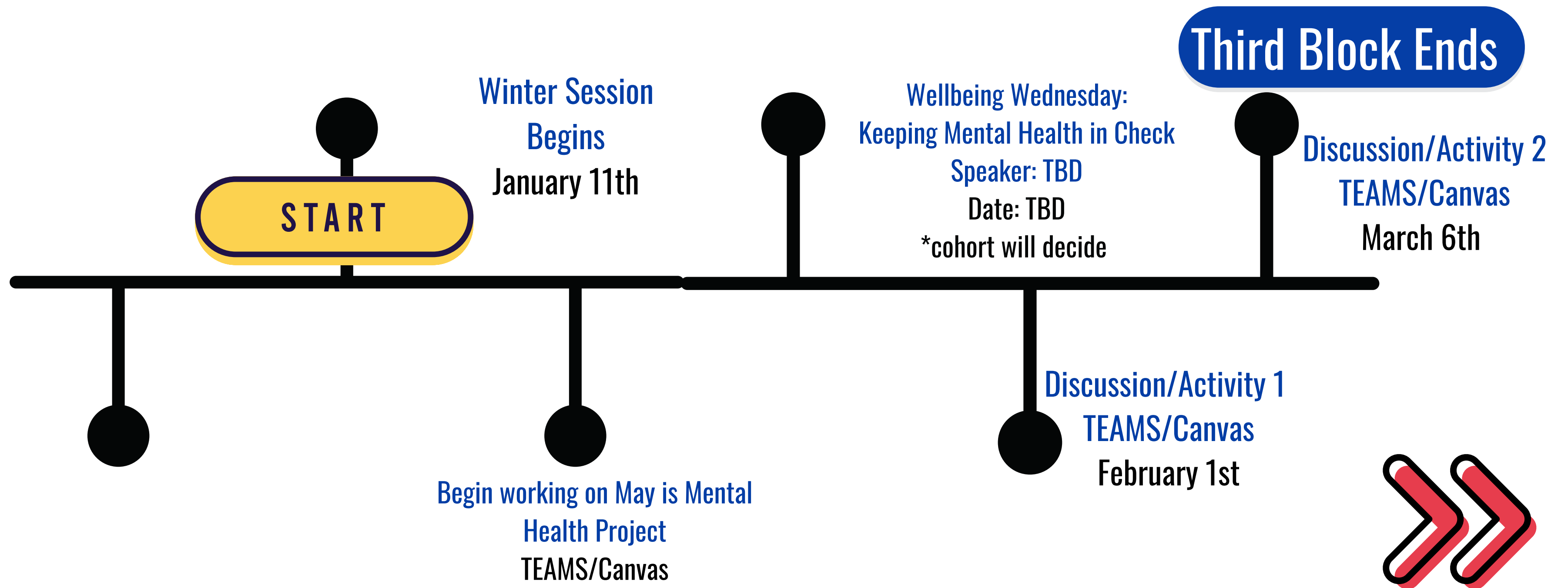
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- First meeting will be on zoom with breakout time for students and staff/faculty
- (2) follow up sessions on TEAMS and Canvas



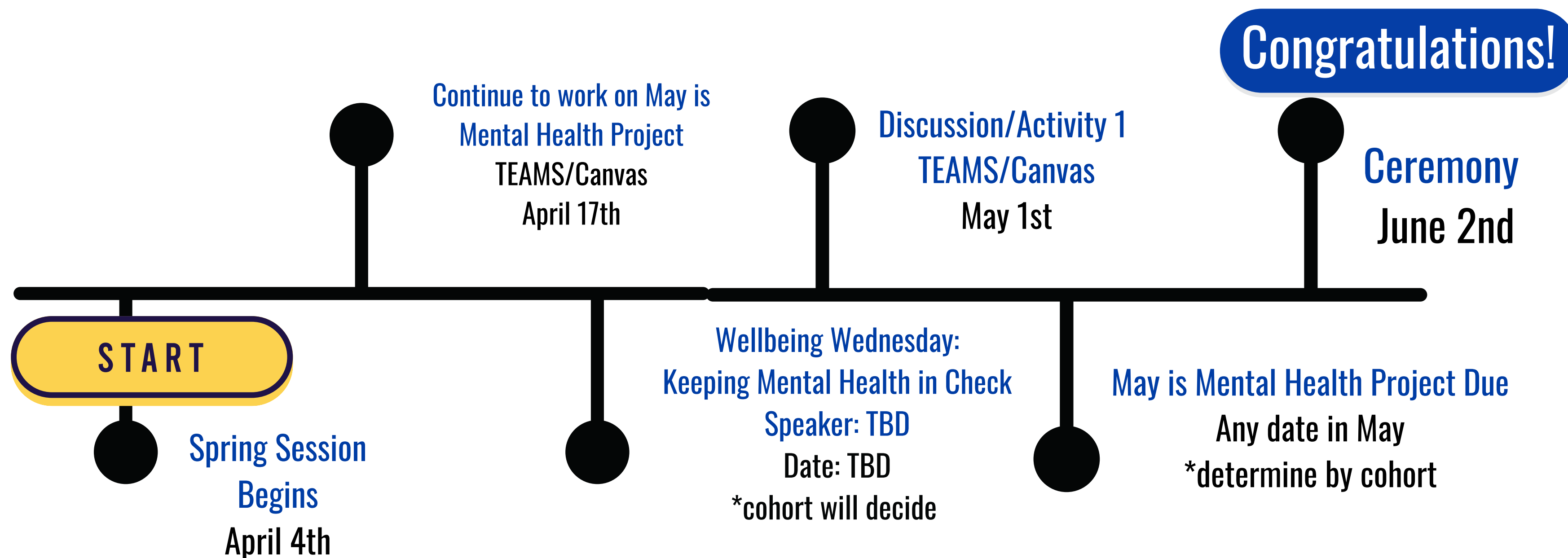
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# MENTAL HEALTH ALLIES: **TIMELINE**





# MENTAL HEALTH ALLIES: **NEXT STEPS**

- Review program schedule
- Complete Interest Form: **Deadline July 1st (space is limited)**
- Supervisor approvals - week of **July 5th**
- Confirmation/welcome email to 22/23 Mental Health Allies inaugural cohort-  
by **July 22nd**

# **BURNING QUESTIONS**

**What if I cant make it to one of the sessions?**

**What should I do?**

# **BURNING QUESTIONS**

**Will I receive a certificate at the end of this program?**



# **BURNING QUESTIONS**

**How much funding are we eligible to receive?**





# MENTAL HEALTH ALLIES INITIATIVE CONTACT INFORMATION

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