



The Jed Foundation

Welcome To

Equitable Strategies for Mental Health Support on Campus

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Meet Your Presenter



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she/her/hers
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The Jed Foundation

Land Acknowledgement

We acknowledge that the land each of us live, learn, and thrive are the traditional, ancestral, and unceded homelands of Indigenous and tribal nations. We also acknowledge the genocide and systems of oppression that have dispossessed Indigenous people of their lands and we honor and respect the diverse and beautiful peoples still connected to this land. New Jersey is located on the original homelands of the Mohican and Munsee Lenape people.

Thank you to the elders, language keepers, land protectors who are here with us today. Thank you for allowing us to be guests here.



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Today's Objectives

At the end of this session:

- Engage in self-reflection to better understand equity in the context of student mental health.
- Share challenges related to student mental health, especially for marginalized populations.
- Collaboratively identify solutions and opportunities for improvement.
- Learn strategies for integrating equity into strategic planning for student mental health initiatives.
- Explore strategies to foster inclusive social connectedness, ensuring a sense of belonging for all students.
- Learn approaches to encourage equitable help-seeking behaviors and create a supportive culture.



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JED's Mission & Vision

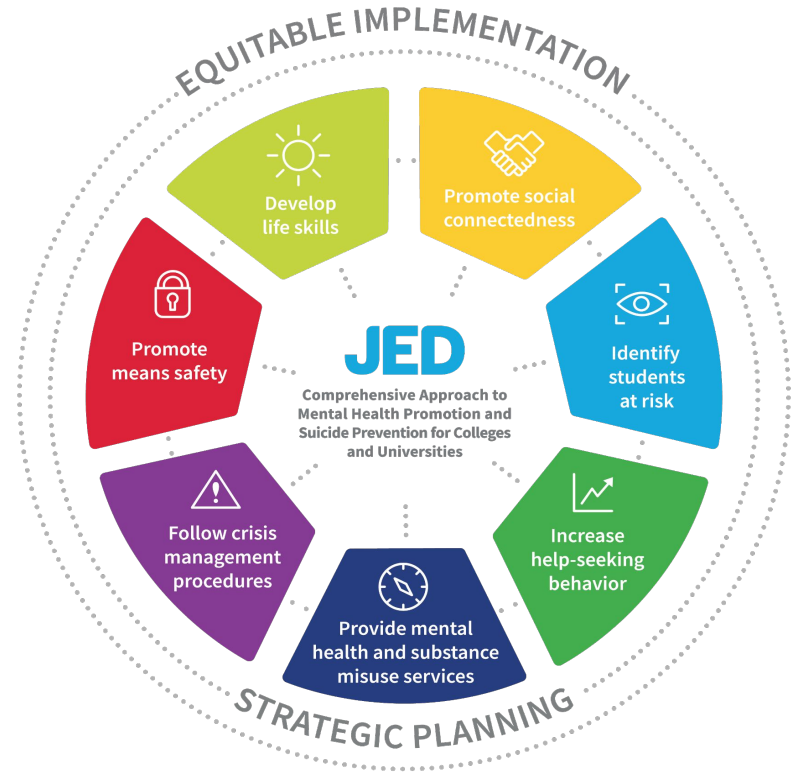
Mission: The Jed Foundation (JED) is a non-profit that protects emotional health and prevent suicide for our nation's teens and young adults.

Vision: At JED, we envision a future where:

- Every high school, district, and college has a comprehensive system that supports emotional health and reduces the risks of substance misuse and suicide.
- Teens and young adults are equipped to navigate mental health challenges, to seek and give help, and to be emotionally prepared to enter adulthood and fulfill their potential.
- Our communities support the emotional well-being and mental health of teens and young adults.
- Mental health is recognized as part of general health and wellness and is not associated with shame, secrecy, or prejudice.

JED's Comprehensive Approach

- Drawn primarily from the overall strategic direction of the United States Air Force (USAF) Suicide Prevention Program
- Based on what's known about decreasing risk factors for suicide and increasing protective factors for mental health
- Used to assess efforts currently underway on campuses and identify existing strengths and areas for improvement





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JED's Work

Programs and Services

- [JED High School](#)
- [JED Campus](#)
- [District Comprehensive Approach](#)
- [Postvention Consulting](#)

Resources

- [Mental Health Resource Center](#)
- [Set to Go](#)
- [Seize the Awkward](#)
- [JED Voices](#)

Equality



Equity



Equitable Implementation

JED's **Equitable Implementation Framework** ensures that the needs of students who are potentially marginalized or underserved due to societal and structural inequities and school-specific community demographics are considered deliberately and intentionally.



JED Research and Recommendations for:



- **Students of color:** [Equity in Mental Health Framework](#) with The Steve Fund
- **Students who are parents:** [Improving Mental Health of Student Parents Framework](#) with Ascend at the Aspen Institute
- **Graduate/professional students:** [Recommendations to Support Graduate and Professional Student Mental Health & Well-Being](#) with the Council of Graduate Schools
- **LGBTQ+ Students:** [Proud & Thriving Framework for LGBTQ+ Student Mental Health](#) with the Consortium of Higher Education LGBT Resource Professionals

A group of five diverse young people are leaning on a wooden railing outdoors. The image is overlaid with a blue tint. The text is positioned on the left side of the image.

**What barriers are
these populations
facing on your
campus?**

National Data



1 in 3 young adults have a mental, behavioral, or emotional health issue.



28% of undergraduate and graduate students over the age of 18 self-injured.



1.5 million people made a suicide plan.



11.3 million people (age 18–25) reported a serious mental illness.



3.3 million adolescents (age 12-17) had serious thoughts of suicide.

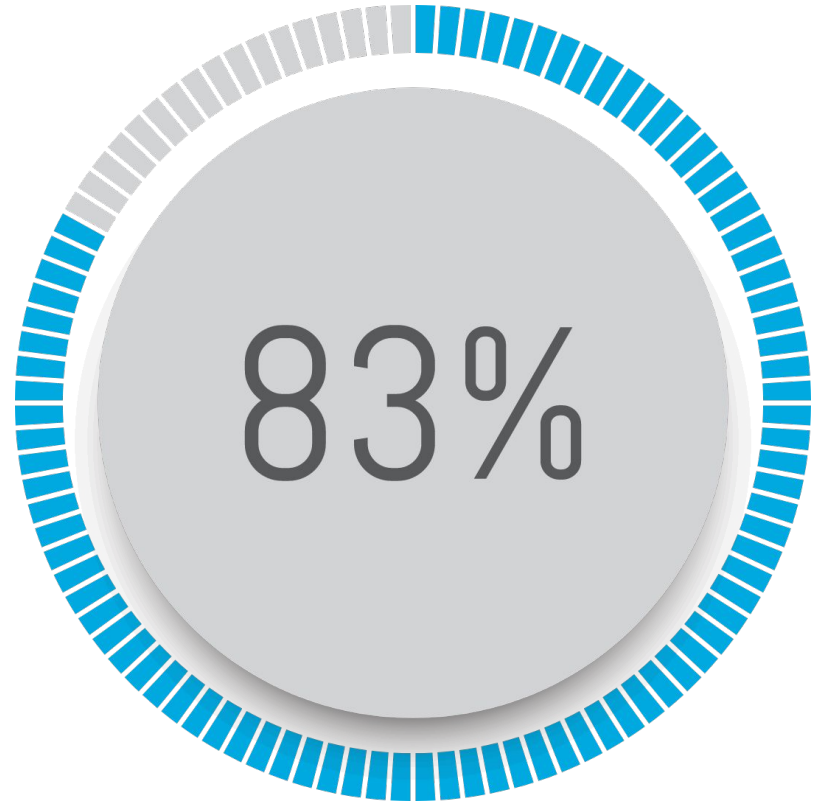


892,000 people attempted suicide.

Source: [Key Substance Use and Mental Health Indicators in the United States: Results from the 2021 National Survey on Drug Use and Health](#); [The Healthy Minds Study 2022-2023 Data Report](#)

Impact on Academic Performance

In the past 4 weeks, 83% of students have felt that emotional or mental difficulties have hurt their academic performance on at least one day.



Black, Indigenous, and People of Color Amplified Disparities & Trauma-Related Symptoms

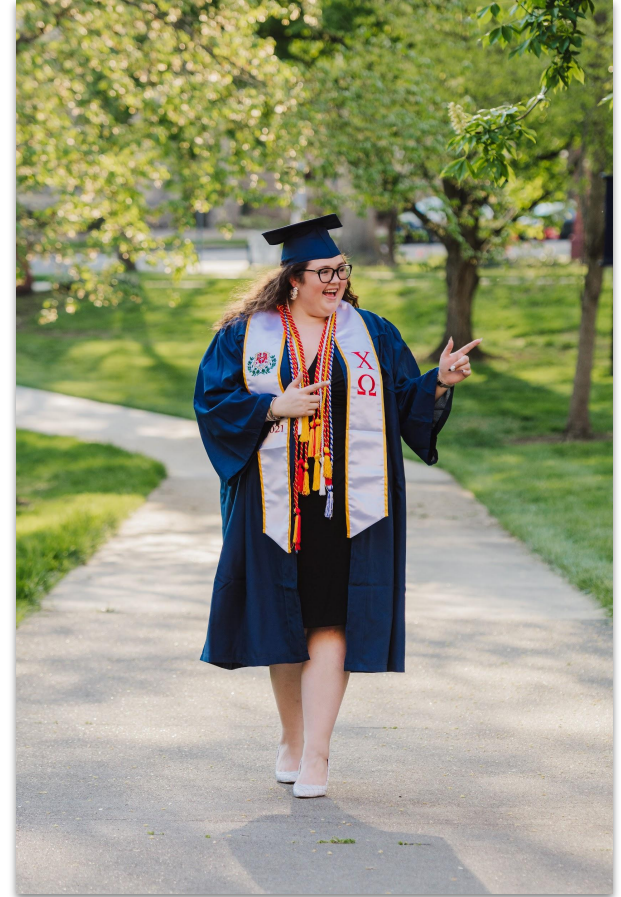
“The multiple and **intersecting marginalized identities** carried by many students of color — such as socioeconomic, immigration, and ability status; sexual orientation; gender identity; and cultural background — can **amplify** these **disparities and trauma-related symptoms**”.

Campus Climate



Non-Traditional Students

- 25.8% of undergraduates were first-generation
- 33.3% of students enrolled at minority-serving institutions (MSIs) were first-generation
- 19.7% of students enrolled at non-MSIs were first-generation



Current Trends Amongst LGBTQIA+ Youth



41%

of LGBTQIA+ youth ages 13–24, 41% seriously considered attempting suicide in the past year.

8x

more likely to attempt suicide if LGBTQIA+ young people ages 21–25 were rejected by their parents.

70%

of LGBTQ+ high school students experienced persistent feelings of sadness or hopelessness over the past year.

56%

of LGBTQIA+ young people ages 13–24 who wanted mental health care were not able to get it over the past year.

40%

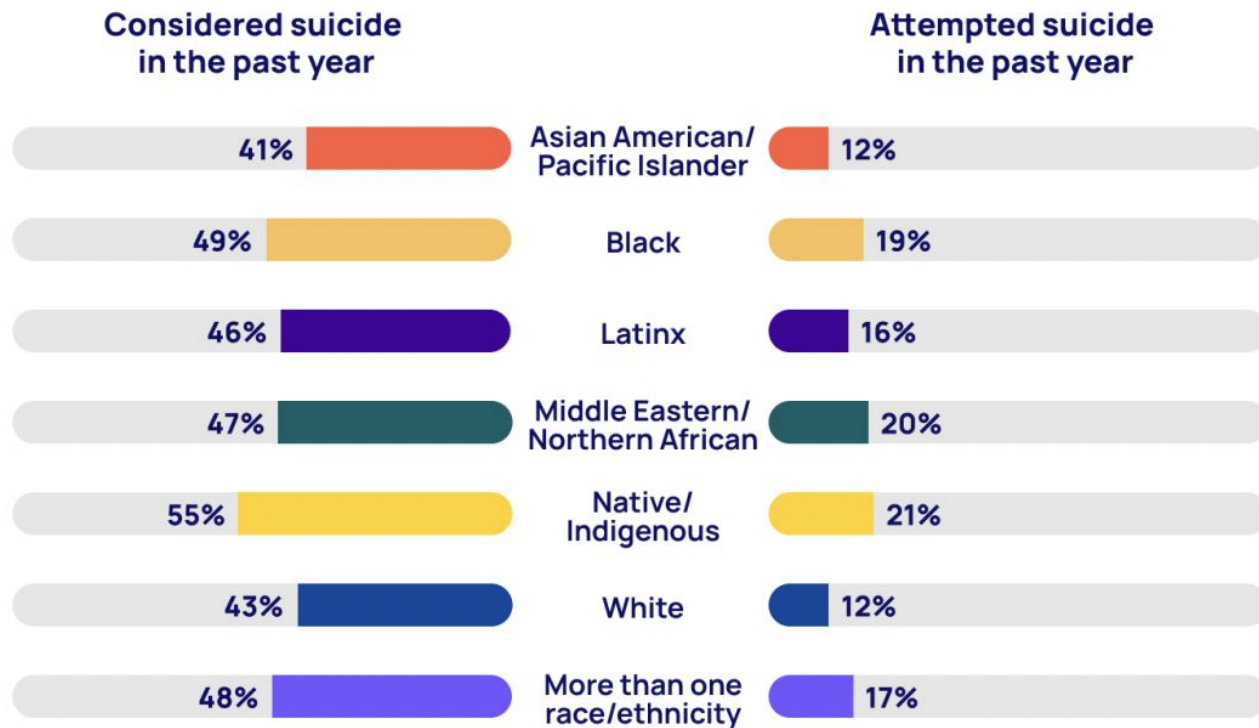
of LGBTQIA+ young people ages 13–24 say they live in homes that affirm their gender identity.

2/3

of LGBTQIA+ young people ages 13–24 said hearing about laws banning discussion of LGBTQIA+ people at school made their mental health much worse.

Rates of considered and attempted suicide among LGBTQ youth by race/ethnicity

LGBTQIA+
Students





> 3X HIGHER

The prevalence of **suicide attempts** for **students with disabilities** compared to students without disabilities.

Student Parents

Parenting students represent **over 20%** of the total undergraduate student population.

45% parenting students (ages 18-29) considered **dropping out** of school in the past 30 days.

Among student parents receiving financial aid (ages 18-45), **50%** considered dropping out of school.

Student parents share that they deal with:

- the constant juggling of childcare, employment, and coursework
- lack of sleep
- continual stress and anxiety
- feelings of guilt

Four in 10 student parents describe the experience of attending school while raising a child as extremely or very challenging.

What strengths do your students, their families, and community bring to campus?

Stories



Strategic Planning

- ✓ Create a multi-disciplinary team focused on mental health and emotional well-being.
- ✓ Involve upper administration to create a top-down, **community-wide commitment.**



Strategic Planning (continued)

- ✓ **Communicate broadly** that the institution is prioritizing mental and emotional health and supporting a diverse student population. Add the commitment to your institution's strategic plan and mission.
- ✓ Regularly **collect data**, analyze by demographics, and share and use the data to inform strategies.
- ✓ Employ promising practices for diversity and inclusion, including dedicated roles, funding, and HR practices.
- ✓ Ensure that diversity and inclusion offices are resourced appropriately and that you are connecting the dots between mental health, well-being, and DEI&A initiatives.



The Chronicle of Higher Education

Supporting Student Caregivers:

How a campus partner and
regional needs influenced a
Georgia university's efforts.

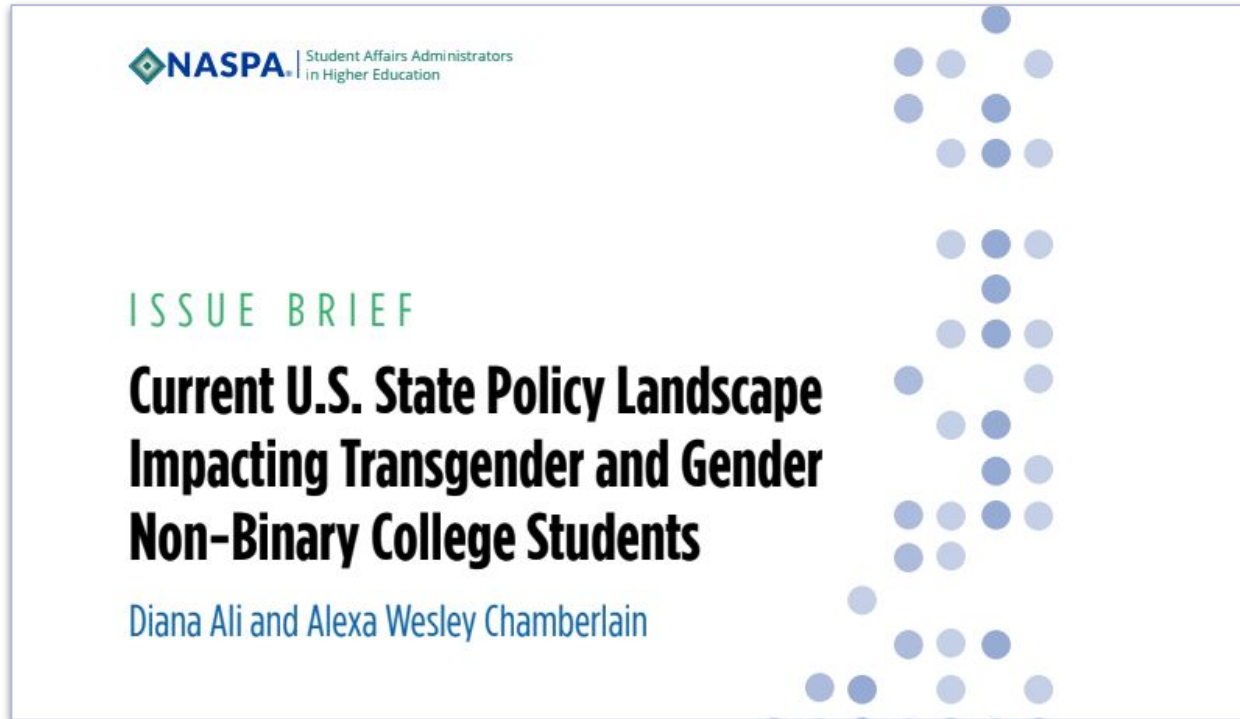
WITH
SUPPORT
FROM

AARP

THE CHRONICLE
OF HIGHER EDUCATION.

Source: [AARP / Chronicle of Higher Education: Supporting Student Caregivers](#)

National Association of Student Personnel Administrators (NASPA)



Source: [*NASPA Current U.S. State Policy Landscape Impacting Transgender and Gender Non-Binary College Students*](#)

Active Minds



your voice is your power

Calling on mental health advocates to help establish a school culture of caring and support, especially for BIPOC and LGBTQ+ students nationwide.

Over the last decade there has been a rise in mental health issues among youth and young adults. This rise has been even more pronounced among **Black, Indigenous, and/or people of color** (BIPOC) and **LGBTQ+** young adults.

BIPOC youth are more likely to be impacted by the pandemic, police violence, and longstanding racial discrimination. Similarly, LGBTQ+ youth are more likely to experience discrimination, a lack of social support, and limited access to appropriate health care, all of which impact mental health. Experts predict that mental health challenges will continue to rise.

Promote social connectedness



- Implement peer mentoring programs.
- Connect students to community organizations that represent their identities.
- Create supportive spaces (virtual/in-person/hybrid) to discuss the impact of major events.
- Offer staff training and resources so support is provided with care.
- Develop an awareness of those at greater risk of being lonely or isolated employ population-specific support. Reach out, ask.

Populations at higher risk of isolation & loneliness



Veterans and military-connected students

LGBTQIA+ students

Students of color

First-generation students

Economically-disadvantaged students

International students

Undocumented students

Commuter students

Online students

Students returning/leaving study abroad

Graduate students

Students of religious/spiritual minority groups

Transfer students

Students with disabilities

Neurodiverse students

Students diagnosed with mental illness

Students in recovery from substance misuse

Survivors of physical/gender-based Violence

Students with children/families

Returning students (non-traditional)

Students on and returning from medical leave

Students who took a gap year

Students with housing or food Insecurity

Indigenous/Native students

Indigenizing Love

INDIGENIZING LOVE

A Toolkit for Native Youth to Build Inclusion



2

MODULES

1

ACTIVITY
WORKBOOK

SEVEN
ACTIVITIES

THREE
TWO-SPIRIT

LEADERSHIP PROFILES

100+
LINKS,
VIDEOS,
AND
RESOURCES

The Brotherhood



The Brotherhood

[Home](#) / [Student Life](#) / [Residence Life](#) / [The Brotherhood](#)

The Brotherhood is a living and learning community created to foster an intentional environment centered around supporting Black male scholars on GSW's campus beginning in their first year. The Brotherhood's main mission is the cultivation of productive academic mindsets supported by programmatic efforts to enhance the Black male bonding experience. This fusion of community and education is part of GSW's pursuit in increasing the graduation rate of Black men.

Brotherhood members are given a physical community space in Oaks 1 with a hall that is dedicated solely to these students. This space is not only designed to foster brotherhood and community for incoming students, but is also intended to engage Black males in The Brotherhood's three main

Contact

The Brotherhood

Travis Crafter
Advisor

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travis.crafter@qsw.edu

“Talking to Children After Racial Incidents” by Dr. Howard Stevenson



Image Credit: Chris Kendig Photography

Parents have a natural instinct to teach and protect their children. Police-involved killings, the shooting of unarmed black men, peaceful protests that turn violent — incidents that are often traumatic for adults — can make these two instincts feel in conflict.

Do we try to explain the strife our child sees on television? Or should we try to shield her from such “grown up” problems?

Why is this a conversation parents and guardians need to have?

We can't hide our children from the world. Your child is probably already more aware of race, class, and gender differences than you realize. This can be a time to teach your child about social justice, while also helping process how painful these events can be for them, and for you.

Source: [Talking to Children After Racial Incidents by Dr. Howard Stevenson](#)

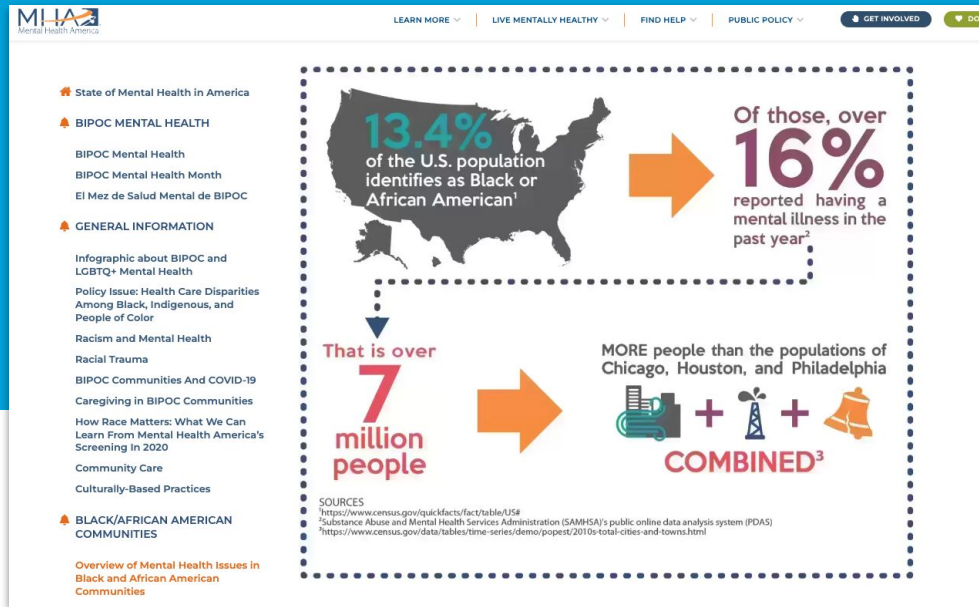
Increase Help-Seeking Behavior

- **Ensure that resources are readily available and well-publicized.**
- **Offer peer support and peer education programs.**
- **Develop campaigns** that encourage students to seek help (e.g., therapist, telehealth, peer support, or social norming campaigns around substance use).
 - *“No wrong door on campus”* - not just Counseling Center for support
 - *“There’s help all around you”*



Ease of Access to Resources


Mental Health America




Bad B*****s Have Bad Days Too



THERAPY PLATFORMS

Center for Interactive Mental Health Solutions 

iPrevail 

National Alliance on Mental Illness 

We Can Talk About It





Q&A and Discussion

Resources for Students of Color

The screenshot shows the UMass Dartmouth website. The header includes the UMass Dartmouth logo and navigation links: STUDENT LIFE // DIVISION OF STUDENT AFFAIRS // DEPARTMENTS // COUNSELING CENTER // RESOURCES // RESOURCES FOR BIPOC STUDENTS. A search bar and a menu icon are in the top right. The main content area is titled "Resources for BIPOC Students" and includes a sub-header "Articles" with a list of links to external resources. A "Directories" section follows with a list of directories. On the right, there are three blue buttons: "EMERGENCIES", "RESOURCES", and "APPOINTMENTS". Below these is a "Contact" section for the Counseling Center, including address, phone numbers, and hours. An "Events" section with a "View Full Calendar" link is also present. At the bottom right, there is a partial view of a "UMass Dartmouth" logo.

UMass | Dartmouth

STUDENT LIFE // DIVISION OF STUDENT AFFAIRS // DEPARTMENTS // COUNSELING CENTER // RESOURCES // RESOURCES FOR BIPOC STUDENTS

Resources for BIPOC Students

The following are links to resources specifically curated to support the success of Black, indigenous, and people of color.

Articles

These articles explore the challenges for BIPOC students seeking mental health treatment and provide links to directories, social communities, online support groups, podcasts, and research on this topic:

- <https://www.purewow.com/wellness/mental-health-resources-for-people-of-color>
- <https://therapygroupdc.com/therapist-dc-blog/black-lives-matter-mental-health-resources-for-people-of-color/>
- <https://blog.zencare.co/how-to-find-a-black-therapist/>
- <https://www.massgeneral.org/psychiatry/guide-to-mental-health-resources/for-bipoc-mental-health>
- <https://www.naminh.org/resources-2/bipoc/>

Directories

The following are some of the directories for finding a therapist:

- Association of Black Psychologists
- Black Emotional and Mental Health Collective
- Latinx Therapy
- Inclusive Therapists
- Innopsych
- The Boris Lawrence Henson Foundation Provider Directory
- LGBTQ Psychotherapists of Color Directory
- National Queer and Trans Therapists of Color Network

EMERGENCIES

RESOURCES

APPOINTMENTS

Contact Contact Us ☺

Counseling Center
Auditorium Annex
University of Massachusetts Dartmouth
285 Old Westport Road
Dartmouth, MA 02747-2300

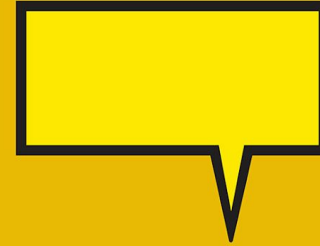
☎ 508-999-8648
☎ 508-999-8650
👤 Our Staff

Hours: Monday - Friday 9-5

Events
[View Full Calendar](#)

UMass Dartmouth

Seize the Awkward



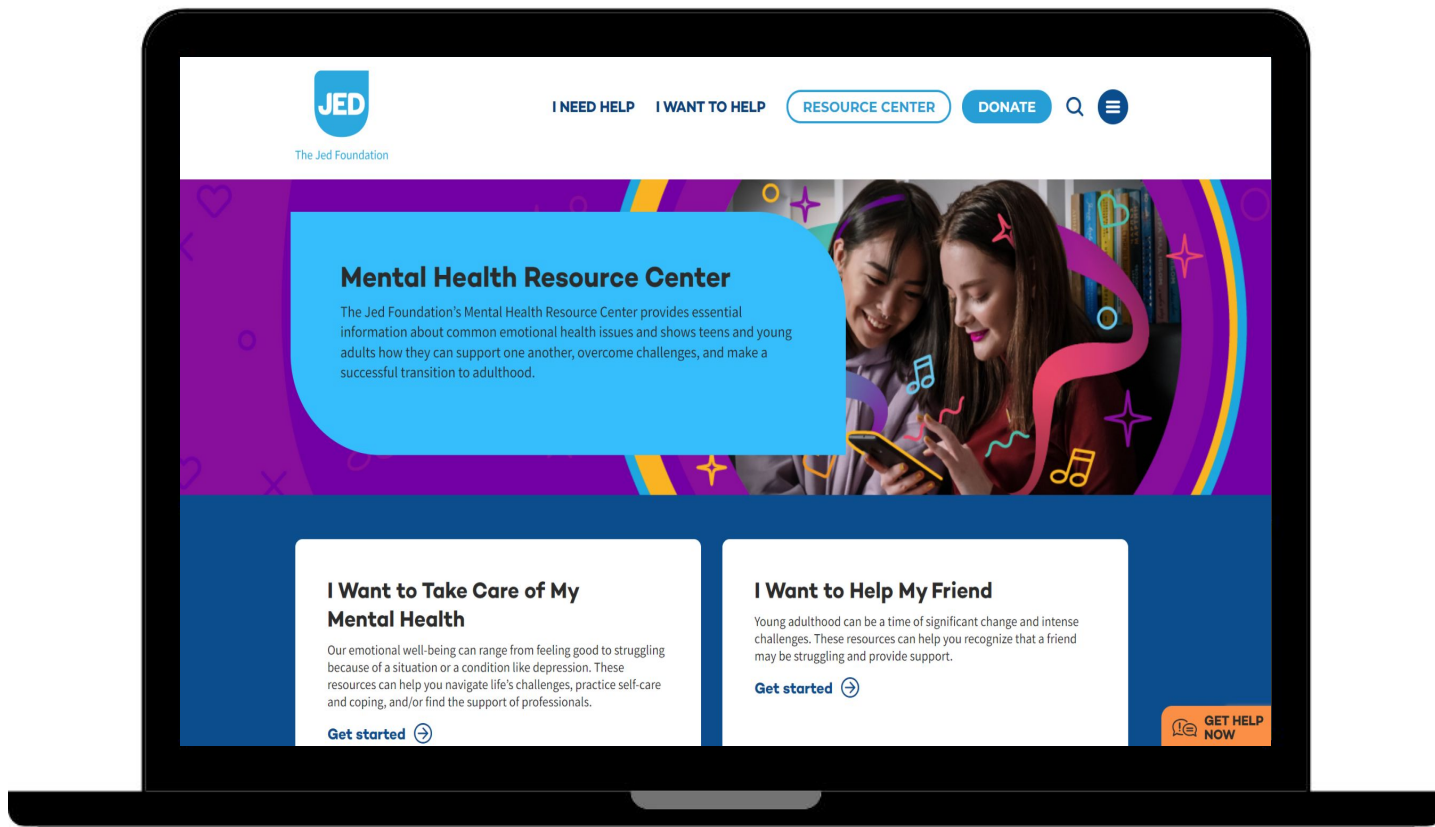
Find a way to reach out to a friend about their mental health.

Learn more at seizetheawkward.org

SEIZE THE AWKWARD



Mental Health Resource Center



Text, Talk, Set to Go



TEXT

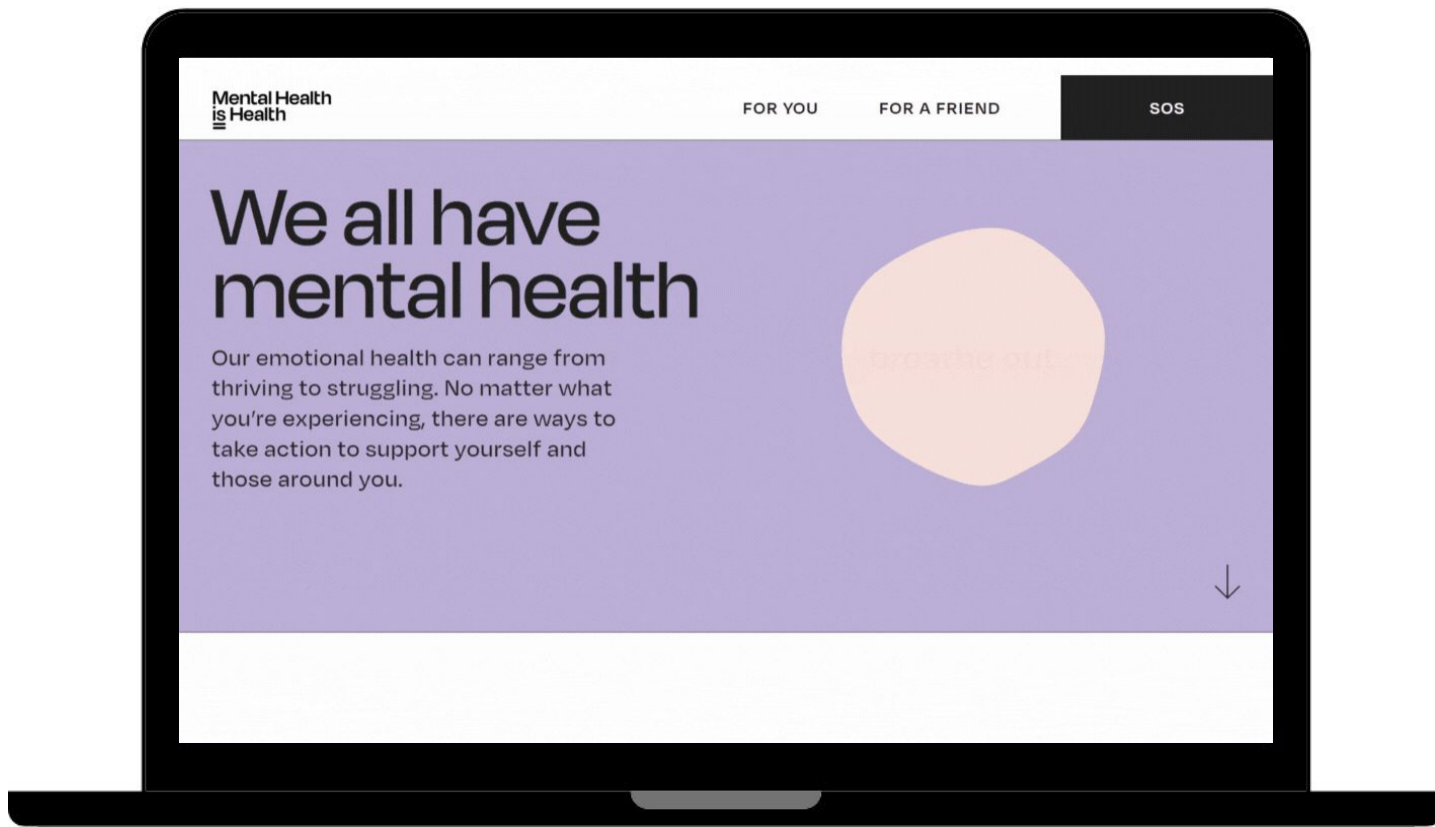
TALK



SET TO GO

A JED PROGRAM

Mental Health Is Health



Mental Health
is Health

FOR YOU

FOR A FRIEND

SOS

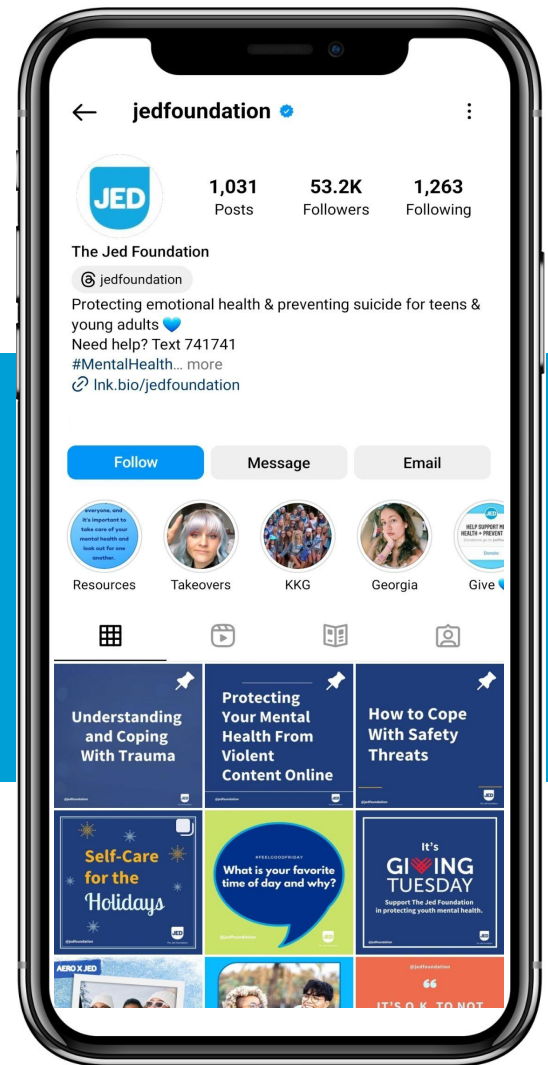
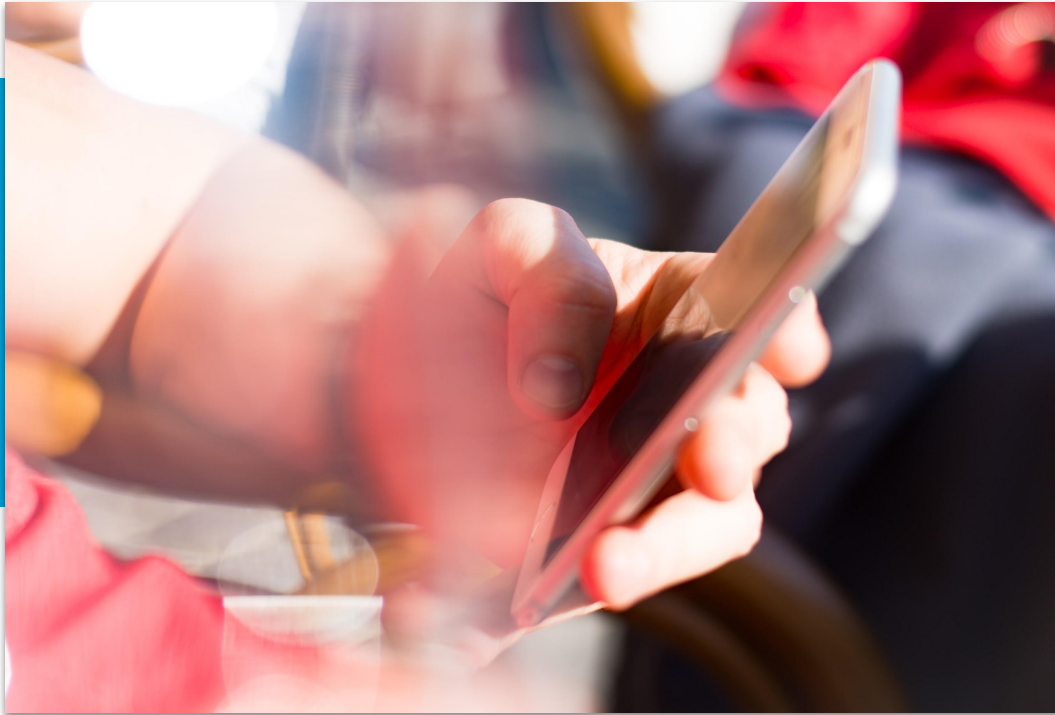
We all have mental health

Our emotional health can range from thriving to struggling. No matter what you're experiencing, there are ways to take action to support yourself and those around you.

breathe out



JED's Instagram



Faculty Guide to Supporting Student Mental Health

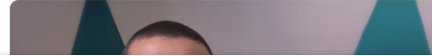


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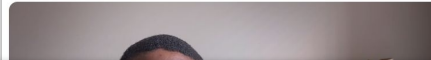
It's OK to Say Suicide Campaign

- Find your guide to getting and giving help.
- Start talking; you just might save a life.
- Join the broader conversation about suicide.

There is hope—and help.



How to talk about suicide.



How to get help.



Therapy Can Make a Huge Difference

Therapists are trained to be good listeners with good advice. When Hannah found one she clicked with, she discovered her own “Black girl magic.” Watch her story, and learn everything you need to know about therapy—from finding it to affording it.

[Watch the video](#) ↪

[What is Therapy and Will It Work?](#) ↪



When Everything Changed

There are many paths to feeling better. Hear how these students realized they needed help, how they reached out for it, and what helped them build their futures. Use the resources on this page to find the help you need and build your future.

[Watch the video](#) ↪

[7 Ways to Get Affordable Mental Health Care](#) ↪

Student Engagement at JED



The Jed Foundation

[I NEED HELP](#)

[I WANT TO HELP](#)

[RESOURCE CENTER](#)

[DONATE](#)



Student Engagement

Are you a student interested in mental health and suicide prevention?

Are you interested in learning more about JED's mission? Are you looking for ways to be a leader as it relates to student mental health? JED has many ways for you to stay connected through our resources and educate yourself and those around you.

Why Does Student Mental Health Matter?

One in four American young adults (18-24) experience a mental health challenge each year. Prioritizing mental health for students is critical for academic success, retention and for them to flourish.

JED's Approach

JED's vision is for all teens and young adults to be equipped to navigate mental health challenges, to be able to seek and give help, and to be emotionally prepared to enter adulthood and fulfill their potential.

[Learn about our approach](#) →

JED's Impact

Students are poised to lead the way and are the driving force for mental health change. Our work can't be achieved without them.

[Learn about our impact](#) →

Free Resources

Scan this QR code for access
to a list of free information
and valuable resources:



THANK YOU

Erlinda Delacruz
Senior JED Campus Advisor
erlinda@jedfoundation.org



<https://bit.ly/EquityPost>

We encourage you to participate in our survey!



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jedfoundation.org