



CampusMHAP Part I: *Building Momentum* **Additional Resources**

The Jed Foundation

<http://www.jedfoundation.org>

The Jed Foundation's newly redesigned site has sections for campus professionals, parents, and students.

CampusHealthandSafety.org Mental Health Pages

<http://www.campushealthandsafety.org/mentalhealth/>

This site outlines a public health approach to promoting student mental well-being, including an overview of the literature on the negative consequences of poor mental health in college students. See sidebar "Addressing Mental Health from a Public Health Perspective."

Suicide Prevention Resource Center. (2004). *Promoting Mental Health and Preventing Suicide in College and University Settings*. Newton, MA: Education Development Center, Inc.

http://www.sprc.org/library/college_sp_whitepaper.pdf

This paper summarizes much of what is known about suicidal behavior among college students and recommends strategies to promote mental health and prevent suicide on campuses.

Sources of Data on College Student Mental Health and Suicide

- American College Health Association-National College Health Assessment: http://www.acha-ncha.org/pubs_rpts.html
- CORE Drug and Alcohol Survey: http://www.siu.edu/departments/coreinst/public_html/
- Healthy Minds Study: <http://www.healthymindsstudy.net/home.html>
- National College Health Risk Behavior Survey: <http://www.cdc.gov/mmwr/preview/mmwrhtml/00049859.htm>
- National Survey of Counseling Center Directors: <http://www.iacsinc.org/>
- National Survey of Student Engagement: <http://nsse.iub.edu/index.cfm>
- Profile of Today's College Student: <http://www.naspa.org/profile>
- Survey of College Mental Health and Well-Being: <http://www.crpsib.com/projects.asp>
- The Nature of Suicidal Crises in College Students: http://www.cmhc.utexas.edu/rc_project5.html

Risk and Protective Factors for Suicide

<http://www.sprc.org/library/srisk.pdf>

This is a list of protective factors and the bio-psycho-social, environmental, and socio-cultural risk factors for suicide.

Leadership and Collaboration

http://www.promoteprevent.org/resources/legacy_wheel/

The "Legacy Wheel" page of the National Center for Mental Health Promotion and Youth Violence Prevention website provides self-assessment questions, resources, and tools related to eight areas that are crucial to building and sustaining health promotion programs, including leadership and collaboration.

Involving the Broader Campus Community in Promoting Mental Health and Preventing Suicide

<http://www.jedfoundation.com/assets/ACCA%202008Final.pdf>

This PowerPoint presentation, delivered at the 2007 conference of the American College Counseling Association, outlines the results of The Jed Foundation's survey on the use of campus task forces for mental health promotion and suicide prevention. It suggests structure, membership, and methods of overcoming barriers to building support for these issues.

Building Long-Term Support for Alcohol and Other Drug (or Mental Health) Programs

<http://www.higheredcenter.org/pubs/building.pdf>

This publication explains why planning should focus on collaboration, strong commitment from administrators, objectives tied to the college's mission, networking outside the college community, a system of program accountability, and the strategic use of public relations. All concepts are applicable to any college health promotion effort.

Assessing Readiness for Change

- The Tri-Ethnic Center's *Community Readiness Model*: This model is easily adapted to the campus setting and serves as the basis for the discussion of readiness in *Building Momentum*.
http://www.triethniccenter.colostate.edu/docs/CR_Presentation.pdf and
<http://www.triethniccenter.colostate.edu/communityreadiness.shtml>
- *Connecting Communities' Readiness Assessment*: Although developed for a specific project, this simple tool can help campuses assess the level of leadership and community support for prevention efforts.
<http://www.connectingcommunities.info/docs/community-readiness.pdf>
- Goodman and Wandersman's *Community Key Leader Survey*: This survey contains questions about leaders' awareness, concern, and willingness to take action on alcohol and other drug problems in a community. It can be adapted to campus use and to other health issues.
<http://www.captus.org/western/resources/bp/step1/survey.cfm>