



The **Campus Suicide
Prevention Center**
of **Virginia**

Project ECHO for Campus Suicide Prevention

June 23, 2020

Didactic: “Harnessing Student Voices: Mental Health
Coalition at Virginia Tech”

- Swathi Prabhu, M.A. & David Andrews, MPH, CHES

Case presentation by: Swathi Prabhu, M.A. & David
Andrews, MPH, CHES

The Campus Suicide Prevention Center of Virginia Project ECHO team:
Jane Wiggins, Ph.D., Danette Gibbs, Ph.D., Gabriel Anderson, M.S.

Project ECHO[®] for Campus Suicide Prevention is part of the larger ECHO educational community that was created by the University of New Mexico's Health Sciences Center

In order to support Project ECHO[®], we collect the following participation data:
Participant's name, e-mail, credentials, role, and institution

These data allow Project ECHO[®] to measure, analyze, and report on the movement's reach. It may be used in reports, on maps and visualizations, for research, for communications and surveys, for data quality assurance activities, and for decision-making related to new initiatives.

Data Collection



Logging on as an ECHO[®] participant through Zoom serves as permission to be included in the reporting and to be recorded. Each session is recorded, stored, and made available to other ECHO participants.

We will record the introduction and didactic portions of our sessions

We will NOT record case presentations

Portions of sessions will be recorded



1. Overview of ECHO® session (12:00 pm)
2. Introductions (12:05)
3. Didactic Presentation (12:15 pm)
4. Case presentation (12:35 pm)
 - A. Case presented (5 min)
 - B. Clarifying questions
 - a. ECHO® participants
 - b. CSPCVA hub
 - c. Case summary by ECHO® discussion leader
 - C. Recommendations
 - a. ECHO® participants
 - b. CSPCVA hub
 - c. Summary of recommendations by ECHO® discussion leader
5. Closing remarks and questions (1:20 pm)

What Does an



Session Look Like?



Participation Tips

- All participants are muted during the presentation.
- If you have a question or comment during discussions, please raise your hand. We will call on you. Press your space bar to talk.
- ***We encourage participation.*** (Reminder: participation is recorded.)
- If you called with a phone to hear the audio, hit *6 to unmute yourself.
- If using Zoom format, speak facing the camera and avoid distractions.
- For technical problems (such as echoing, audio level etc.), use the chat function to “speak” or interact with our IT specialist, Gabe Anderson, who will assist.

Protecting Privacy



Introductions

Harnessing Student Voices: Mental Health Coalition at Virginia Tech

Swathi Prabhu, MA

Mental Health Initiatives Coordinator

David Andrews, MPH, CHES

Associate Director of Hokie Wellness



HOKIE WELLNESS
VIRGINIA TECH.

Why?

The need for this type of student network arose due to the following identified needs / concerns:

- Lack of communication between organizations
- Reported desire by students / organizations to have their voices heard (advocacy, mental health needs, etc.)
- Student buy-in for campus initiatives
- Lack of student knowledge about existing campus resources provided
- And believe it or not... a lack of resources.

Purpose

The MHC aims to serve as a peer network where student organizations & leaders can:

- Learn about & support each other's' efforts.
- Elevate the discussion of and actions around mental health on campus.
- Collaborate for a common annual goal.
- Engage in personal and professional development.
- Increase knowledge about & connection to campus mental health resources.
- And let's be honest... a space to vent when needed.

Who?

Any group with a focus on mental health or with a wellness subcommittee:

- Mental Health Student Orgs
- Identity based Student Orgs
- Peer Health Educators
- Living Learning Communities
- Academic Departments



COLLEGE OF NATURAL RESOURCES AND ENVIRONMENT
FISH & WILDLIFE CONSERVATION
VIRGINIA TECH.



F E E L S
FACILITATING EFFECTIVE
EMOTIONAL LEARNING & SUPPORT



PEER
ASSISTANCE
FOR LEARNING
(PAL)
PROGRAM




...plus SMILE & more!

How?

- Annual event or initiative
- Required workshop / training
- Monthly newsletter
 - Resources / Events
 - “Burning Question”
- Monthly meeting
 - Introductions & Updates
 - Annual goal planning
 - Guest speaker
 - Self-Care goal



<p><i>McComas</i> KORU MINDFULNESS VARIOUS DATES / TIMES REGISTER HERE</p>	<p><i>Roanoke, VA</i> CONTEMPLATIVE PRACTICES CONFERENCE MAR 5 - 7, 2020 REGISTER HERE</p>	<p><i>Madison, VA</i> SPRING BREAK RETREAT REGISTER BY FEB 21, 2020 REGISTER HERE</p>
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<p>active minds Virginia Polytechnic Institute and State University</p>	
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<p><i>Williams Hall, 320</i> ACTIVE MINDS GENERAL BODY MEETING FEB 6 // 7:30 PM - 8:30 PM MORE INFO HERE</p>	<p><i>McComas Hall Lobby</i> THERAPY DOG OFFICE HOURS TUESDAYS WITH DEREK WEDNESDAYS WITH WAGNER THURSDAYS WITH MOOSE 11:00 AM - 12:00 PM</p>
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	<p>BE WELL. LEAD WELL. The Source will be working with campus partners to bring you seminars, giveaways, social media highlights, and</p>
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What?

- Reserved parking spaces
- Finals Extravaganza
- Hokie Hiccups Night
- Increased Student Voice



Challenges

- Consistent group representation
- Consistent representatives from groups
- Increasing involvement of and trust with underserved student organizations
- Finding times to meet (breaks, exams, class schedules, etc.)
- Validating concerns while also correcting misinformation
- Increasing impact / 'legitimacy' while maintaining grassroots feel



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Case Presentation

**Calling
All to
Volunteer!**



Check your Inbox:

- Evaluation form link
- Link to video of today's didactic, PowerPoint, and resources
- Case presentation form link
- Link to Fall 2020 topic survey

Thanks for your participation!

Next session: Tuesday, July 28, (12-1:30)

Topic: Supporting Mental Health
Among Students of Color