



Undergraduate Student Government of the Kent Campus

Sponsor: Director Waligura

Co-sponsors: Senator Daniel, Director Kierstead, Senator Braunlich, Vice-Chairman Farhat, Senator Milam, Senator Desai, Director Wartman, Assistant Henneman

GA/B/F2019/05

Wednesday, November 13th, 2019

A Bill to Initiate the Spring 2020 USG Mental Health Week and to make further provisions for the USG Committee on Health

Whereas, On the Kent Campus, poor mental health has become a significant concern for not only students but faculty and staff as well,

Whereas, students, faculty, and staff are highly interested but are uninformed on routes necessary to receive mental health resources,

Whereas, resources are available on campus but students, staff, faculty, alike have challenges associated with availability, both timely and location, and financial burden,

Whereas, according to the American Psychiatric Association, “Racial/ethnic, gender, and sexual minorities often suffer from poor mental health outcomes due to multiple factors including inaccessibility of high-quality mental health care services, cultural stigma surrounding mental health care, discrimination, and overall lack of awareness about mental health.”,

Whereas, succinct mental health resource coordination would benefit four main areas of concern on our campus:

1. Mental health awareness
2. Access to resources
3. Access and attention to the specific needs of minority populations on campus with a special attention to intersectionality
4. Reducing stigma associated with depression, anxiety, suicide and other mental health related issues

Whereas, the Undergraduate Student Government has established a Committee on Health to oversee these concerns for students, faculty, and staff and develop solutions to improve the overall quality of mental health resources,

Whereas, the University has established a Mental Health Coalition made up of mental health student organizations, members of USG and Kent State of Wellness,

Whereas, the division of student affairs led by the interim vice president has established a university wide committee, KSU Mental Health Vision Committee, to develop a strategic plan for mental health support at Kent State,

Whereas, USG is making the concerns regarding mental health a student-first initiative, which was strongly recommended by Ohio state legislators, and

Whereas, student input received through testimonials and other types of feedback will allow the USG Committee on Health to develop a vision of what mental health resources should consist of to better serve the students' needs because we support the students, their goals, and a healthy mindset required to complete these goals, and members of the USG Committee on Health will act as advocates and relay the stories and voices of students that want to be heard by upper administration,

Therefore, BE IT ENACTED by the Undergraduate Student Senate of the Kent Campus of Kent State University, acting in full session, as follows:

Section 1: The USG Committee on Health shall address health concerns on the Kent Campus, organize, implement, and promote the Mental Health Week, and promote further events outside of the Mental Health Week.

Section 2: USG and the Committee on Health will coordinate a mental health week in the spring semester of 2020 to allow mental health resources and organizations currently available to put forth a concerted effort to promote awareness, access to resources, access and attention to specific needs, and reducing stigma associated with mental health related issues.

Section 3: USG and the Committee on Health will prioritize mental health in their student first initiatives and give monetary resources towards incentives to motivate attendance of these mental health week events; these can include light refreshments, extra credit, flashperks, and raffle prizes.

Section 4: USG and the Committee on Health will ensure there will be informative events such as resource tables, guest speakers panel and trainings. There will also be fun, social events relative to the mental health that will encourage deep thoughts about mental health while the students are still able to enjoy themselves.

Section 5: The USG Committee on Health will work in close cooperation with the KSU Mental Health Vision Committee and the Mental Health Coalition to ensure that students' mental health needs are fully addressed.

Please refer to these links for further information:

Basic Information

- <https://www.psychiatry.org/psychiatrists/cultural-competency/education/mental-health-facts>
 - American Psychiatric Association provides several informative infographics on poor mental health among Racial/ Ethnic, LGBTQ, and female communities.
- <https://www.thetrevorproject.org/resources/preventing-suicide/facts-about-suicide/>
 - The Trevor Project is an organization focused on suicide prevention efforts in the LGBTQ community. This link provides statistics for why this is crucial within this community.
- <https://www.activeminds.org/about-mental-health/statistics/>
 - Active Minds raises mental health awareness among college kids. This link provides statistics of poor mental health among college students.

Work Cited

American Psychiatric Association. (n.d.). Mental Health Disparities: Diverse Populations. Retrieved from: <https://www.psychiatry.org/psychiatrists/cultural-competency/education/mental-health-facts>.