



Undergraduate Student Government Request for One-Time Commitment Expenses

For the Purpose of Students First Initiatives

Fiscal Year 2019/2020

Index 220584 USG Operations Unless Otherwise Specified

This form is for all USG Member purchasing requests through the USG Operations budget for any dollar amount. These requests are for the purpose of Senator and Director “Students First Initiatives” to support legislation or projects that benefit the student body. Senators, Directors and the President must fill out this form and present it as part of a public meeting during General Orders. **Signatures of all parties must be obtained prior to presentation in a USG Meeting and prior to order placement or commitment to purchase.**

Description of Request: Mental Health Week/Days

<p>WED 4/22</p>	<ul style="list-style-type: none"> • Student Panel @ 7pm <ul style="list-style-type: none"> ○ Have incentive to give out headspace subscription for 40 students who attend • How to be a better ally training (time TBA – preferably after 5pm) <ul style="list-style-type: none"> ○ 50 t-shirts will be given away • Fun Events <ul style="list-style-type: none"> ○ Backpacks on the K “Flashes Taking Care of Flashes” (11am-2pm??) ○ 50 backpacks will be given to campus kitchen for Kent State students ○ 50 backpacks will be given away to a local homeless shelter in Kent to initiate community engagement
<p>THURS 4/23</p>	<ul style="list-style-type: none"> • University Mental Health Resources Tabling: 11am-2pm in the 2nd floor of the student center • Student Org Tabling: 11am-2pm in the 2nd floor of the student center • Fun Events <ul style="list-style-type: none"> ○ Dogs on Campus ○ Meditation @ 7pm and Movie: Inside Out @ 8pm-10pm • Trainings (1-hour each) <ul style="list-style-type: none"> ○ Green Dot training (time TBA – preferably after 5pm) ○ 50 T-shirts will be given away
<p>FRIDAY 4/24</p>	<ul style="list-style-type: none"> • Trainings (1-hour each) <ul style="list-style-type: none"> ○ QPR Training - Suicide Prevention @ 12-1pm ○ Mental health first aid training @ 2-3pm <ul style="list-style-type: none"> ▪ 50 t-shirts will be given away at both trainings ○ Yoga on the lawn

Description of population and number of students benefitting from request:

- **TOTAL: \$3,455**
 - \$1400 for 200 t-shirts
 - Book rooms for trainings and meditation
 - 4 rooms for trainings: 50 people max
 - meditation / movie night room
 - Student panel
 - Incentives = headspace = \$1200
 - Full meal for Thursday 4/23 =
 - meditation/movie
 - “Backpacks on the K” = \$855.35
 - <https://www.amazon.com/gp/cart/view.html?ie=UTF8&ref =nav crt ewc hd>
 - 100 comfort backpacks (7.99 each)
 - 40 black = \$319.6
 - 30 navy = \$239
 - 30 green = \$239
 - What will go inside of the backpacks = \$800

How does this request collaborate with the mission of Undergraduate Student Government and Students First Initiatives?

USG senate approved “*A Bill to Initiate Mental Health Initiatives and to make further provisions for the USG Committee on Health which includes a formal position for mental health on behalf of Kent State students,*” it is also attached.

The Committee has recognized the lack of cohesiveness regarding mental health resources on campus. The goal of the mental health week is to not only give students the chance to obtain training certifications that will allow them to educate other students, but also to bring as many resources as possible that are all mental health related and give students access to them in one specific area. Currently, this one specific area which could be something like a one-stop shop, does not exist. So, as students we figured the best that we could do is to plan a resource fair to have all mental health resources and student organizations table and spread awareness of their events and programs.

We also recognize that a lot of students are not truly equipped with specific training that could be useful in any mental-health related situation regarding concern of another student. The trainings that will be offered: green dot, QPR (suicide prevention), Mental Health First Aid Training, and Ally Safe Space Training are all trainings that would enable students to successfully initiate “Flashes Taking Care of Flashes.” We want to push students to understand that yes, we do need an increase in resources, but it also starts with us and we should be the ones to take the first step to truly recognize when someone needs help and use certified training to successfully help these students.

Kent State University provides free and anonymous online screenings for several common mental health and substance use issues. Screenings provide you the opportunity to learn more about and better understand your moods and behaviors, and, if necessary, direct you to information that explains what you can do to help yourself or others. To promote the FREE online mental health screening that any student can take, the T-shirt that will be handed out will provide the link to this screening. Every student loves a free T-shirt and it’s a great way to spread the word and get students talking about this screening, especially for those who may not even know they exist.

<https://screening.mentalhealthscreening.org/kent>

The student panel would have a diverse panel of students and their chance to tell their mental health story. We want to give students the chance to engage in conversations that aren’t usually discussed in our day-to-day activities. We also want to give students the chance to recognize that sometimes there could be more that someone is going through that can be easily be hidden behind a smile and that it’s important to recognize this. For those who attend the student panel, a subscription for headspace will be given to a random 40 students at the end of the discussion. Headspace is an app that gives instructions for exercises to practice mindfulness and meditation.

Approximately 1100 college students commit suicide each year = 100 per month. 100 comfort backpacks would represent 100 students that pass away each month. We will fill the backpacks with comfort supplies and donate 50 backpacks to students and 50 backpacks to a homeless shelter. We will put the backpacks on the K and have them there from 11am-2pm. On the K, we will be handing out flyers about the free mental health screenings that students can take and also how to register for QPR training: QPR stands for Question, Persuade, and Refer -- the 3 simple steps anyone can learn to help save a life from suicide. We wanted to make a statement about the importance of encouraging students to want to help each other in this time of need, because we can be each other's strongest supporters at the end of the day, and we need to realize how powerful our words – good and bad – can truly be.

<https://www.kent.edu/mhsu/qpr-training>

If we must cancel any in-person event due to Coronavirus, here is the Plan B if we cannot do the above:

The T-shirts have no dates, so we will just make arrangements to still pass them out somehow. An alternative would be that if students come into the office with the certificate of completion of any of the trainings or the mental health screening, then they would be able to pick up a t-shirt at the USG office. In addition, we would give the T-shirts away to those who complete a submission for the On My Mind survey. For the money that would not be spent on food and the booking fee for the rooms, we would use that towards the purchase of more Headspace subscriptions for students that would also be given away for those who complete the On My Mind survey.

Funding Details:

Amount of Funding Requested: \$3,455

Department(s) associated with this request (collaborations): none

Vendor (if applicable):

How will funding be provided from USG account?

- Interdepartmental charge (department charges USG directly)
- Invoice payment (sending a paper or electronic invoice to be paid)
- Account charge (already established account at vendor that will bill us monthly)
- Purchasing card (credit card purchase)
- Expense reimbursement (for USG Member or KSU Staff Member only)

Date Funding Needed: as soon as possible

Printed Name and Signature of USG Member Requestor/Date:

USG Title of Requestor: Director of Student Advancement

Signature of USG President or Director of Business and Finance/Date:

Signature of USG Advisor/Date: *Chanelle Waligura – 3/11/2020*

Notes: Attach legislation and any supporting documentation that may be helpful and give to Undergraduate Student Government Advisor: Meghan Factor-Page. Attach Expense Reimbursement Form for purchases made by USG Member or Staff as needed. Original receipts should be turned in as soon as they are received. Many purchases may take two weeks or more to process- please allow time for your request.



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, Chief of Staff Wolford

GA/B/F2020/05

Wednesday, February 4, 2020

A Bill to Initiate Mental Health Initiatives and to make further provisions for the USG Committee on Health which includes a formal position for mental health on behalf of Kent State students

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 often uninformed on routes necessary to receive mental health resources,

Whereas, resources are available on campus but students, staff, and faculty alike have challenges associated with both availability 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, the members of the USG Committee on Health will act as advocates and relay the testimonials and personal feedback of students to all stakeholders involved in the process of developing Kent State’s mental health resources,

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 promote health literacy on the Kent Campus, implement and promote the Mental Health Week, and establish further events in addition to the Mental Health Week.

Section 1A: USG and the Committee on Health will coordinate a Mental Health Week in the spring semester of 2020 to promote mental health resources and allow departments to put forth a concerted effort to raise awareness, increase access to resources, attentively meet specific needs, and reduce stigma associated with mental health related issues.

Section 1B: USG and the Committee on Health will prioritize mental health in their Students First initiatives by organizing various “de-stress” events.

Section 2: The USG Committee on Health shall be receptive to the feedback received from Ohio state legislators and the Lieutenant Governor of Ohio.

Section 2A: The Committee recognizes the importance of student presence in mental health discussions on behalf of their peers in advancement of Kent State’s “Culture of Care.” The USG Committee on Health sent out a survey called “On My Mind” to reach out to students to collect their voices and stories in the form of creative media: art, poems, song lyrics, etc. The goal is to amplify the words of a student’s mental health experience at Kent State that cannot be justified only quantitatively.

Section 3: 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.

Section 3A: The USG Committee on Health was asked to present a formal position on behalf of students at Kent State. In addition to the students’ voices, the USG Committee on Health has put together recommendations that they believe relate to crucial resources that students would benefit from.

1. A university-wide Mental Health Committee would establish an ongoing relationship between faculty, administrators, and students to continue the discussion and seek insight on mental health from a student’s perspective.
2. To maintain optimal usage of the plentiful mental health resources offered on campus, an Office for Mental Health (OMH) would advocate for the four areas of concern listed above as well as mental health literacy. The Committee strongly advocates for the importance of student presence involved within this office, to again cultivate a “culture of care” and truly incorporate “Flashes taking care of Flashes”
3. If the university does wish to establish a mental health fee to provide funding for the office, the committee recommends establishing an opt-in or opt-out option, similar to the legal services fee.

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>.