

Mental Health Wins Across the Board with Peer Support Leaders

Session Evaluation

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 - Your opinion is extremely important to AACCC staff, as we continue refining the professional development topics we highlight.
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Mental Health Wins Across the Board with Peer Support Leaders

Dr. Brian Knetl, President, Waubonsee Community College

Christian Locke, MSW, LCSW, Counselor, Waubonsee Community College



WAUBONSEE
COMMUNITY COLLEGE



★ Agenda ★

Context

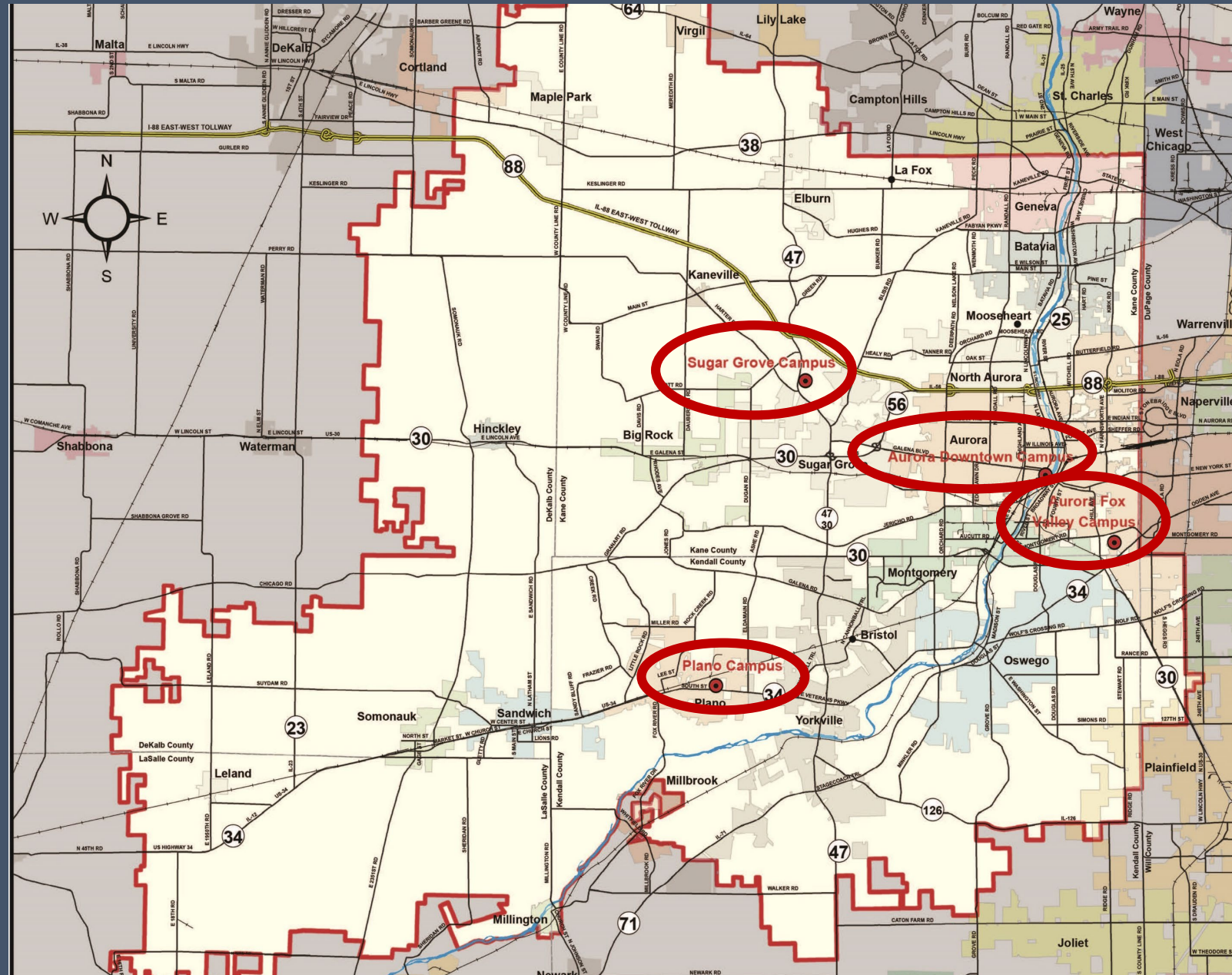
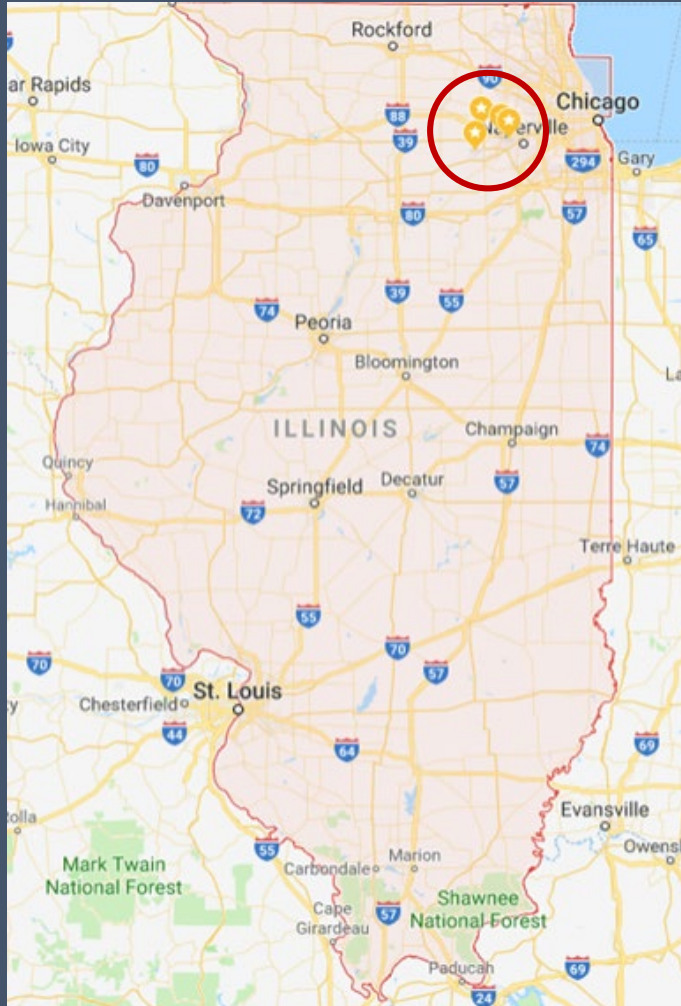
Overview by the Peer Support Leaders

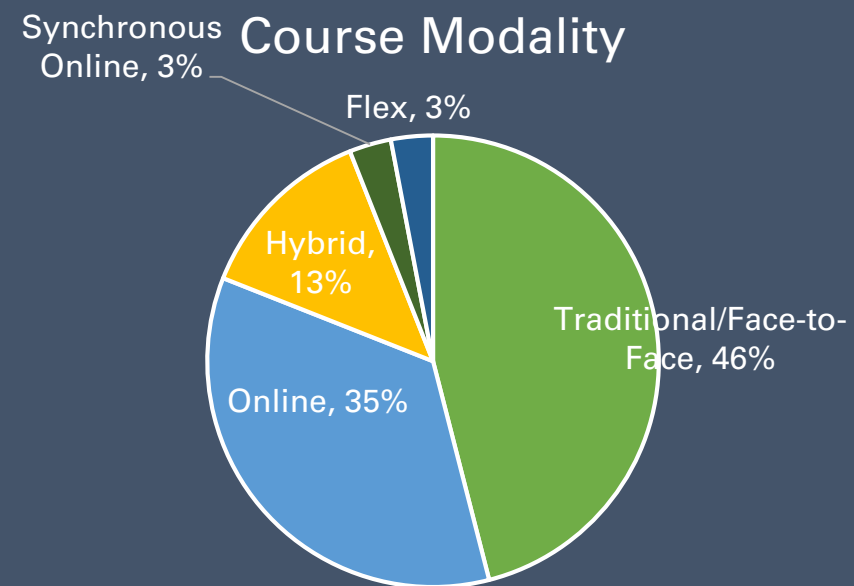
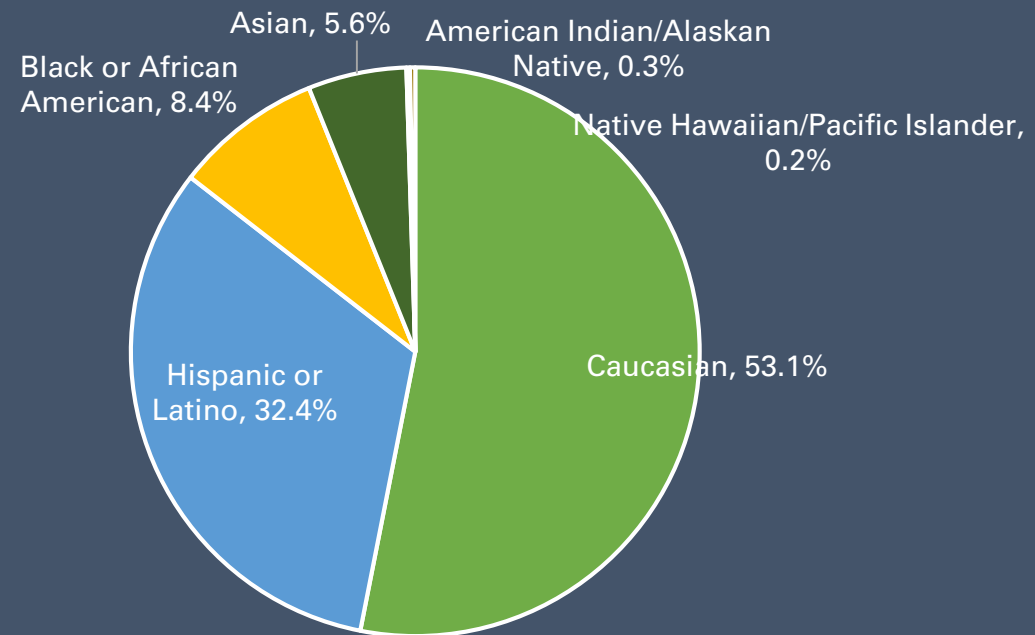
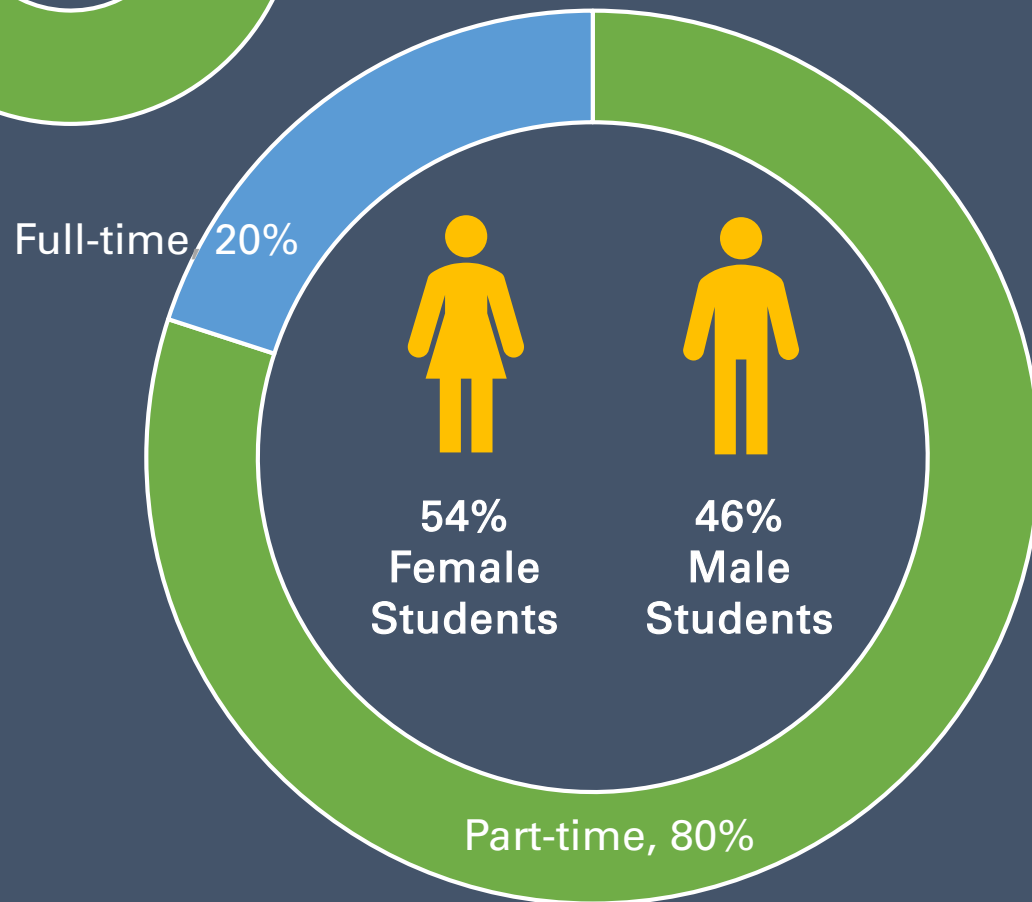
How We Launched

First (year) Impressions

Looking to the Future – Let's Discuss

Waubonsee Community College





★ The Mental Health Early Action on Campus Act ★

- The MHEA act went into effect in Illinois on 7/1/2020 – requires increased MH awareness efforts on campus, an online MH screening tool, strategic MH community partnerships, clinical ratio benchmark (counselor to student), and a MH peer to peer program.
- Each Illinois public college or university must develop and implement a peer support program utilizing student peers to support individuals living with mental health conditions on campus.
- The Waubonsee Peer Support Program was designed based on the MHEAC peer to peer requirements.



Our goal in developing the Waubonsee Peer Support Program is to empower WCC students, enhance a sense of belonging, and promote an inclusive community that supports each other's mental health, unique identity, and improves wellness in our daily lives.



Meet the Waubonsee Peer Support Leaders

Alone we can do so
little, together we can
do so much.

- Helen Keller

Launch Checklist

Review and consult extensively on the Mental Health Early Action on Campus Act.

Each community college is unique – no template was readily available

Create a program that fit WCC.

Engage leadership and the counseling team, students, review available data on student needs.

Waubonsee is an HSI – We need this program to be bilingual!

So thankful that the leadership supported the idea from “Hello.”

Secure the funding and launch...



Soft launched at the end of Spring 2023 (May 2023)

Fully launched at the beginning of Fall 2023

4 Peer Support Leaders

Paid positions – 10 hours per week each

Eduology Peer Mentor Certification - or - NASPA Peer Educator Certification

Be There Certification/Mental Health First Aid Certification

Question, Persuade, Refer (QPR) Gatekeeper Certification

★ Other Important Trainings ★

Boundaries and Ethics in Peer Mental Health Support

Confidentiality in Peer Support and FERPA

Diversity, Equity, Inclusion, and Belonging

Emergency/Crisis Procedure & Mandatory Reporting

Campus Resources & Community Resources

Ongoing training and support by the Waubonsee Counseling Team

Canvas training includes utilization of the Recovery Model

Most importantly – there is always a Waubonsee Counselor available when Peer Support Leaders are meeting with a student.

Preliminary Data

We're off to a great start!



Canvas Course

- Created by the Peer Support Leaders
- English and Spanish
- Mental Health information
- Wellness Skills
- Campus and Community Referrals
- Gratitude Board
- Asynchronous
- 320+ enrolled

Presence on Campus

Since August 2023

- 23 Classroom presentations – 475 unduplicated students
- 4 Wellness Workshops (60 mins) – ranging from 13 - 66 students per workshop
- Tabling Events – Engagement Fair, Pridapalooza, LatinX Heritage Month, and more

One to One Support

Since August 2023

- 34 different students met 1:1 with Peer Support Leaders (scheduled and drop-in). Some met multiple times
- Drop-in Availability
- at 2 Campuses – 16 hours per week. A variety of times for flexibility

Other MHEA Correlation

- PSL interview/screening questions addressed communication skills, leadership ability/character, and more
- Peer Support Leaders promote the anonymous MH Screening tool via Canvas, classroom presentations, wellness workshops
- Tabling events, Canvas announcements with resources & supports, and downloadable Canvas MH modules around high stress times
- And more

Thank you

Dr. Brian Knetl

President

Waubonsee Community
College

bknetl@Waubonsee.edu

Christian Locke, MSW, LCSW

Counselor

Waubonsee Community
College

clocke@Waubonsee.edu

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