**Outcome 5: Campus-members feel safe to speak openly and confidently about mental health issues.**

**Group 5 Members:** Hussein Amery, Sareen Lambright Dale, Kevin Fiske, Scott Houser, Ryan Evans

**Goal:** Campus embraces its healthy social norms about mental health.

Actions taken: Identify social norms data from campus survey that work to demonstrate the existing positive social norms within the Mines Community.

1. “I would support a friend or family member who decided to seek professional help for suicidal thoughts.”
2. 95% of Mines Community members would support a friend or family member who decided to seek professional help for suicidal thoughts.
3. “I would be comfortable telling a friend or family member if I needed Professional help for suicidal thoughts.”
4. Most Mines students and employees would be comfortable telling a friend or family member if I felt I needed professional help for suicidal thoughts.
5. “I believe that depression is a sign of personal weakness.”
   * 1. Most members of the Mines community do not believe that depression is a sign of personal weakness

**Future actions:** Use these social norms to create a draft digital poster campaign. Perhaps loop in communications for their assistance

**Timeline:** End of Fall 2019 semester

**Who is responsible?:** Group 5; communications

**Resources needed:** Design and distribution of posters

**Measurement of outcomes:** At the end of Spring 2020 most of the Mines community is aware of the positive and healthy social norms members of the Mines community have about suicide and mental health and supporting one another.

**Goal:** Consider adding on the of following words to the Mines campus values: Belonging, Connectedness, Community, “No one left Out” (Rationale: in terms of community culture, connection is the strongest protective factor against suicide)

**Actions taken:** Discussed at full culture change committee meeting in the summer 2019. President Johnson spoke about community and connectedness at convocation this year.

**Future actions:** N/A

**Timeline:** Fall 2019

**Who is responsible?:** Campus Leadership

**Resources needed: N/A**

**Measurement of outcomes:** By the end of Spring 2020, connectedness and community would be part of theMines values that people know about and identify with as part of the Mines culture

**Goal: Modeling -** Trained Employees lead by example - “We’re willing to talk about mental health and you can to.” Through creating videos, handouts, best practice lists (ideas for faculty to have the conversation, ideas for students in balancing studying/time for self-care)

**Actions taken:** Group 5 brainstormed a list of examples.

**Future actions:** Create a resource sheet, article, video or social media post based on examples provided by faculty and other employees that demonstrate that “We’re comfortable and willing to talk about mental health”.

**Timeline:** By end of Spring 2020

**Who is responsible?:** Group 5, possibly communication subcommittee

**Resources needed:** Draft messaging, faculty and other employees who are willing to volunteer to be interviewed or quoted about their willingness to talk about mental health.

**Measurement of outcomes:** By the end start of Fall 2020, more of the campus community will feel safe to speak openly and confidently about mental health issues.

Put out an ask to the Every Oredigger group for faculty and TA volunteer to go on video (coaches too)

Advertise CSAP

Ryan Evans can help with scripts