**Mental Health Awareness:**

**A Proposal for On Campus Mental Health Awareness.**

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March 5, 2018

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# Executive Summary

THIS WILL BE WRITTEN ONCE PROPOSAL IS FINISHED

# Current Situation

**There is an opportunity for better access to mental health awareness information and resources at Arapahoe Community College.**

**SERIOUSNESS OF THE PROBLEM**

**Untreated mental health issues have an impact on student's academic performance.** Sometimes students have to manage stressful situations and other responsibilities while experiencing psychological illness. When these feeling become pervasive, they can have a negative effect on student's performance. According to Sara K, Michael G, Justin H, Kathryn B, and Daniel E, in the article Variation in Students Mental Health and Treatment Utilization across US College and Universities, mental health problems cause difficulties for students which prevent them from succeeding during the academic year, increase the risk of dropping out and decrease graduation rates. It is noted that nonresidential campuses show a higher rate of mental health issues and a lower rate of resources utilization.

Mental health services exist on our campus, however, there is a lack of advertising and the advertisements that do exist are lacking in reach. This leads to students not receiving the necessary information about these services and ultimately not having the proper tools to help themselves or another person who is in need of mental health treatment.

# Proposal

**We propose that Arapahoe Community College add a separate page to the website about mental health and services provided by the school.** We also propose they distribute monthly emails and put up posters.

# Benefits

* **College students may benefit from being exposed to programs that aid in disclosure of mental illness**
* **Improving mental health awareness at Arapahoe Community College will contribute to the academic success leading to increasing the student’s productivity.**
* **Research suggests mental health programs on campus may be a key factor in decreasing both public and self-stigma in students.**

# Precedents

# Survey Results

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# Proposed Plan

* **­Add separate page to ACC’s website**
* **Send monthly emails to students about mental health**
* **Put up flyers and posters around campus**

If this proposal is approved, we would first like to see the creation of an independent webpage on the Arapahoe Community College website dedicated to mental health services. This webpage should be accessible under the “Current Students” or “Community” tabs on the homepage.

This webpage should include:

* Detailed information about the counseling center and their services
* Biographies on each team member who works in the counseling center
* Counseling center hours and location
* A calendar for students to schedule appointments with a counselor

In addition, we would like to see monthly emails from the counseling department sent to all Littleton ACC students. These emails should:

* Differ each month and cater to a specific problem or topic
  + For example: how to deal with finals, homework stress and management, bullying, suicide awareness, or noticing and preventing abusive relationships
* Include how to contact the counseling department/set up an appointment
* Include how to refer a concern about a friend/peer

Finally, we would like the counseling department to design and hang up mental health awareness posters throughout the school. The posters should:

* Clearly advertise the counseling center and their services
* Be eye-catching
* At least 12’ by 12’
* Include the phone number, website, and location of the counseling center
* Be hung up in various spots throughout the school, including the stairwells and all other bulletin boards

We believe the counseling center should be responsible for creating the website, sending out the emails and hanging up the posters.

This plan is cost effective and quick to execute; if put into action right away, it can be completed by the fall 2018 semester.

# Budget

**Our proposal would be minimal cost.**

# Appendixes

## A. Works Cited

## B. Surveys

## C. Articles

Works Cited

Corrigan, P. W., Khouja, K. A., Markowitz, F., Brown, R. L., Conlon, B., Rees, j., & … (2016P. Mental illness stigma and