

Fall 20 Health and Safety Summit Report: Mental Health

Executive Summary

On September 12, 2020 the Office of Sorority and Fraternity Life hosted their inaugural Health and Safety Summit. As a result of the recommendations highlighted in the Program Review, the OSFL staff wanted to create equitable space to engage community leaders. This year's focus was on mental health. Given the various aspects that have been impacted by global pandemics, OSFL wanted to lean into virtual conversations focused on the impacts of COVID-19, racism, and suicide prevention.

Response Rate 74%

Demographics:



IFC NPHC NPC MGC

Leadership Representation: 91% Chapter 9% Council



Findings

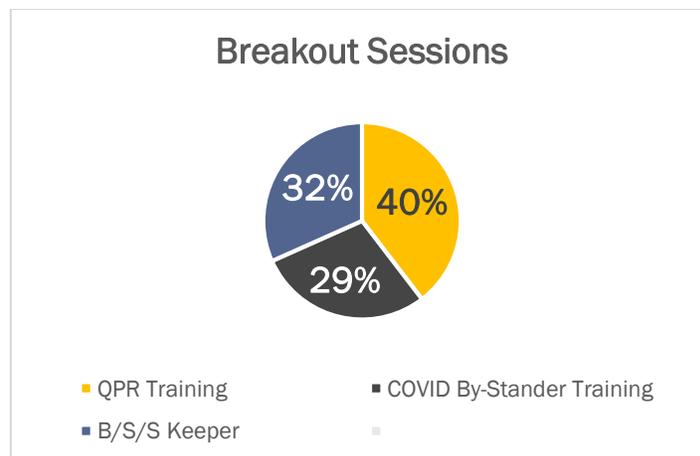
- **94%** Gained a greater awareness of the various ways the global pandemic and mental health has impacted individuals/collective groups.

Common Themes:

- How to better manage mental health
- The intersection of impact that the pandemic has brought
- Better understanding of what a “Syndemic” is

Perspectives:

- *That I’m not the only one feeling drained from the effects of the pandemic*
- *The feeling, emotions, and just "stuff" students/people are dealing with and how it all builds to the perfect storm*
- *The idea of sitting with your feelings and understanding that it is okay, especially during this time, to not be okay mentally*



Findings

- As a result of participating in the QPR Training, **100%** of students felt more empowered to support the members of my chapter.

Perspectives:

- *I feel more equipped to handle those specific situations and feel confident about being able to recognize someone in danger.*
 - *I will be more confident in reaching out to members. I feel more equipped to help others.*
 - *Just being there for someone and asking the right questions can help out immensely.*
- **94%** of students reported that the COVID By-Stander workshop provided them with skills to appropriately intervene to support health and safety guidelines.

Perspectives

- *I am more aware of some of the guidelines, so I can pull an individual aside and give them accurate information about how their actions are affecting more than just themselves.*
 - *I can be more active and talk to people even if it might make things a little weird.*
 - *I loved learning about open-ended questions, validation, and the five principles we can use to talk to members.*
- **99%** of students identified two mental health on-campus resources.

Common Themes:

- Counseling Center
- 974-Help



Findings

- Students identified one way to implement active by-stander behaviors in their chapters.

Common Themes

- Making time during meetings
- Checking in on members

Perspectives:

- During weekly chapter meetings, doing a quick check-in with members
- Increasing awareness and mentorship around big/little relationships
- Being vigilant and understanding

Moving Forward

Future Formats to host retreats/summits

50% Virtual

27% In Person

21% Hybrid

What students enjoyed the MOST

- The Speakers
- QPR Training
- Keynote Speaker



Ares of IMPROVEMENT

- More interactive opportunities
- Ability to choose track(s)
- Tigger Warnings

Future Topics

- Alcohol and Drugs
- Sexual Assault

