

Heartland Whole Health Campus Initiative



Proposal by Maci Rosene

The PURPOSE

The purpose of this proposal is to change the way we think about mental health for students as a society post pandemic.

It has almost been 4 years since the pandemic started, and there have been no major changes to our current Mental Healthcare system on campus.





Summary

The University of Arkansas needs to improve mental health services and the dialogue between students and the institution.

Statistics show that mental illness in students is at an all-time high. However, the funding going towards solutions is not able to catch up to the increasing and ongoing problem.

This is a systemic issue that needs to be reimaged to create better solutions. There are major gaps in our mental healthcare on campus. Lack of funding, resources and education are all things that negatively affect our quality of mental health care.

However, in today's world with technology and many mental health resources, we shouldn't be limited to helping all students, especially in such stressful times like college.

Although it seems like a huge problem to tackle, by using creative problem-solving strategies and critical thinking, combined with experts in the relating fields, we can make mental health practices and education more accessible for everyone, evolve our thinking, and approach individuals from a holistic viewpoint. This would show students that the University truly cares about the well-being of students and improve student relationships immensely.

Student Mental Health

STATISTIC

+60%

Of college students
met the criteria for
at least one mental
health problem.

Initiative Timeline

*Mental Health
Initiative*



Initiative #2



Educate Faculty & Staff

This plan will be used to help professors recognize if students are in distress and how they can help.

CRISIS PLAN

Form a Mental Health Crisis
Communications Action Plan for
Faculty & Staff

Initiative #3

EDUCATE STUDENTS

Create an RSO connecting
the Heartland Whole Health
Institute & Students

Whole Health Hogs RSO



To make student relations prevalent, the Heartland Whole Health Institute could come to the Union the first week of classes to advertise the RSO, educating more students about how to access mental health resources on campus, locally and virtually if needed.

IMPROVE DIALOGUE BETWEEN STUDENTS & FACULTY



*Implement
Mental Health
Days on Campus*

Define “Mental Health Days” when students can take a day off for mental health.



*Mental Health
Week Sponsored by
the Heartland
Whole Health
Institute*

Promote a healthy conversation between students and staff.

Initiative #5

STRESS EVALUATION

Courses should implement a stress evaluation that each student fills out after taking the class along with the course evaluation.

This would benefit future students who know they might not be able to take on the added stress from the workload of that course.

Help instructors improve the stress levels of class.



Initiative #6



Campus Wide App

Create an app that gives faculty and students access to mental health and self help resources.

The app would be presented at student orientation and explain all the features it includes to improve student wellness.

It would bridge the gap between resources already available & new ones from the Heartland Whole Health Institute.

Resources Include



Pat Walker
Information



CEA



UofA Cares



Tobacco +
Substance
Use/Abuse



Files Dr.'s notes
for students



Pregnancy
Resources

FUTURE ROADMAP

Timeline

○ *Main Goal*

Implement a mental health initiative or program in partnership with the Heartland Whole Health Institute

2023

Introduce plan, get feedback and begin finalizing initiatives.



2024

Finalize and implement plan on campus by Fall 2024.

The Heartland Whole Health Institute building will open on the Momentary Campus in Bentonville.




2025

Resolve any issues, make changes to the plan to improve it, and remain in partnership with the institute to connect students.

BUDGET

Collaborative efforts will be made with a variety of leaders in different fields at the University and the Heartland Whole Health Institute to finalize a budget for the program.



Help support your community and campus
wide efforts to create change today.

THANK YOU
FOR YOUR
TIME.

