


# Higher Education Program

Scanlan Center for School Mental Health

## P3 Initiatives Annual Report 2024

**Barry A. Schreier, Ph.D., Director**  
**Monee' Turner & Kun Wang, Graduate Assistants**

# Programming & Trainings



**Ongoing**


**In-Person Iowa City, Iowa**  
Instructor/s Barry Schreier, Ph.D.

## Working with Students in Distress Workshop

Higher Education Learning and Training Opportunity

A Scanlan Center for School Mental Health workshop for college/university faculty and staff You are in your office,...

[REGISTER →](#) [LEARN MORE →](#)



**Ongoing**

**In-Person Iowa City, Iowa**  
Presenter/s Barry Schreier, Ph.D.

## Mindfulness and Meditation for Your Office

Higher Education Learning and Training Opportunity

A Scanlan Center for School Mental Health workshop for college/university faculty and staff Resilience is not a...

[REGISTER →](#) [LEARN MORE →](#)



**Ongoing**


**In-Person Iowa City, Iowa**  
Presenter/s Barry Schreier, Ph.D.

## Caring for Self While Caring for Others: You're Hardy and You Know It

Higher Education Learning and Training Opportunity

A Scanlan Center for School Mental Health workshop for college/university faculty and staff In our work, we are call...

[REGISTER →](#) [LEARN MORE →](#)



**Ongoing**


**In-Person Iowa City, Iowa**  
Presenter/s Barry Schreier, Ph.D.

## When the Going Gets Tough: Leaning In, Keeping Real, and Staying Safe in De-Escalation

Higher Education Learning and Training Opportunity

It can be exhausting working with someone who is emotionally upset and despite your best efforts to make things...

[REGISTER →](#) [LEARN MORE →](#)



**Ongoing**

**In-Person Iowa City, Iowa**  
Presenter/s Barry Schreier, Ph.D.

## Imposter Syndrome: Addressing the Fear of Being a Fraud

Higher Education Learning and Training Opportunity

A Scanlan Center for School Mental Health workshop for college/university faculty and staff We all engage in...

[REGISTER →](#) [LEARN MORE →](#)



**Ongoing**

**Online**

## Kognito Distress Intervention and Suicide Prevention Program

Higher Education Learning and Training Opportunity

People in distress often turn to those they know rather than seek professional help. Kognito training provides skills and...

[REGISTER →](#) [LEARN MORE →](#)

# Programming & Trainings

6463 Participants/144 Presentations (March, '22-June, '24)

Academic Advising Office	Dept of Emergency Medicine	LiveWell Health Fair	Students Disability Services
Active Minds	Dept of English	iJAG	Student Success Team
Baker Teacher Leader Center	Dept of Gender, Sexuality, & Women's Studies	Iowa Admissions Counselors	Southwestern Community College
Belin-Blank Center	Dept of Kinesiology	Iowa EDGE	SPARC
CAIE	Dept. of Oncology	Iowa Science Academy Summer Program	Teacher Education Program
Coe College	Dept of Political Science	Iowa Western Community College	Temple Agudas Achim
Center for Advancement	Dept of Psychiatry	Marshalltown Community College	Tippie College of Business
CLAS DEI Committee	Dept of Radiology	Office of Diversity, Equity & Inclusion	TRIO Program
CLAS Academic Advisors	Dept of Speech & Audiology	Office of Admissions	UIHC Cancer Center
College of Education	Dept of Urology	Office of the Provost	UIHC Outpatient Psychology
College of Education Staff Council	DMACC-Urban	Office of the Registrar	UIHC Patient Access Ctr
College of Engineering	Engineering Advisors	Pharmacy One Students	Ulowa Deans & DEOs
College of Law	ETL Professional Dev. Group	REACH Program	Ulowa Shared Governance
College of Public Health	Faculty Senate	School of Art	Women Faculty Dev. Conference
College Success Initiative	Free Health Clinic	School of Music	
Community Colleges for Iowa	Financial Aid Advisors	School Psychology Program	
Community College Presidents	Graduate College	Staff Executive Council	
Dept of Bioscience	Graduate Medical Education	State of Iowa Swimming Coaches	
Dept of Chemistry	Hawkeye Community College		
Dept of Economics	HR Workplace Conference		
	ITS		

2022-2023: Presented to **2446** Participants  
2023-2024: Presented to **4017** Participants

**Samples of Audiences**

# The Master Class: “Working with Students in Distress”

## COMMENTS

“The instructor is not only clearly knowledgeable about the subject area and has years of valuable experience, but also is very engaging as a facilitator. The course material is something beneficial to anyone on this campus—the added bonus is a fun, empathetic instructor!”

“The practical teaching about our superpowers and practicing them immediately translates into my day-to-day operations. This training has also reduced my anxieties and fear about working with a student in distress, and I now feel prepared.”

“Barry Schreier is, hands-down, the most dynamic presenter; brings inclusiveness to the classroom; and is aware that material he presents can be challenging. I wish his instruction style could be cloned and there were many more Barrys in this world; the world would be that much more of a better place. We are so, so fortunate to have him at UI.”

“The best continuing education class I've taken in my 35 years working at the UI.”

## SATISFACTION METRIC DATA

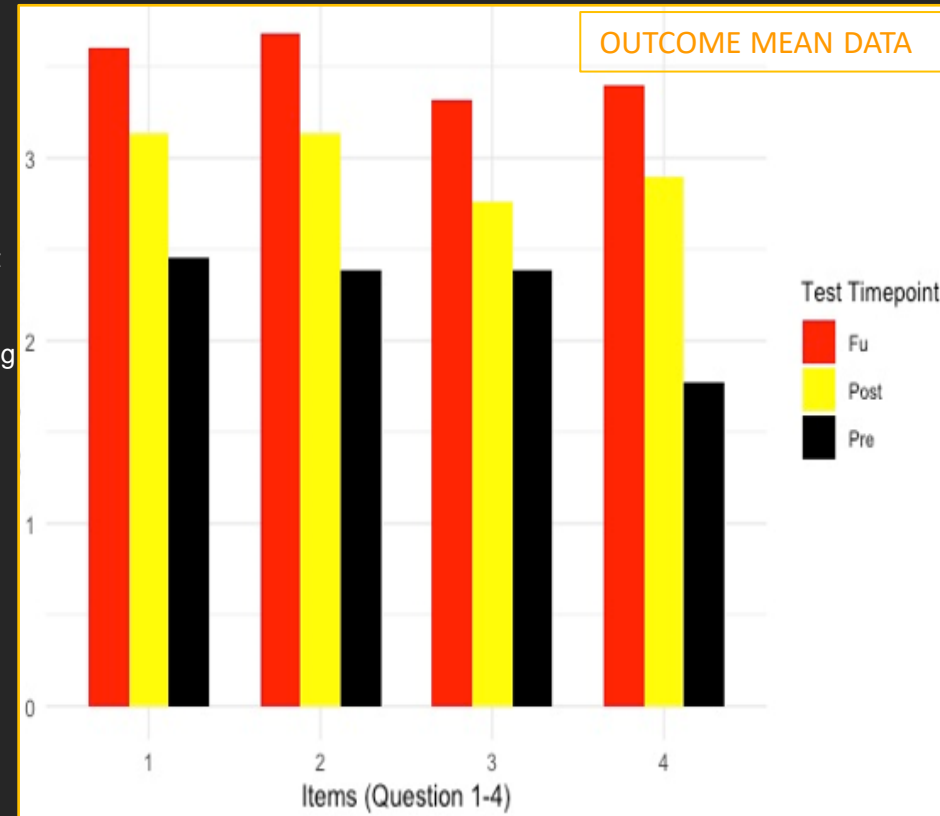
- Knowledge/information provided met my needs: **3.8**
- Instructor was effective in presenting subject matter: **4.0**
- Session was respectful & inclusive of my identities: **4.0**
- Instructor created inclusivity in which ideas freely exchanged: **4.0**
- I would recommend this session to others: **4.0**

1-4 Scale/N=58

I am confident in my abilities to:

1. Recognize students in distress due to mental health/well-being concerns.
2. Ask students about their current mental health/well-being.
3. Use my knowledge about campus mental health/well-being resources to refer students.
4. Assist students who may be thinking about suicide.

## OUTCOME MEAN DATA



**Three Semesters with Fourth Scheduled.**  
**Expanded From 1 to 2 Sections Per Semester.**  
**83 Master Class Graduates.**

# The Community Colleges & Related State Organizations

## Campuses & Organizations With Which the Higher Education Program Has Worked:

- Community Colleges for Iowa Organization
- Community College Presidents Group
- DMACC-Urban
- Ellsworth Community College
- Eastern Iowa Community Colleges
- Hawkeye Community College
- Iowa Central Community College
- Iowa Western Community College
- Iowa Western Tech Community College
- Marshalltown Community College
- North Iowa Area Community College
- Scott Community College
- Southwestern Community College
- Western Iowa Tech Community College
- iJAG

# Publications

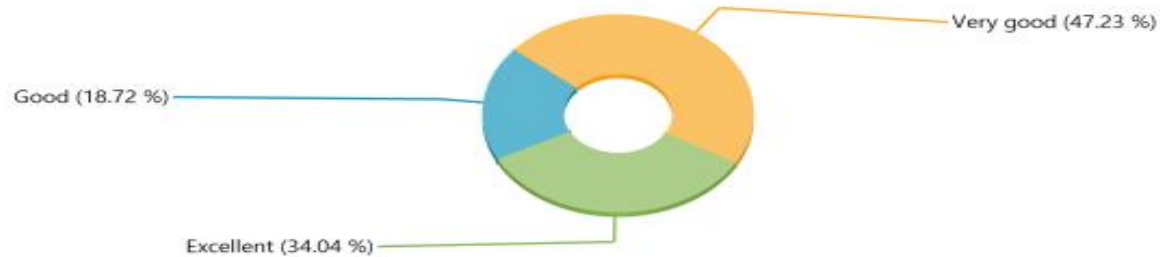


## Snackable Skills Videos The CampUS Newsletter

# Kognito Training I

Overall, how would you rate this training?

N = 470



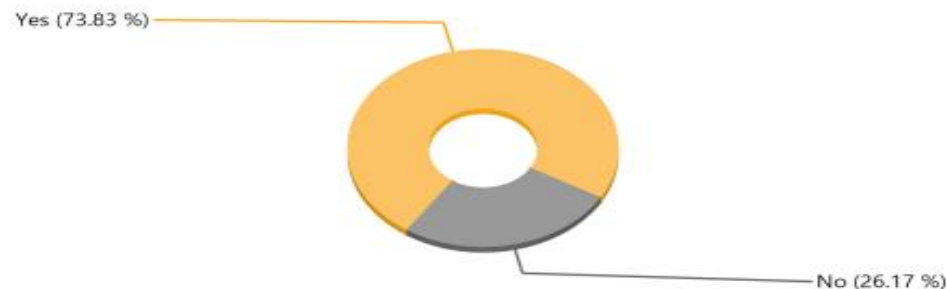
Would you recommend this training to other faculty and staff?

N = 470



Is the training based on scenarios relevant to you as a faculty or staff member?

N = 470



**Focused efforts to increase Staff, Faculty, and Employee participation.**

**August-January, '22-  
June '24:**

**1788 activations,  
compared to entire  
previous 3-year contract  
of 627.**

**With focused efforts, in  
two years of the second  
three-year contract,  
achieved 170% of entire  
first three-year contract.**

**Total student  
participation in previous 5  
years: 32,106.**

# Mental Health Screenings



**IOWA** Mental Health at Iowa SEARCH

Home Find Help Now 24-Hour Support Suicide Prevention News Support Resources Interactive Tools

Home / Interactive Tools / Mental Health Screening

## Mental Health Screening Programs

Mental health is a key part of overall well-being. These online screening programs are an easy way to identify if you or someone you care about could benefit from connecting with a mental health professional.

These brief online mental health screening programs are completely anonymous and confidential. Immediately after the screening, your results, recommendations, and key resources will be provided.

We offer a more comprehensive, [Wide Range Mental Health Screening](#), or specific types of screening programs are available, including:

- [Alcohol Use \(AUDIT\)](#)
- [Bipolar](#)
- [Gambling](#)
- [Depression](#)
- [Disordered Eating](#)
- [Generalized Anxiety](#)
- [Opioid Misuse](#)
- [Posttraumatic Stress](#)
- [Substance Use \(ASSIST\)](#)
- [Well-Being](#)
- [Wide Range Mental Health](#)

Mental health screening programs are co-sponsored by [Student Wellness](#) and the [Scanlan Center for School Mental Health](#).



**Need help?**

To ask questions or report a problem with these programs, contact Student Wellness at 319-335-8394 or [student-wellness@uiowa.edu](mailto:student-wellness@uiowa.edu).

This resource has been on campus for several years, available only to students.

In coordination with Student Wellness, the Scanlan Center is now co-sponsoring this software package.

It was moved to the MentalHealth.Uiowa website in Spring, '23 to make it available to staff & faculty.

**595 Users To Date**



# Obermann Workgroup: Reconceptualizing the Mental Health Crisis in Higher Education: A Mindful Journey



## Reconceptualizing the Mental Health Crisis in Higher Education: A Mindful Journey

This working group engages participants, across the campus and beyond, to explore trauma-informed pedagogy, positive psychology, and the philosophy of the health promoting university (via the [Okanagan Charter](#)). These lenses are used to analyze the complex issues connected to well-being and mental health in higher education.

We aim to provide a cross-disciplinary space for faculty, graduate students, staff, and community members to explore culturally informed strategies and resources. These will be used to cultivate a culture of care, critical empathy, gratitude, and metacognitive awareness with the intent of addressing experiences such as impostor phenomenon, burnout, compassion fatigue, discrimination, grief and loss, and languishing.

All expertises and experiences are needed and valued. Participants do not have to be mental health experts.

Our goals are to:

1. Discuss how to embed mental health and wellbeing awareness in various aspects of higher education
2. Examine cohesive frameworks of holistic well-being that support structural changes in academic culture
3. Reconceptualize the mental health crisis towards a positive psychology paradigm

To learn more about this group, please contact its co-directors, Anastasia Williams ([anastasia-williams@uiowa.edu](mailto:anastasia-williams@uiowa.edu)) and Barry Schreier ([barry-schreier@uiowa.edu](mailto:barry-schreier@uiowa.edu)).

**Joint Effort:**  
**Center for Teaching & Learning &  
Scanlan Center for School Mental Health**

## INVITEES:

- College of Social Work
- Academic Support & Retention
- Community/ Behavioral Health
- Occupational/ Environmental Health
- Ed Policy & Leadership
- College of Law
- TRIO Services
- Psychology-UIHC
- University Counseling Service
- EAP
- Psychiatry-UIHC
- Counselor Education
- Psychological/Brain Sciences
- School of Social Work
- Dept. of Classics
- UIHC-Dept of Surgery
- UIHC-Medicine Administration
- Dept of Journalism & Communication
- WRAC
- Medical College Counseling Center
- LiveWell
- College of Public Health
- College of Medicine
- Office of the Provost

**3rd Year**

Presented on the  
Obermann  
Workgroup Initiative  
at the [NCORE](#)  
[Conference](#) in  
Honolulu, June '24

# Obermann Workgroup: ~THE EVENT~

The Obermann Workgroup is planning the first ever *Pecha Kucha* focused on campus mental health and well-being.

This event will provide a platform to elevate the voices of campus mental health and well-being innovators to share their work with others across campus.

Scheduled for October, '24

Joint Effort:  
Center for Teaching & Learning &  
Scanlan Center for School Mental Health



**IOWA**

## The University of Iowa's Very First Mental Health & Well-Being Pecha Kucha

*"Engage the Innovators"*

**Pecha Kucha is Japanese for chit-chat.**  
Pecha Kucha emphasizes storytelling via imagery over words. This fun, interactive, and highly engaging workshop style is used to elevate the voices of our campus "mental health and well-being innovators" to provide you:

-  **New ways of thinking about your work from a mental health & well-being lens.**
-  **Tangible take-aways about innovative mental health and well-being practices occurring on campus.**
-  **Connections to share and receive what others are doing to advance campus mental health and well-being.**

Join 1 or all 3! The overall focus is body, mind, and spirit. Roundtable discussions will follow each Pecha Kucha to share about what you heard and to share your takeaways.

**Refreshments will be served.**  
Pecha Kuchas are free and open to all. RSVP recommended.

**RESERVE YOUR SPOT NOW:**  
[scsmh.pechakuchalinkgoeshere.com](https://scsmh.pechakuchalinkgoeshere.com)

**Three 1-hour Pecha Kuchas**

- Caring for Self**  
October  
11 AM - 12 PM  
Lindquist Center (N310)
- Caring for Others**  
October  
12-1 PM  
Lindquist Center (N310)
- Caring for Community**  
October  
1-2 PM  
Lindquist Center (N310)

SAVE THE DATE

# IOWA BEST SUMMIT

OCTOBER 5-6, 2023

DES MOINES, IOWA

## HIGHER EDUCATION MENTAL HEALTH & WELLBEING TRACK

**Building a Community of Care for Staff & Faculty  
Mental Health & Wellbeing in Higher Education**



All university and college staff and faculty in Iowa are invited to a



Programming, workshops, and plenary sessions focused on  
*"Caring for Self While Caring for Others"*



Free registration!

*More information on speakers, sessions,  
and registration coming Summer 2023!*

[csmh.education.uiowa.edu/2023iowabestsummit](https://csmh.education.uiowa.edu/2023iowabestsummit)



## PROGRAMS

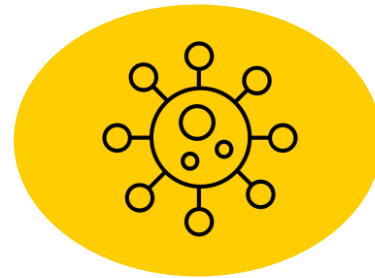
- Holistic Well-Being on Your Campus: Vision, Partners, Planning & Impact
- **Evidence in Action: Mental Health First Aid for Higher Education**
- Broaching Difficult Conversations in the Workplace
- **QPR: 3-Steps Anyone Can Learn to Help Prevent Suicide**
- Working With Students in Distress
- **Living Fully: The Power of Self-Care**
- Creating Condition for Whole-Person Well-Being
- **Embracing Today's Parents in Orientation & Beyond**
- Addressing Burnout in Higher Education: Organizational, Supervisor & Individual Solutions
- **A Cross Disciplinary Guide to Postvention Wellness Support**
- Engaging With Mindfulness to Enhance Work/ Life Harmony
- **Living Gratitude in the Workplace**
- **Caring for Self While Caring for Others: You're Hardy & You Know It**
- **Rest, Reclaim. Rise Up.**

**185 REGISTRANTS  
655 Program Attendees**

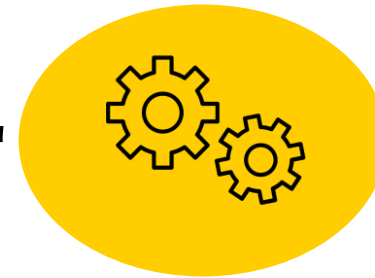
# State of Iowa Faculty & Staff Mental Health/Student Distress Survey Project



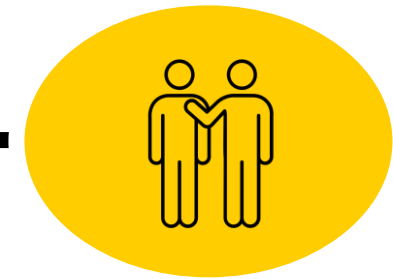
**State of Iowa Higher Education Systems:**  
Regents, Community Colleges, Private Colleges & Universities



**Assess Overall Mental Health & Impact of and Confidence with Managing Student Distress**



**Assess Foci For Areas for Improvement & Recommendations**



**Data Based Resource & Intervention Decision Making**

- **PHASE 1: 1153 Response (28.2% Response Rate)**
- **PHASE 2: 1144 Responses (48% Response Rate)**
- **Phase I Data Analyzed & Phase 2 Data in Analysis**

## Presented

- **Community Colleges for Iowa Statewide Conference**
- **Webinar to Iowa Community Colleges, Private Colleges, and Regent Universities**

# Online Resources: MentalHealth.Ulowa.edu

**IOWA**

**Mental Health at Iowa**

## First Thursdays: Mental Health Speaker Series

- Hosted four panel presentations spring semester
  - TOPICS: Campus and community resources; role of wellbeing in coping; negotiating relationships in the new world; and suicide prevention.
  - PANELISTS: 18 total including Merit and P & S Staff; Academic and UIHC faculty; undergraduates, and community members.
- **Total Viewers: 310 synchronous & 4,498 asynchronous.**



## Topics in Mental Health via *Iowa Now*

- Developed branded column in the Iowa Now
  - Fourth semester focus on Staff, Faculty, and Employees mental health and wellbeing.
  - Published weekly with “high readership” with additional dissemination via UIHC Noon News.
  - AUTHORS: 81 articles from 70+ Merit and P & S Staff; Academic and UIHC faculty; graduates and undergraduates, and community members.
- **Total Readership: 36,272**

## Mental Health @ Iowa Website

- Created, re-organized and updated website for clarity and greater ease of use
  - Created tag-based search for increased ease in navigation.
  - Added Kognito & Mental Health Screening for greater access to staff, faculty, and employees.
- **Total Visitors: 187,622**

# Mental Health Champion Award

## Spirit of the Award

- Highlights culture of “Campus Mental Health.” U Iowa Strategic Plan has, as a goal, “Holistic Well Being and Success’ including embedding mental health into all aspects of campus.
- Designed to cultivate environment that values and recognizes mental health and importance it holds in the wellbeing of our lives and assisting the UI in meeting its strategic goal of being a health promoting campus.
- **Award Co-Sponsors:**
  - Scanlan Center for School Mental Health, Employee Assistance Program, Graduate & Professional Student Government, Medical College Counseling Center, Undergraduate Student Government, University Counseling Service, and Women’s Resource & Action Center.
- 2023 Awards Opportunity: 31 Applications
- 2024 Awards Opportunity: 19 Applicants

\$250.00 Award Prize





**Theresa Bechtel**  
Associate Professor of Instruction,  
University of Iowa College of Nursing



**Khyathi Gadag**  
Health Management and Policy Graduate  
Student, University of Iowa College of  
Public Health



2023  
**Mental Health  
CHAMPION AWARD**  
Congratulations!  
**Sabrina Shaw**  
University of Iowa Athletics,  
Health and Human Physiology  
Undergraduate Student

IOWA



2023  
**Mental Health  
CHAMPION AWARD**  
Congratulations!  
**Rebekah Tilley, Hannah Hilgenkamp,  
Regan Day, Lily Dosedel, and Sam Buoi**  
University of Iowa Tippie School of Business  
Social Media Team

IOWA



2023  
**Mental Health  
CHAMPION AWARD**  
Congratulations!  
**Briana Horwath**  
Plastic Surgery Fellowship Coordinator,  
Department of Surgery, University of Iowa  
Hospitals and Clinics

IOWA



2023  
**Mental Health  
CHAMPION AWARD**  
Congratulations!  
**Tracy Hufford**  
Event Management Certificate Internship  
Coordinator, University of Iowa  
School of Journalism & Mass Communication

IOWA



2023  
**Mental Health  
CHAMPION AWARD**  
Congratulations!  
**Ana Jimenez**  
Senior Advisor & Program Coordinator for  
University of Iowa Study Abroad,  
International Programs

IOWA



**Amy Korthank**  
Senior Associate Director, Academic  
Support, University of Iowa College of  
Liberal Arts and Sciences



2023  
**Mental Health  
CHAMPION AWARD**  
**GERARD CLANCY**  
Professor of Psychiatry,  
University of Iowa Hospitals and Clinics



**Ainsley Shird**  
Green Bandana Project, Undergraduate  
Student

**2023  
&  
2024  
Awardees**



Applied Suicide Intervention Skills Training

## Certified Trainer

- **Nationally certified trainer in partnership between Scanlan Center and Ulowa Suicide Prevention Task Force to offer ASIST Suicide Prevention Training on campus.**
- **Have conducted 4 trainings on campus for 55 participants.**



# For More Information

- **Barry A. Schreier, Ph.D., Director**

- ❖ [barry-schreier@uiowa.edu](mailto:barry-schreier@uiowa.edu)

- ❖ **319.437.1120**

- ❖ <https://scsmh.education.uiowa.edu/higher-education>

