

Capital University's Behavioral and Mental Health Endorsement

Wellness is an important part of student success, and colleges and universities across the country are realizing the increasing prevalence of behavioral and mental health issues on campus. The [National Alliance of Mental Illness](#) conducted a national survey of college students who are living with mental health conditions and found that while students are often overwhelmed with student responsibilities, many fail to seek help. Of students who stated that their colleges or universities were not supportive, a top reason was that faculty and staff were not educated about behavioral and mental health issues, allowing stigma to persist (2012, p. 19).

Capital is committed to providing resources to support all members of the campus community (faculty, staff, and students), many of whom face multiple challenges in an unprecedented time. With this in mind, CELT offers a Behavioral and Mental Health Endorsement that helps faculty and staff become familiar with the campus resources available; clarify their role in promoting student, faculty, and staff wellness; and develop strategies for self-care.

Capital University's Behavioral and Mental Health Endorsement demonstrates a commitment to learning about behavioral and mental health. The Endorsement is open to all Capital University staff and faculty (full or part-time). Staff and faculty can earn the endorsement by participating in campus sessions to earn a total of 10 points (within a semester or across semesters) and submitting a cumulative reflection on their learning. This endorsement is renewable every 3 years and can be listed on participants' CV or résumé and annual report.

Capital University CELT Sessions Eligible for the Endorsement

STRESS AND COPING // 2 POINTS // 2022.03.28: Ashley LeMaster and Georgie Bracy from Capital's Center for Health and Wellness will talk about causes and consequences of stress and share healthy coping strategies.

THE HAPPINESS ADVANTAGE – HAPPY HOUR BOOK GROUP // 2 POINTS // 2022.02.25: *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life.* Shawn Achor reveals how rewiring our brain for happiness helps us achieve more in our careers and our relationships and as students, leaders, and parents.

THE HAPPINESS ADVANTAGE – HAPPY HOUR BOOK GROUP // 2 POINTS // 2022.02.24: *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life.* Shawn Achor reveals how rewiring our brain for happiness helps us achieve more in our careers and our relationships and as students, leaders, and parents.

RECOGNIZING STUDENTS WHO ARE STRUGGLING: STRATEGIES AND RESOURCES FOR REFERRAL // 2 POINTS // 2022.02.16: Ashley LeMaster and Georgie Bracy from Capital's Center for Health and Wellness will share information about signs that might indicate that a student is struggling and how to connect the student with resources that can help them. [Link to Session Video.](#)

THE HAPPINESS ADVANTAGE – HAPPY HOUR BOOK GROUP // 2 POINTS // 2022.02.03: *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life.* Shawn Achor reveals how rewiring our brain for happiness helps us achieve more in our careers and our relationships and as students, leaders, and parents.

THE HAPPINESS ADVANTAGE – VIRTUAL BOOK GROUP // 2 POINTS // 2022.01.28: *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life.* Shawn Achor reveals how rewiring our brain for happiness helps us achieve more in our careers and our relationships and as students, leaders, and parents.

STUDENT SUCCESS AND THE BEHAVIORAL INTERVENTION TEAM // 2 POINTS // 2022.01.19: Deanna Wagner will discuss the goals and outcomes of the Behavioral Intervention Team and Joel Ashley will review the work of Student Success. Faculty and staff will learn about how their work intersects with these important student services. [Link to Session Video.](#)

BEHAVIORAL AND MENTAL HEALTH ENDORSEMENT // 2 POINTS // 2022.01.13: Capital is committed to providing resources to support students, many of whom face multiple challenges in an unprecedented time. With this in mind, CELT offers a Behavioral and Mental Health Endorsement that helps faculty and staff become familiar with the campus resources available to students, clarifies their role in supporting student wellness, and promotes strategies to help students find the support they need. Learn more about this program during this session. [Link to Session Video](#).

We encourage live participation in the sessions but we recognize that sometimes time constraints prohibit direct participation – for those sessions that you cannot attend, you can watch the video (if available). You Capital University credentials are needed to view the videos. If you have difficulty viewing the video then please contact celt@capital.edu.

Resources for Faculty and Staff to Connect Students to Resources

[Capital University Resource Guide](#)

Your Behavioral and Mental Health Endorsement Reflection

After you have attended or viewed enough sessions to earn 10 points, please, complete and submit your reflection. You can [submit your reflection via Qualtrics](#).

The Qualtrics form asks for:

- Name
- Position at Capital University
- Sessions that you Attended
- Your Reflection:
 - Describe campus resources available to students, as well as your role as a faculty or staff member in supporting student wellness.
 - Articulate an action plan for how you will implement what you've learned to help support your own, your students', and your colleagues' behavioral and mental wellness.