

Program Intervention

Introduction and Details of Intervention

The proposed program is to set the appropriate goals and objectives regarding to Mental Health awareness among college students. This intervention involves an event that will take place in a common area of Indiana State University and the event will be held mid of each semester of college to obtain results during the stressful time of year and for the new students to get to know any resources on campus regarding their overall health.

This event will be known as, "Sleep and Peace", will be a one day event, once a semester for six total hours, that will give the students the ability to socialize among others and counselors. Also able to give out the necessary information about resources on campus and basic information about the overall mental health. This event will consist of many tables involving two different areas involving different activities. This event will be known on campus through campus news and emails of the specialized event that will be hosted on campus. This event will be offered to every student on campus that want to attend the event.

One area will consist into the introduction of the area involving one table giving out the information and a secondary survey to get feedback on their experience of the event. These tables will also give out the information of what the students will be doing in area number two of an hands on activity. All the necessary information will be given out in brochures that will list all the fundamentals of the event and also resources on and off campus. One resource offered on the brochure is Student Counseling Center on the second floor in Gillum Hall at Indiana State University. They are providing all the mental health services for the students to improve their mental health issues.

Area number two will consist of three to six tables that will involve an activity that will involve imagination, creativity, and a stress free environment. This activity will involve many pillow cases that allow students to draw their feelings on a pillow. The reason behind the pillow cases is to signify against the mental health issues among college students involving sleep deprivation, stress, and or anxiety. The participants get to have the chance to be creative and imaginative in a stress free environment there will be others their to share and be social in making friends talk to designated counselors at the event provided by

ISU campus to provide information and useful strategies to get through school or life in a stress free way. After the participants have completed the second station they will be given a secondary survey that will give us results on their awareness of mental health. This survey will be anonymous and conduct three questions involving, What have you learned after attending this event? Do you feel different before you came to the event? Would you consider this to a friend or family member? These questions will give insight on how effective our event was from a personal insight.

This intervention overall is here to help the participants be aware of the resources offered on campus for students. These resources can be offered in many ways by offering social or materialistic support. These supports can involve friends, campus counselors, or simple materials that can take away the mental health issues involving stress, anxiety, and many more. By showing students what mental health is and how it affects them and the people around them will give them the opportunity to help themselves or others with the many appropriate strategies and resources that were offered and taught at our event. Students not being aware of what campus or the community offers and

the people who suffer from mental health is a problem that needs to be taught and controlled among college students to be shown as a tertiary problem.

Strategies

One of the effective strategies that are used to address mental health issues is that of intensive and youth-friendly mental health services that effectively engage the young people. These intensive services normally get the youth who have serious mental health issues on the right track. Those with most serious conditions normally are subjected to mental health crisis services (Blanco, 2008). This service helps in leveraging what matters to the young generation- relationships, school, and work.

Second, addressing the mental health of the young people, screening is vital to ensuring that those with mental health needs are identified and proper services given to them. For instance, the event that was set to take place at Indiana State University will help in educating and might help identify those with a mental health problem.

Third, there is a need to ensure that mental health services are available to youths wherever they are every day; in schools. Bringing

mental health prevention and early intervention in schools is a good deal.

Reason for intervention/ conclusion

There is no place or segment of the community that is immune to mental disorders, and thus there is a need to intensify the means that are geared towards solving the issue concerning Mental Health. Mental health should no longer be ignored (College students' mental health is a growing concern survey finds, 2018). On the contrary, the issue ought to be given adequate attention and allocation as it could cost the nation a lot of money if it is not properly addressed. One of the effective strategies that are used to address mental health issues is that of intensive and youth-friendly mental health services that effectively engage young people (Blanco, 2008). These intensive services normally get the youth who have serious mental health issues on the right track. Second, addressing the mental health of young people, screening is vital to ensuring that those with mental health needs are identified and given proper services. Third, there is a need to ensure that mental health services are available to youths wherever they are

every day; in schools. Bringing mental health prevention and early intervention in schools is a good deal.

References

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