

What needs to change? Where is the change needed?

The awareness of mental health awareness of college students on campus.

What level of prevention

Tertiary

What levels of influence

Any guide for intervention selection? Best practices or best experiences if not then best processes

Single or multiple strategies

Multiple strategies

Appropriate fit for priority population

Yes, due to the social aspect of college students

Resources available

Student Counseling Center in 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. They help students to overcome their educational, personal, emotional, and psychological issues.

Program Intervention

Introduction

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

This event will be known as, "Sleep and Peace", will be a one day event 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.

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. 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.

Intervention

Budget

Conclusion