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One Network Reaching Many

Greetings!

Our HBCU-Center for Excellence (HBCU-CFE) Spring Newsletter is filled with behavioral health information and resources!

The HBCU-CFE has been busy serving as a resource center for all 105 HBCU Institutions around students' behavioral health needs and workforce development. During this grant cycle, the Center has awarded 34 behavioral health mini-grants; hosted monthly behavioral health webinars; convened the 2013 National HBCU Behavioral Health Awareness Day; launched the Behavioral Health Communication Public Service Announcement (PSA) Campaign; served as a liaison for the 2013 Dr. Lonnie E. Mitchell Behavioral Health Policy Academy; launched the Kognito At-Risk Program; and expanded the HBCU behavioral health network.



Gail A. Mattox, MD, FAACAP
Project Director, HBCU-Center for Excellence

We would like to congratulate Ms. Mariah Williams, a senior at Florida A&M University and a student member of our Steering Committee, who was recently nominated by Active Minds for outstanding student leadership in campus mental health. During the "Depression on College Campuses" conference, she was named as one of the 2013 Student Mental Health Advocate Award winners. In addition, we would like to recognize Paul Quinn College as a finalist for the 2013 President's Higher Education Community Service Honor Roll, the highest honor a college or university can receive for its commitment to service learning, volunteering and civic engagement. Paul Quinn was recognized as a finalist by President Barack Obama and his administration.

I would like to thank the HBCU-CFE Steering Committee, our SAMHSA project officers, HBCU staff and our many partners for their dedication and commitment to the work we are doing at the Center, in enhancing behavioral health promotion, stigma reduction and workforce development on HBCU campuses.

Finally, I would like to encourage you to continue to take advantage of the information and resources facilitated by the HBCU-CFE and disseminated through our monthly educational webinars, media campaigns, social networking sites, mailings and email distributions. Please visit our website at www.hbcucfe.net to access behavioral health information and resources for your campus as well as for all our services.

We look forward in working with you as "One Network Reaching Many" in addressing behavioral health needs on your campus.

Sincerely,

Gail A. Mattox, MD, FAACAP, DFAPA
HBCU-Center for Excellence, Project Director

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HBCU-Center for Excellence
2013 Behavioral Health Communication PSA Campaign

HBCU-CFE Team

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Eroy Johnson, Student
Voorhees College

Mariah Williams, Student
Florida A&M University

Clinton Junior College
Video—“A Black Man’s Blues”

Fayetteville State University
Print—“Today’s Choices”
Print—“Smoke and Mirrors”

Florida Memorial University
Print—“The Pieces of Me”
Print—“Drug Abuse: Cut It Out”
Print—“Getting Help for Chemical Dependency”

Kentucky State University
Video—“Are You At Risk? Get Tested!”

Paine College
Video—“Friends Don’t Let Friends Fall Apart”

Savannah State University
Audio—“I Wish”
Audio—“Submit to This Peer Pressure!”
Video—“Real Men Seek Help”

Xavier University of Louisiana
Video—“iSpeak”

Congratulation to our Winners!

1st Place - Fayetteville State University-Today’s Choices

2nd Place - Savannah State University - Submit to This Peer Pressure

3rd Place - Clinton Junior College - A Black Man’s Blues

View all Public Service Announcements at <http://www.youtube.com/user/HBCUCFE/videos>



National HBCU Behavioral Health Awareness Day
Keynote Speaker Ms. Terri Williams

February was slated as National HBCU Behavioral Health Awareness month. HBCU campuses were engaged in behavioral health promotion and awareness activities such as stigma reduction rallies, stomp out stigma step team events, spoken word contest, PSA contest and other activities.

The HBCU-CFE convened a two hour webcast that included presentations from Alcorn State, St. Phillips College and Terri Williams, who served as the Keynote speaker. Participants of this virtual event were provided with knowledge, tools, resources and strategies to engage their campus community in behavioral health promotion. The archived event can be viewed on the HBCU-CFE website at www.hbcucfe.net.

A PEER EDUCATOR’S PERSPECTIVE

By Mariah Williams, Senior, Florida A& M University

Peer Education has assisted me with developing skills necessary for success. I have been a peer educator at Florida A&M University since summer 2010, and it has been one of the best decisions I have made in my life. When you are a peer educator you are more than just a student, you become an ambassador for wellness on your campus. It teaches you how to effectively lead and how to properly follow while encouraging others. Communication, cooperation, accountability, and interpersonal skills are just some of the characteristics acquired from becoming a peer educator. Florida A&M University’s counseling center has exposed me to issues such as behavioral health, domestic violence, veterans’ assistance, sexual assault and more. Active Minds and BACCHUS network trainings contributed to my success as a peer educator as well. These programs taught me how to converse with my peers, provide access to needed resources and how to consult with my elders. (Continue on page 3)

Announcements

2013 Behavioral Health Webinar Series

- **Overview of Addiction**
April 25, 2013
1-2pm EDT
- **Ethics and Addiction**
May 28, 2013
1-2pm EDT
- **Pastoral Care**
June 27, 2013
1-2pm EDT
- **Elements of Substance Abuse**
July 25, 2013
1-2pm EDT
- **Hazing and Bullying**
August 22, 2013
1-2pm EDT

Congratulations!

Gail A. Mattox, MD Chairperson of the Department of Psychiatry and Behavioral Sciences at Morehouse School of Medicine and Project Director for the HBCU-Center for Excellence was featured in the March 2013 Edition of *Mind Matters*, an e-magazine.

The article highlighted Dr. Mattox accomplishments as an established leader, building strong foundations in Georgia. Dr. Mattox was also noted for her strong advocacy in the establishment of the HBCU-Center for Excellence. The Center specifically supports the behavioral health needs of HBCU students across the nation.



A PEER EDUCATOR'S PERSPECTIVE (continued)

During the summer of 2011, I had the privilege to intern at the United States Embassy in Bridgetown Barbados. While working at the embassy in the Public Affairs department, I was able to utilize skills I developed as a peer educator. Leadership, interpersonal skills, cultural competence and behavioral health awareness became a priority due to the cultural difference of individuals I worked with. However, many of the needs were very similar to what students deal with daily (i.e. depression, anxiety, stigma for seeking help, substance abuse and a host of other behavioral health risk factors). In turn, I was challenged to take the lead working on a project aimed towards alleviating domestic violence in Barbados and the Eastern Caribbean. While doing, this I was charged with creating a marketing campaign, hosting meetings and briefings with scholars and other area leaders. Another leadership role occurred when I was selected to serve as one of the youth voices for the HBCU CFE Steering Committee. Now, I am able to list these opportunities on my resume.

My goal as a Peer Educator has been to treat others genuinely with a pure heart, open mind, and the proper knowledge so students can feel comfortable talking to a professional. I am thankful for the HBCU CFE believing in me and my peers to help our generation.

The Work of Counseling Centers at HBCUs: Improving Campus Infrastructure

By Vivian Barnette, Ph.D., HSP-P

Executive Director and Licensed Psychologist

Counseling Services North Carolina Agricultural and Technical State University

Many students choose to attend a Historical Black College and University based upon the school's reputation, family legacy, majors, faculty, location, athletics, and even the food served in the cafeteria. Typically, the college Counseling Center has been overlooked and viewed as an academic advising department.

Today, the work of counseling centers at HBCUs has expanded beyond advising to dealing with serious psychological concerns. University Counseling Centers are the primary mental health provider for students. Generally, a counseling center is a major office within the Division of Student Affairs which may provide personal counseling, consultation, psycho-educational training, psychological testing, and outreach services to the campus community.

Permanent staff in counseling centers is licensed mental health providers who use a myriad of techniques and theories that are culturally relevant for the diverse group of consumers served on their campuses. HBCU College Counseling Centers are a capstone of "practitioner-scientist" professionals where the emphasis is on evidenced based practices. The services and trainings are ethnically germane to their diverse student groups. The focus, across all areas of counseling, is to deliver exceptional and appropriate services within brief therapy model.

As the role of counseling centers at HBCUs evolves, there is frequently a gap between staffing demands and the amount budgeted for the center. Mini-grants from the HBCU Center for Excellence and SAMHSA have been tremendous in addressing this concern. These grants have allowed counseling center staff on HBCU campuses to expand their services along the lines of mental health problems, substance abuse issues, and internships for students interested in behavioral health careers. Additionally, these mini grants serve as an impetus for securing larger funding for mental health awareness on these campuses.



**HBCU
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The Kognito Experience at Savannah State University

By Kimberly Simon

Under the Department of Student Development, the Office of Counseling and Disability Services (CDS) provides a multitude of behavioral health intervention, outreach education and prevention services to the students of Savannah State University (SSU). One of the many tools used by CDS is the provision of gatekeeper and suicide prevention training to help support student mental health and maintain a healthy environment on the SSU campus.

On January 2013, CDS launched the At-Risk for Students pilot training module. Marketing of the program to the campus community was done through the creation of a CDS Facebook page and Twitter account as well as a link for the CDS web site to introduce At Risk/Kognito peer-to-peer mental health gatekeeper training. The program was also marketed through campus wide e-mail, posters, business card handouts, in class presentations and workshops. At the suggestion of Kognito's marketing strategies, CDS also announced a contest for the first 100 students to complete the training to be put in a drawing to win a Nook. CDS has received a lot of positive feedback from the students who have participated.

KOGNITO Promoting Student Wellness and Success

By Dr. Eugene Herrington, HBCU-Center for Excellence Co-Project Director

HBCU-CFE in *Behavioral Health* is pleased to make this cost-free training available to all 105 HBCU institutions, through funding from the Substance Abuse and Mental Health Services Administration (SAMHSA), grant # T1023447. The Kognito At-Risk program is an online, interactive training program that enables faculty, staff, administrators, risk assessment teams and students to simulate real life situations and provides guidance for mental and behavioral health issues. This program will serve as a viable resource on your campus in recognizing and identifying students who are experiencing psychological distress (depression, anxiety and suicidality) and allow administrators to make referrals to support services on campus or in the community. On a first come first served basis, your HBCU institution will be awarded the opportunity to utilize several of the three modules below:

- *The At-Risk Training Module for Students:* This is a 30-minute simulation in which students learn about the common indicators of psychological distress and how best to approach an at-risk student for referral to the counseling center. *This is ideal for peer educators, resident advisors, student leaders and any student with an interest in helping their peers.*
- *The At-Risk Training Module for Faculty and Staff:* This is a 45-minute training in which faculty and staff learn about the common indicators of psychological distress and how best to approach and make referrals for a student at-risk. *This is ideal for faculty and staff development.*
- *The At-Risk Training Module to recognize the special needs of Veterans on Campus:* This is a 30-minute training designed to help faculty and staff better understand the unique needs of student veterans on campus.

If you have any questions regarding the HBCU Kognito At-Risk Initiative, please contact Joan Trent, program coordinator with the HBCU-CFE, at our toll free number 1-866-988-4228 or email jtrent@msm.edu.