Creating a Community of Care
Student Mental Health and Wellness Learning Community
Webinar Series
Today’s Objectives
At the end of this webinar:

- Each state team will be able to define “community of care” for themselves and assess it for their systems and campuses.
- Each state team will gain a deeper understanding of public health/community-based approaches to address mental health and suicide prevention.
- Each state team will be equipped to share the acquired knowledge/relevant data with key decision makers to create needed buy-in.
- Each state team will gain insight into successful mental health and wellness initiatives across the nation and reflect on lessons learned.
“Shouting self-care at people who need community care is how we fail them.”

Nakita Valerio
A **community of care** is intentionally inclusive, caring, and supportive of each member, including members who come from historically marginalized groups or who represent a minority in your community. You can begin creating one by:

- **Reflecting on your own background and biases** in order to overcome those to make connections with people.
- Noticing when or if you see people being—or feeling—excluded and **bring them into the group**.
- **Making space and time to connect** with people who may come from different backgrounds than you do.
- **Having open and honest conversations** about ways you can support people, so the whole community can thrive.
What does your community of care look like?
Promote social connectedness

- Implement peer mentoring programs.
- Connect students to community organizations that represent their identities.
- Regularly offer DEI training for the community.
- Create spaces to come together to discuss the impact of relevant topics for the whole community.
- Employ population-specific supports for those at greater risk for being lonely or isolated.
Meet Our Panelists

Veronica Dujon
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Director of Academic Planning and Policy
Oregon Higher Education Coordinating Commission

Lindsey Mortenson
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Associate Executive Director & Chief Mental Health Officer
University of Michigan

Mallory Jordan
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Associate Vice President of Health, Safety, and Well-being Initiatives
National Association of Student Personnel Administrators (NASPA)

Lisa Padilla
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Senior Behavioral and Social Scientist
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THANK YOU

Please be on the lookout for our post-webinar email!

We encourage you to participate in our survey and shared learning space.

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