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SHEEO

Partnership

The Jed Foundation

# 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.

A close-up photograph of a hand holding a piece of plaid fabric. The image is overlaid with a semi-transparent blue filter. The hand is positioned in the center-right, with fingers gently gripping the fabric. The plaid pattern consists of intersecting lines of varying shades of blue and white. The lighting is soft, highlighting the texture of the fabric and the skin of the hand.

**“Shouting self-care  
at people who need  
community care is  
how we fail them.”**

**Nakita Valerio**

RSA



Shorts

# Equality



# Equity

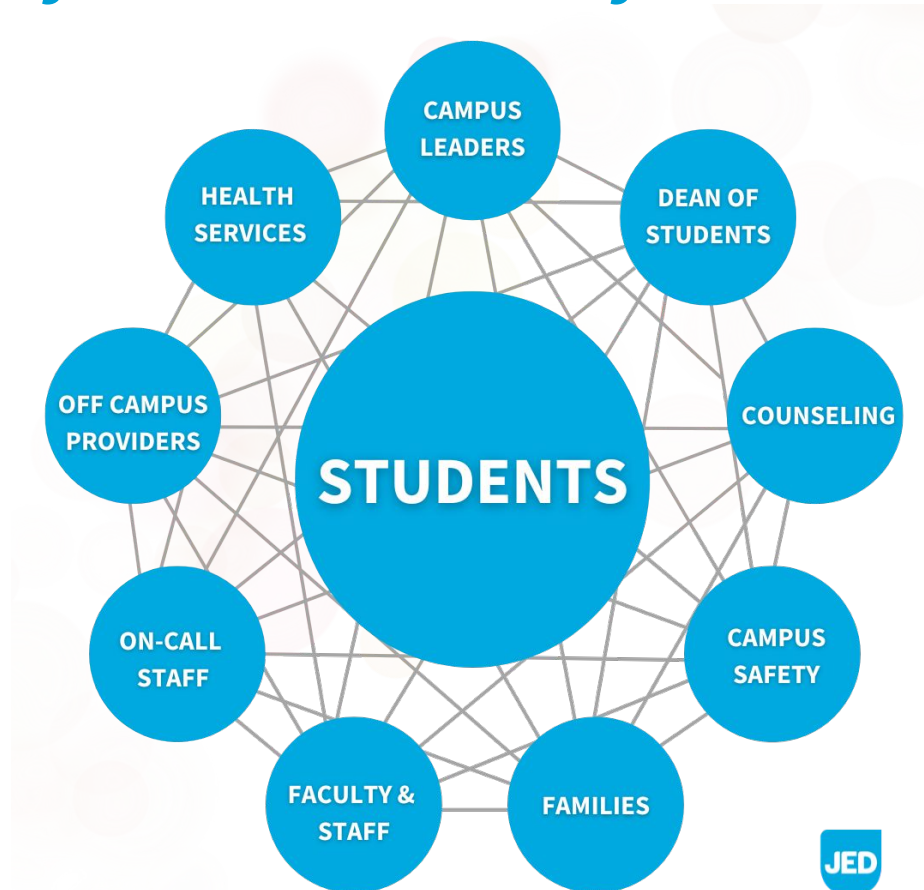


# What is a community of care?

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**  
*she/her*

Director of Academic  
Planning and Policy

Oregon Higher Education  
Coordinating Commission



**Lindsey Mortenson**  
*she/her*

Associate Executive Director  
& Chief Mental Health Officer

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**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**  
*she/her*

Senior Behavioral and  
Social Scientist

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Q&A



# THANK YOU



The Jed Foundation

[jedfoundation.org](http://jedfoundation.org)

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

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