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Supporting Mental Health at UNI

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Author

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Supporting Mental Health at UNI

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Faculty Supervisors: Sarah Montgomery & Nathan Taylor

Why GA was created

Overview

- Initiative that will respond to current challenges and support the UNI community
- Provide experiences to enhance mental health, focusing on prevention
- Implement interviews, action plans, and collaborate with other units on campus
- Support the work that is already being done on campus while bridging any gaps that are identified

Community based participatory research

- *A partnership approach to research involving community members and organizational representatives
- *Recognize and support social structures and processes that contribute to improving mental health
- *Principles emphasize co-learning, capacity building, and sustainability

Interviews and Findings on UNI Campus

- *Created list of questions to ask key stakeholders of mental health around UNI's campus regarding existing efforts, needs, and impact
- *Interviewed around 30 people with various responsibilities & leadership on or connected to campus
- *Collected the interview data to recognize the many strengths and identify the gaps

Additional Research

- Topic of Mental Health and Well-being on College Campuses
 - Literature searches and Article Reviews
 - Educational websites
- Other college campuses
 - Initiatives and Interviews
- Main Takeaways
 - College students are an especially vulnerable population when it comes to mental health problems.
 - The pandemic has caused increase stress, symptoms of depression, anxiety, and social isolation.
 - Initiatives that focus on peer-support are beneficial.

Current Action Steps

- Campuswide VAR Training
 - 130 students
 - College of Education; Department of Curriculum and Education
- Surveying Students on Mental Health Perspectives at UNI
- Advertising Resources
- Sister Circle

Possible Future Directions

- Embedding Counselors in the Residence Halls
- Embedding Social Work Students in UNI Police Department

ON CAMPUS RESOURCES

39% of college students experience a significant mental health issue while 1/3 of college students with anxiety or depression do not seek treatment.

CRISIS

For 24/7 crisis counseling, call the Counseling Center at 319-273-2676 and press 2 to speak to a crisis counselor.

Contact UNI Public Safety at 319-273-2712 and they will contact an on-call Counseling Center staff member if necessary.

OTHER

Gender & Sexuality Services
uni.edu/desofstudentsrigt
lgbt@uni.edu
319-273-LGBT, MU Upper Level

Military and Veteran Student Services
uni.edu/military
military@uni.edu
319-273-3040, MU Upper Level

Center for Multicultural Education
https://cme.uni.edu/student-resources
(319) 273-2250, MU 109

Sexual Assault Support and Resources
https://safety.uni.edu/sexual-assault-support
(888) 557-0310

Panther Pantry
https://pantherpantry.uni.edu
MU lower level

UNI Employee Assistance Program (EAP)
https://hrs.uni.edu/mybenefits/eap
800-327-4662

Survivors of Sexual Assault Support Group
rachels@liveviewcenter.org

Eating Disorders Support Team
(319) 273-2009

WELLNESS

Counseling Center
uni.edu/counseling
counseling@uni.edu
319-273-2676, SHC 103

Student Wellness Services
uni.edu/studentwellness
wellness@uni.edu
319-273-6119, WRC 104

Student Health Clinic
uni.edu/health
healthcenter@uni.edu
319-273-2009, SHC 016

Substance Abuse Services
uni.edu/subabuse
319-273-3423, WRC 104

ACCESSIBILITY

Student Accessibility Services
https://sas.uni.edu
118 GIL

The Learning Center
319-273-6023
TheLearningCenter@uni.edu
earning Commons,
Main Floor Rod Library

SAFETY

UNI Public Safety
uni.edu/publicsafety

Office of Compliance
and Equity Management
117 Gilchrist Hall
(319) 273-2846
equity@uni.edu

INVOLVEMENT

Student Involvement
Center
uni.edu/involvement
Involvement@uni.edu
319-273-2683, MU

Department of Residence
uni.edu/dor
residence@uni.edu
319-273-2333, RDC 010

For a complete list of
student organizations,
scan the QR code below or visit
https://java.access.uni.edu/StudentOrgsDirectory/



OFF CAMPUS RESOURCES

CRISIS

National Suicide Hotline 1-800-SUICIDE
(1-800-784-2433)

Iowa Victim Services: Call Center
1-800-770-1656 or
text IOWAHELP to 20121
http://www.survivorshelpine.org

724-Hour Suicide Prevention Lifeline
National Suicide Prevention Lifeline
1-800-273-TALK (8255)
Suicidepreventionlifeline.org

24/7 Crisis Text Line: Text HOME to
747471 about any type of crisis. A live,
trained crisis counselor receives the
text and responds quickly.

Statewide Crisis Line 1-800-332-4224
The Foundation 2 Crisis Line is
Certified by the American Association
of Suicidology.

COUNSELING

Cedar Falls Counseling Associates*
(319) 277-4383
cedarfallscounselingassociates.com

Conditt Psychological Services
(319) 277-1020
conditt.org

Lisa H-K Counseling
319-322-TALK (319-322-8255)
liskhkcounseling.com

On Eagles Wings Counseling Services
319-215-0715
eagleswingscounseling.com

Covenant Psychiatry Clinic
(319) 268-9700

Covenant Psychiatry Clinic
319-272-8922

Black Hawk Grundy Mental Health
Center*
319-234-2893

Lutheran Services in Iowa*
319-233-3579

Cedar Valley Mental Health Center*
319-352-2064

Peace of Mind Counseling
319-504-5515

Cedar Valley Hospice (Grief Counseling)
319-272-2002
www.cvhospcie.org

Catholic Charities*
319-272-2080

Pathways Behavioral Services*
319-235-6571
https://www.pathwaysb.org

New Directions Counseling Service
319-232-2086

Northeast Iowa Family Practice Center*
319-504-5115

Hope Tree Counseling Services*
319-277-HOPE
www.hopetreecounselingservices.com

*Signifies 24/7
response

OTHER RESOURCES

Amani Community Services
(319) 232-5660
https://amanicomunityservices.com

Operation Threshold
(319) 291-2065

www.operationthreshold.org/
programs/black-hawk/
NAMI (National Alliance on Mental
Illness) of Black Hawk County
319-235-5263
namibh@qwestoffice.net

Child Care for Families Resource &
Referral (CCFR4)
1 800 475 0804
www.iowaccrr.org

Love INC. of the Cedar Valley
319 266 1264
http://loveincv.org

Black Hawk County Community Services
319 291 2624
www.co.black-hawk.ia.us

Friends of the Family: Emergency
Safe Shelter*
319 352 1108 or crisis line 800 410 7233
www.fofa.org

Planned Parenthood
877 811 7526
www.plannedparenthood.org/health-
center/iowa/cedar-falls-50613/cedar-f-
alls-center-2866-90380

Cedar Falls Housing Assistance
319 273 8606
www.cedarfalls.com



Resources