

# Trellis Postsecondary Mental Health & Wellbeing Learning Community Curriculum

**The Trellis Foundation’s Postsecondary Mental Health & Wellbeing Learning Community is a first of its kind collaborative for innovative institutions of higher education looking to reshape how they support student and staff mental health. The Trellis Foundation’s investment will make a lasting impact on postsecondary mental health, thanks in large part to its groundbreaking structure. Participants receive grant funding from the Trellis Foundation and individualized technical assistance from state and national mental health experts to support grantees as they develop, expand, and improve mental health programming on their campuses. Institutions will also participate together over 18 months in a universal learning community curriculum that will highlight best practices in postsecondary mental health and allow participants to network, share best practices, and grow together.**

The Trellis Foundation and its grantees will be supported in this work by the lead technical assistance provider

and learning community intermediary, the Meadows Mental Health Policy Institute, as well as national technical assistance providers and postsecondary mental health experts, The Jed Foundation, The Steve Fund, and Active Minds.

A calendar for the 18-month universal learning community curriculum is outlined below. These activities are intended to complement grantees’ individualized technical assistance plans. All workshops listed below are virtual and open to every campus involved in the learning community. These workshops target varying audiences (ex: students, faculty, data analysts), and the Meadows Institute will work with grantee members to determine the best representatives to send as needed.

**Registration instructions, including attendance caps when relevant, will be sent closer to the date.**

## Trellis Postsecondary Mental Health & Wellbeing Learning Community Curriculum and Calendar

All times in CT and all offerings are virtual, unless noted as in-person.

*Events highlighted in green are required.*

| <b>Part I: Setting the Stage</b>  |                             |
|---|-----------------------------|
| <i>Preparing institutions and staff for successful innovation and systemic implementation.</i>  |                             |
| Virtual Learning Community Kick-Off & Activity: Creating a Community of Care: Strategies to Support Faculty/Staff Well-Being (Jed Foundation) | September 7, 2022 10am-12pm |
| Workshop: Strategic Implementation of Mental Health Trainings (Jed Foundation)  | October 12, 2022 10am-12pm  |
| Virtual Learning Community Quarterly Check-In & Activity: Setting the Foundation for Institutional Change (Steve Fund)                        | November 9, 2022 10am-12pm  |
| Workshop: Building Capacity as Leaders to Address the Mental Health of Students of Color: Diversity, Equity, & Inclusion (Steve Fund)         | November 15, 2022 12pm      |

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|---|-----------------------------|
| <b>Part II: Institutional Policy</b><br><i>Developing and implementing policies that actively support student mental health.</i>  |                             |
| Workshop: Committing to Sustainable Systems Changes and Long-Term Solutions for Mental Health (Active Minds)  | January 25, 2023 2pm        |
| Grant Report #1 Due   | February 10 and 17, 2023*   |
| In-Person Convening in Austin, Texas  | February 22, 2023           |
| Student Workshop: Taking Care of Y(our)selves: Emotional Well-Being in College (Steve Fund)   | February 15, 2023 12pm      |
| Workshop: Prioritizing the Mental Health and Emotional Well-Being of Students of Color in Policies, Practices, and Programming (Steve Fund)   | March 22, 2023 12pm         |
| Workshop: Developing a Postvention Protocol to Respond to a Campus Suicide (Jed Foundation)   | April 12, 2023 10am-12pm    |
| <b>Part III: Peer Support</b><br><i>Getting students involved—planning and implementing effective peer-to-peer programming.</i>   |                             |
| Learning Community Quarterly Check-In & Activity: STEPS and SEATS Student Engagement Framework (Active Minds)   | June 7, 2023 10am-12pm      |
| Workshop: Championing Student Voices through Peer Support, Student-Led Mental Health Initiatives, and More (Active Minds)   | July 19, 2023 2pm           |
| Workshop: Validate, Appreciate, Refer (VAR) Training: Active Minds' Everyday Tool for Everyday Conversations (Active Minds)   | August 9, 2023 2pm          |
| Grant Report #2 Due   | August 11 and 18, 2023*     |
| <b>Part IV: Data and Evaluation</b><br><i>Using data strategically to improve mental health programming and get stakeholders engaged.</i>   |                             |
| Learning Community Quarterly Check-In & Activity: Data and Storytelling: Engaging Stakeholders to Advance Campus Mental Health Efforts (Jed Foundation)                             | September 6, 2023 10am-12pm |
| Student Workshop: Taking Care of Y(our)selves: Emotional Well-Being in College (Steve Fund, second offering)  | October 15, 2023 12pm       |
| Workshop: Using Data and Results to Motivate, Guide, and Focus Action Around Mental Health (Active Minds)   | November 8, 2023 2pm        |
| <b>Part V: Serving All Students</b><br><i>Prioritizing equity and building programs and policies that can reach underserved students.</i>   |                             |
| Learning Community Quarterly Check-In & Activity: Prioritizing the Mental Health and Emotional Well-Being of Students of Color in Policies, Practices, and Programming (Steve Fund) | December 6, 2023 10am-12pm  |
| Workshop: Proud & Thriving: JED's Framework for Supporting LGBTQ+ Student Mental Health (Jed Foundation)  | January 17, 2024 10am-12pm  |
| Grant Report #3 Due   | February 9 and 16, 2023*    |
| In-Person Convening in Austin, Texas  | February, 2024              |
| Workshop: Implementing a Framework to Support Students who are Parents (Jed Foundation)   | March 20, 2024 10am-12pm    |
| <b>Part VI: Sustainability</b><br><i>Looking toward the future and building longevity into the implementation process.</i>  |                             |
| Workshop: Sustainability of Programming (Date and Speaker TBD)  |                             |
| End-of-Grant Virtual Convening  | May 8, 2024 10am-12pm       |
| Grant Report #4 Due   | September 13 and 20, 2024*  |

\* See your grant agreement for your specific date.

Funder and Learning Community Convener: Learning Community Facilitator and Lead Technical Assistance Provider:

National Experts and Learning Community Technical Assistance Providers:

