

# Framework for **Staff, Faculty & Administration**

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The logo for SEATS is presented on a purple, trapezoidal banner that tapers at both ends. The word "SEATS" is written in a large, white, outlined, serif font. Each letter is separated by a small, solid green dot. The banner is framed by a thin blue border and a slightly offset yellow border.

**SEATS**

Offering Students  
**SEATS** at the Table

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Frameworks for Student  
Mobilization for Mental Health

The logo for "active minds" is located in the bottom right corner. It consists of the words "active" and "minds" stacked vertically in a lowercase, sans-serif font. Below the text is a horizontal row of five dots: three small blue dots, one larger white dot with a blue outline, and one small white dot.

active  
minds  
.....

**Students know students.** They turn to each other when struggling with health. They are also experts in the most effective strategies to engage fellow students and create a campus culture and climate that fosters mental health, physical health, and well-being.

Healthy Campus Award winners Arizona State University, Kent State University, the University of Oregon, and others are putting students front and center through student-led solutions. However, there is still much to accomplish in empowering the student voice in campus decision-making.

Active Minds' Framework for Student Mobilization helps ensure that efforts to improve student mental health engage students as equal partners in the work. An easy way to remember the Framework is the acronym SEATS (Student-informed, Equitable, Actionable, Transparent, and Sustainable). Active Minds supports campuses to offer SEATS at the table to students in the following ways:

## Student-Informed

- Collect student data broadly through national surveys, such as the Healthy Minds Study and National College Health Assessment.
- Elevate the voices and mental health stories of students among their peers.
- Institutionalize a process for receiving and acting on the input of students on an ongoing basis.

## Equitable

- Address gaps in opportunity for health among populations that are historically marginalized.
- Provide cultural competency training for faculty, staff, and students.
- Engage in partnerships and community-based participatory research from the very beginning stages of planning.
- Support student-to-student programming to ensure diverse representation and perspectives.

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## Actionable

- View students as equal partners, not just end-users, in the work.
- Involve students in all stages of the process, not just in the research or planning stage.
- Activate and coordinate efforts among student leadership (i.e. Active Minds chapters, student government, Greek Life, athletes, etc.) campus-wide.

## Transparent

- Allow for two-way communication with students through town hall meetings, focus groups, and other methods.
- Share research findings and evaluation data with students.
- Provide an open door for students to university leadership.
- When possible, use the language and voices of students in communicating information.

## Sustainable

- Establish [Active Minds chapters](#) to ensure student mental health leadership on campus year-to-year.
- Connect students to Active Minds National for funding, leadership development, advocacy training, and mentorship to ensure success.

## Active Minds

2001 S Street NW, Suite 630  
Washington, DC 20009

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



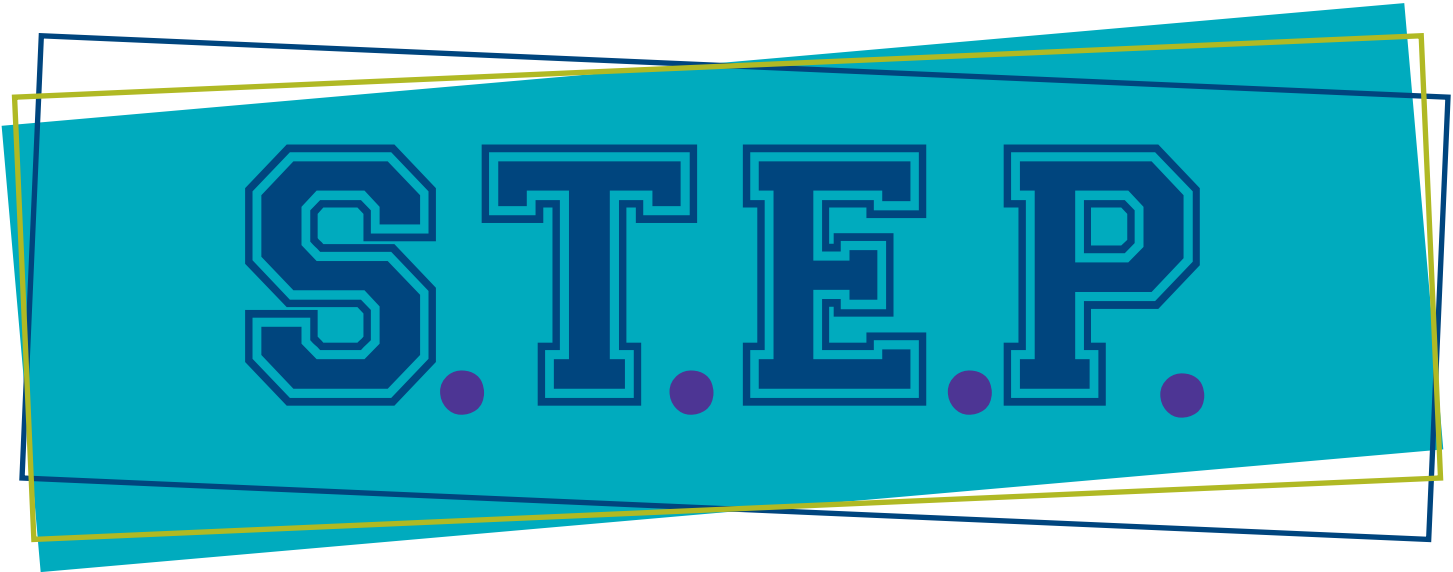
active  
minds



changing the conversation  
about mental health

# Framework for **Students**

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**S.T.E.P.**

**STEP** up to Lead the  
Conversation on Campus

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Frameworks for Student  
Mobilization for Mental Health



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minds  
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# STEP



Active Minds supports students in their efforts to STEP up to lead the conversation, because we know that **the most powerful changes come from you**. Not only are you the experts of your own campus culture, you are the first line of support when your peers are experiencing distress. (Did you know that 67% of students will tell a friend that they are struggling before anyone else!?)

Active Minds empowers students with resources, program ideas, and expertise to lead the way in effective programming, policy change, and overall progress. Join us in engaging in:

## Student-led Programming and Policy Change

- Promote [mental health awareness and education](#) created by and for students, with an emphasis on story-sharing and peer connection.
- Advocate for stronger [campus policies and systems](#) to support mental health.
- Create and/or strengthen an [Active Minds chapter on campus](#) and join our national student network to communicate and share ideas with other Active Minds students, both regionally and

## Training and Technical Assistance

- Take part in the national Active Minds movement and receive training and technical assistance from staff through [Send Silence Packing](#), [Active Minds Speakers Bureau](#), [Active Minds Chapters](#), [Transform Your Campus](#), and our curated national campaigns.
- Ensure support from professional staff, speakers, and public health experts.
- Learn more about student-informed program planning and more through the array of support and expertise facilitated by Active Minds National.

## Engaging Diverse Leadership & Collaborative Relationships

- Discover and engage key cultural and community-based stakeholders through our Active Minds for Every Mind training program, where you'll learn how to involve partners and diverse perspectives in every facet of program planning and implementation.

## Progress & Measuring Results

- Follow current trends in the ever-evolving field of student mental health by staying in touch with Active Minds National through our office hours, social media, and newsletters.
- Learn from us about how to measure your campus impact, research your campus climate, and best respond to what you find.

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