



Building Blocks of Success: A Student Affairs Approach to College Mental Health

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NASPA: Student Affairs Administrators in Higher Education

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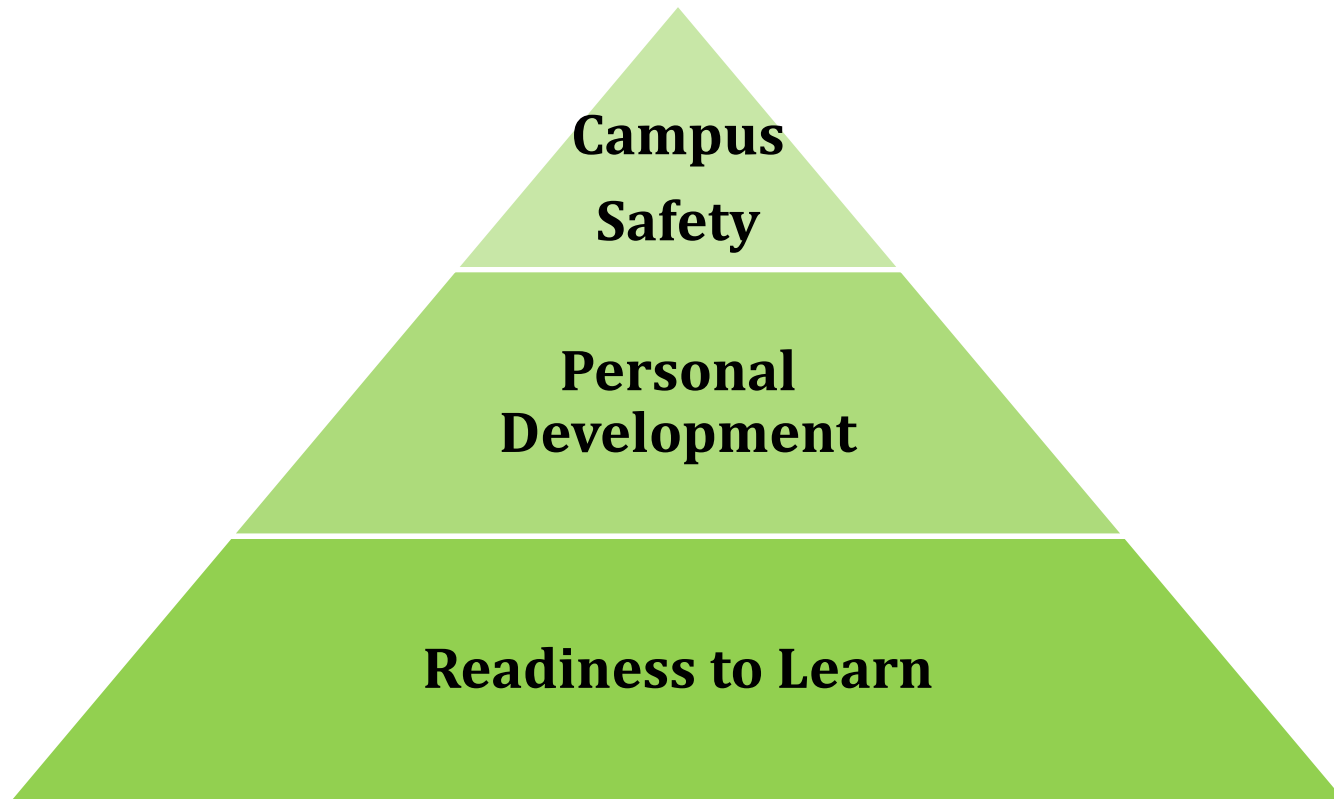
About NASPA

- ❑ NASPA is the leading association for the advancement, health, and sustainability of the student affairs profession.
- ❑ NASPA professional development and advocacy is guided by our four core principles of:
 - integrity
 - innovation
 - inclusion
 - inquiry
- ❑ NASPA members serve in a variety functional areas and roles:
 - the vice president and dean for student life;
 - student activities, student health, career development;
 - enrollment management, retention and assessment ;
 - veteran supports, minority services, civic engagement



Student Affairs and Mental Health

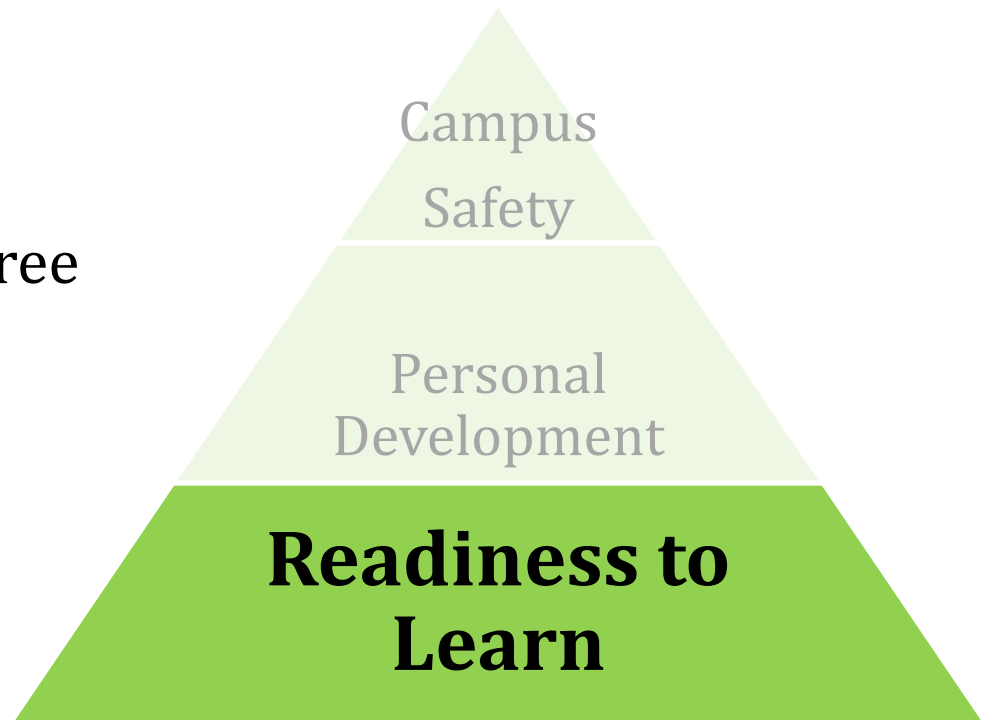
One Framing of Mental Health and Student Affairs Work





Readiness to Learn

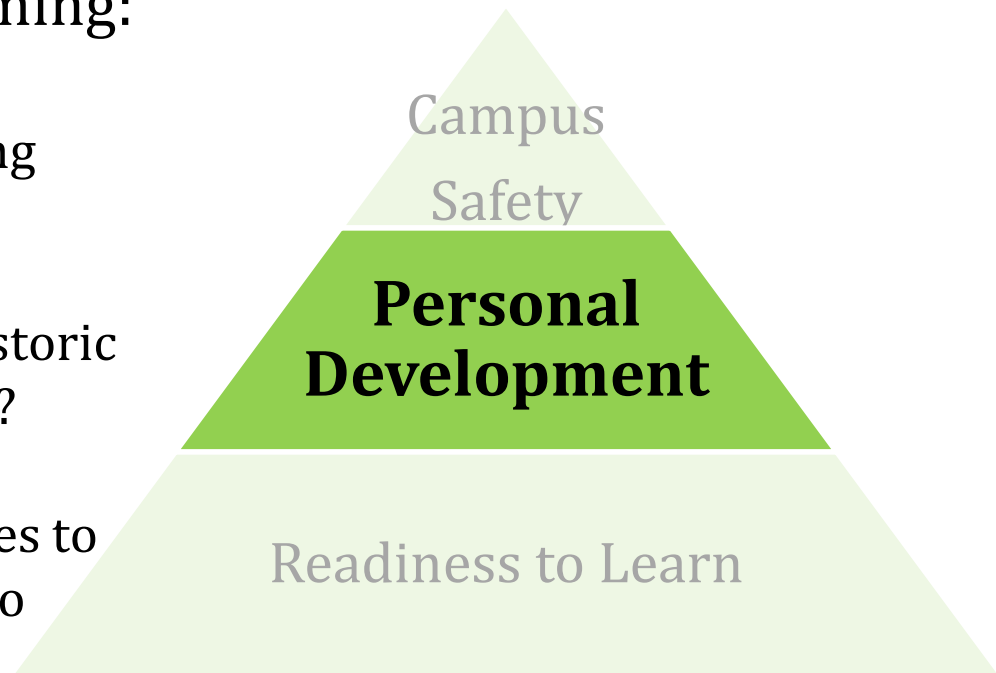
- Mental health is a key component of an individual's "readiness to learn".
- Readiness to learn as a concept typically contains three elements:
 - ☐ Financial readiness
 - ☐ Academic readiness
 - ☐ Social readiness





Personal Development

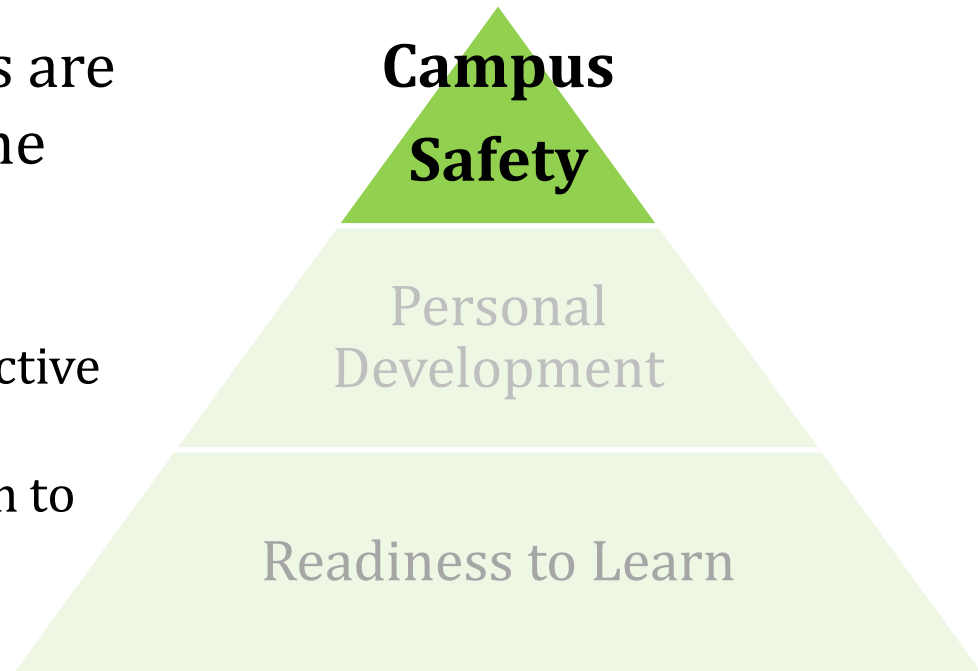
- Mental health is a critical substantive area for co-curricular programming.
- Key questions for programming:
 - ☐ How do we facilitate learning about mental well-being?
 - ☐ How can we break down historic taboos about mental health?
 - ☐ What do we expect graduates to know about mental health to contribute to society?





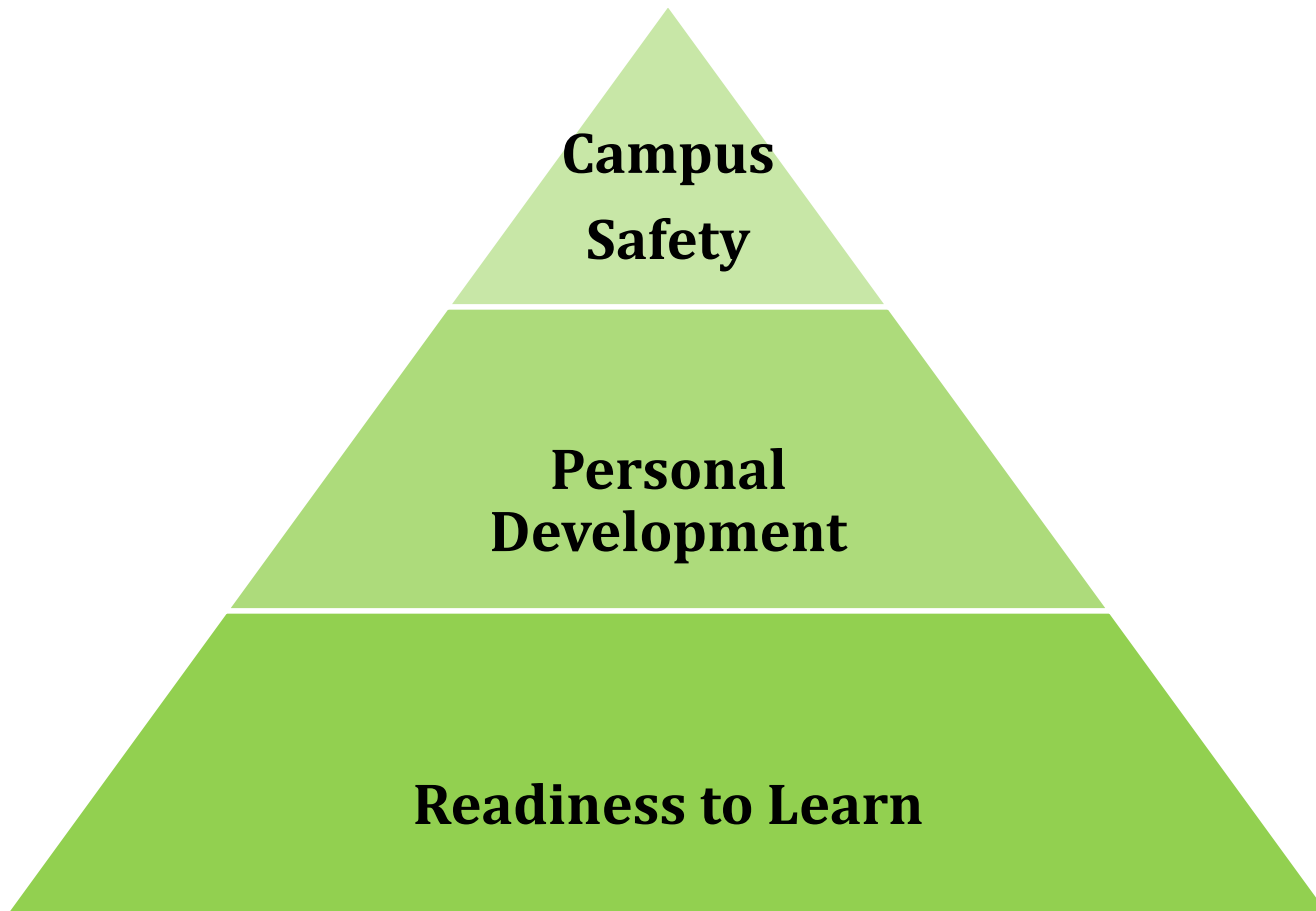
Campus Safety

- Mental health is a part of the overall safety net that student affairs provides the campus community.
- Student affairs professionals are front-line eyes and ears of the campus:
 - ☐ Referrals both passive and active
 - ☐ Monitor campus climate
 - ☐ Ensure a measured approach to mental health and student challenges





Student Affairs and Mental Health





NASPA's Mental Health Conference

2014 NASPA Mental Health Conference
January 16 – January 18, 2014
San Diego, California

The NASPA Mental Health Conference is an exciting event focusing on emerging trends in mental health and best practices on campus.





Contact Information

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