

# APhA-ASP INNOVATIVE PROGRAMMING AWARD



## Student-Led Empowerment: Pioneering Mental Health First Aid Training and Well-being Resources for a Healthier Campus University of Minnesota



### Description

Recognizing the insufficient mental health resources for students facing serious mental illness, MPSA (Minnesota Pharmacy Student Alliance ~ UMN's umbrella organization) president and president-elect, Larissa Ostfeld and Jacob Noble, established the Mental Health Coalition aiming to enhance mental health competency college-wide. The coalition gained formal recognition from staff and administrators, and its initiatives, such as Mental Health First Aid (MHFA), mental health days, and trauma-informed care for faculty. The goal is to ensure continued availability and adaptation of resources to meet evolving student needs with these initiatives becoming college led, ultimately reducing the mental burden on students. As part of this transition, 2nd and 3rd-year pharmacy students were recruited to teach MHFA, advocating for mental health destigmatization and emphasizing peer-to-peer education.

### Timeline

#### Spring 2022

- Create Mental Health Coalition
- Recognize need for MHFA training and conduct meetings with Associate Dean of Students to make training accessible to students

#### Summer 2022

Work with the Wisconsin Rural Opioid and Stimulant engagement (WiROSE) project to provide training dates to Class of 2026 throughout Fall 2022 semester

#### February 2023

Create a coordinator team: 1 student and 1 staff; with assistance from Associate Dean of Students

#### March 2023

- Work with WiROSE project to provide training dates to Classes of 2023-2025 throughout Spring 2023 semester
- Work together with Associate Dean of Students to recruit up to 10 student trainers and 2 staff instructors

#### April 2023

- Schedule 15 dates from June-August open to staff and faculty within the College of Pharmacy (programs: Pharmacy, OT, and MLS), health science students, student run free clinic volunteers, and pharmacists apart of the Minnesota Pharmacist Association (MPhA)
  - 5.5 CE hours approved for MN pharmacists by MN Board of Pharmacy

#### June 2023

- All instructors complete MHFA instructor training
- Work together with orientation team to dedicate 1 day of orientation to complete MHFA training for incoming PharmD students
- Create Honors Program Project for classes of 2024-2025

#### July 2023

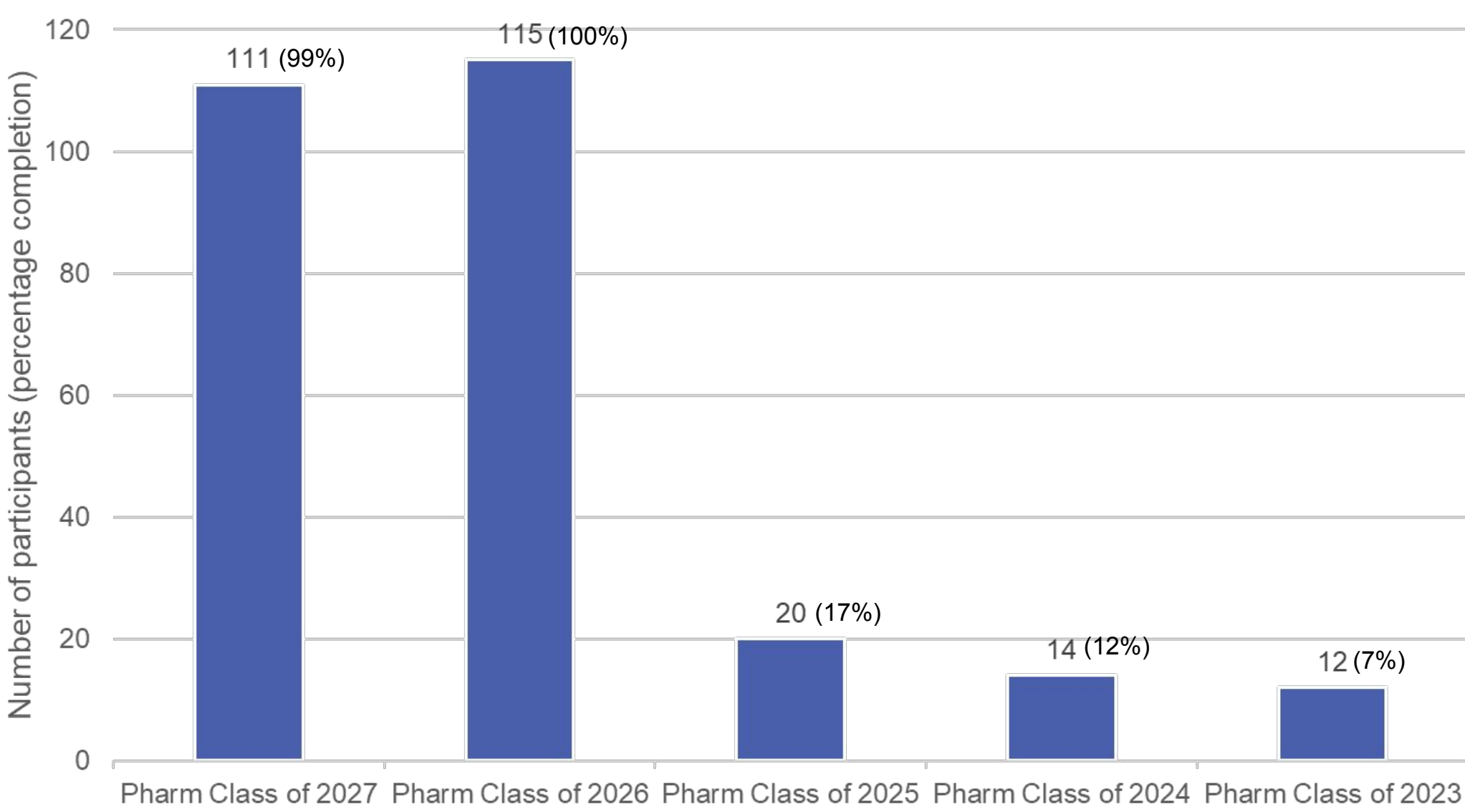
Schedule 5 dates from September-January open to staff, faculty, and health science students

#### September 2023

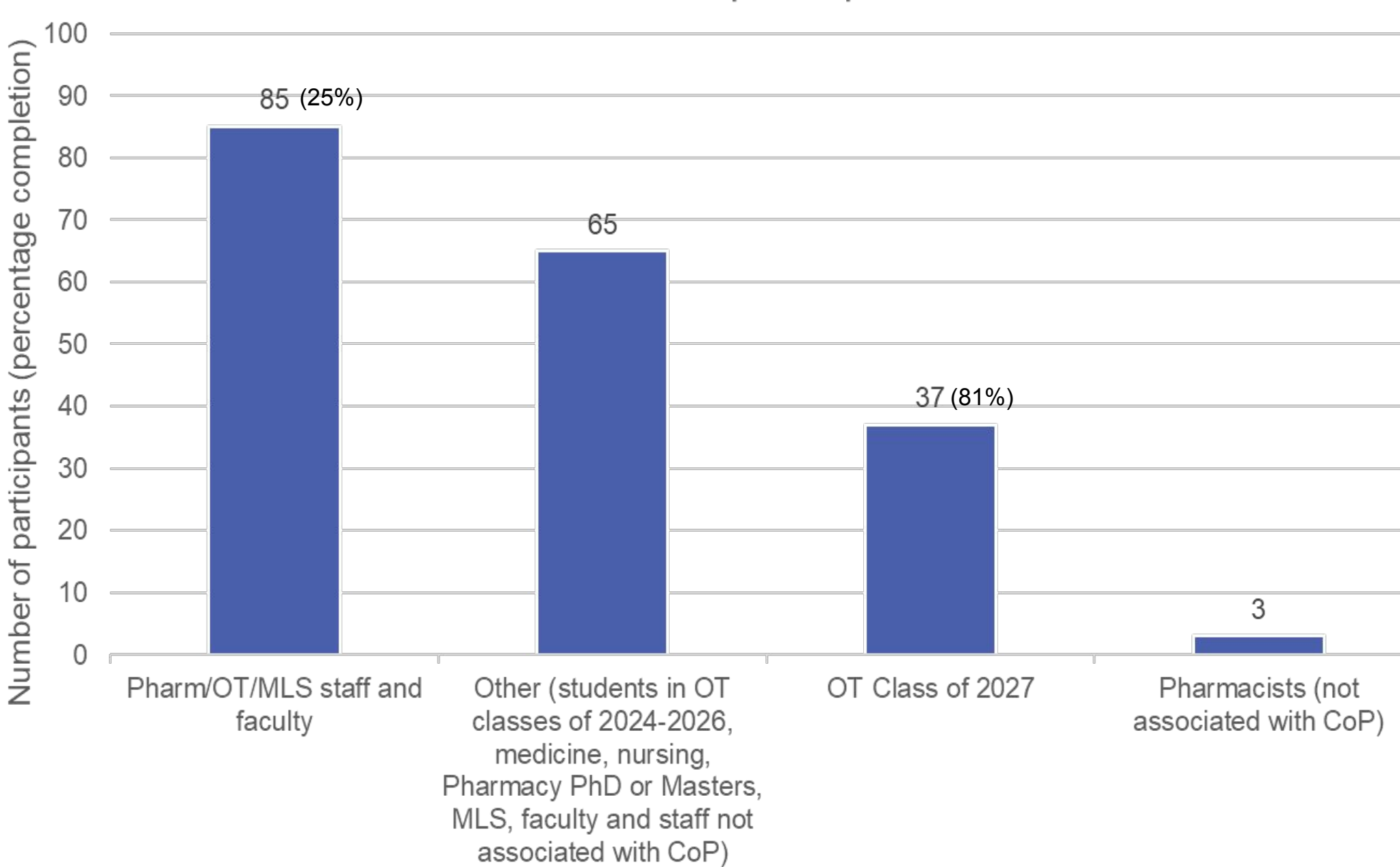
Orientation training days for Pharmacy and OT classes of 2027

### Outcomes

Total number of fully certified participants: 462  
Fall 2022- Spring 2023 (with WiROSE): 202 Summer and Sept 2023: 260  
PharmD student participants



#### Non-PharmD participants



### Future Endeavors

- Achieve 100% MHFA completion of the UMN COP staff and faculty (including OT and MLS programs)
- Expand MHFA program to all health sciences programs for increased MHFA competency
- Incorporate long term mental health events throughout the college:
  - Wellness days
  - Critical mental health conversations through mental health minute
- Collaborate with interested colleges of pharmacy to incorporate MHFA into curriculum
  - University of California San Diego