



Webinar Registration Form

Using An Online Platform For Mental Health Outreach & Intervention Wednesday, December 11 ~ 3:00-4:00pm (Eastern)

Once the live date has passed, this training will be available on demand.

Overview

As college campuses continue to become increasingly diverse, one of the biggest challenges faced by student health and student affairs professionals is engaging each unique student with resources to support their overall success and well-being. During this webinar, Jody Donovan, Ph.D. and Nathaan Demers, Psy.D. will present the national trends and student research conducted at Colorado State University which led to the development of the digital student well-being program that successfully addresses the interconnected issues of student mental & physical well-being, campus involvement, and academic success. With up to one in three students not making it to their sophomore year, 50% of students reporting unmanageable levels of stress, and counseling center utilization increasing at a rate five times that of institutional enrollment - scalable and personalized interventions are essential to support student resilience, mental health, well-being, and persistence. As the Internet is the first place today's students go for support, meeting them on their terms with vetted online evidence-based resources and campus supports is essential. The presenters will discuss the importance of meeting students on their terms as well as the research, development, pilot, awareness campaign, implementation, and the necessary principles to implement digital technologies to support mental & physical health to support student success and retention.

Objectives:

- Describe the current national mental and physical wellness trends on college campuses and the subsequent impact on student success
- Analyze the need for an "upstream" approach to promoting wellness to increase student health and success
- Understand the importance of connecting students to the right resources at the right time to promote wellness among today's busy, stressed out students to increase self-awareness, overall health, and success
- Analyze the role of digital technologies in the evolution of care to meet college students' - who are digital natives - needs on their terms, to promote help-seeking behaviors and connection to campus resources
- Describe the steps to utilize digital technologies to outreach students through the presentation of the research, development, pilot, awareness campaign, and implementation of YOU@CSU
- Learn how to gain and sustain a competitive advantage

Who Should Attend?

- Administration
- Enrollment Management
- Faculty
- Online Learning
- Student Services/Affairs
- Student Success
- Advising & Counseling
- Health Promotions
- Any educator interested in learning more about how to support student mental health & wellness



Speaker(s)



Jody Donovan, Ph.D. / Assistant Vice President of Student Affairs and Dean of Students
Colorado State University

Jody currently serves as the Assistant Vice President for Student Affairs and Dean of Students at Colorado State University. Recently Jody has broadened her work to include international and global issues within the higher education context. She has taught student development theory at Beijing Normal University in China, presented two-day intensive NASPA International Student Services Institutes (NISSI) in Hong Kong and Abu Dhabi, and co-lead field experiences with graduate students to explore higher education and student affairs in Qatar, China, Hong Kong, Morocco, Vietnam, and South Korea. In the spring of 2017, Jody served as Dean of Students for Semester at Sea, traveling to 10 countries over 4 months with 600 students on a floating university.

Jody's passions include her family – husband, Nate, her two sons and running.



Dr. Nathaan Demers / Clinical Psychologist

Nathaan is a clinical psychologist with experience working in therapeutic boarding schools, inpatient burn/neuro ICU, community mental health, and college counseling. Additionally, he completed a post-doctoral fellowship with the Western Interstate Commission for Higher Education - Mental Health Program, a nonprofit working to bring quality mental health and prevention services to rural and underserved areas in the Western 15 states and American Territories in the Pacific. Nathaan is a board member for the Colorado Psychological Association and completed his dissertation research on the topic of maturity in adolescent and young adult populations. With his passion for the topic and his professional experiences, he has unique expertise in the realms of health promotion and student success on college campuses.

When not in the office, Nathaan can be found on the soccer field or adventuring in the mountains of Colorado with his wife, family, and friends.

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