



Mental Health Matters Executive Summary – Spring 2024

In support of Mental Health Awareness Month, nationally observed in May, the USC Healthy Campus Mental Health Subcommittee invited faculty and staff to attend “Mental Health Matters,” where presenters shared techniques for navigating conversations about mental health. Information shared included how to access mental health services and resources available at USC, as well as how to provide support to the campus community. This is the program summary.

PURPOSE

The goal was to offer tips and resources to enhance the participant's knowledge and skills on mental health components. The virtual event took place on May 14, 2024, via Zoom.

PARTICIPATION

- **304 employees** registered for the event (**87% staff, 13% faculty**).
- **142 employees** attended the event.
- **78** evaluations were received between May 14, 2024 and May 21, 2024.

PROGRAM OUTCOMES

- **95%** were **very satisfied/satisfied** with the presentation.
- **96%** were **very satisfied/satisfied** with the presenter.
- **96%** were **very satisfied/ satisfied** with the usefulness of the information shared.
- **96%** were **very satisfied/ satisfied** with the amount of time allotted for the program
- **95%** were **very satisfied/ satisfied** with the remote format.

BEHAVIORAL OUTCOMES

- **97% strongly/agree** that the program enhanced their knowledge and skills
- **95% strongly agree/agree** that they are confident in their ability to apply these strategies in their daily life, as a result of the program.
- **84% strongly/agree** that they are likely to make a behavior change, as a result of the program.



Really appreciated the candor and the reminder to all that mental health is health.



USC
WorkWell Center

May Mental Health Awareness Month 2024

Mental health **matters**

Healthy Campus-
Mental Health Subcommittee

Program Summary

Mental Health Subcommittee

Description: Elevate mental health awareness and support at USC

Goals:

- 1. Increase awareness, knowledge of, and sensitivity towards mental health issues in the USC community.
- 2. Educate the community about all existing mental health resources both on and off campus.
- 3. Provide meaningful programming to create avenues for open communication about mental health across USC workplace settings.
- 4. Identify barriers to accessing services, reduce stigma associated with mental health services, and find solutions to common barriers, with a special focus on underrepresented community members.
- 5. Advocate for policies to improve access to quality mental health and well-being services for all employees.



Co-leads:



Cynthia Ryan
Associate Director, Clinical Services
USC WorkWell Center



Chantal Sheridan
Director, Keck School of Medicine Well-being Program; Director, Medical Student Well-being; Associate Professor, Clinical Medical Education & Psychiatry
Keck School of Medicine

Subcommittee Members:

• Alison Hill	• Elen Melkonian	• Ka Lynda Watts	• Mythili Iyer
• Angelica Al Janabi	• Eleni Yokas	• Kathrin Rising	• Nick Malos
• Brenda Miller	• Ellen Krause	• Kelsey Vukic	• Renee Almassizadeh
• Brent Blair	• Elliot Law	• Kim Goodman	• Rita Ghougasian
• Brian Chavez	• Elyn Saks	• Kristine Moe	• Robin Stroud
• Cameryn Woods	• Emma Schiewe	• Kyra Guy	• Ruby Romo
• Carey Li	• Griselda Isabel	• Laura Escobar	• Samantha Chilton
• Cheryl Xu	• Hagmaier	• Lorena Duran	• Sara Ivanhoe
• Christine Dennis	• Heather Robinson	• Lorena Rivera	• Sonja Castaneda-Cudney
• Christopher Schnieders	• Jacqueline Chavez	• Luis Canton	• Suzzane Huynh
• Daniel Jacob	• Jenebah Marie Lewis	• Luisana Suchilt	• Vanessa Ramos
• Delmer Geovany Garcia	• Jessica Singer	• Marcos Briano	• Vindhya Avvari
• Diane Alicia Yaris	• Johana Ocampo	• Maria Juliani	• Zhilei (Julie) Shen
• Diane Ellis	• Juliana Calhoun	• Marlen Ibarra-Ortiz	
	• Julie Chobdee	• Marylou Valenciano	
	• Julie Wright	• Michelle Tam	



Program Overview



DESCRIPTION

Mental Health Matters was a virtual event that took place on May 14, 2024. The main purpose was to offer tips and resources to enhance the participant's knowledge and skills on mental health components.



PURPOSE

Provide tips and resources to USC faculty and staff focused on mental health. The goal was to offer tips and resources to enhance the participant's knowledge and skills on how to access mental health services and resources available at USC, as well as how to provide support to the campus community.



PROGRAM LOGISTICS

This virtual event took place remotely via Zoom. The workshop included a presentation and Q&A component.

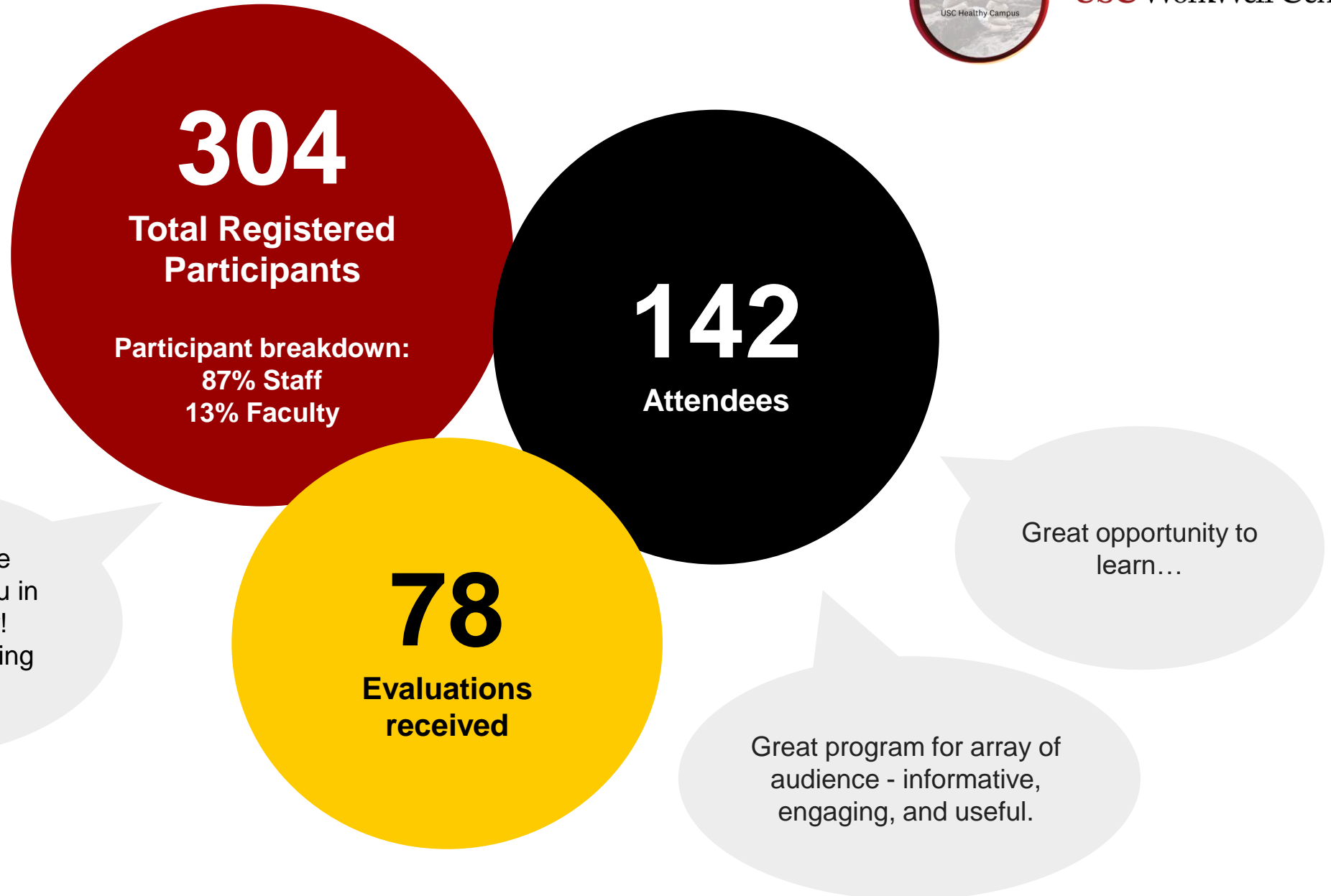


PROMOTIONS

WorkWell listserv, Employee Gateway, USC Events Calendar, partner announcements, co-lead video, Slack, etc.



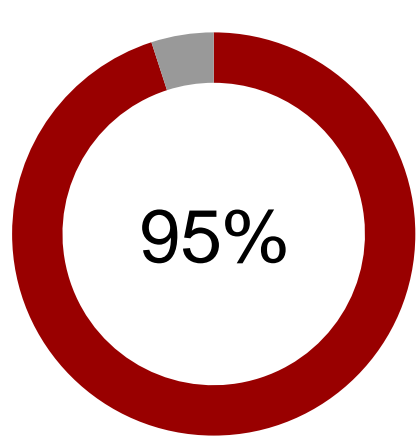
Program Participation



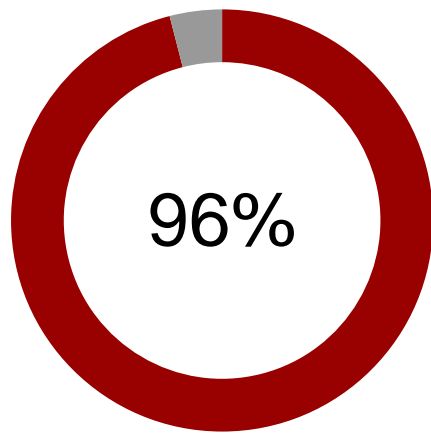


Satisfaction with the Program

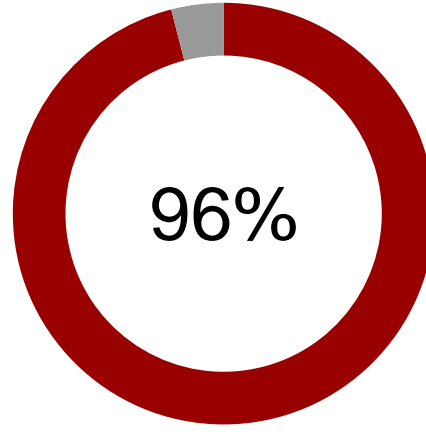
Outcomes based on post-program survey



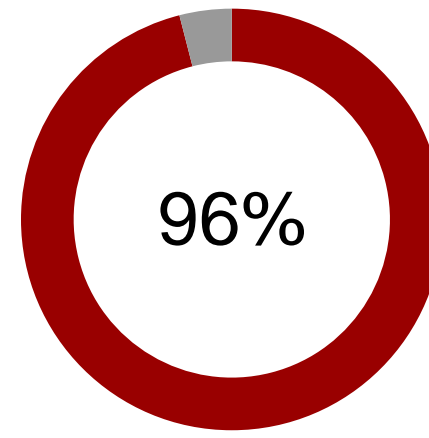
95% strongly agree/agree they **were satisfied with the presentation.**



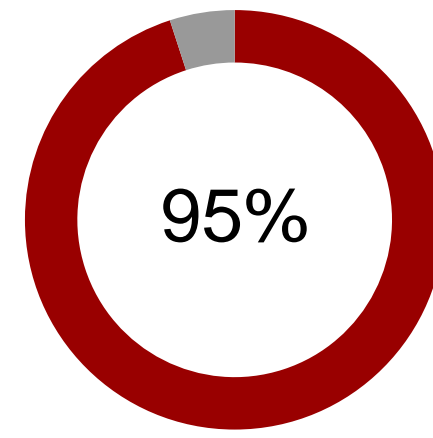
96% strongly agree/agree they **were satisfied with the presenter.**



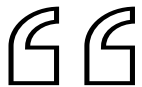
96% strongly agree/agree they **were satisfied with the usefulness of the information shared.**



96% strongly agree/agree they **were satisfied with the amount of time allotted for the program.**



95% strongly agree/agree they **were satisfied with the hybrid format.**



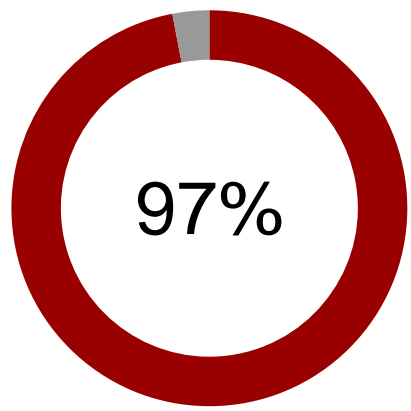
Thank you for today's presentation! This information and support is very encouraging to creating a healthy work environment.



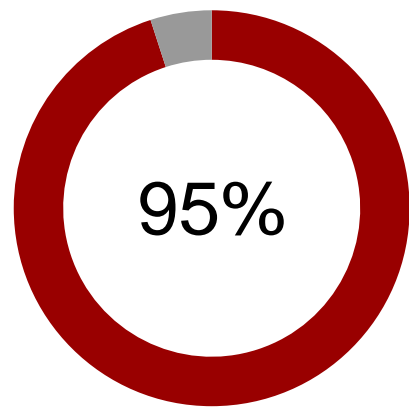


Program Outcomes

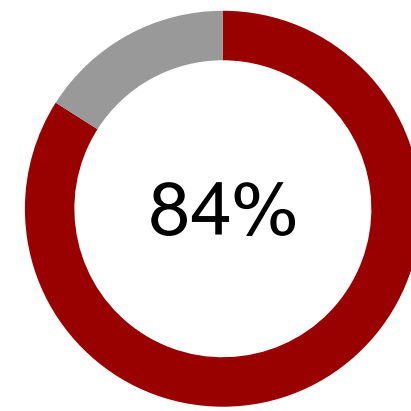
Average of outcomes based on post-program survey



97% strongly agree/agree that the **program enhanced their knowledge and skills.**



95% strongly agree/agree that they are **confident in their ability to apply these strategies in their daily life, as a result of the program.**



84% strongly agree/agree that it is **likely they will make a behavior change** as a result of attending the program.

“*The content was great, I am hopeful I can change old, ingrained patterns of action and reaction.*”



Comments, Suggestions, and Feedback

Content & Speaker Satisfaction

"Exceptional. The personal story at the beginning was grounding. Understanding that our care providers are struggling and what is being done with and for them helps me reframe my own experience, without diminishing it. And, the additional to belonging (versus fitting in) was what I needed to hear today. Again, thank you. It's been a tough time. I now have a sense of steps I can take for myself and with those on my team."

"There was a lot of information shared, but the pace of all the speakers was perfect. The speakers seemed genuinely invested in what they were presenting. This information gave me hope that we can create a positive and safe space for all.."

"Excellent presenters, topics and wisdom, resources. We are all human!"

Appreciation & Taking Action

"Appreciate all the presenters and the Wellness Center for taking the time to share this knowledge and resources with us. I truly appreciated it! Thank you."

"The tips on leadership to provide a safe environment for staff is helpful. I also appreciate the questions to reflect on."

"There were several 'aha' moments for me, in which points made by each of the presenters resonated with me. I feel that I can apply a lot of what was discussed in my own life...."

Suggestions & Feedback

"...My only feedback is that the program attendees could benefit from more hands-on activities or interaction with one or two of the models that were presented."

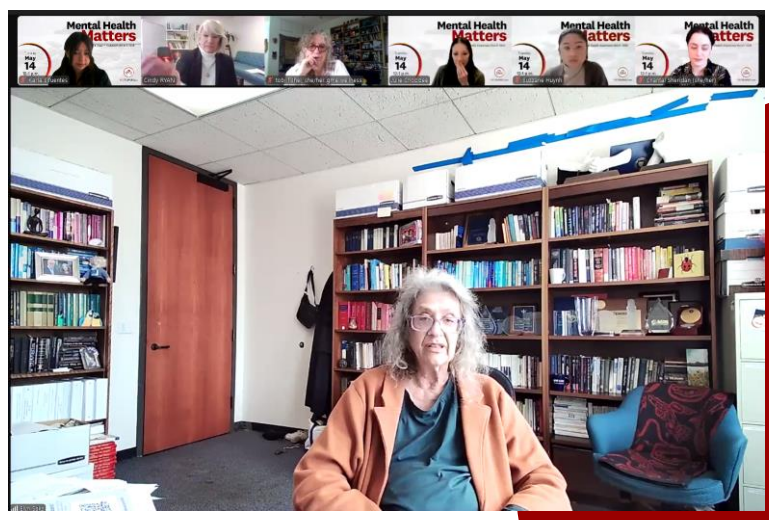
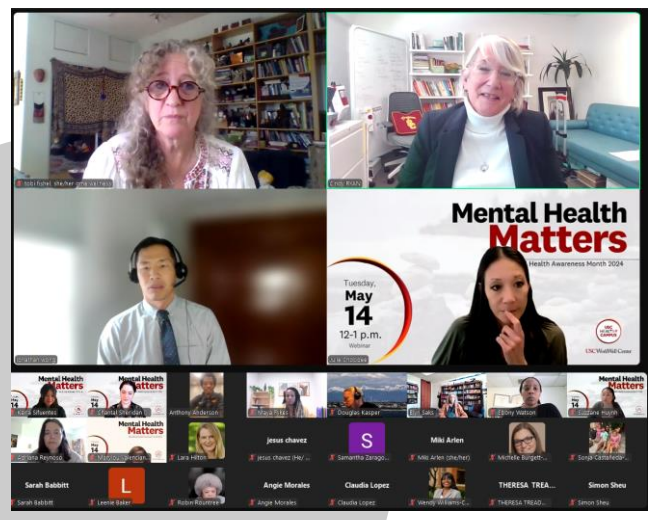
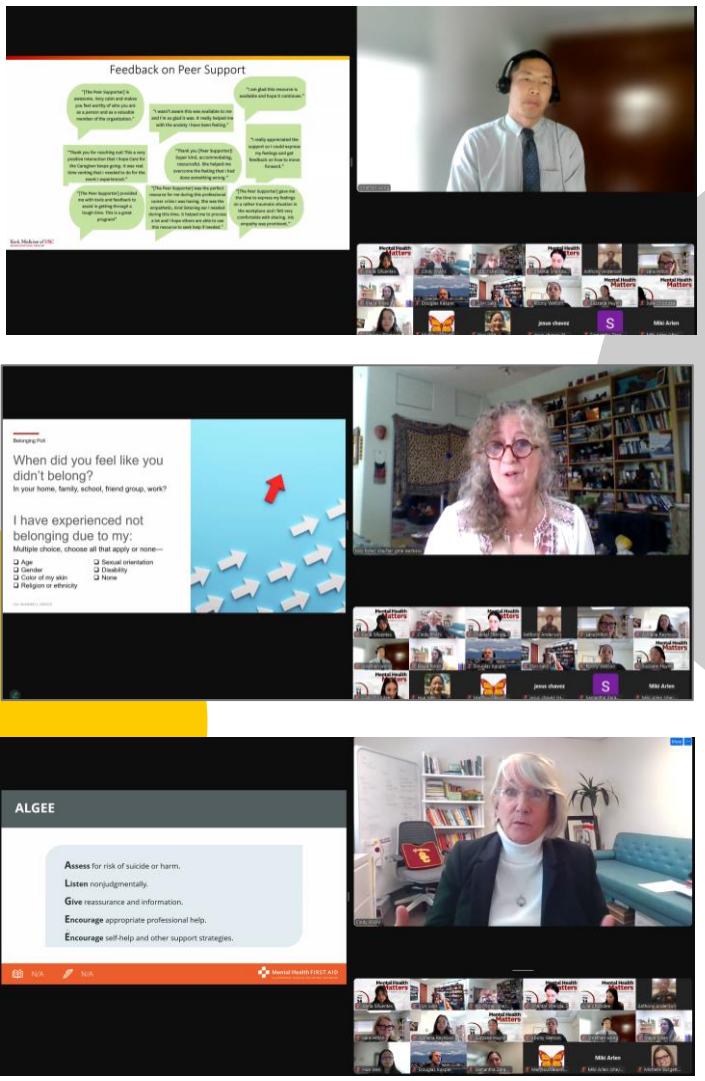
"Great opportunity to learn. Would love more programs like these."

"Very insightful! I think this should be quarterly since quite a few people struggle with mental health and may not be aware of the resources USC provides."

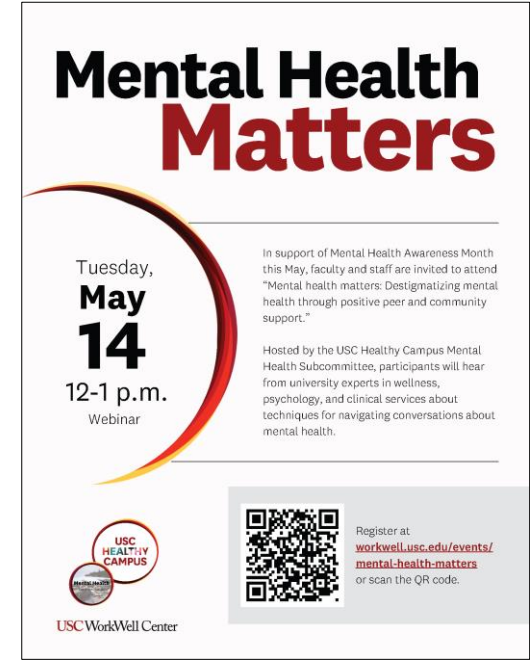
"I really liked the program and wish there could have been more time - maybe two 45-minute sessions instead of one 1-hour to allow more transition time and time offered for Q&A."



Photos



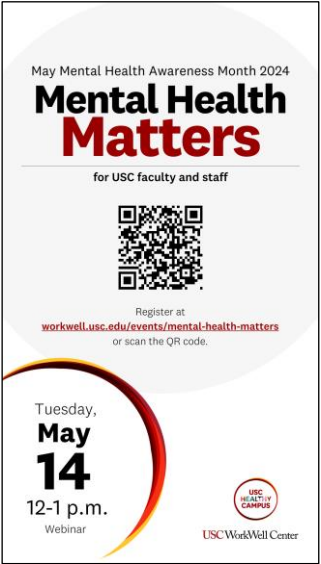
Program Materials



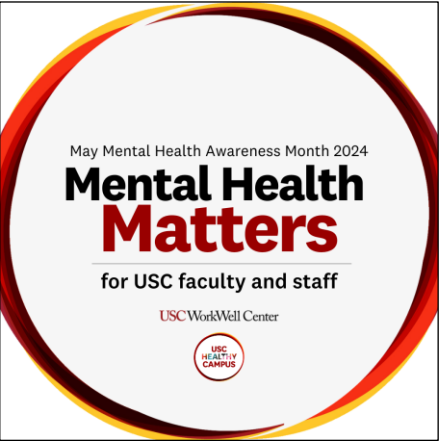
Flyer



Zoom Background(s)



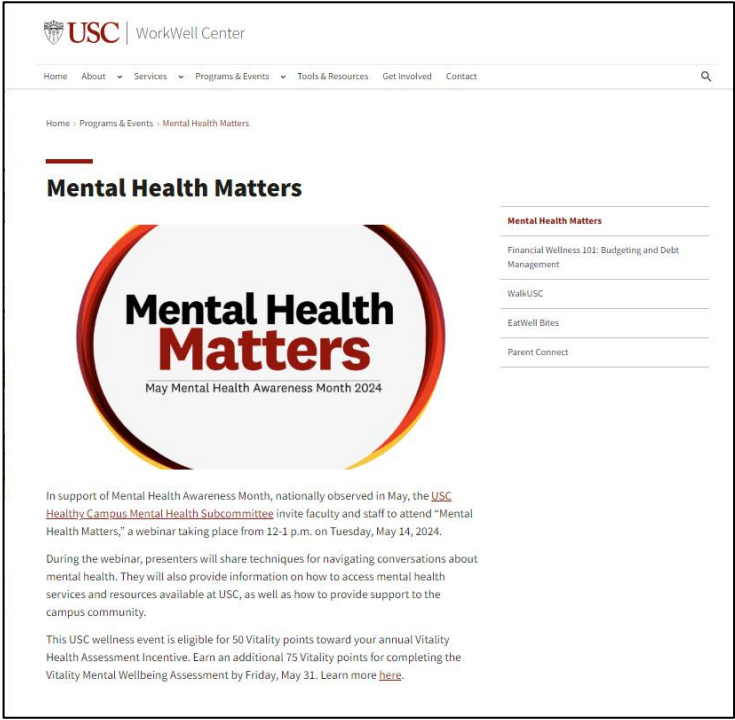
Digital Screen Assets



Social Media Assets



USC WorkWell Center



Webpage



Thank You!



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