



Dakota Wesleyan University, University of South Dakota, & Carlson School of Management (University of Minnesota)

The program included **5 mental health training sessions + an advocacy project**, if a student chose to do one.

36 students participated in the 2021-22 school year (14 from DWU, nine from USD, and nine from Carlson)

17 students attended all five sessions (five more attended four sessions)

17 students completed advocacy projects (5K, NAMI Night, discussion roundtable, Greek Life event, presentations, art installation)

STUDENT SELF-EVALUATION	PRIOR TO ATTENDING SESSIONS:	AFTER COMPLETING SESSIONS:
How would you rate your overall knowledge of mental health? <i>(1 = no knowledge, 10 = expert)</i>	6.09	8.38
How confident do you feel in your ability to advocate for mental health issues? <i>(1 = no confidence, 10 = extremely confident)</i>	6.91	8.54

Lake Area Technical College & Dakota Wesleyan University's Learn & Earn Program

The program at LATC included **3 mental health training sessions** facilitated in person in a seminar format. The program for DWU's Learn & Earn students was **5 mental health training sessions** facilitated virtually.

30 LATC students participated in the 2021-22 school year

9 DWU Learn & Earn students participated in the 2021-22 school year

STUDENT SELF-EVALUATION	PRIOR TO ATTENDING SESSIONS:	AFTER COMPLETING SESSIONS:
How would you rate your overall knowledge of mental health? <i>(1 = no knowledge, 10 = expert)</i>	7.1	8.66

WHAT DID YOU LIKE ABOUT THE PROGRAM? *(selected responses)*

- Understanding difficult issues (i.e. suicide, depression, etc.) and using that information to help people in close proximity.
- I really enjoyed the ability to talk to people who knew more about this topic than I did.
- I enjoyed all of the statistics and resources that were shared!
- That they talked to us openly and told us not to be afraid to talk to someone we trust.
- I enjoyed the variety of topics that were covered and how it all tied back to mental health. The information provided portrayed how complex mental health and suicide prevention is.
- I liked how open it was and how comfortable it was.
- I liked that I was able to meet new people and expose myself to new opportunities on campus.
- Having you guys get us engaged
- Going into relationships
- Learning more about boundaries and being more self aware
- It felt like a safe space to talk about your experience and connect it to the curriculum and learn to help others and speak on hard issues.
- Learning more about just taking care of yourself
- All the recommendations and the reassurance that we have help
- It talked about topics that are important to everybody.