



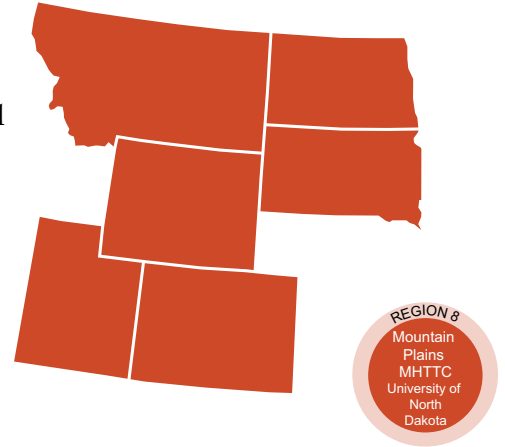
Mountain Plains (HHS Region 8)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

SAMHSA
Substance Abuse and Mental Health
Services Administration

In response to the recent pandemic (COVID-19), the Mountain Plains Mental Health Technology Transfer Center (MHTTC) has developed a list of resources for college faculty and staff to assist in promoting mental health wellbeing during the COVID-19 pandemic. The **Mountain Plains MHTTC^a** serves a six-state region. Funded by the **Substance Abuse and Mental Health Services Administration^b** (SAMHSA), the Center is focused on providing free training, products, and technical assistance to individuals serving persons with mental health disorders.



Mental Health Resources for College and University Faculty and Staff to Support Student Mental Health During COVID-19

Mountain Plains Mental Health Technology Transfer Center Past Trainings and Events^a

The center has a series of archived trainings on helping colleges respond to mental health needs in light of the COVID-19 pandemic. Webinars address supporting college students now and as campuses return to the new normal. A series on telehealth is also available.

Active Minds: Mental Health Amid the COVID-10 Pandemic^c

Active Minds provides resources for students, young adults, remote workers, schools, and communities. **Creating a Culture of Caring^d** is a particularly useful tool for faculty wishing to use practical strategies for supporting student health and well-being.

Hope Center for College, Community and Justice^e

The Hope Center for College, Community, and Justice document provides an overview of resources available for students connecting them to resources for healthcare, food, housing, and financial concerns.

Jed Foundation^f

The Jed Foundation provides a range of COVID-19 resources for higher education professionals. The website offers a webinar targeting faculty and the transition to the online environment with strategies for promoting a classroom environment that supports mental wellbeing. The discussion offers considerations for the larger college campus. The website also provides trainings for supporting students, and broad strategies for communicating during the pandemic.

Substance Abuse and Mental Health Services Administration (SAMHSA)^b

SAMHSA provides a host of **COVID-19 resources^g** that are updated on a regular basis and include both recommendations and considerations for intervention, as well as funding opportunities.

Maintaining Mental Health During Coronavirus^h

Dealing with stress and anxiety during COVID-19 is overwhelming for students, faculty, and staff. This website provides a variety of creative strategies for connecting, helping a friend, and engaging in self-care.

Student Affairs Administrators in Higher Educationⁱ

The [National Association of Student Personnel Administrators^j](#) provides resources for institutions and faculty members for addressing a range of student needs during COVID.

How To Be A Better Online Teacher: Advice Guide^k

This article from *The Chronicle of Higher Education^l* provides advice on how to more effectively teach in an online environment. It includes ten essential principles and practices of better online teaching, common misperceptions about online teaching, and suggestions for finding help among colleagues on your own campus and beyond.

Educause COVID-19 Resource page^m

From [Educauseⁿ](#), this website provides links to webinars and videos to help faculty transition from face-to-face instruction to remote teaching. Also included are links to corporate resources for services and content that are offered to institutions of higher education while they deal with COVID-19.

American Indian Higher Education Consortium: COVID-19 Info and Resources^o

From the [American Indian Higher Education Consortium \(AIHEC\)^p](#) comes a list of information and resources for institutions of higher education dealing with COVID-19. Resources include links to CDC guidelines, federal and regional offices dealing with education, and best practices and tips for online learning. Also included is a link to the current operating status of many tribal colleges throughout the United States.

Health Mind Network^q

This network is dedicated to improving the mental and emotional well-being of young people through innovative, multidisciplinary approaches. Information about ongoing projects and research data are available.

Accommodations and Accessibility During COVID

A number of excellent resources and guidance for accommodations and access are available and may be useful to both faculty and students. The sources cover recommendations for assisting all students including those with disabilities. Please visit the following organizations.

- [Association on Higher Education and Disability^r](#)
- [National Center for College Students with Disabilities^s](#)
- [U.S. Department of Education^t](#)
- [NASPA Student Affairs Administrators in Higher Education^u](#)

Helping Students Meet Basic Needs

As institutions continue to pay attention to social determinants of mental health, faculty and staff can assist students by connecting them with the appropriate offices at your institution. Many colleges have emergency scholarship funds, food pantries and other sources of assistance.

Suicide Prevention and Intervention Resources

A variety of suicide prevention and intervention trainings and resources are available to support faculty in identifying students at risk, and connecting students to resources.

- [Mountain Plains Mental Health Technology Transfer Center Suicide Prevention Series^v](#)
 - [Suicide Prevention Resource Center^w](#)
 - National Suicide Prevention Lifeline: 1-800-273-8255
- 

This publication was prepared for the Mountain Plains Mental Health Technology Transfer Center (TTC) Network under a cooperative agreement from the Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this publication, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this publication for a fee without specific, written authorization from the Mountain Plains Mental Health Technology Transfer Center. For more information on obtaining copies of this publication, call 701-777-6367.

At the time of this publication, Elinore F. McCance-Katz, served as SAMHSA Assistant Secretary. The opinions expressed herein are the views of Dr. Sarah Nielsen, PhD and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this document is intended or should be inferred.

Web Addresses for Provided Resources

- a. mhttcnetwork.org/centers/mountain-plains-mhttc/past-trainings-and-events
- b. www.samhsa.gov/
- c. www.activeminds.org/about-mental-health/be-there/coronavirus/
- d. www.activeminds.org/wp-content/uploads/2020/04/Faculty-Resource_Creating-a-Culture-of-Caring.pdf?sm_guid=MzMyNTg2fDIyMjg1MDU1fC0xfGxhdXJhQGfjdGl2ZW1pbmRzLm9yZ3wyNjM3Mz_M3fHwwfDB8NzAyMTQ2NDV8OTUxfDB8MHx8MzAwNjcy0
- e. hope4college.com/supporting-students-during-covid19/
- f. www.jedfoundation.org/covid-19-resource-guide-for-higher-education-professionals/
- g. www.samhsa.gov/coronavirus
- h. seizetheawkward.org/coronavirus
- i. www.naspa.org/project/covid-19-resources
- j. www.naspa.org/
- k. www.chronicle.com/interactives/advice-online-teaching
- l. www.chronicle.com/
- m. library.educause.edu/topics/information-technology-management-and-leadership/covid-19
- n. www.educause.edu/
- o. www.aihec.org/covid19/COVID19_info_resources.html
- p. www.aihec.org/index.html
- q. healthymindsnetwork.org/research/data-for-researchers/
- r. www.nccsonline.org/coronavirus-covid-19.html
- s. www.ed.gov/coronavirus
- t. www.naspa.org/resources
- u. www.nasfaa.org/covid19
- v. mhttcnetwork.org/centers/mountain-plains-mhttc/event/suicide-prevention-and-intervention-transition-age-youth
- w. www.sprc.org/

Authors and Contributors

Sarah Nielsen, PhD, OTR/L
Technical Trainer
Sarah.k.nielsen@UND.edu

Louise Diers
Administrative Secretary

Connect with Us



mhttcnetwork.org/centers/mountain-plains-mhttc/home



@Mountain-Plains-MHTTC



@MPMHTTC



mhttcnetwork.org/centers/mountain-plains-mhttc/subscribe

