



The Jed Foundation



# Creating a Community of Care

Providing Effective Mental Health Support for All Members

# Meet Your Presenter



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*She/her*

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The Jed Foundation**



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# Purpose

This workshop aims to empower professionals with tools to establish and nurture a supportive community of care that promotes and protects student mental health.

# Agenda

**1** Understanding a Community of Care

**2** Building a Community of Care

**3** Ensuring Lasting Impact

**4** Session Wrap-up

# Shared Agreements

1. Welcome openness and learning.
2. Assume positive intent but also acknowledge that intent sometimes differs from impact.
3. Check in with yourself.
4. Mental health affects us all.
5. What's learned here leaves here.





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# JED's Mission & Vision

**Mission:** JED is a nonprofit that protects emotional health and prevent suicide for our nation's teens and young adults.

**Vision:** At JED, we envision a future where:

- Every high school, district, and college has a comprehensive system that supports student emotional health and reduces the risks of substance misuse and suicide.
- Teens and young adults are equipped with the skills and knowledge to help themselves and each other.
- Communities support awareness, understanding, and action for young adult mental health.
- Mental health is recognized as part of general health and wellness and is not associated with shame, secrecy, or prejudice.

# Mental Health National Trends



**49%**

of higher education students screened positive for symptoms of anxiety or depression.

**80%**

of students indicated that mental or emotional difficulties negatively impacted their academic performance for 1 to 6 or more days in the past 4 weeks.

**14%**

of students had serious thoughts of suicide in the past year (in 2022–23), compared with 10% of students in 2014.

**51%**

of students reported feeling lonely.

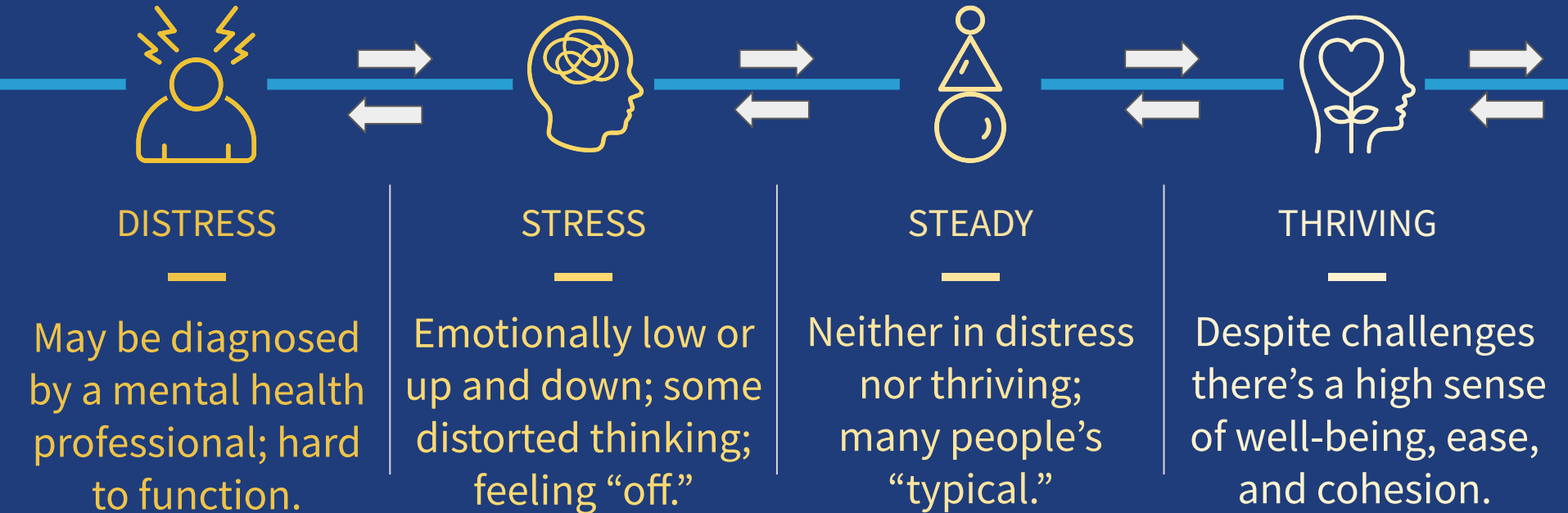
**What do you notice or wonder about the data?**



# Understanding a Community of Care



# Mental Health is a Continuum





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# Shared Language: Mental Health

**Mental Health:** A state of well-being in which every individual realizes their own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community ([World Health Organization, 2020](#))

**Note:** Anyone can experience mental health challenges — regardless of any underlying condition or illness. These challenges can arise during stressful moments in our lives.

# Shared Language: Community and Connection



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**Community:** a group of people who share a particular characteristic in common ([Oxford Languages](#))

**Communities with Barriers to Access:** Groups that encounter obstacles in accessing essential resources, opportunities, or services due to external factors, such as economic or social influences.

**Connection:** contextual relation or association; a set of persons associated together ([Merriam-Webster](#), 2025).





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# Shared Language:

**Basic needs:** food, housing, access to mental health and physical healthcare, sleep, hygiene, financial literacy, school supplies, child care, transportation, access to internet and technology ([The Hope Center for College, Community, and Justice, 2021](#))

Basic needs insecurity:

- Can threaten student persistence and completion
- Adversely affect students' well-being

# Social Determinants of Health



- Economic stability
- Education access and quality
- Health care access and quality
- Neighborhood and built environment
- Social and community context

# A Supportive Community of Care

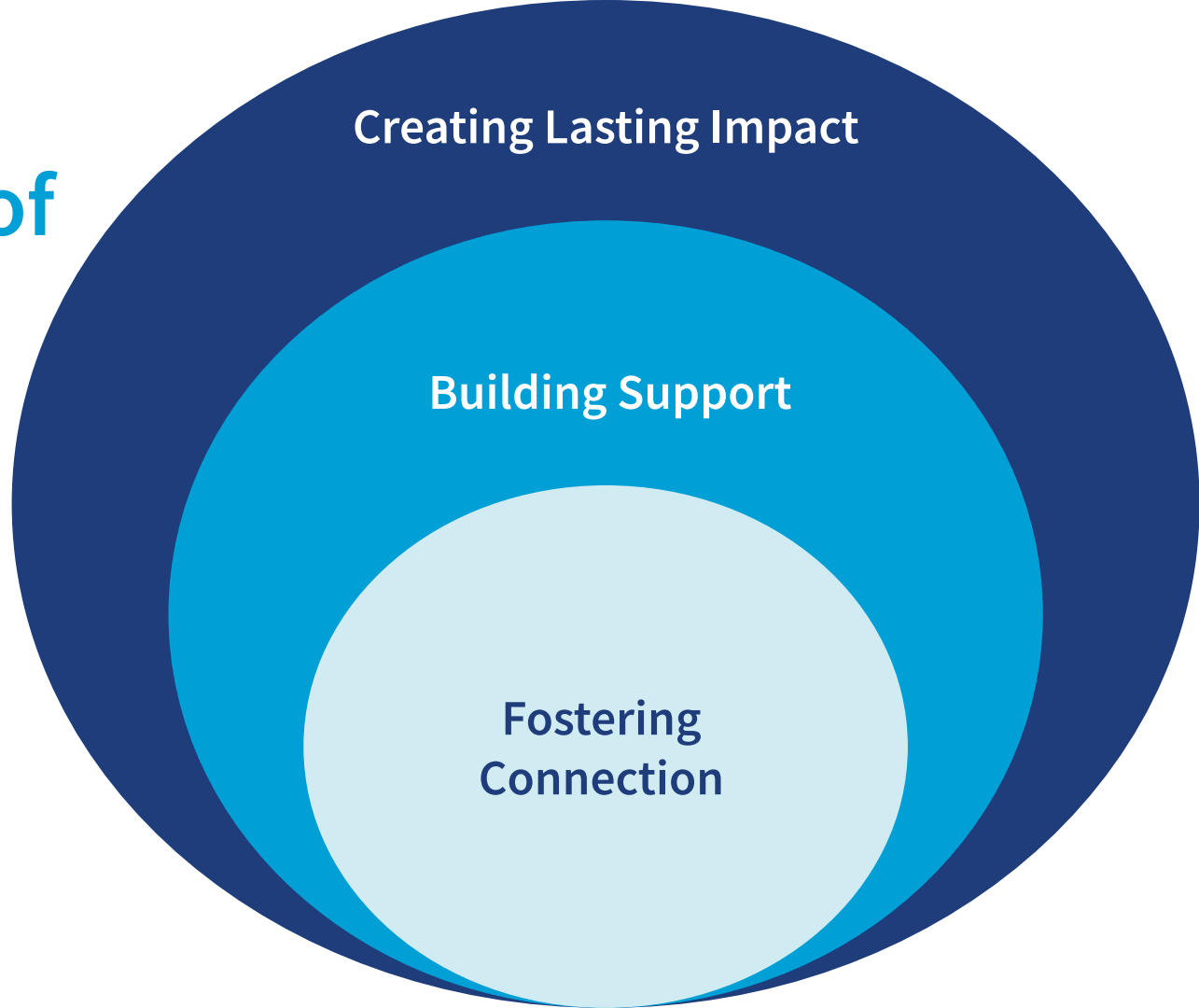
- Supports youth mental health
- Is nurturing
- Fosters a sense of community for each member
- Includes perspectives and encouraging participation from communities that may face barriers to access



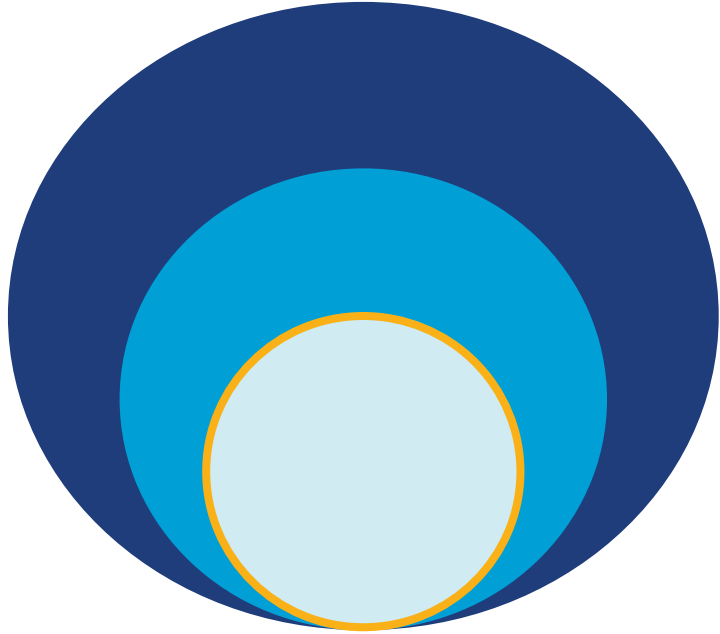


**Building a Community of Care**

# Creating a Community of Care Framework







**Fostering Connection**

# What is a sense of connection?

- A feeling of **security** and support that comes from being valued, welcomed, and recognized as part of a group.
- It allows people to be their **authentic** self.
- Numerous studies indicate **social support** is essential for maintaining physical and psychological health.

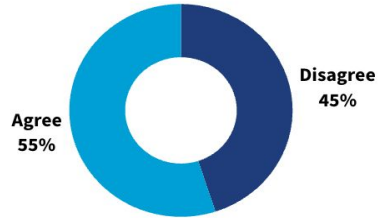


Source: Belonging at Cornell, 2024; Social support and resilience to stress: from neurobiology to clinical practice, 2007

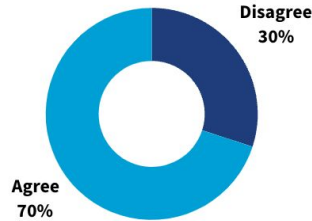
# Kentucky Statewide Data Compared to National Data

## Statewide Data:

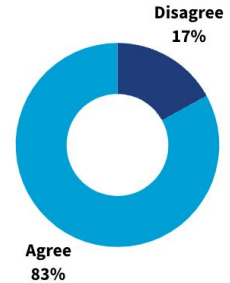
“I feel Isolated from campus life”



“I see myself as part of the campus community”



“I fit in well at my school”

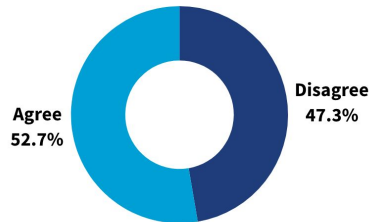


N=6,153

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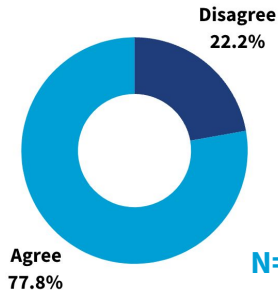
## National Data:

“I feel Isolated from campus life”



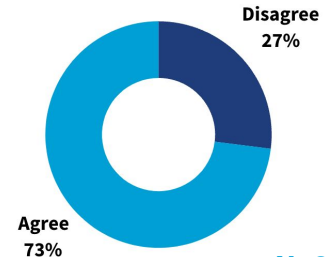
N=32,000

“I see myself as part of the campus community”



N=73,062

“I fit in well at my school”



N=32,000

# Think-Pair-Share

What are some reasons students might feel disconnected from their peers, professors, or the campus community?

# Students that may be at higher risk of isolation and loneliness

Data indicates there are communities who report feeling less connected:

- LGBTQIA+ students
- Students of color
- First-generation students
- Economically-disadvantaged students
- Immigrant students
- Students with religious/spiritual diversity
- Military-connected
- Transfer students
- Students with physical and other disabilities
- Neurodiverse students
- Students with children/families
- Students in recovery from substance issues or physical violence

# Think-Pair-Share

Think about a time when you felt included in a community. What specifically made you feel included?


Let's reflect on how we can create the same feelings for our students?

# Creating a Sense of Community is Important


- Psychological safety
- Balanced representation
- Healing and emotionally supportive climate
- Academic outcomes




# Tips for Fostering Connection




Create and/or implement anti-bullying programs and stigma-free spaces




Allow students to provide guidance and feedback



Encourage and support student-led initiatives

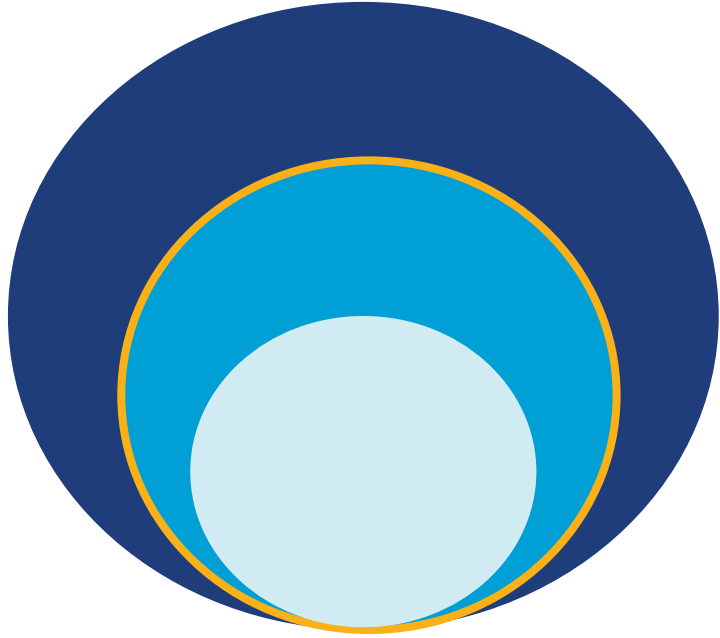


Deepen self-awareness by examining personal experiences and perspectives



Recognize signals in the physical environment





**Building Support**

# Fill in the Blanks...

## Think-Pair-Share

- I feel supported and comforted when...
- I show support and comfort by...
- The aspect of my experiences and perspectives that influences how I feel and show support the most is...

## Turn and Talk

\*Only share if you feel comfortable.



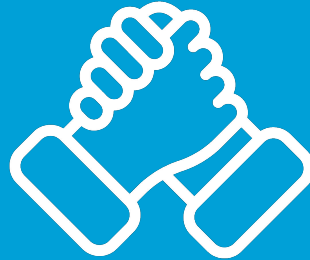
**You don't have to be a mental health expert to provide support to your students.**



# Building Mental Health Supports



Provide accessible resources and information.



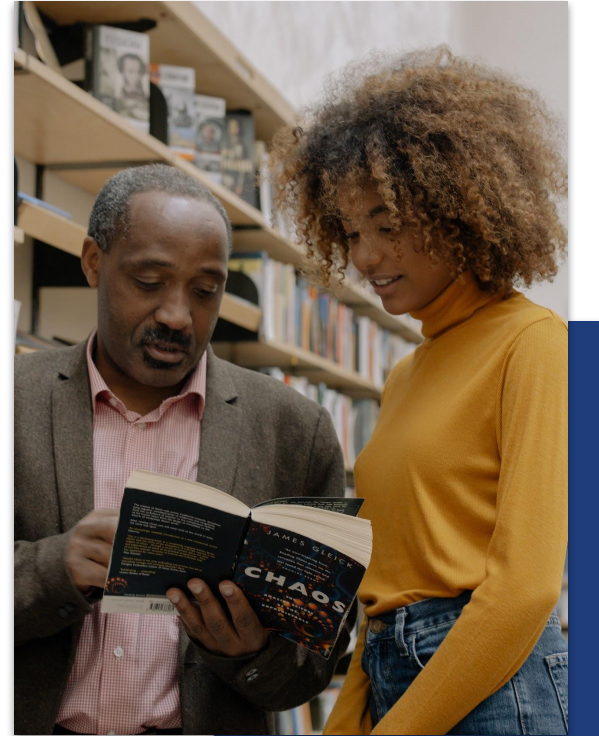
Encourage peer support.



Refer to mental health professionals when necessary.

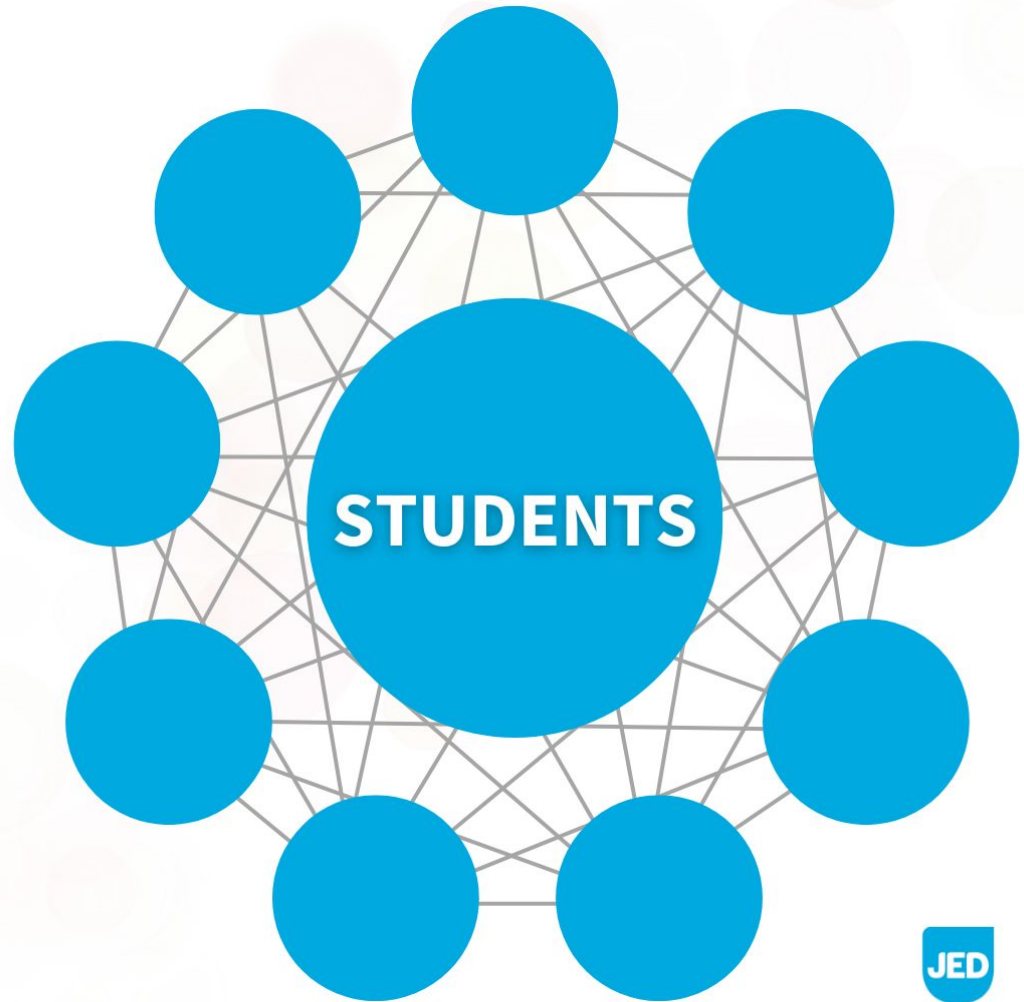
# Strategies for Building Support

- Create affirming and supportive spaces.
- Promote collaboration in decision-making.
- Normalize seeking help and check in regularly.
- Empower students to self-advocate.
- Use relatable language when talking about mental health.

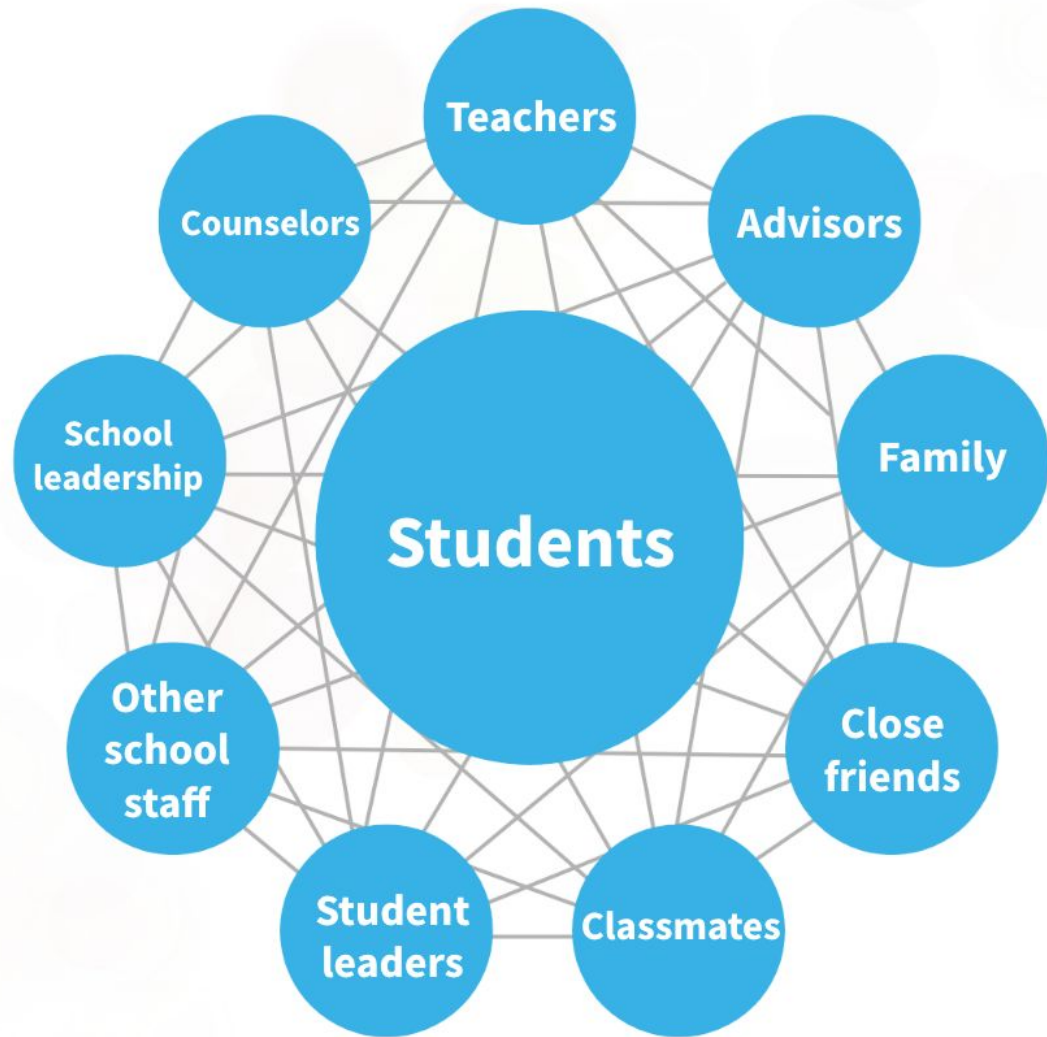


# Reflection

What does the **community of care** look like for your students?



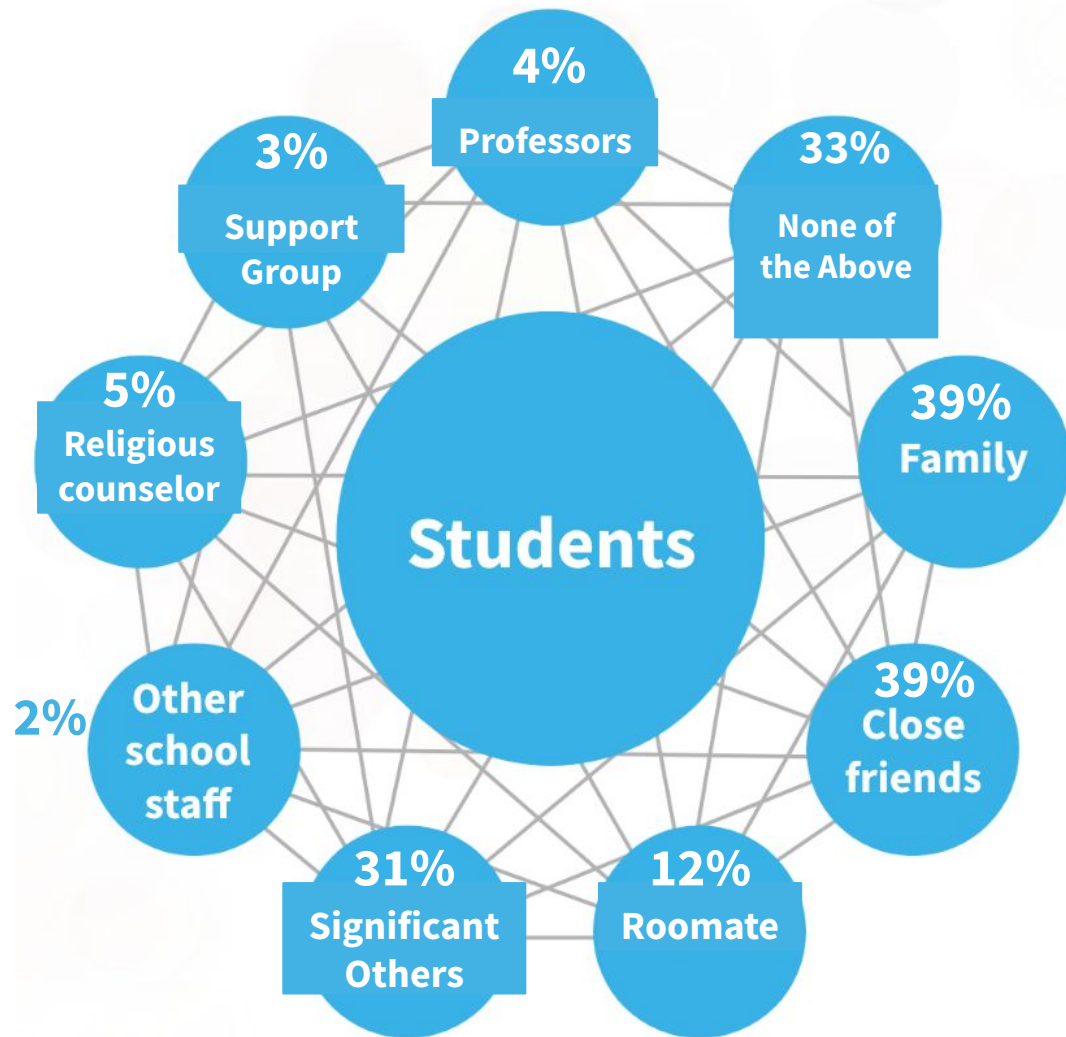
# Example of Students' Community of Care



# Informal Help-Seeking

\*\*They could select all that applied.

N= 104,729 from 196 colleges/universities







**Creating Lasting  
Impact**

# Prioritize mental health as a community value.



- **Establish** a dedicated task force to improve mental health access and support.
- **Encourage** all students to utilize health services by promoting awareness and accessibility.
- **Integrate** mental health into curricula, programming, and events.
- **Revise** policies to be supportive and adaptable, allowing for flexibility in appearance guidelines.
- **Build** teams that reflect the experiences and perspectives of the student body and are equipped to effectively support students.

# Considerations When Creating Supportive Communities of Care

1. Who feels connected to the organization, and who doesn't?
2. How are life skills integrated for students in this community?
3. How are students engaged and included?
4. Who leads and attends programs, and how is marketing done?
5. How is mental health discussed in the community?
6. Are students aware of the people and resources they can turn to for help?
7. What does connectedness mean to the organization and its students?

**Which question stands out to you?**

# Continuous Improvement Strategies for a Lasting Impact

**01**

**Don't leave  
communities to chance.**

Must adapt to changing needs through ongoing planning and preparation for long term impact.

**02**

**Keep the cycle going.**

Students are ever-changing, even when the faculty and staff is not. Treating each interval of time as brand new is crucial.

**03**

**Be deliberate  
with practices.**

Creating a community of care must be an intentional forethought rather than a response.

**Session Wrap-Up**

# Call to Action



Make a plan to start  
(or continue) fostering a  
**supportive community of  
care** in your organization!

What is one key thing you  
plan to do after this training?



# National Resources



Scan for links:  
<http://bit.ly/3PmVHxn>



The screenshot shows the findhelp.org website interface. At the top left is the findhelp logo. To the right are links for Support, Sign Up, and Log In. Below this is a search bar containing the zip code 68701. Underneath the search bar is a language selection dropdown set to English. A horizontal row of icons represents various service categories: Food, Housing, Goods, Transit, Health, Money, Care, and Education. The main content area features a large upward-pointing arrow above the text '1,798 programs' and 'in the norfolk, ne 68701 area'. Below this, it says 'Choose from the categories above and browse local programs'. At the bottom, a note states 'This curated database of resources is provided by findhelp, a Public Benefit Corporation.'

## jedfoundation.org

The banner features a background image of two young women looking at a smartphone together. The image is decorated with colorful, stylized icons of musical notes, stars, and a heart. A large blue speech bubble is overlaid on the left side of the image.

### Mental Health Resource Center

The Jed Foundation's Mental Health Resource Center provides essential information about common emotional health issues and shows teens and young adults how they can support one another, overcome challenges, and make a successful transition to adulthood.

#### I Want to Take Care of My Mental Health

Our emotional well-being can range from feeling good to struggling because of a situation or a condition like depression. These resources can help you navigate life's challenges, practice self-care and coping, and/or find the support of professionals.

#### I Want to Help My Friend

Young adulthood can be a time of significant change and intense challenges. These resources can help you recognize that a friend may be struggling and provide support.

**Get started** →

# findhelp.org



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[I NEED HELP](#)

[I WANT TO HELP](#)

[RESOURCE CENTER](#)

[DONATE](#)



## Request a JED Workshop, Speaker, or Training

JED offers educational programming related to the promotion of emotional well-being and suicide prevention. This programming is available to both professionals and non-professionals connected to colleges, universities, high schools, and community-based organizations that serve teens and young adults. JED has delivered workshops to over 30,000 students, school professionals, parents, and community members.

If you are interested in having a JED staff member deliver either a virtual or an in-person presentation, please fill out the request form below, and we will follow up to provide more information.

### About Our Speaking Engagements

If you are interested in having a JED staff member deliver a keynote, webinar, corporation/company Employee Resource Group (ERG) talk, or be a panel participant, please fill out the request form below. We welcome you to submit requests for topics related to teen and young adult mental health, and we will follow up to gather more information and discuss how we can best work together.

### About Our Workshops



 **GET HELP NOW**



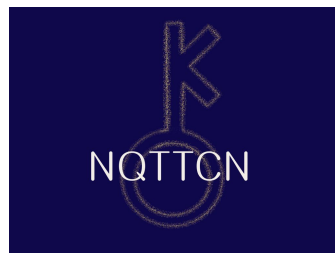
# Seeking Therapy

## Psychology Today

THERAPY *for*  
BLACK GIRLS



asian  
mental health  
collective



Scan for links:  
<http://bit.ly/3PiVg7d>



# Additional Resources

- [JED's Educational Programming](#)
- [JED's High School Programs and Resources](#)
- [JED's Higher Education Programs and Resources](#)
- [JED's Resources for Educators](#)
- [JED's Resources for Students](#)



Q&A

# Connect with @jedfoundation!





# Thank You



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[jedfoundation.org](https://jedfoundation.org)

We encourage you to  
participate in our survey!



<https://bit.ly/JEDCICC>