

Application #SP021

MHI Mental Health Conference and Mental Health Awareness Month

Q1. Applicant Information

| | |
|--|-----------------------------------|
| Name (first and last) | Milly Judd |
| Email address | mmjudd@ucdavis.edu |
| Phone number (xxx) xxx-xxxx | (314)330-7185 |
| Name of Department/ Unit/ Student Organization | UC Davis Mental Health Initiative |
| What is your role or position within the Department/ Unit/ Student Organization? | Co-Director |

Q3. Event/ Program Information

| | |
|--|--|
| Name of the Event/ Program | MHI Mental Health Conference and Mental Health Awareness Month |
| Date(s) of Event/ Program | January 12-13; May 1-30 |
| Location | Conference Center; MU |
| Estimated Attendance (if applicable) | 750 |
| Funding request amount from COSAF (Student Programming Fund) (\$x,xxx) | \$38,000 |
| TOTAL event/ program budget (\$x,xxx) | \$40,000 |

Q4. Please provide a detailed description and purpose of the event/ program.

The UC Davis Mental Health Initiative (MHI) is a committee under ASUCD and is a student-run initiative response for planning and facilitating the annual Mental Health Conference in January and annual Mental Health Awareness Month in May. These are both peer-based programs, which have been proven to reduce stigma, provide support, and improve the overall quality of life for students with mental illness. MHI's goals/impacts on and off the UC Davis campus include, but are not limited to: raising awareness surrounding mental health, providing resources and educating, engaging folks in destigmatization efforts, and prompting folks to organize and mobilize around mental health issues—all while offering the opportunity for self-reflection and healing through mental health discourse. The Mental Health Conference is the largest student-run mental health conference in Northern California and second largest in the state of California. This conference is over the course of two days and offers multiple workshops, panels, and caucuses dealing with different intersections of mental health, along with a healing space for folks to relax and decompress if the topics become too heavy for them. There are also two keynote speakers who have made significant impacts in mental health work, such as in social work, education, politics, etc. The Mental Health Awareness Month offers 15 different themed days with two events per day: an afternoon tabling activity to engage folks and increase interest and awareness of mental health issues; and an evening workshops providing more information and assistance with the topic of that day.

Q24. Please enter estimated attendance numbers of who will benefit from this event/ program.

| | |
|---|-----|
| Students | 750 |
| Staff | 100 |
| Faculty | 100 |
| UCD Community Members | 250 |
| Unknown | 100 |
| Other (please specify and include number) | |

Q6. Has your Department/ Unit/ Student Organization put on this event in the past?

- Yes
 No
 Uncertain

Q7. Please provide the following information on the previous event(s).

| | |
|--|---|
| Event date(s) (Month(s)/ Date(s) / Year) | 1/20/17-1/21/19; 1/19/18-1/20/18; 5/01/18-5/30/18 |
| Location | UC Davis Conference Center; Memorial Union |
| Total attendance | 2,500 |

Q16. Who is the target audience of the event/ program? (e.g. students, program participants, users of a specific service)

Mainly UC Davis undergraduate students, but it is open to anyone else in the communities of UC Davis or the city of Davis.

Q17. What will be learned? (i.e. acquired knowledge, skills or abilities, a new awareness/ sensitivity/ perspective, an adopted practice)

MHI's goals are promoting awareness surrounding mental health, providing resources and educating, engaging folks in destigmatization efforts, and prompting folks to organize and mobilize around mental health issues—all while offering the opportunity for self-reflection and healing through mental health discourse.

Q18. What program, activity, or service will be provided? (e.g. six-week training program, instructional class or activity, structured community program that exposes students to new ideas and experiences)

Mental Health Conference: Mental health workshops by professionals, panels by professionals and students, caucuses by students, QPR training by professionals.
Mental Health Awareness Month: various activities by students, various workshops by professionals.

Q19. How will the learning be shown or what does the learning look like? (e.g. demonstrated knowledge of course material, change in behavior, a practiced skill, a task achieved)

Those that attend the Mental Health Conference or Mental Health Awareness Month will hopefully learn about mental health in general, resources, and ways to advocate for/mobilize around mental health issues (such as those in administrative or political areas). Folks will also be extended an offer to help with MHI in the future (in the past, most become involved in some way).

Q25. How does the event/ program provide services that are of growing interest to students? (if applicable)

Mental health is an immediate concern, particularly for college students for whom suicide rates have tripled within the last 60 years and 64% of dropouts reason their departure due to mental health issues. At UC Davis, undergraduates have reported experiencing symptoms of depression: 43% of undergraduates report feeling so depressed that they cannot function, 12% report seriously contemplating suicide, and 1.5% report having made an attempt within the past 12 months. Also, UC Davis administration promised to hire 12 counselors by 2020, but Student Health and Counseling Services (SHCS) has not hired the promised 12 counselors for which student fees have been raised and who are needed as the undergraduate student population continues to increase. In addition, SHCS is becoming increasingly dependent on off-campus programs and insurance referrals. This is a problem because the number of off-campus therapy and counselling services accepting UC SHIP insurance is decreasing and require folks to pay out-of-pocket, making services inaccessible especially to low-income folks, who are already disproportionately affected by mental health illnesses.

Q26. How does the event/ program foster diversity? (if applicable)

Each workshop at the Mental Health Conference and each day (15 days each with an afternoon tabling activity and evening workshop) of Mental Health Awareness Month deal with different interactions of mental health. For example, the themes for Mental Health Awareness Month 2018 included: reconstructing ideas on personality disorders; addiction day; body positivity; mental health in the face of violence and trauma; Chicana/Latina mental health awareness; toxic masculinity; AAPI/MESA community mental health; basic needs; LGBTQIA+ mental health; disabilities, learning difference, and accessibility; civic engagement; Native American mental health; realities of mental health illnesses in the African Diaspora; and the tunnel of resistance.

Q27. How does the event/ program provide crucial services to students? (if applicable)

The Mental Health Conference, Mental Health Awareness Month, and MHI itself all promote awareness of mental health issues, resources for folks with mental health issues, and ways to get involved in mental health.

ESTIMATED BUDGET

Title of Proposal: MHI Budget 2019-2020

Unit/Event/Program/Student Organization: UC Davis Mental Health Initiative

| Item | ESTIMATED COST | SUB-TOTAL |
|--|----------------|-------------|
| A. Lecture / Entertainment: Honoraria / Performers | | |
| 1. Mental Health Conference keynote speakers, workshop hosts, and performers | \$ \$ 2,500.00 | |
| 2. _____ | \$ _____ | |
| 3. _____ | \$ _____ | |
| 4. _____ | \$ _____ | |
| 5. _____ | \$ _____ | \$2,500.00 |
| B. Publicity: Flyers / Posters / Ads / Mailing / Printing | | |
| 1. Mental Health Conference publicity (flyers, posters, merchandise, apparel, othe | \$ \$ 4,000.00 | |
| 2. Mental Health Awareness Month publicity (flyers, posters, resource bags, apparel, resource bags, otl | \$ \$ 4,000.00 | |
| 3. _____ Mental Health Conference programs | \$ \$ 1,500.00 | |
| 4. _____ Mental Health Awareness Month programs | \$ \$ 1,000.00 | |
| 5. _____ | \$ _____ | \$10,500.00 |
| C. Food: Refreshments, Breakfast, Lunch, Dinner (Include cost per person) | | |
| 1. Mental Health Conference meals (for ~500 people) | \$ \$ 5,000.00 | |
| 2. _____ | \$ _____ | |
| 3. _____ | \$ _____ | |
| 4. _____ | \$ _____ | |
| 5. _____ | \$ _____ | \$5,000.00 |
| D. Decorations / Props | | |
| 1. Mental Health Conference supplies (workshops, caucuses, panels, healing space | \$ \$ 1,500.00 | |
| 2. Mental Health Awareness Month supplies (tabling events, evening workshops) | \$ \$ 4,000.00 | |
| 3. _____ | \$ _____ | |
| 4. _____ | \$ _____ | |
| 5. _____ | \$ _____ | \$5,500.00 |
| E. Facility: Room Rental / Room Setup Fees / Equipment Rental / AV | | |
| 1. Mental Health Conference facilities, cleaning, AV | \$ \$ 4,000.00 | |
| 2. Mental Health Conference photography and videography | \$ \$ 2,000.00 | |
| 3. Mental Health Awareness month reservations | \$ \$ 1,000.00 | |
| 4. Mental Health Awareness month photography and videography | \$ \$ 1,000.00 | |
| 5. _____ | \$ _____ | \$8,000.00 |
| F. Travel: Transportation / Parking / Lodging | | |
| 1. Miscellaneous transportation for events related to mental health | \$ \$ 500.00 | |
| 2. _____ | \$ _____ | |
| 3. _____ | \$ _____ | |
| 4. _____ | \$ _____ | |
| 5. _____ | \$ _____ | \$500.00 |
| G. Other | | |
| 1. Staff Development | \$ \$ 2,000.00 | |
| 2. Director 1, Co-Director 2, Programming Coordinator, Publicity Coordinator, Chief of Staff 1 and 2, Te | \$ \$ 6,000.00 | |
| 3. _____ | \$ _____ | |
| 4. _____ | \$ _____ | |
| 5. _____ | \$ _____ | \$8,000.00 |
| | | \$40,000.00 |
| Other Funding Sources: Income / ASUCD / Dept & Club Contribution | | |
| Ticket Sales | \$ \$ 0.00 | |
| Registration Fees | \$ \$ 0.00 | |
| Program Advertising Sales | \$ \$ 0.00 | |
| Merchandise Sales (T-shirts, etc.) | \$ \$ 0.00 | |
| Club Contribution | \$ \$ 0.00 | |
| ASUCD Contribution | \$ \$ 1,000.00 | |
| Other | \$ \$ 1,000.00 | \$2,000.00 |
| Total Expenses \$40,000.00 Less Total Income \$2,000.00 Amount Requested From COSAF: <u>\$38,000.00</u> * | | |
| * Must match the amount requested on the application. | | |