



# Trellis Foundation Postsecondary Mental Health and Wellbeing Learning Community

2022-24 Member Directory

MEADOWS  
convened by the **MENTAL HEALTH**  
POLICY INSTITUTE

**The Trellis Foundation's Postsecondary Mental Health & Wellbeing Learning Community is a first of its kind collaborative for innovative institutions of higher education looking to reshape how they support student and staff mental health. This learning community is making a lasting impact on postsecondary mental health in Texas, thanks in large part to its groundbreaking three-part structure:**

1. Each cohort member receives grant funding to support a project growing their unique mental health programming and supports.
2. Grantees then receive individualized technical assistance tailored to their needs from national and statewide partners, including The Steve Fund, The Jed Foundation, Active Minds, and the Meadows Mental Health Policy Institute.
3. Finally, grantees participate in a two-year collaborative learning community convened by

the Meadows Institute focused on best practices in postsecondary mental health, including a thoughtful curriculum of workshops and intentional opportunities to connect across institutions.

Throughout the grant period, the Trellis Foundation, the Meadows Institute, and the grantees will disseminate learnings from the field to provide guidance and updates to other postsecondary institutions looking to implement similar strategies and programming in Texas and across the nation.

## LEARNING COMMUNITY MEMBERS

### ALAMO COLLEGES DISTRICT:

**About:** Located in the Greater San Antonio area, the Alamo Colleges District is a network of minority serving community colleges, with 63,999 enrolled students Fall 2021. One is a federally recognized HBCU, and four are Hispanic serving institutions.

**Project Goal:** AlamoTHRIVE aims to develop culturally sensitive and effective support staff, create culturally responsive counseling, and improve help-seeking behaviors and mental health improvement mechanisms for Alamo Colleges District students.

**Project Objectives:** Alamo Colleges District seeks to implement a four-pronged approach.

1. Launch a comprehensive needs analysis for faculty, staff, students, and community partners of all five colleges
2. Develop and implement a comprehensive plan for public awareness, faculty, and staff training.
3. Continually monitor changes in mental health literacy and help-seeking behaviors.
4. Implement data-driven solutions to strengthen the pipeline between students seeking help and resources/interventions available.

Team:		
Leticia Duncan-Brosnan	lduncan-brosnan@alamo.edu	Director, District-Wide Student Advocacy Network Office of the Vice Chancellor for Student Success
Lisa Black	lblack13@alamo.edu	Director of Student Advocacy and Resource Center, Northwest Vista
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Nina Wright	nwright27@alamo.edu	Senior Program Officer, Grants

### AMARILLO COLLEGE/PANHANDLE PARTNERSHIP:

**About:** Located in Amarillo, Amarillo College is a two-year Minority Serving Institution has an annual enrollment of approximately 10,000 credited students. Primarily serving first-generation students in the Panhandle region of Texas.

**Project Goal:** Led by Amarillo College, The Panhandle Partnership program aims to establish a collaborative and comprehensive mental health service delivery system for four rural higher education institutions in the Texas Panhandle: Clarendon College, Frank Phillips Community College, West Texas A&M, and Amarillo College.

**Project Objectives:**

1. Launch mental health counseling services at Clarendon College and Frank Phillips Community College.
2. Create a practicum pipeline of graduate and undergraduate-level interns under supervision from West Texas A&M University to provide mental health counseling to students at participating institutions.
3. Increase mental health service utilization (in-person and teletherapy) at all four participating institutions.
4. Train and equip faculty with appropriate knowledge on the mental health challenges experienced by students of color and other marginalized student populations.

<b>Team:</b>		
Alexa Zwinck	allexa.zwinck@actx.edu	Project Director, Amarillo College
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## ANGELO STATE UNIVERSITY:

**About:** Based in San Angelo, ASU is a 4-year public university and certified Hispanic Serving Institution with a student population of 10,826, focused on serving rural and underrepresented students in the West Texas region.

**Project Goal:** To promote the use of mental health resources and wellness strategies by removing the stigma against seeking help, debunking myths around mental health, and highlighting the humanity and bravery of those seeking out resources in times of need.

**Project Objectives:** Conduct events throughout the school year aimed at reducing the stigma around mental health advocacy including Girls and Boys Nights Out and the Stress-Less Fair hosted by ASU Counseling Services, in addition to partnering existing advisors with student organizations to moderate Mental Health Awareness panels.

<b>Team:</b>		
Drew Curtis	drew.curtis@angelo.edu	Associate Professor, Director, Counseling Psychology Programs
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Leslie Kelley	Leslie.Kelley@angelo.edu	Assistant Professor, Psychology
Mark Rehm	Mark.rehm@angelo.edu	Director of Counseling Services

## AUSTIN COMMUNITY COLLEGE:

**About:** Located in Austin, this Hispanic Serving Institution has a network of 11 campuses serving more than 86,000 learners in the central Texas region each year.

**Project Goal:** The Holistic Health Ecosystem for Marginalized Students (HHEMS) project aims to address the underutilization of existing mental health services, particularly among BIPOC and male students, by addressing the need for healthcare services for uninsured/underinsured students and the difficulties faced by students seeking medical evaluations for appropriate medications and treatments.

**Project Details:** By partnering with existing community resources, ACC seeks to promote existing services, provide holistic healthcare resources, and connect underserved students to appropriate community resources needed to complete their degree by:

### 1. Improving Access

- Providing training for current ACC clinical counselors to complete smooth transitions to community partners.
- Developing new presentations and outreach material, including a campaign focused on BIPOC men.

## 2. Tailored Intake

- Creating a student information intake format that will be used to tailor student care and match them with appropriate community partners.

## 3. Counseling

- Coordinating care between partners and the college, with more student health check-ins over effective services and progress updates.

## 4. Referral

- Assigning students a point-of-contact at a partner organization who will direct the student according to their needs.

Team:		
Julie C. Reck	jcuellar@austincc.edu	Dean, Counseling, Austin Community College
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## PAUL QUINN COLLEGE:

**About:** Paul Quinn College, (Dallas, TX), is the only HBCU and federally approved, urban Work College in the country, founded in 1872. Paul Quinn has a diverse student enrollment of over 900 students and prides itself on serving Pell Grant recipients to reach its ultimate goal of eradicating generational poverty.

**Project Goal:** To improve student outcomes by normalizing the seeking and use of mental health and wellness services, especially those who have experienced trauma/victimization by others.

**Project Details:** Implement whole student care by providing an initial mental health assessment of all on-campus students. Subsequent results will be used to direct students to appropriate services, including the on-campus Mental Health & Wellness clinic which is staffed by two licensed counselors and a partnership with UT-Southwestern, which provides psychiatry services. The College also identifies institutional, small group and individual programming needs centered in mental health and wellness, and addresses the basic needs of students, housing, meals and transportation.

Team:		
Kizuwanda Grant	kgrant@pqc.edu	Chief Administrative Officer
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## SAM HOUSTON STATE UNIVERSITY:

**About:** Located in Huntsville, SHSU is a certified Hispanic serving institute serving approximately 22,000 students across eight colleges in the Southeast Texas region.

**Project Goal:** Using the early arrivals of freshmen due to mandatory on-campus housing, traditional first-year students will be trained in and have access to mental health services/wellness/self-care supports offered by the university.

**Project Details:** In order to ensure all students are prepared for success at SHSU, beginning in Fall 2023 every one of the 3700 incoming first-year students will be required to arrive a full week early to participate in a set of peer-lead programming designed to accomplish three goals:

1. Provide comprehensive, thorough academic preparation
  - Through active, engaged content intended to provide academic skills needed for the first year and beyond. This will be coordinated with sections of first-year experience courses, led by a faculty or staff instructor and trained peer mentors.
2. Build a sense of belonging and community
  - Through a broad introduction to student activities, including leadership, social, and employment opportunities.
3. Ensure each first-year student has a secure sense of mental health and well-being
  - Through increasing the awareness of and destigmatizing all services available to mitigate mental health, food, and financial insecurity establishing a framework for all students to better understand DEI issues, struggles, and challenges.

<b>Team:</b>		
Andrew Miller	adm007@shsu.edu	Interim Vice President of Student Affairs; Executive Director, Counseling and Health Services
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Chelsea Ratcliff	Chelsea.ratcliff@shsu.edu	Assistant Professor, Psychology
Angie Taylor	agb003@shsu.edu	Executive Director of Recruitment and Admissions

## **SAN JACINTO COMMUNITY COLLEGE DISTRICT:**

**About:** Serving the residents of Houston and eastern Harris County, this Hispanic-Serving Institution caters to over 31,000+ students across five campuses.

**Project Goal:** To eliminate barriers and increase mental health services and supports for students, in addition to promoting broader mental health awareness. This will be done by evaluating existing services and using that information to reorient outreach and engagement strategies, reassess community partnerships to best serve students, and address obstacles to receiving care, particularly for underrepresented students.

### **Project Details:**

1. Conduct college-wide needs assessment of support services and a student survey to determine the basic and mental health needs of student body.
2. Use results of the assessments to create a targeted awareness campaign.
3. Expand current mental healthcare capacity, both in-person and online.
4. Build culturally sensitive mental healthcare resources and peer-led supports to reduce stigma around students seeking counseling.

<b>Team:</b>		
Tanisha Antoine	tanisha.antoine@sjcd.edu	Dean, Student Support Services
Robert Murray	Robert.MurrayLCSW@sjcd.edu	Director of Mental Health Counseling

## UNIVERSITY OF HOUSTON - DOWNTOWN:

**About:** The University of Houston-Downtown (UHD) is a comprehensive four-year university, located in the heart of Houston. The University reflects the diversity of the Greater Houston Area. A federally designated Minority Serving Institution, the campus hosts more than 15,000 degree seeking students.

**Project Goal:** To expand access to on-campus services and leverage community partnerships to improve the mental health of students by reducing barriers to enrollment.

**Project Details:** UHD has partnered with community providers to create wraparound services for students to access. These include:

1. A partnership with the Houston Food Bank to hire a student navigator for students facing food insecurity.
2. In-kind support from Texas Workforce Solutions to provide students with access to childcare support, financial support, and employment placement as needed.
3. A partnership with Aid to Victims of Domestic Abuse (AVDA) for legal advocacy, legal aid, and domestic violence prevention presentations.
4. An emergency fund pool for students facing severe financial distress.
5. A collaboration with the University of St. Thomas to provide interns for mental health care provision, in addition to training the UHD community to identify signs of mental health distress.

Team:		
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## UNIVERSITY OF TEXAS - RIO GRANDE VALLEY:

**About:** Established in 2015, the University of Texas Rio Grande Valley (UTRGV) is a comprehensive academic institute of higher learning and a medical school that lies along the southern border of Texas, just north of Mexico along the Rio Grande River. It is one of the largest Hispanic-serving institutes in the nation. As of the Fall 2021 semester, UTRGV's total enrollment was 31,939 students.

**Project Goal:** The UTRGV Front Line Mental Health Support Project is built on the premise that a diverse group of trained individuals who have close contact with at-risk students, especially those from historically vulnerable or marginalized identities, can form the most effective "front line" in connecting those students to needed supports and resources they may otherwise not access.

**Project Details:** The Front Line project has three main components:

1. Recruit and train peer advocates and peer counselors.
2. Implement a culturally sensitive training model for faculty and staff.
3. Further develop a case management and integration strategy.

The UTRGV Counseling Center partnered with the local mental health authority, Tropical Texas Behavioral Health (TTBH), to assist in providing UTRGV students with comprehensive mental health services regardless of insurance, DACA status, or financial limitations.

Team:		
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**VICTORIA COLLEGE:**

**About:** Victoria College is a public, two-year, open-admission, Hispanic-Serving community college located in Victoria, Texas. Victoria College has an average enrollment of approximately 5,000 credit students per year along the Texas Coast.

**Project Goal:** To create a comprehensive mental health counseling program for Victoria College's historically underserved student population to support students' successful term completion, persistence, graduation, and transfer.

**Project Details:** Victoria College does not currently have a full-time, structured counseling program; a developed bank of community partners; the ability to give students different counseling or counselor options; or the ability to culturally differentiate services. The "Counseling Center without Walls" program aims to address these challenges by providing a comprehensive mental health program tailored to the unique needs and challenges faced by a historically underserved student population. Key interventions include:

1. Inclusive and comforting promotional materials that welcomes students to utilize Victoria College services.
2. A full-time mental health counselor available on campus.
3. A partnership with UH-Victoria, who will provide graduate students with opportunities to intern at Victoria College for supplemental coverage when the primary counselor is at capacity.
4. Access to third-party (virtual/telehealth) counseling opportunities with community partners for students who require specialized care or non-traditional school schedules.

Team:		
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Funder and Learning Community Convener: Learning Community Facilitator and Lead Technical Assistance Provider:

National Experts and Learning Community Technical Assistance Providers:

