

Plan Your Own Mental Health Task Force

Follow this guide to grow from the ground up!

<p>5. The Leaves: What are some end-goal objectives/initiatives you would like to see on your campus?</p>	<p>The Weather</p>
<p>4. The Branches: Which direction are you going? What do you want to assess? What do you want to communicate?</p>	
<p>3. The Trunk: What does your core base look like? What departments are represented? Who is in charge?</p>	
<p>2. The Roots: What's your mission or charge? How will this mission be supported? From where does your mission sprout?</p>	
<p>1. The Landscape: Where will there be room for this group to grow? What are the needs and assets of the campus?</p>	

Helpful Resources

Centre for Innovation in Campus Mental Health (2018). *Evaluation Toolkit*. Retrieved from: <https://campusmentalhealth.ca/wp-content/uploads/2018/04/CICMH-Evaluation-Toolkit-Apr-23.pdf>

Douce, L.A. & Keeling, R.P. (2014). *A Strategic Primer on College Student Mental Health*. American Council on Education. Retrieved from: <http://www.apa.org/pubs/newsletters/access/2014/10-14/college-mental-health.pdf>

Horne, L., Kent, D., et al. (2017). *Moving Towards a Wellness Paradigm*. Healthy Minds Network. Retrieved from: <http://healthymindsnetwork.org/research/whitepapers-briefs>

The Jed Foundation and Education Development Center, Inc. (2011). *A Guide to Campus Mental Health Action Planning*. Retrieved from: <https://www.jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf>