EVERFI

Configuring Mental Well-being for Students

Mental Well Being Configuration Guide

Welcome to the Course Configuration Guide. The purpose of this resource is to provide useful information for administrators to understand what all the options are to customize their EVERFI courses. Whether every single page is used or just one, it is important that learners are receiving the most up-to-date and relevant information they need.

Each EVERFI course has standard configuration options while newer, updated courses have additional fully-configurable pages throughout the content. These options allow you to tailor the learning experience to your unique organization. Not only will this impact the aesthetic, but it will also help the content resonate more with participants and build trust knowing their organization put thought and intention into the training.

We recommend reading through and printing out the full guide to understand the course learning objectives and to plan what content you want to use at your organization. There are suggestions from our subject-matter experts throughout the guide and areas to make notes and collaborate with other colleagues or departments who may have content to contribute.

What you can find in this guide:
1. Configurations Layouts
2. Course Overview
3. Course Map
4. Configuration Options per Module

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Configurations Layout: Video Page

Important to note: All elements per page (Title, Body Text, and Video) must be included in order for the page to populate in the course. If an element is not included, then the entire page will be removed.

1. Title

The title appears at the top of the configurable page just below the navigation bar.

We recommend having no more than 6 words that summarize the content below.

2. Body Text

This open text field is positioned under the Title and spans the full length of the page.

There are specific content suggestions in the following pages for this specific course and where it occurs in the experience.

3. Image

Images appear in the top right corner of the page.

Using your organization's imagery here goes a long way. Forgo the stock photos if you can and upload familiar faces and places your learners will recognize.

4. Video

Videos appear on the right side of the page (below the image if one is uploaded).

Requirements:
- YouTube URL input
- Use the highest quality possible (HD)
- Quality adjusts per connection speed
- Enable Closed Captioning

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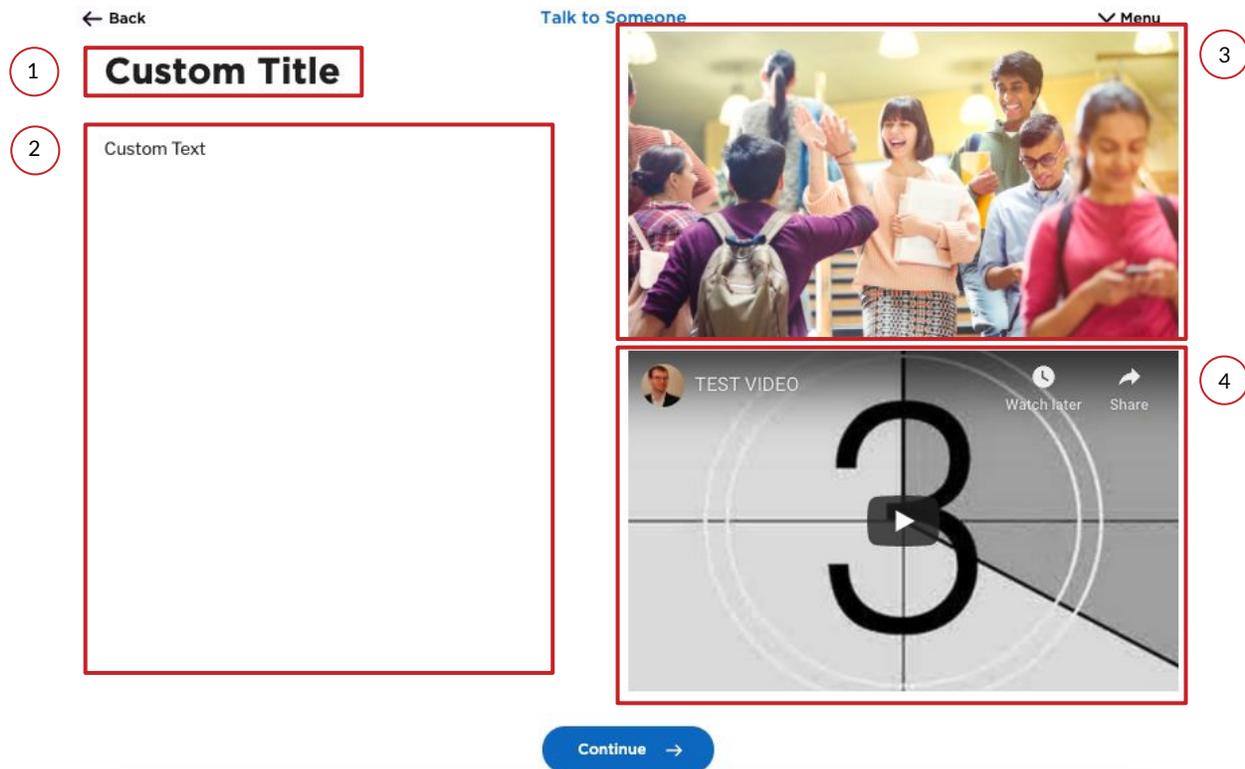
Mental Well Being for Students

Course Overview

In order to create campus communities that foster well-being, colleges and universities must provide students with tools to support social-emotional learning, skills that bolster their ability to thrive, and strategies for supporting others.

Mental Well-being for Students equips undergraduates with essential skills and information to navigate the stressors and emotional challenges associated with college life. The course helps learners practice self-care, recognize when they or their peers are in distress, and take action to find additional support.

In this learning experience, the main course is considered Part 1 and includes a pre-course survey, pre-course knowledge assessment, the learning modules, and a post-course knowledge assessment. There is an additional post-course, follow-up survey (which mirrors the pre-course survey) that is assigned as a separate learning activity and considered Part 2.

EVERFI recommends assigning Part 2 of the course 30-45 days after the learner completes Part 1. This 30-45 day intersession period allows learners to process the information from the course, start putting their new knowledge and skills into practice, and become more acclimated to their environment. This enables the Part 2 follow-up survey to assess changes in learner attitudes and behaviors, as well as the impact of the school or organization environment.

Learning Outcomes
- Reduce the stigma surrounding mental health and promote conversations about well-being
- Introduce strategies for approaching challenges, including self-management, self-advocacy, and building a support system
- Empower learners to support peers in crisis situations
- Connect learners with campus-based support and local resources

Course Details
- **Audience:** First Year Students, Continuing Undergraduate Students
- **Course Length**: 45 minutes
- **Mobile-Friendly:** Compatible with desktops, tablets, and mobile devices

Course Map

Module 1: What is Mental Well-Being?
- Pre-Course Survey
- Content Warning
- Mental Well-being for Students
- Custom Welcome Letter/Video*
- Custom Welcome Video*
- About the course
- Pre-Course Quiz
- Introduction to the Course
- Introduction to Course (video)
- What is Mental Well-being?
- What is your Baseline?
- Facing Challenges
- Challenges in College
- Standard Custom Page*
- Summary

Module 2: Self Management
- What does Emotional Well-being Look Like?
- Opportunities & Challenges in College
- Students' Perspectives
- Self Management
- Self-Management - Enhanced
  - Self- talk
  - T.H.I.N.K
  - Challenge Negative Thinking
  - Do Something
  - Grounding Techniques
- Standard Custom Page*
- Summary

Module 3: Recognizing Challenges
- Facing Challenges
- The Mind-Body Connection
  - Stress
  - Anxiety
  - Depression
- What can Challenge my Well-Being?
- Identifying When to Seek Help
- Xaviers Story
- Mia's Story
- Standard Custom Page*
- Standard Custom Page*
- Summary

Module 4: Seeking & Offering Help
- Seeking and Offering Help
- Taking Action
- Stigma
- Pause & Reflect
- Stigma as a Barrier to Seeking Help
- Other Barriers to Seeking Help
- Getting Help for Yourself
- Conversation Starters
- Supporting a Friend
- Standard Custom Page*
- Putting Skills into Action
- Is this a Suicide Risk?
- Pause and Reflect
- What to Do is a Friend is Suicidal
- Where to Turn
- Custom Closing Letter Page*
- Quiz
- Get Involved
- Summary

*indicates a configurable page

Module 1:
What is Mental Well-Being?

Learning Objectives:

- Define mental well-being
- Develop awareness of how college life can pose unique challenges to well-being
- Identify key strengths that can support well-being
- Agree that mental health and well-being are important to prioritize

Configuration Name(s)	Page Layout	Suggested Content
Welcome Letter Page ● Title ● Text ● Image ● Video	Standard Page with Video Option	● A written welcome message to declare the goals and takeaways of the experience, community expectations, any course deadlines, expectations to complete the course, any mandates if not done on time ● Welcome letter signed by a President, VPSA, Dean of Students, or another campus leader that speaks to the importance of prioritizing mental health during this time, and why this course is being provided. ● Direct learners to existing resources relevant to the course topic ● Use imagery from your institution that learners will recognize: headshot of who wrote the letter, images of students, buildings/common areas of campus ● Stay away from using stock images

Welcome Video Page
● Title
● Video
	Video Page	● A welcome message in video format for learners that can be used instead of or in addition to the written letter
		● Use footage from your institution that learners will recognize
		● Requirements
		   ○ Needs to be a Youtube Video
		   ○ Enable Closed Captioning

Configuration Name(s)	Page in Course	Suggested Content

Module 1 Custom Page
● Title
● Text
● Image
 	
Custom Page Video 1
	Standard Page	● Communicate your institution's stance and resources on the topics covered in this section:
		  ○ Define mental well-being
		  ○ Develop awareness of how college life can pose unique challenges to well-being
		  ○ Identify key strengths that can support well-being
		  ○ Agree that mental health and well-being are important to prioritize

Module 2: Self-Management

Learning Objectives:
- Understand principles of mental well-being
- Learn basic and enhanced strategies for self-care
- Identify and practice techniques for bolstering or supporting mental health

Configuration Name(s)	Page Layout	Suggested Content

Module 2 Custom Page
● Title
● Text
● Image
● Video
	Standard Page with Video Option	● Communicate your institution's stance and resources on the topics covered in this section:
		  ○ Understand principles of mental well-being
		  ○ Learn basic and enhanced strategies for self-care
		  ○ Identify and practice techniques for bolstering or supporting mental health
		● Include a transition of care guide, handout of campus activities (yoga, meditation, etc.), and additional coping strategies
		● Share specific recommendations and tactics students can implement right away
		  ○ Develop and maintain a routine
		  ○ Seek out positive news
		  ○ Maintain social connections
		  ○ Prioritize digital wellness
		  ○ Strategies for managing social media
		    ■ Use a timer to limit screen time
		    ■ Be honest with yourself about usage
		    ■ Be a kind online citizen

Module 3: Recognizing Challenges

Learning Objectives:

- Recognize signs of mental health challenges
- Explore concrete strategies for managing more common challenges like loneliness, identity negotiations, stigma, unhealthy social media behavior, and many others
- Identify when outside help may be needed when facing mental health challenges
- Learn how to seek help when facing a mental health challenge

Configuration Name(s)	Page Layout	Suggested Content
Module 3 Custom Page ● Title 1 ● Text 1 ● Image 1 ● Video 1	Standard Page with Video Option	● Communicate your institution's stance and resources on the topics covered in this section: ○ Recognize signs of mental health challenges ○ Explore concrete strategies for managing more common challenges like loneliness, identity negotiations, stigma, unhealthy social media behavior, and many others ○ Identify when outside help may be needed when facing mental health challenges ○ Learn how to seek help when facing a mental health challenge
Module 3 Custom Page ● Title 2 ● Text 2 ● Image 2 ● Video 2	Standard Page with Video Option	● Share specific recommendations and tactics students can implement right away ○ Prioritize physical, intellectual, financial, and social wellness ● Handout of resources, advocacy groups (first generation students, LGBTQA), quick video of counseling center

Module 4:
Seeking & Offering Help

Learning Objectives:
- Understand mental health stigmas and other barriers to seeking help
- Learn steps and strategies to request help for friends in distress
- Identify who to turn to for help during a mental health crisis

Configuration Name(s)	Page Layout	Suggested Content
Module 4 Custom Page • Title 1 • Text 1 • Image 1 • Video 1	Standard Page with Video Option	• Share resources for overall wellness ○ Active Minds website has a ton of resources for supporting your mental health from free apps focused on stress, to articles, blogs, and self-care. ○ School counseling information ○ Confidentiality policy ○ Video message from peer educators • Share crisis services resources ○ If you feel that you'd benefit from talking to someone immediately, the following services are here to help. ○ Crisis Text Line: Text SHARE to 741741 ○ National Suicide Prevention Lifeline: 1-800-273-TALK ○ SAMHSA National Helpline: 1-800-662-HELP ○ NAMI HelpLine: 1-800-950-6264 ○ INSERT LOCAL CRISIS RESOURCES HERE [IF APPLICABLE]
Module 4 Custom Page • Title 2 • Text 2 • Image 2 • Video 2	Standard Page with Video Option	• A closing message for learners • Have the letter come from the President, other leadership, or the person who wrote the Welcome Letter • Reiterate the goals and takeaways of the experience, community expectations • Use imagery from your institution that learners will recognize: headshot of who wrote the letter, images of students, buildings/common areas of campus • Stay away from using stock images