



# Detoxify Academia

## Evidence-based approaches to improve Mental Health at your institution

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### Identify the Problem

**Awareness** - there are many misconceptions about psychiatric disease, what causes it, who is at risk, and how it manifests.

Increasingly we are understanding how big a problem this is in academia.

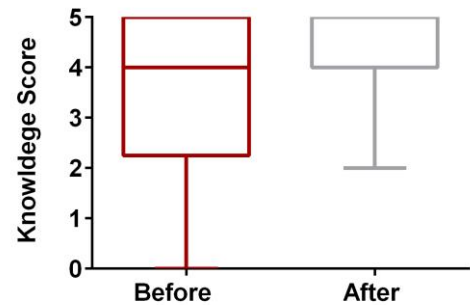
### Create a Solution

**Informational talk** – “A Scientist’s Primer on Depression” with facilitated discussion

- 25 minute talk
- 35 minutes small group and large group discussions
- Special seminar or at departmental retreat

### Collect Evidence of Impact

Depression Awareness Talk (n=137)



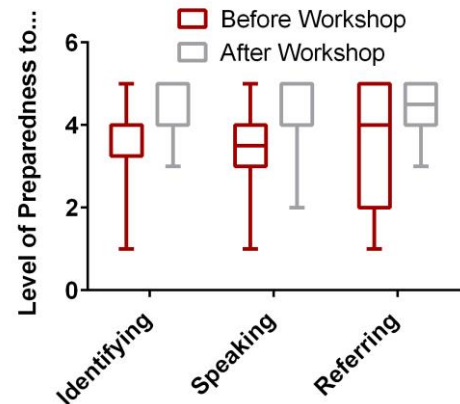
**Preparedness** - students wanted to be able to have frank conversations with their PIs and mentors but weren’t empowered to initiate them.

Faculty care about their trainees but worry that they may say the wrong thing and exacerbate the situation.

**Workshop** – “Tools for Supporting Student Mental Health”

- 90 minute workshop
- Orientation, Active Listening Training, & Resource Refresher
- Handouts and Quick Guides
- Tailored to specific community’s needs

Workshop (n=20)



**Stigma** – many students express fear that if they experience mental health struggles, they will never be successful in academia and it means that “they don’t have what it takes” to succeed. They also worry that their mentors and colleagues will look down on them.

**Faculty Interviews** – “Breaking the Stigma” video of volunteer faculty willing to discuss their own struggles, how they got through them and what advice they have for students.

- 5-20 minute edited videos
- 35-45 minutes for small and large group discussions
- Special screening or show at departmental retreats

Faculty Interviews (n=58)

