

# **Active Minds at Northeastern Advocacy Inventory**

Active Minds Executive Board  
2022

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# [Active Minds Website]

[bit.ly/activemindsatnortheastern](https://bit.ly/activemindsatnortheastern)

Our website contains relevant club information, a [comprehensive resource list](#), and is constantly being updated with an inventory of our advocacy work as our campaigns progress.

## [Overview]

☰ **Advocacy Work Inventory**

☰ **Advocacy Overview: Fall 2021**

## [Faculty & Staff Training]

[Faculty and Staff Mental Health Guide](#)

Created by UHCS and OPEN with significant input from Active Minds at Northeastern.

[Faculty and Staff Mental Health Training Survey](#)

 **AM Mental Health Resources for Syllabus Two-Pager.pdf**

 **AM Mental Health Resources for Syllabus One-Pager.pdf**

Meeting with Deb Franko, UHCS - January 25, 2022

Meeting with Deb Franko, UHCS - November 18, 2021

## [Campus Climate Survey]

Active Minds launched a [campus climate survey](#) on March 21st to gauge student attitudes and well-being surrounding mental health. The survey will remain open until April 15th and a full data report is expected mid-May. Questions pertain to student satisfaction and experience with resources on campus, as well as attitudes towards mental health within their college.

## [College Dean Meetings]

In early February, Active Minds sent out a meeting request for the Deans of each of Northeastern's colleges to discuss mental health initiatives at the college level. As of April 5,

there has been no response from D'Amore McKim or the School of Law. Individual meeting notes have been condensed into a meeting summary document, available below.

[Meeting Summaries - College Deans](#)

#### **Mental Health First Aid Proposal**

Proposed to Bouve College Taskforce in early March to positive reception. This proposal was also presented to the College of Science.

## [Wellness Days]

Next Meeting: Thursday, April 7, 2022

#### **3/3/2022 Meeting with Madeline Estabrook**

Meeting for updates from both parties (students and admin) about the timeline of the Wellness Days initiative. Provost's Office has consulted with ITS to discuss database creation

[Wellness Days Survey](#)

[Wellness Days Proposal.pdf](#)

Created alongside Boston Intercollegiate Government (BIG) and Northeastern's Student Government Association, this proposal was created in Fall 2021 and proposed to Senior Vice Chancellor Madeleine Estabrook in January 2022.

#### **Wellness Day Request Form - Northeastern (1).pdf**

Template for Wellness Days Request Form to be used by students to submit a request for a wellness day.

[Meeting Notes- Sr. Vice-Chancellor Estabrook, Vice-Chancellor Wong, SGA, BIG: January 25, 2022](#)

#### **AM Response to Northeastern's Care Days: March 2021**

## [Break the Silence]

[instagram.com/nubreakthesilence](#)

[Break the Silence guidelines](#)

## [UHCS]

Next meeting: April 12, 2022

[MEETING NOTES- UHCS, OPEN, and Wellness: March 8, 2022](#)

[MEETING NOTES- UHCS, Open, and Wellness: February 8, 2022](#)

[MEETING NOTES- UHCS, Open, and Wellness: January 11, 2022](#)

### **IACS Accreditation**

Proposal for the adoption of International Association of Counseling Standards (IACS) was presented to UHCS.

### **Active Minds Public Statement: December 2021**

Public statement to be shared via social media following the death of a classmate in Snell Library. This statement restated demands to improve mental health resources at Northeastern. Gained widespread attention from students and parents – were invited to schedule a meeting with UHCS administration shortly thereafter.

### **SurveyResults.pdf**

Results of a survey conducted by service-learning students in Spring 2020.

### **Letter to President Aoun: UHCS in 2019**

Letter to President Aoun calls for improvements to UHCS, comparing statistics from Northeastern to different colleges, and generally updating mental health practices at Northeastern. Includes study from NAMI about percentages of students leaving college because of mental illness and whether or not they were able to access resources.

## **[NUPD]**

[NUPD Meeting 4.5.2022](#)

[MEETING NOTES - Northeastern University Police Department: February 3, 2022](#)

### **NUPD Wellness Check Reform Initiative**

Open letter to Lt. Adam Keeling of NUPD regarding Wellness Checks, sent in 2020. No response was received until February of 2022

### **Fall 2021 - NUPD Mental Health Data for Active Minds.pdf**

Active Minds received data from NUPD pertaining to their Fall 2021 Wellness Checks

## **[Office of Diversity, Equity, & Inclusion]**

[Meeting with Office of Diversity, Equity, & Inclusion - February 24](#)

# [DRC Campaign]

☰ Meeting with Chrissy Civileto - DRC

# [Husky Card Campaign]

☰ Letter to President Aoun: Husky ID Campaign

January 2021, letter to Aoun demanding that Northeastern include emergency mental health resource numbers on the back of all Husky Cards. This campaign was successful and all new Husky Cards include these emergency resources

☰ Email Draft to Clubs/Orgs for Husky ID Campaign: October 2019

[Change.org Petition: Get Emergency Numbers on Husky IDs, 2019](#)

897 signatures collected in support of emergency numbers on the back of student husky IDs

# [SGA Referenda]

W UHCS Funding\_2021 Student Body Referenda Proposal.docx

Referenda passed with over 95% student support.

W OrientationProgramming\_SGA Referenda Proposal 2021.docx

Referenda passed with over 95% student support.

# [Press]

Huntington News: [Students support each other through mental health organizations, advocacy](#)

**January 6, 2022**

*"Active Minds has planned to meet with UHCS this semester to discuss their ongoing list of demands to improve NU's mental health resources."*

Huntington News: [Active Minds passes 2 ballot mental health referenda in SGA election](#)  
**March 28, 2021**

*"We're definitely hoping that this catches the eye of the administration, and we're hoping that they will give us time to sit down with them and bring forward more solid, actionable plans."*

**The Boston Globe: [Active Minds addresses the growing need for mental health services in the midst of the Covid-19 pandemic](#)**

**August 4, 2020**

*"Wrapped up in all those logistics is an incredible amount of anxiety."*

**Huntington News: [Active Minds collaboration with UHCS to improve on-campus mental health services](#)**

**December 2, 2020**

*"In cooperation with Active Minds, a student-led organization fighting to reduce the stigma surrounding mental health, they have created and distributed stickers listing crisis hotline numbers and other support resources."*

**News@Northeastern: [Campaign for emergency mental health resource information to be printed on all student and faculty IDs, in collaboration with SGA](#)**

**November 30, 2020**

*"A lot of students are struggling with those things... and if you have students who already have some of these conditions it just builds up and up until it gets to a point where they can no longer go on with their daily lives and function."*

**Huntington News: [Addressing the effects burnout and Zoom fatigue can have on mental health](#)**

**November 30, 2020**

*"For a lot of people, world problems feel very out of their control. There's not necessarily anything you can do about the pandemic aside from your own health and the precautions that you take."*

**Huntington News: [Active Minds petitioning the University to add emergency mental health resources to new student and faculty IDs](#)**

**November 13, 2019**

*"We are hoping that just by including that number on the back of Husky Cards, that students who aren't in a great place with their mental health may see that number on the card and realize that there's always someone available to talk to."*

## **[Misc]**

** Find Good Therapists Presentation .pdf**

Fall 2021 presentation covering finding therapists in Boston, using insurance, and how to start services without telling your parents.

** Anti-JRC Campaign 2021**

Email campaign created to call on Northeastern to immediately end any professional relationship with the Judge Rotenberg Center (JRC). Co-op positions at JRC were soon after removed from NUworks.