

# [CS H&W] Project Update

Initial project proposal can be found [here](#). The goals of this project are listed here:

- (1) Investigate mental health policy and best practices in two ways:
  - (a) Intra-university investigation: connect with other departments at Brown to learn about how they approach mental health and what we could take away from them, send out survey to assess current state of mental health in CS department
  - (b) Inter-university investigation: connect with other universities' CS departments to learn about how they approach mental health and what we could take away from them
- (2) Propose a mental health best practices document and a required mental health training for faculty (in conjunction with CAPS/BWell)
  - (a) Mental health best practices / training for faculty will come from insights from investigation/analysis of data from survey

I was in the process of contacting individuals at Brown/other universities; the interviews I held (along with notes I took):

- [Tim Nelson \(Brown\)](#)
- [Milda Zizyte \(Brown\)](#)
- [Chris Murphy \(Bryn Mawr\)](#)
- [Nathan Lambert \(PhD Candidate at UC Berkeley\)](#)
- [Emily Naviasky \(PhD Candidate at UC Berkeley\)](#)

Some next steps from my work:

- Continue holding interviews with students/professors outside of Brown – this helps us understand what other universities are doing for students' wellness and how can integrate this knowledge into our own programming
- Brainstorm programming that can supplement H&W hours – this could be weekly H&W emails that promotes hours/includes wellness content or an anonymous form on the website where students can send in mental health/wellness accommodation requests/concerns
- Modify the [Health and Wellness Resources document](#) to include best wellness practices for students and faculty; some of the resources need to be updated as well; brainstorm ways to give this document more visibility