HBCU Learning Collaborative
Fostering Mental Health and Wellbeing Among Students and Faculty
October 13, 2020
Today’s Webinar

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Presenter

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Objectives

1. Discuss challenges faced in these “unprecedented times”
2. Describe mechanisms to support students in the current climate (sponsorship > mentorship)
3. Identify practical strategies to promote your own wellness and foster student wellness
4. Q&A
The Year of 2020

A SIGN OF THE TIMES...
Current Challenges

- Constant bombardment with trauma and stress
- Strained resources (financial and other)
- Being “sandwiched”
- Uncertainty about the future
Implications of These Challenges
No More Business as Usual

SUPPORTING STUDENTS IN THE CURRENT CLIMATE
Which One: Mentorship or Sponsorship?

Mentorship

Sponsorship
Navigating Multiple Roles and Functions

PRACTICAL STRATEGIES TO PROMOTE WELLNESS
Practical Strategies for Wellness

- Facilitate Connections
- Strategic Partnerships
- Set Realistic Expectations
- Spend Time in Nature
- Therapy (Period.)
- Nurture Your Passions
Practical Strategies to Support Students

- The Missing Pieces
- Think Outside of the Box
- Facilitate Connections
- Measure progress
- Exponential Impact
- Re-envision the Classroom
Conclusion

• We are all living through something we have never experienced before

• We need to be gracious, flexible and compassionate to both ourselves and others

• Take advantage of available resources
  – [https://therapyforblackgirls.com/](https://therapyforblackgirls.com/)
  – [https://www.crisistextline.org/](https://www.crisistextline.org/)

• We *will* make it through this, together
Thank You!

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Discussion Questions

1) What questions, comments or reactions do you have?

Press #6 on your telephone key pad to unmute your phone to answer or ask a question
OR
Use the “chat” feature to send “everyone” a question.

If you are having trouble asking a question, please click the “Raise Hand” button on the bottom right of your screen.
Campaign Resources

Visit us on the web at www.campaignforaction.org
For webinar resources: http://campaignforaction.org/resources

Resources
A library at your fingertips
Help promote better health through nursing by tapping into hundreds of resources, including studies, toolkits, webinars, and other materials organized in the categories in which the Campaign pushes for action.

ISSUES
- Improving Access to Care
- Transforming Nursing Education
- Promoting Nursing Leadership
- Increasing Diversity
- Collecting Workforce Data
- Developing Interprofessional Collaboration
- Building Healthier Communities

TOOLS & TIPS
- Academic Progression in Nursing (APIN)
- Advocacy
- Communications and Marketing
- Funding Opportunities
- Milestones
- Newsletters
- Organizational excellence
- Fundraising
- Internal operations
- Stakeholder engagement
- Research
- State Implementation Programs (SIPs)
- Grants
- Grants resources
- Webinars

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