

Hurt to Heal Foundation

Managing Mental Health at Bostick College

Introduction

The goal of the Hurt to Heal Foundation is to establish relationships and improve the well-being of college students who struggle with clinical depression. The foundation provides mental health training classes, stress-reducing activities and counseling services for those affected. The mission of the Hurt to Heal Foundation is to seek out hurting individuals at Bostick College and provide them with the knowledge and treatment that will lead to healing.

Symptoms of Depression

According to the Centers for Disease Control and Prevention, depression symptoms include (CDC, 2018):

- Anxious feelings
- Lack of interest in fun activities
- Irritability, restlessness or frustration
- Lack of sleep
- Excessive eating or limited eating
- Aches, pain, headaches or stomach problems
- Having trouble concentrating, making decisions or remembering details
- Feelings of guilt, worthlessness or helplessness
- Thoughts about suicide

Potential Causes of Depression

According to the Centers for Disease Control and Prevention, the following factors can increase a person's chance of becoming depressed (CDC, 2018):

- Blood relatives who have had depression
- Traumatic or stressful events
- Major life changes

- Medical problems, such as cancer, stroke or chronic pain
- Certain medications
- The use of alcohol and drugs

The Issue - Suicide Rates Increasing on College Campuses

Suicide rates have steadily increased amongst college students – this is a prevalent issue that needs to be addressed for the health and safety of college students. According to the National College Health Assessment, statistics indicate an increase in depression problems (Brody, 2018):

- Students struggling with depression- 32.6 percent in 2013 to 40.2 percent in 2017
- Students thinking about suicide- 8.1 percent in 2013 to 11.5 percent in 2017
- Students attempting suicide- 1.3 percent in 2013 to 1.7 percent in 2017

Current Situation

Bostick College faces many obstacles regarding mental health. The Bostick College Counseling Center contains counseling mentors who help students that struggle with mental illnesses. Currently, the counseling center has been bombarded with students due to the increased suicide rate on their college campus. Approximately 40 percent of students are battling depression, and 20 percent have contemplated suicide. Over the past two years, Bostick College has reported nine suicides. The Hurt to Heal Foundation targets campuses that struggle extensively with depression. In this situation, the Hurt to Heal Foundation will be involved and will implement services on Bostick College's campus.

Key Players

The key players involved are the Bostick College students, staff members, mentors at the counseling center and employees who work for the Hurt to Heal Foundation. The target audience is the students struggling with depression, but the foundation addresses other mental illnesses as well. Staff members will help provide any additional information that the employees need. The counseling center mentors will help the employees implement training classes,

activities and counseling services for the students. The employees are responsible for three things:

- To provide training classes that will educate and inform the students on the issue
- To create a variety of fun and stress-free activities for the students
- To direct counseling services for the students

Conclusion

Over the next few months, the Hope to Healing foundation will work with the administrative staff of the college to implement the plan. In its efforts, the overall mission for the Hope to Heal Foundation is to provide high quality services to the students. The foundation's goal is to bring about positive change in the college environment by focusing on healing students who have depression.

News outlets

I would send this backgrounder to *The New York Times*, *Washington Post* and *USA Today*. The reason I would send it to these national outlets is because Agility PR Solutions states that these outlets are listed as the top three largest daily US newspapers in terms of circulation (Agility PR Solutions, 2018). I want the message to be circulated to as many people as possible.

References

Agility PR Solutions. (2018, September 05). Top 15 U.S. Newspapers by Circulation. Retrieved September 24, 2018, from

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