



Howard University School of Social Work

Mental Health Awareness Training

Grant # H79SM081248

Final Progress Report

2018-2021



The Howard University School of Social Work is pleased to present the following report on our SAMHSA Mental Health Awareness Training 3-year award (2018-2021). The report addressed the program’s four goals and documents data and progress measures, a summary of key accomplishments, description of key changes as well as difficulties experienced during the three-year project.

I. Data and progress for performance measures as reflected in your application regarding goals and evaluation activities.

Required GPRA Performance Measure:	YR 1	YR 2	YR 3	TRAINING ORGANIZATIONS
WD2 -The number of people in the mental health and related workforce trained in mental health related practices/activities that are consistent with the goals of the grant TARGET 190	25	215	204	<ul style="list-style-type: none"> • Community Partnerships for Prevention* • Family Medical Counseling Services • Howard University College of Medicine* • Howard University Department of Public Safety* • Howard University Office of Provost • Howard University School of Social Work* • Open My Heart Foundation • Volunteers of America*

Required GPRA Performance Measure:	YR 1	YR 2	YR 3	TRAINING ORGANIZATIONS
<p>TR1- Required GPRA Performance Measure: The number of individuals who have received training in prevention of mental health promotion. TARGET 190</p>	235	218	301	<ul style="list-style-type: none"> • Catholic University Residence Life • Community Partnership-Coalition for the Homeless * • National Caucus and Center for the Black Aged • Families for Depression Awareness • Howard University Campus Public Safety* • Howard University College of Medicine* • Howard University Residence Life * • Howard University School of Business * • Howard University School of Social Work* • Multiple Sclerosis Society • National Alliance of Residents of Affordable Housing* • Office of the Provost • Virtual Health Ministry- Washington, DC <p>*Multiple events</p>
<p>R1- Required GPRA Performance Measure: The number of individuals referred to mental health or related services</p>	10	412	511	<p>Referrals were made to all the participants in the training to the Suicide Prevention Hotline, Veteran's Suicide Prevention Hotline, Mental Health of America website,</p> <p>Additionally, referrals were made to the Howard University Counseling Center for faculty and staff.</p>

II. Summary of key program accomplishments.

Goal	Status
<p>Goal 1: To implement the evidenced based Mental Health First Aid awareness program.</p>	<p>We were fully successful in implementing the Mental Health First Aid Awareness program at Howard University. MHFA has been delivered to 6 units at the university including the School of Social Work, School of Business, Residence Life, Department of Public Safety, and Office of Provost.</p> <p>All these programs requested repeat programs.</p>
<p>Goal 2: To implement the Mental Health First Aide awareness training program for HU-DPS and HU-RL personnel.</p>	<p>MHFA and Mental Health Awareness Webinars were offered to Howard University Residence Life and the Department of Public Safety.</p> <p>HU- Residence Life 120</p> <p>HU- Public Safety 18</p>
<p>Goal 3: To develop an electronic referral toolkit for use of campus police and resident assistants when needed to affectively assist students in crisis.</p>	<p>At all trainings, participants were given information on referral. Also, we started using QR codes in emails to training participants to ensure that they had a quick source that they could share with others in need -- Suicide Prevention and Video resources on mental health presentation.</p> <div style="display: flex; justify-content: center; gap: 20px;">   </div>
<p>Goal 4: To develop and implement a mental health awareness training plan.</p>	<p>All the deans of social work programs were sent information on mental health to be shared with their faculty and staff. The information was sent during mental health awareness month.</p> <p>Also, a culturally relevant webinar was developed and delivered to various organizations.</p>

Project Highlights

- GPRA Performance Measures: **WD2: 444 TR1:754 R1: 933**
- Provided training to 50% of MSW students (Howard University School of Social Work)
- Conducted training with over 20 organizations and academic units
- Held 99 training events with mental health awareness focus.
- Provided training for over 3,000 participants
- Identified new training partners for suicide prevention grant
- Developed culturally relevant training for African American during Covid-19 pandemic including monograph
- Developed special logo to brand our Mental Health Awareness Training programs

Playback Theatre Townhall Experience- Dailey Innovations

During this 2-hour session, participants will engage in an interactive and improvisational form of theatre called Playback Theatre. This Playback Theatre Townhall Experience features a 60-minute performance by an international theatre company. During the show, a person from the group tells a true, personal story, then chooses from a variety of professional performers to replay the experience. The conductor guides the “teller” through this innovative story-telling process. It specially addresses mental health during Covid-19 pandemic.

Key Staff	Role	Email Address	Phone Number
Dr. Sandra EdmondsCrewe	Project Director (February-September 2020)	secrewe@howard.edu	202-806-7311
Dr. Janeen Cross	Co-Principal Investigator (February -September 2020)	Janeen.cross@howard.edu	202-806-7300
Ms. Cheryl Spann	Training Coordinator (February 2021-September 2021)	cheryl.spann@howard.edu	202-806-7300
Ms. Dana Hector	Director of Sponsored Programs	dhector@howard.edu	202-806-5228

III. Description of the changes, if any, that were made to the project that differ from the application.

The Principal Investigator (Project Director) retired in 2019. The co-PI, Dr. Sandra Edmonds Crewe assumed leadership role and added a new co-principal investigator, Dr. Janeen Cross. Both Dr. Crewe and Dr. Cross were already working on the project, thus the transition was not disruptive. Also, the project assistant resigned and a new training coordinator, Ms. Cheryl Spann joined team in February 2021, during pandemic.

As a result of the physical distancing required by COVID-19 pandemic, the delivery of Mental Health First Aid courses was suspended between March 2020-August 2021. The training was resumed in August 2021 after two trainers completed the virtual course training and became certified

To address the disruption of the MHFA training, the program started to deliver Mental Health Awareness Training via two-hour webinars focused on African Americans and Mental Health during COVID-19 pandemic. Additionally, the PIs presented segments of mental health awareness training in other professional development activities. All these opportunities included referrals to the audience.

There was also a monograph written on Mental Health and African Americans during COVID-19. The monograph has been widely disseminated and is also on our website. [Racism and Mental Health SSW Black Perspective Monograph 3.pdf \(howard.edu\)](#).

We also used playback theatre to engage the social work community in addressing stressors and mental health concerns during the COVID-19 pandemic.

IV. Description of any difficulties and/or problems encountered in achieving planning goals and objectives including barriers to accomplishing program objectives, and actions to overcome barriers or difficulties.

As previously stated, COVID-19 disrupted the delivery of Mental Health First Aid Training for over one year. This required the development of new training approaches using webinars. While we completed our GPRA target, we did not train as many resident leaders or public safety officers as proposed. Students were not on campus and the university operated remotely for three semesters. While this was a challenge, we used webinars and other strategies such as the monograph to disseminate information on mental health awareness in the African American Community.

Also, we experienced difficulties with tracking referrals. The system set up was not effective. While we gathered some satisfaction survey data, we did not have a count of referrals made by individuals that we trained. We did make referrals to every trainee who participated in our classes or webinars. Each participant received information on referrals related to mental health and suicide prevention.

We discussed the challenges with referrals with our PROJECT Officer and implemented guidance offered.

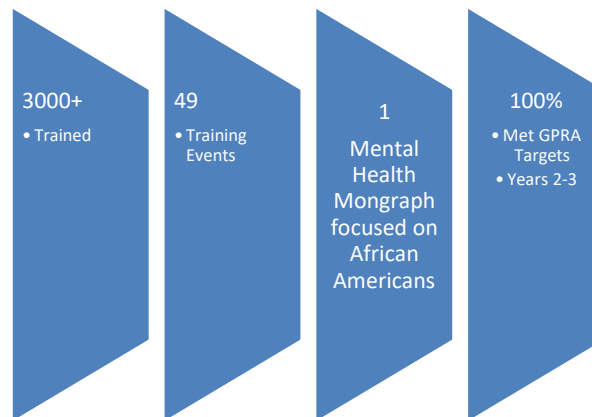
We experienced technology glitches with the project director’s account associated with these data was corrupted and a new account set up. Unfortunately, to date, the data has not been retrieved. Also, the university had a ransomware attack, and this also negatively impacted our ability to electronically collect data.

We did not expend all the awarded funds because webinars were not as expensive to deliver. Also travel, etc., was not possible. The other reason for under spending was the inability to support PD students in the manner planned. Stipends were not allowed, and this is the major vehicle for supporting graduate education. Although wages were possible, it was more difficult to manage this method of payment in our university structure for graduate education.

Summary of Training Events (2018-2021)

Year 1-	301 Training Participant	11 events
Year 2-	508 Training Participants	18 events
Year 3-	2,196 Training Participants	20 events

- Training included the traditional evidenced based in person and virtual Mental Health First Aid Awareness (MHFA)
- A 2-hour webinar was developed to specifically address Mental Health in the African American Community during the Covid-19 pandemic. These were delivered via webinars to agencies/individuals across the country
- Segments of the 2-hour mental health awareness seminars were presented during larger conference events (segments were either integrated throughout or 1-hour segments).
- A 2-hour Playback Theatre Townhouse experience webinar focused on mental health and COVID-19.



Date	Type Training	Topic/Audience	Number Attendees
YEAR 1- Subtotal			301
	MHFA	Howard University Department of Public Safety- Leadership (5) plus 6 (MISC)	11
	MHFA	Howard university Residence Life- Resident Assistants- 4 sessions	120
	MHFA	Howard University School of Business- Student Leaders	16
	MHFA	Howard University School of Social Work – New MSW Students	29
D	MHFA	Catholic University of America Residence Life	15
	MHFA	Catholic University Resident Assistants – 2 sessions	55
	MHFA	Family and Medical Counseling Services, Washington, DC	25
YEAR 2- Subtotal			508
10/26/2019	MHFA	Howard University College of Medicine- Staff and Students	11
11/04/2019	MHFA	Howard University Hospital	8
11/16/2019	MHFA	Howard University College of Medicine	18
12/03/2019	MHFA	Howard University College of Medicine	60
12/29/2020	MHFA	Howard University Hospital	6
02/05/2019	MHFA	Medically Assisted Training Clinic (HIPS)	7
02/11/2020	MHFA	National Multiple Sclerosis Society	8
02/25/2020	MHFA	Next Step Public Charter School	21
03/01/2020*	NO TRAINING	Covid-19 Shut Down- Developed Webinar	
05/13/2020	MHAT Webinar	Volunteers of America (52) Howard University Staff (4)	56
05/21/2020	MHAT Webinar	National Alliance of Affordable and Assisted Housing	39
05/27/2020	MHAT Webinar	Volunteers of America	50
06/26/2020	MHAT Webinar	Howard University School of Social Work- Office Field Education	61
06/30/2020	MHAT Webinar	National Caucus for the Black Aged	15
07/10/2020	MHAT Webinar	Virtual Health Ministry, Washington, DC	75
08/11/2020	MHAT Webinar	Howard University School of Business Resident Leaders	32
09/26/2020	MHAT Webinar *	Open My Heart Foundation	16
09/28/2020	MHAT Webinar *	Community Partnership-Navigating Discomfort Homepage - The Community Partnership (community-partnership.org)	33
YEAR 3- Subtotal			2,196
10/26/2020	MHFA Virtual	MHFA-MSW Students	9
10/26/2020	MHAT Webinar*	Community Partnership-Navigating Discomfort Homepage - The Community Partnership (community-partnership.org)	33
11/13/2020	MHAT Webinar	Social Work Educators	20
11/16/2020	MHAT Webinar *	Community Partnership-Navigating Discomfort Homepage - The Community Partnership (community-partnership.org)	34
11/18/2020	MHAT Webinar *	Family Caregivers Depression Seminar Webinars on Adult Mental Health – Families for Depression Awareness (familyaware.org)	90
11/19/2020	MHAT Webinar *	Suicide Prevention-85 th Anniversary-Keynote 85th Anniversary Celebration School of Social Work (howard.edu)	177

Date	Type Training	Topic/Audience	Number Attendees
YEAR 3 Continued			
11/23/2020	MHAT Webinar	HU Campus Public Safety	13
12/04/2020	MHAT Webinar*	Right at Home- Today's Geriatric Medicine Magazine Today's Geriatric Medicine - Webinars (todaygeriatricmedicine.com)	1,500
01/21/2021	MHFA Virtual Training	HU Graduate Students	10
02/25/2021	MHAT Webinar	HU Graduate Students, Faculty, Staff	11
04/29/2021	MHFA Virtual Training	HUSSW and College of Medicine, Bowie State University, University District of Columbia, Empowerment Center, and a Foster Parent	58
08/10/2021	MHAT Webinar*	Howard University School of Business	75
08/18/2021	MHAT Webinar*	Office of the Provost-New Faculty and Staff	59
09/10/2021	MHFA Virtual Training	HUSSW MSW Students- Field Education I	17
09/17/2021	MHFA Virtual Training	HUSSW MSW Students- Field Education I	20
09/21/2021	MHAT – Playback Theatre	Playback Townhall Experience-Mental Health Professionals Dailey Innovations, Inc. – Transformation is on the Horizon (daileyinnovationsinc.com) https://www.youtube.com/watch?v=OTXbHwdcWkc	12
09/22/2021	MHAT- Playback Theatre	Playback Townhall Experience-Mental Health Professionals	5
09/24/2021	MHFA Virtual Training	HUSSW MSW Students- Field Education I	14
09/25/2021	MHAT- Playback Theatre	Playback Townhall Experience-Mental Health Professionals	17
09/28/2021	MHAT- Playback Theatre	Playback Townhall Experience-Mental Health Professionals	22
GRAND TOTAL (YEARS 1-3) Includes MHFA, MHAT, and MHAR Segments			3,005

NOTE: This report includes data that was not included in quarterly reports. This is because some of the training segments were less than an hour and considered as segments—not full trainings. Also, there were several trainings that appeared to be inadvertently left off quarterly reports. The change in PI/Project director resulted in a change in data collection/reporting. This final report included a review of all the yearly reports and the SPARS quarterly reports. This process pointed out a few variances in reporting that have been included in this final report.

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12/28/2021

[Racism and Mental Health SSW Black Perspective Monograph 3.pdf \(howard.edu\)](#)

THE BLACK PERSPECTIVE MONOGRAPH 3:
*Addressing the COVID-19 Pandemic through an Examination
of Mental Health and Health Disparities in the Black Community*



HOWARD UNIVERSITY SCHOOL OF SOCIAL WORK
The E. Franklin Frazier Center for Social Work Research
An Inabel Burns Lindsay Social Justice
at the Crossroads Monograph 2020

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Copies of slide presentations, Playback Theatre evaluation, and other evaluation documents are available upon request.

NOTES: