

Program: Improving Mental Health Logic Model

Situation: Hamilton County college students between the ages of 18-22 are at risk for not taking proper care of the mental health while in school; may have sleep deprivation; may engage in unhealthy ways to cope with mental health; do not know where to go for help

Inputs	Outputs		Outcomes -- Impact		
	<i>Activities</i>	<i>Participation</i>	<i>Short</i>	<i>Medium</i>	<i>Long</i>
<ul style="list-style-type: none"> • Planning time • Money • Space to hold mental health events on campuses • Experts on mental health • Materials • Staff time • Existing resources on campus that helps with mental health for students 	<ul style="list-style-type: none"> • Facilitate events throughout the school year that are free for students to attend on mental wellness • Deliver appropriate and supportive information in the events on positive coping • Conduct surveys on students to receive information on how they feel they could get help • Promote events and helpful tips via different social media pages from organizations on campus • Host events/activities during exam weeks that gives a mental break • Deliver information on healthy sleeping/studying tips 	<ul style="list-style-type: none"> • Organizations on campus • Staff members • Volunteers to help with events • Student & Wellness centers • Students 	<ul style="list-style-type: none"> • Raise awareness on healthy coping skills while in school • Motivate students to try to get more sleep • Motivate students to take a break from their schedules • Change students' attitudes on healthy mental breaks 	<ul style="list-style-type: none"> • Students change behavior on how to cope with stress • Increase the amount time students get sleep • Increasing weekly tips via social media campus pages on mental health awareness 	<ul style="list-style-type: none"> • Having an annual school event on mental health awareness • Having a newsletter page discussing mental health topics and tips • Establishing an organization(s) on campus that focus on mental health

Assumptions

Students and staff will engage in the efforts to improve mental health on campus for all and these events/activities will take place

External Factors

Support from students to actually come out to the hosted events, conflicts with other hosted events on campus,

