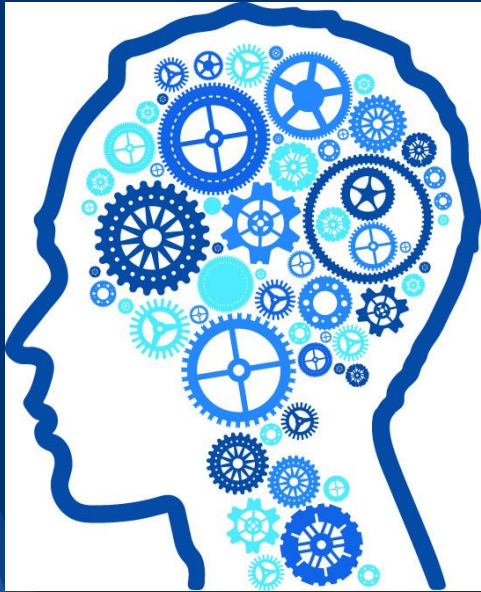


# Improving Mental Health at U of M



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# What is the University doing?

- Counseling and Psychological Services (CAPS)
- Mindfulness classes and drop in sessions

Counseling and Psychological Services



# Student Opinion

- “I spent most of my time in the room with massage chairs and the sunlamp. It is hard to make it out to the fourth floor of the union to spend 30 minutes”
- “The worst part of CAPS is that it takes so long to get an appointment. Some people’s issues are time pressing but it takes 2-3 weeks to be seen by someone. In that time, many people talk themselves out of going to therapy or think time will heal them.”
- “They were all out-dated sources of information.”
- “They gave me the option to stay but I wanted to be seen for more than 6 weeks and that was CAPS limit unless they deemed your situation an emergency.”

# Limitations of CAPS

- Small staff
- Appointment availability
- Normal hours during class time
- Brief treatment model

# University of Redlands-Meditation Room

- Established in 2007
- Mindfulness shown to be effective in treatment of anxiety
- Offers a place for free Meditation instruction
- Meditation courses anecdotally show students gaining resilience to stress

# Proposal - CHILL ZONES

- Quiet, comfy rooms on campus where students can relax and destress
- Drop in during busy school day in between classes and meetings
- Open during building hours

# CHILL Zones





# CHILL ZONES

- Monitored by CHILL, newly founded student org on campus
- Members can join in September 2015

# Timeline

- Contact Central Student Government to discuss University approval
- Begin renovations June 2015
- Complete renovations September 2015
- Rooms ready by start of **Fall 2015**

# Initial Investments

- Comfy Chairs ~ \$9,200
- Rugs ~ \$1,200
- Hammocks ~ \$600
- Fountain ~ \$450
- Hot Water Dispenser ~ \$450
- Hanging Lanterns ~ \$300
- Yoga Mats ~ \$150
- Sun Lamp ~ \$150

# Recurring Annual Costs

- Lipton Tea ~ \$5,300
- Paper Cups ~ \$1,000
- Guided Meditation ~ \$3,800
- Incense Sticks ~ \$540

**Total Initial Costs for 3 Rooms: \$13,600**

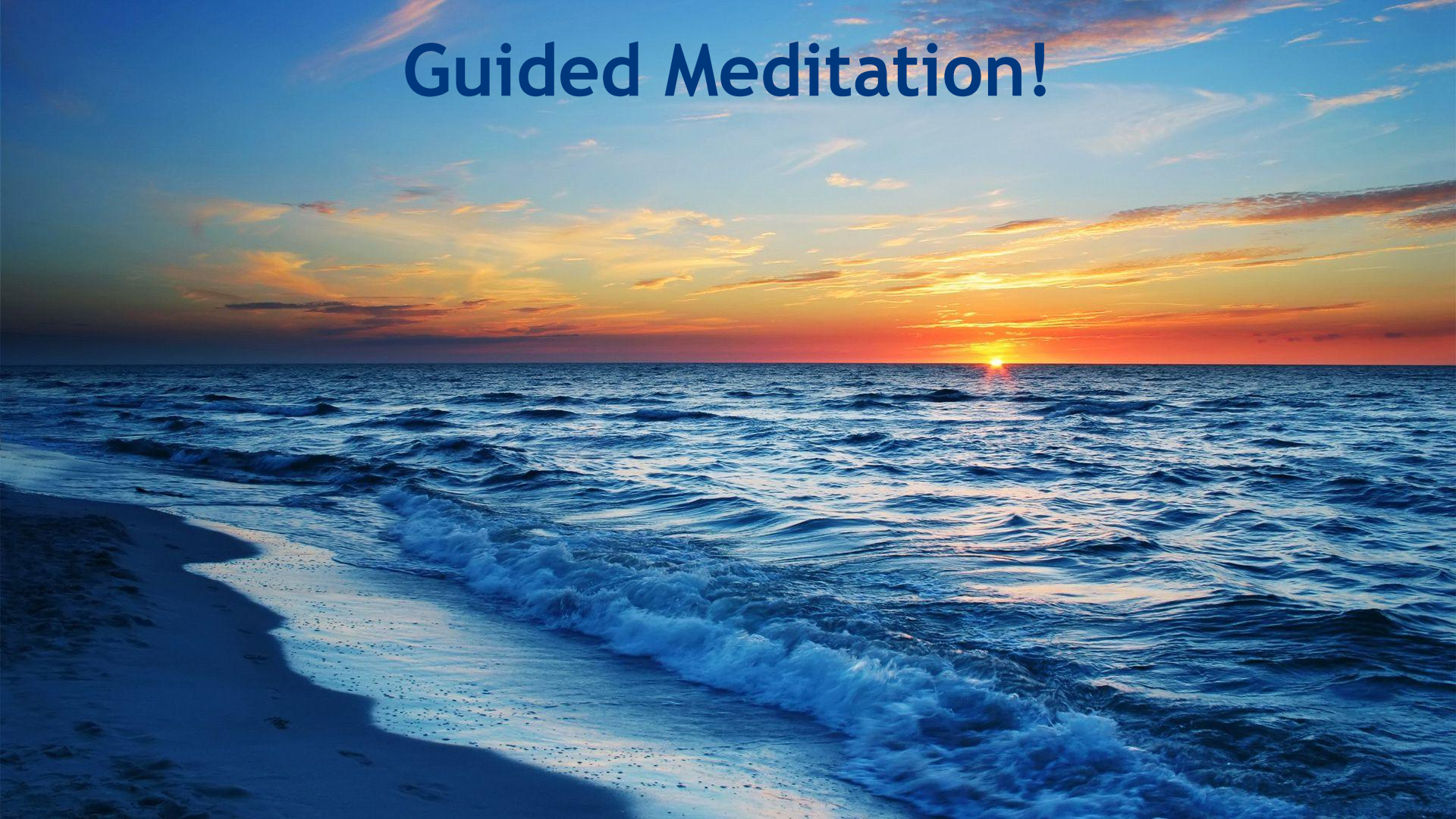
**Additional Annual Costs: \$4,400**

**5 Year Projection: \$26,700**

# Conclusions

- Promoting good mental health is critical to relieving depressive symptoms in students
- The kind of relaxation promoted by the CHILL Zones will improve overall mental health
  - Factors that improve mental health
- CHILL Zones provide a safe, convenient, and calm environment for any and all students to de-stress and relax

# Guided Meditation!



**Questions?**