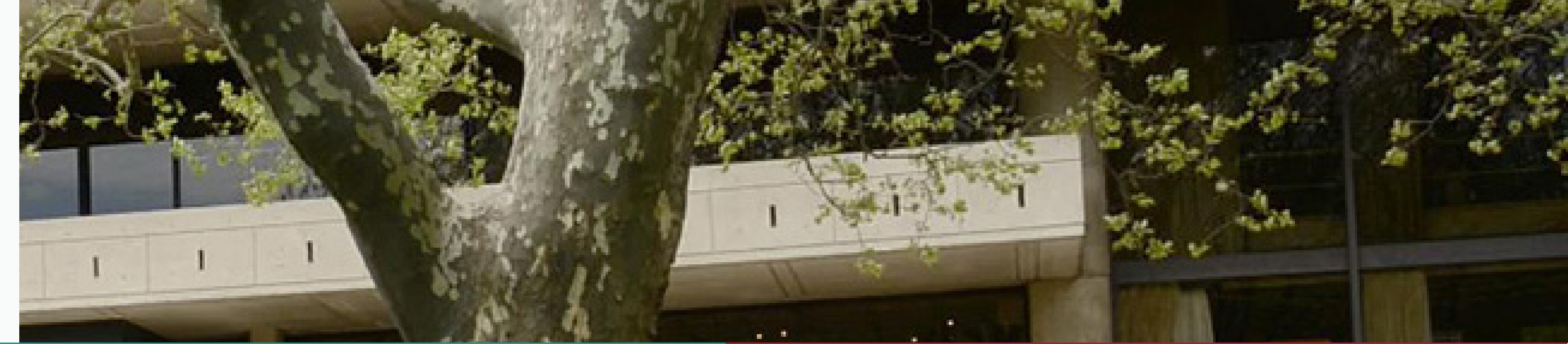


Mind+Hand+Heart Initiative



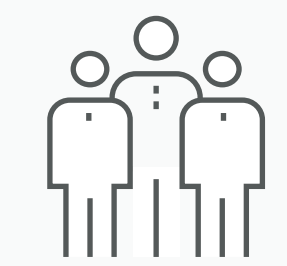
OUR PURPOSE

The MindHandHeart Initiative is tapping into our passionate community spirit and innovative problem-solving skills to enhance mental health and well-being at MIT. **Students, faculty, staff, and mental health and wellness experts are working together to launch promising new efforts and coordinate existing support services.**

HOW IT WORKS



MindHandHeart is a campus-wide initiative sponsored by the Chancellor's Office and MIT Medical. Led by a **STEERING COMMITTEE** of faculty, students, staff, and mental health and wellness experts, MindHandHeart is responsible for setting campus priorities and establishing metrics to track improvements in community wellness.



WORKING GROUPS consisting of faculty, students, and staff are charged with getting results in key areas: mental health and substance abuse, connectedness, academic performance, increasing help-seeking behavior, life skills, and wellness.



The MindHandHeart project management staff is connecting existing student, faculty, and administrative programming (such as DSL's Healthy Campus 2020) with new ideas so we can be more effective and have a greater impact. They also manage the MindHandHeart **INNOVATION FUND** that invests in cutting-edge, grassroots solutions developed right here by our faculty, students, and staff.

WHY IT'S DIFFERENT

The MindHandHeart Initiative responds to what we heard from members of our community: *To be stronger, we must tap the experience, expertise, and creativity of our whole community.*

On September 2, 2015, Chancellor Barnhart and MIT Medical Director William Kettyle announced counseling and support options, including:

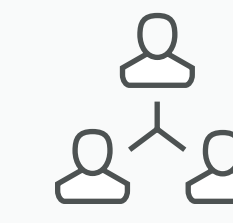
- New mental health and counseling and student support staff.
- A centrally-located Mental Health and Counseling drop-in consultation site located in Building 8-316 and open Tuesday-Friday, 1-3 p.m.
- More Student Support Services (S3) walk-in hours: Students can stop by without an appointment every weekday between 10-11 a.m. and 2-3 p.m.
- A new online appointment request form on MIT Medical's website.
- Systems to make it easier to access an off-campus local provider.
- More peer counseling by training 32 additional students to serve as "Peer Ears."

MindHandHeart will leverage proven strategies from the Jed and Clinton Health Matters Campus Program.

MindHandHeart depends on the active participation of students, faculty, and staff. By serving on the steering committee, working groups, and student councils, members of our community have several different opportunities to lend their voice to these important efforts.

WORKING GROUPS

Faculty, student, and staff members coordinate and enhance our efforts in areas where research has shown to reduce student risk and promote resilience.



CONNECTEDNESS

The Connectedness working group is focused on increasing connections among campus, family, and friends and on reducing loneliness and isolation.



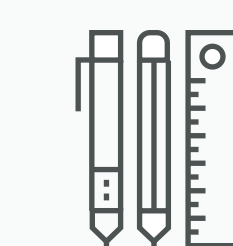
ACADEMIC PERFORMANCE

The Academic Performance working group will develop, implement, and evaluate mechanisms to understand and promote emotional and physical health and academic success.



INCREASE HELP SEEKING

The Increase Help Seeking working group is seeking to increase the likelihood that students in need will seek help.



LIFE SKILLS

The Life Skills working group is examining how best to teach healthy ways to cope with college life.



MENTAL HEALTH AND SUBSTANCE ABUSE SERVICES

The Mental Health and Substance Abuse working group is supporting accessible, consistent, and high-quality mental health care and substance abuse treatment, including community outreach and prevention programs.



WELLNESS

Members of the Wellness working group are looking at ways to create a healthy, balanced environment through health promotion and self-care skill building in areas such as stress and time management, sleep, nutrition, and exercise.

STEERING COMMITTEE

Professor Rosalind Picard chairs the MindHandHeart **STEERING COMMITTEE** comprised of faculty, students and staff responsible for setting priorities, measuring progress, and communicating impact.

INNOVATION FUND

The MindHandHeart Innovation Fund seeks to leverage the enthusiasm and problem-solving skills of the MIT community to find new and inventive ways of increasing awareness about mental health, building communities of support, and promoting life and wellness skills. The Fund offers grants of up to \$10,000 to invest in cutting-edge ideas and grassroots solutions developed right here by our faculty, students, and staff.

Get involved

Connect with us to share an idea or learn ways in which you can help support the MindHandHeart Initiative.

MINDHANDHEART.MIT.EDU



DATA FROM THE 2015 HEALTHY MINDS STUDY

19%

of all MIT students visited the Mental Health & Counseling Center in the 2014–15 academic year.

36%

of MIT respondents indicated that they exercised 3+ hours per week. For comparison, the national average is 53%.

8 OUT OF 10

MIT respondents know where to go if they need professional mental health services.

42%

of MIT graduate respondents reported receiving counseling or therapy in the past 12 months.