

U GOOD EVENT GUIDE

Visit www.kent.edu/mhsu/ugood to learn about awareness events

START HERE.

U Good events raise awareness of mental health and substance misuse among college students. The objective of U Goods is to engage, educate, and encourage students to adopt healthful skills and behaviors that improve mental wellness. This event programming was created and implemented by Kent State University, Center for Public Policy and Health.

This Microsoft Word Document details the U Good event titled:

“Trivia – Mental Health”

EVENT DESCRIPTION.

The focus of this event is to raise awareness of general mental health facts.

The goal of this event was to educate and raise awareness of mental health facts, reduce stigma surrounding mental health, and provide a place for open discussion about mental health topics.

The evidence backing reasons for hosting the event:

- Less than half of the adults in the U.S. who need mental health services and treatment get the help they need and stigma surrounding mental health plays a big role in the lives of those who need treatment but aren't receiving it (Morgan et al., 2018). Educational interventions have shown success in reducing stigmatizing attitudes toward people with mental illness (Morgan et al., 2018).

This event was originally hosted on a virtual meeting platform. Participants were given an Introduction to how trivia works. The game consisted of general trivia, Kent State trivia, along with mental health trivia pertaining to Kent State and general mental health trivia. The event concluded with mental health resources that were available to participants.

The anticipated attendees were students at Kent State University.

As an incentive for event attendance and participation, individuals who participated in the event were entered a random drawing for a chance to win a \$25.00 Amazon gift card. A total of 2 Amazon gift cards were distributed. Due to this incentive, there were costs associated with hosting this event. See itemized budget below.

EVENT BUDGET.

There were costs associated with hosting this event. See event itemized budget below.

Event title:	Mental Health Trivia				
Expected number of event attendees:	~30				
Items on-hand that did <i>not</i> need to be purchased:	University subscription to a virtual meeting platform and a free account of game-based learning platform.				
Event Itemized Budget					
Item	Quantity	Price per unit	Total Cost Web Link	Store	Web Link
Amazon Gift Card	2	\$25.00	\$50.00	Amazon	link to store
Total	2	-	\$50.00	-	-

*Please note that links to items are subject to change. Some items may no longer be available or have fluctuated in price. In those cases, our recommendation is to browse for items to serve as substitutes for items listed above.

EVENT SCHEDULING

The event was held during the semester at two different times (afternoon and evening) to accommodate students' schedules.

EVENT ADVERTISING.

Event was promoted on Center social media and through student organization email listservs. Posting was also made on the university event calendar.

EVENT PREPARATION.

1. Create a game using mental health resources and general mental health trivia.
2. On the day of the event, ensure that the game is working properly. Make sure audio is working, that the right answers are selected for the questions, and that there are no typos in your game.
3. Have the event presenter enter the online hosting space (Zoom, Teams) early to set up the game and ensure the online meeting hosting software is working correctly. Ensure that the game is working properly along with the audio, the right answers are selected for the questions and there are no typos. Jump into Blackboard early to set up the PowerPoint and send a reminder email out to attendees the day of.

EVENT PROMOTIONAL MATERIALS

See examples of event flyers, social media posts, and mental health resource hot cards below.

Participate for a chance to win one of two \$25 Amazon giftcards!



Events for Education & Wellness

Mental Health Trivia Night

Tuesday September 29th
5:30 EST Via Blackboard

Scan the QR Code to register or view our website
www.kent.edu/UGood





MENTAL HEALTH TRIVIA NIGHT

Test your mental health and general trivia knowledge with the Center for Public Policy and Health at this **free and 100% online event**

TUESDAY, SEPTEMBER 29TH, 2020 FROM 5:30-6:30PM EST

Participate for a chance to win one of two \$25 Amazon gift cards

OR SCAN THIS CODE TO REGISTER



TO REGISTER, GO TO
www.kent.edu/UGood

KENT STATE UNIVERSITY | CENTER FOR PUBLIC POLICY AND HEALTH | DIVISION OF MENTAL HEALTH AND SUBSTANCE USE



Participate for a chance to win one of two \$25 Amazon gift cards!

**NOV. 19, 2020
1 PM - 1:45 PM EST
BLACKBOARD COLLABORATE ULTRA**



Scan here to register or register at
www.kent.edu/mhsu/UGood



KENT STATE UNIVERSITY | CENTER FOR PUBLIC POLICY AND HEALTH | DIVISION OF MENTAL HEALTH AND SUBSTANCE USE

READY TO LET LOOSE?

MENTAL HEALTH TRIVIA
Participate for a chance to win one of two \$25 Amazon gift cards!

NOV. 19, 2020 | 1 PM - 1:45 PM EST | BLACKBOARD COLLABORATE ULTRA



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References:

Morgan, A. J., Reavley, N. J., Ross, A., Too, L. S., & Jorm, A. F. (2018). Interventions to reduce stigma towards people with severe mental illness: Systematic review and meta-analysis. *Journal of Psychiatric Research*, 120–133. <https://doi.org/10.1016/j.jpsychires.2018.05.017>