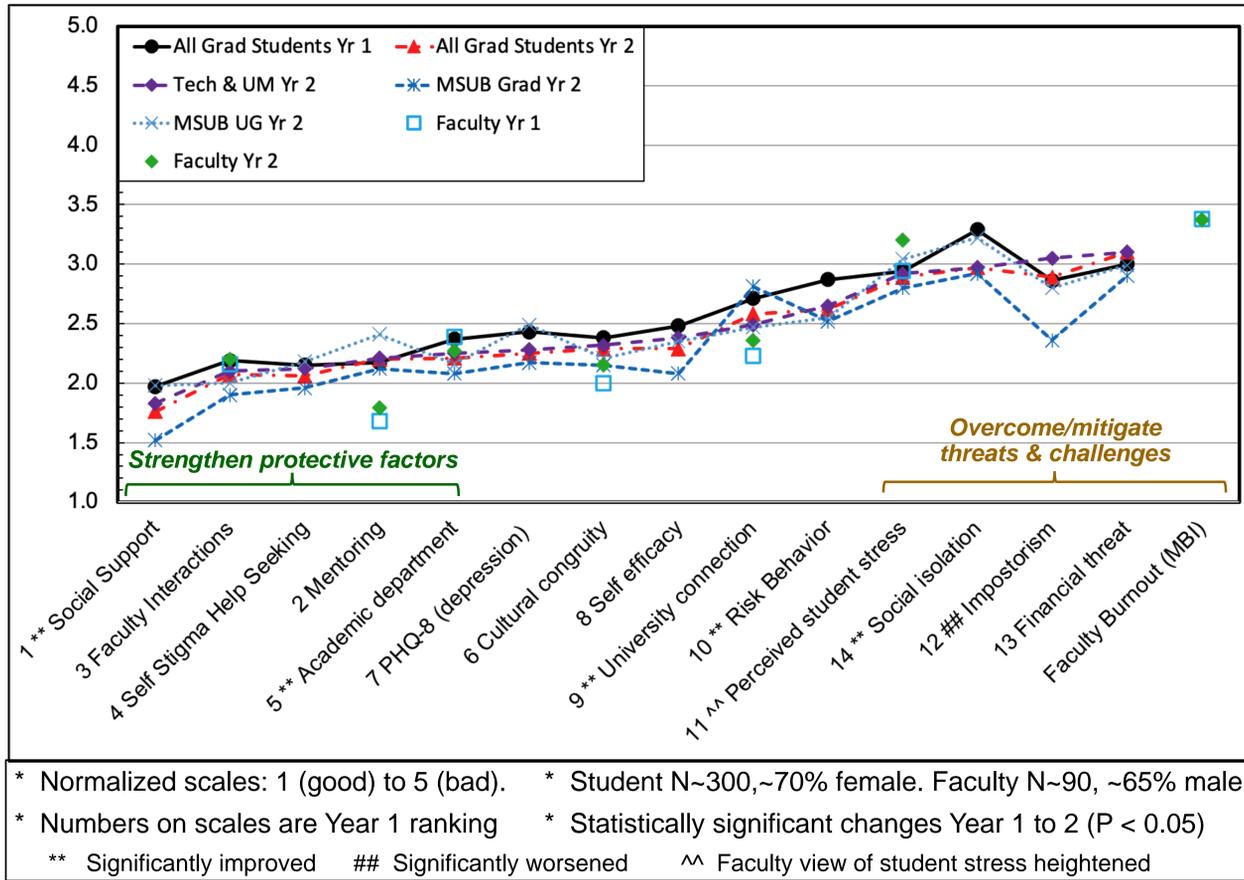


Strategies for Supporting Graduate Student Well-Being: Insights from Montana's M-HOPES NSF Grant

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Student Mental Health Challenges Drive M-HOPES Design



SURVEY RESULTS

- ❖ Year 1 (2021/22) issues possibly amplified by COVID-19, social turmoil, & career uncertainty.
- ❖ In Year 2, Social Isolation and Social Support improved, perhaps due to end of COVID restrictions.
- ❖ Women, racial/ethnic minorities, veterans, students with disabilities, & international students experience greater challenges than white males
- ❖ STEM students had significantly higher impostorism and self-stigma of help seeking than non-STEM students.
- ❖ Faculty recognize student stresses & need for well-being support.
 - ❖ Desire holistic mentoring skills to engage diverse students.
 - ❖ Over 60% of faculty respondents had referred a student for mental health assistance

M-HOPES Goal & Components

❖ **Mental Health Opportunities for Professional Empowerment in STEM (M-HOPES)** goal is to **design, pilot, assess, and implement evidence-based, sustainable, and replicable strategies to support grad-student mental health.**

Major Components

- Experiences that enable diverse STEM graduate students to acquire skills for positive mental health and resilience.
- Professional development for STEM faculty advisors to support grad-student mental health and make their disciplines/departments more inclusive.
- Scale-up and expansion to other campuses: MSU, U.Idaho, U.NDakota, UDC

Activities

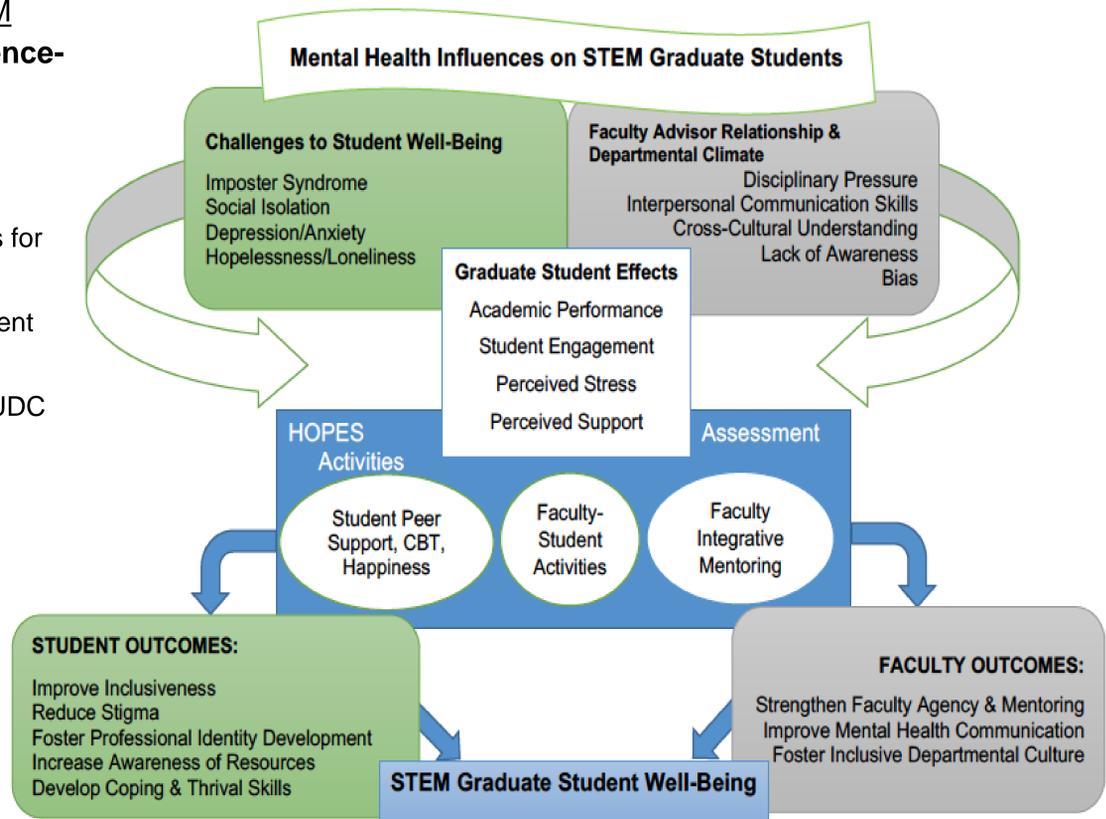
Activities	Now												Legend		
	Year 1				Year 2				Year 3						
	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4			
Experiences for STEM Grad Students		S	C	P	P	H	C	S	P	P	H	S	P	C	Baseline & Design
Experiences for STEM Faculty Mentors		S	I	M	E	I	S	M	E	S	E*	E*	E*	Pilot	
Experiences for STEM Students + Mentors													Assess		
Scale-Up & Expansion	Montana State Univ.; Univ. Idaho; Univ. N. Dakota & Univ. District of Columbia												Refine		
Assessment													Second Series		

STUDENT EXPERIENCES: S = Surveys; C = Cognitive Behavioral Therapy Skills (4 sessions); P = Narrative Peer Support Groups (6 sessions); H = Happiness Workshop (from MT Happiness Project)

FACULTY EXPERIENCES: I = Indigenous/multicultural Mentoring Workshops; M = Mental Health Awareness (3 Sessions); E = Equity/Climate (1 Session); E*=Self-paced online

Scale Up & Expand: Transition to sustain

M-HOPES Model



Opportunities for CREWS & SMART FIRES Grad Students and Faculty

FOR FACULTY

- ❖ M-HOPES Faculty Holistic Mentoring Workshops self-paced, 4-module course on UM Online
- ❖ Qualtrics® survey for faculty opens in October

FOR GRAD STUDENTS

- ❖ Peer-support groups at UM, Tech, & MSUB
- ❖ 4-Session Cognitive Behavioral Therapy (CBT) skills workshop starts in late January
- ❖ Qualtrics® survey for grad students opens in October

Acknowledgements

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