



# Joining the Dance

Making Mental Health Matter through  
Campus and Community Partnerships

Big Ten Academic Alliance Student Wellness Symposium  
Thursday, April 24, 2025



# Presenters



John Siegel (he/him/his)

Associate Librarian

Coordinator of Library Instructional Services



Tessie Holliday (she/her/hers)

Stack Maintenance Specialist/  
Student Employment Coordinator



# About USC Upstate

founded in 1967



- Regional Comprehensive University in Spartanburg, SC
- 50+ undergraduate/graduate majors
- ~5,000 students, ~800 faculty/staff
- 1/3 student body transferred from other schools
- Large number of first-generation students, growing number of graduate and international students



# About Upstate Library



- ~60,000 square feet across two stories
- 25 FT/PT employees, 8-10 student employees
- 150,000+ volumes, 350+ databases
- Shared space with Student Success Center, Career Services, and Scholars Academy



# Setting the Stage

signs of stress in  
instruction sessions  
and at service desks

struggling student  
employees

observations from  
the third space



**“ We want to help,  
but don’t really know how...”**





# **“ ... so let’s get some training!”**



- Conversations and training with Counseling Services
- Mental Health First Aid training
- QPR (Question, Persuade, Refer)





# **Campus Collaborations**



# Counseling Services

## Let's Talk Tabling





# Counseling Services and the Garrett Lee Smith (GLS) Campus Suicide Prevention Grant

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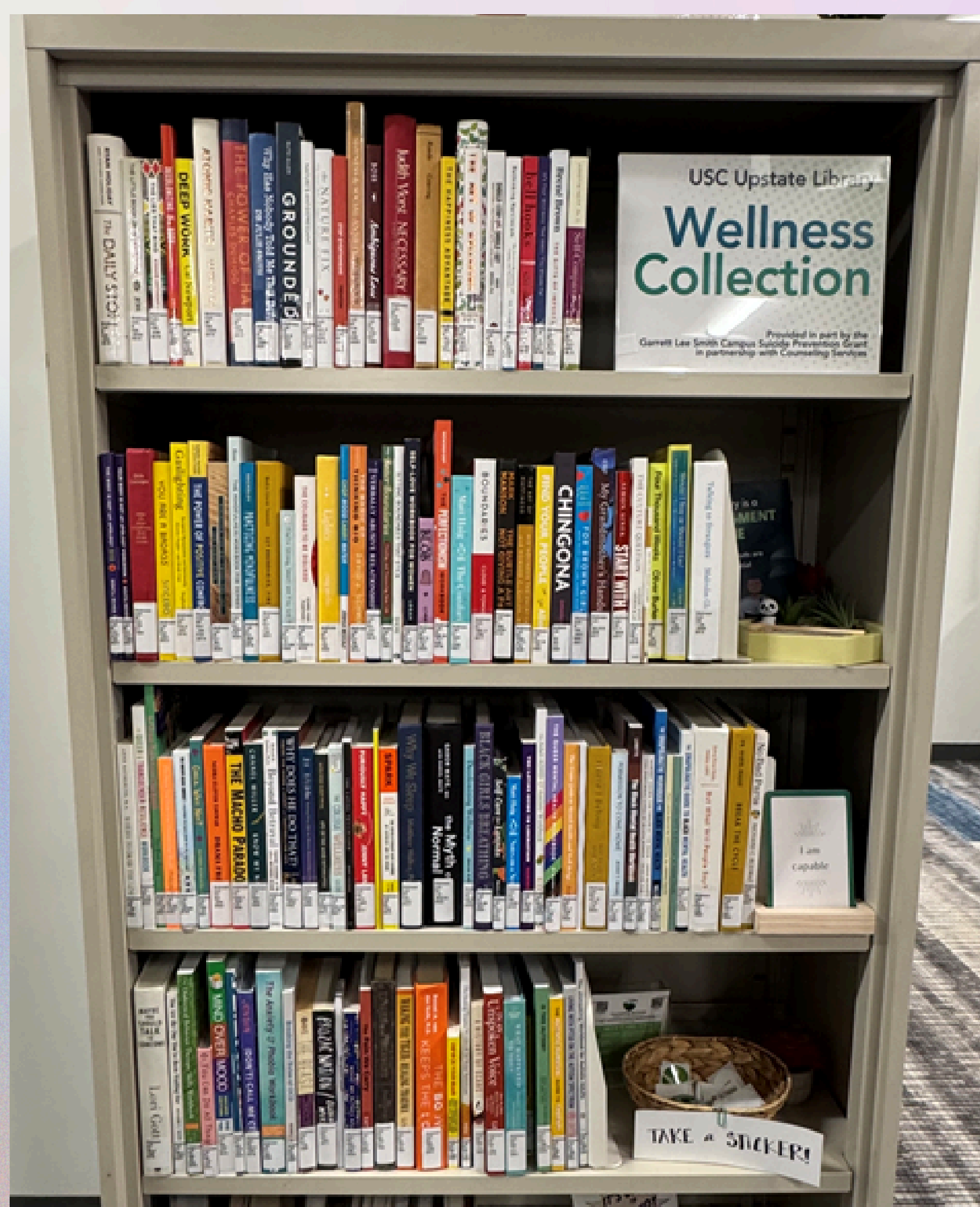
- “[enhance] behavioral health services for all college students”
- “[prevent] and [reduce] suicide and mental and substance use disorders”
- “[promote] help-seeking behavior and reduces stigma”
- “[improve] the identification and treatment of at-risk college students so they can successfully complete their studies”

A win for the library:  
\$1000 budget for a wellness collection



# WELLNESS COLLECTION

## Up Close





# Wellness Guide

- depression
- anxiety
- grief
- trauma
- relationships
- LGBTQIA+
- BIPOC
- mindfulness/rest
- nutrition

**Wellness  
Resource  
Guide**

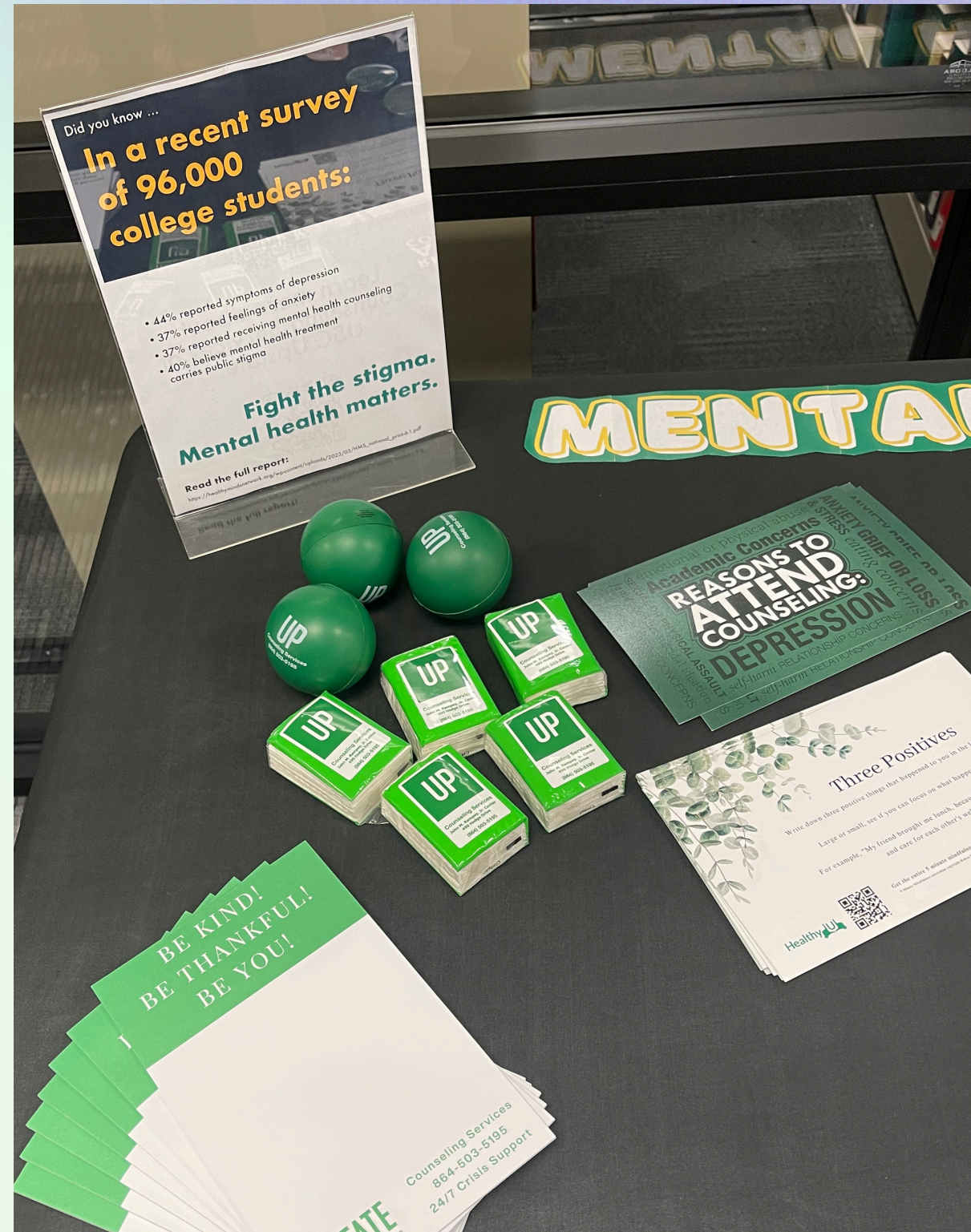
discover books and online resources to help  
support your mental & physical wellness

[bit.ly/wellnessupstate](https://bit.ly/wellnessupstate)





# Welcoming and Wellness Table



National Depression Screening Day  
in conjunction with Counseling Services



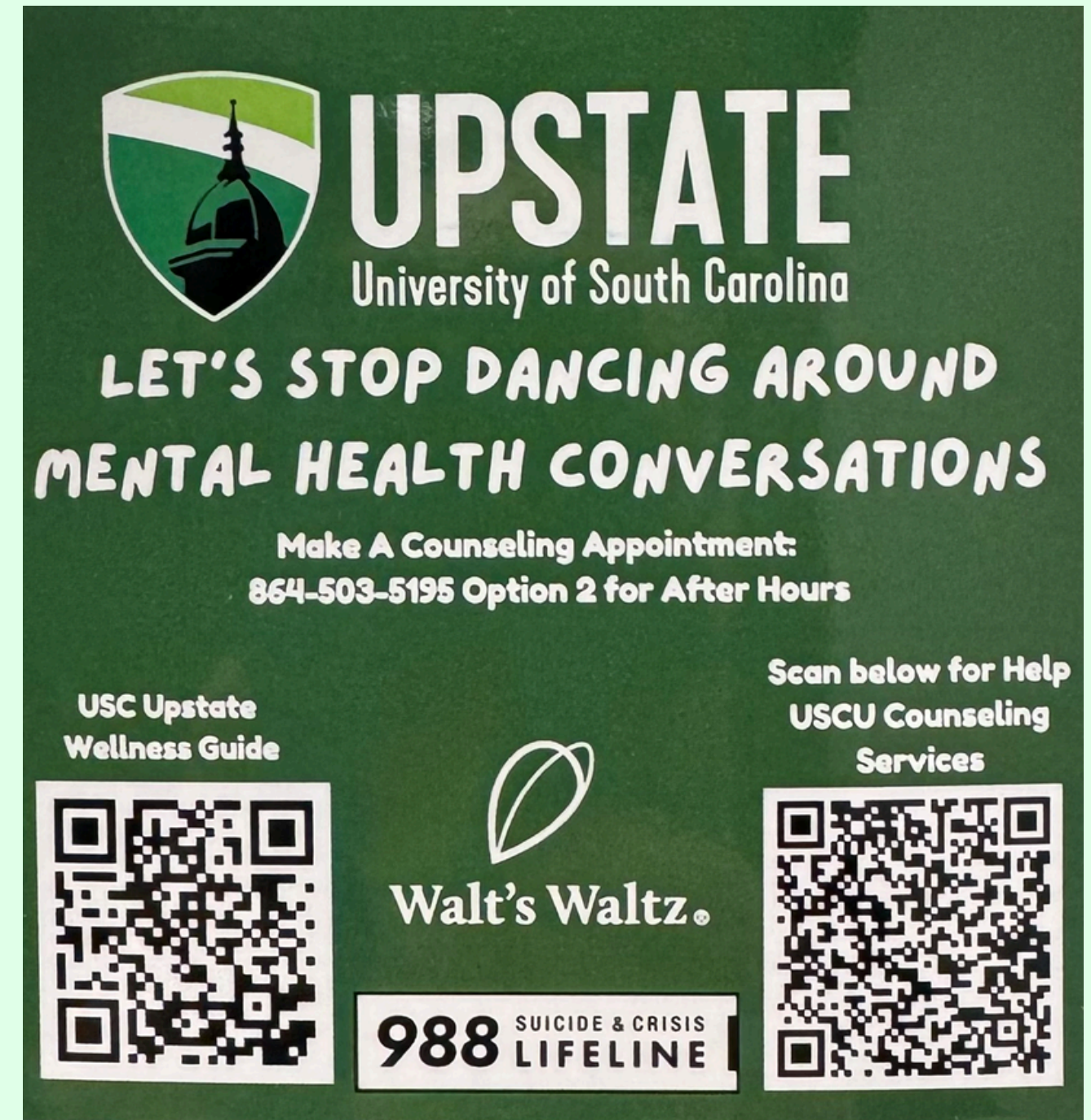
# Spartans Mental Health Working Group

- Founded by several faculty/staff in Counseling Services and Library, as well as a Student Government Association (SGA) officer interested in mental health issues
- Cross-campus representation in members including Staff Senate, Faculty Senate, Student Success, Athletics, Student Affairs, Student Government Association (SGA), as well as founding members including librarian
- Mission: Knowledge and resources to support student, staff, and faculty mental health (based on [Northern Kentucky University Mental Health Advisory Group](#))
- Led to Library involvement in campus resources and events




# Magnets

- Created in collaboration with SGA & Counseling Services
- Student Affairs covered printing/production
- Distributed across campus






# SGA Mental Health Town Hall



PIZZA! \$50 GAS GIFTCARD GIVEAWAY!  
T-SHIRTS! CLUB GIVEAWAYS! SERVICE HOURS!



## Mental Health Town Hall

PRESENTED BY: SGA  
IN COLLABORATION WITH  
COUNSELING SERVICES AND THE LIBRARY!  
Monday, October 21st, 2024  
6:00 PM - 7:00pm  
URC Great Room  
QUESTIONS? EMMA HUDSON HUDSONEN@EMAIL.USCUPSTATE.EDU





# American Foundation for Suicide Prevention Out of the Darkness Campus Walk







# Community Partnerships





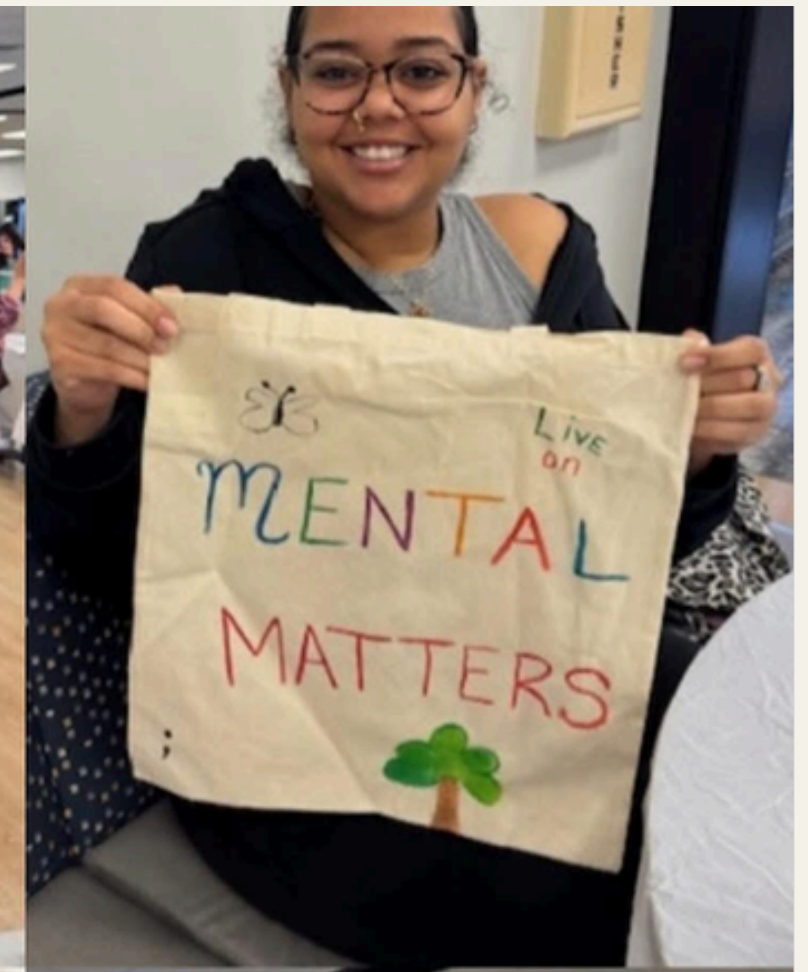
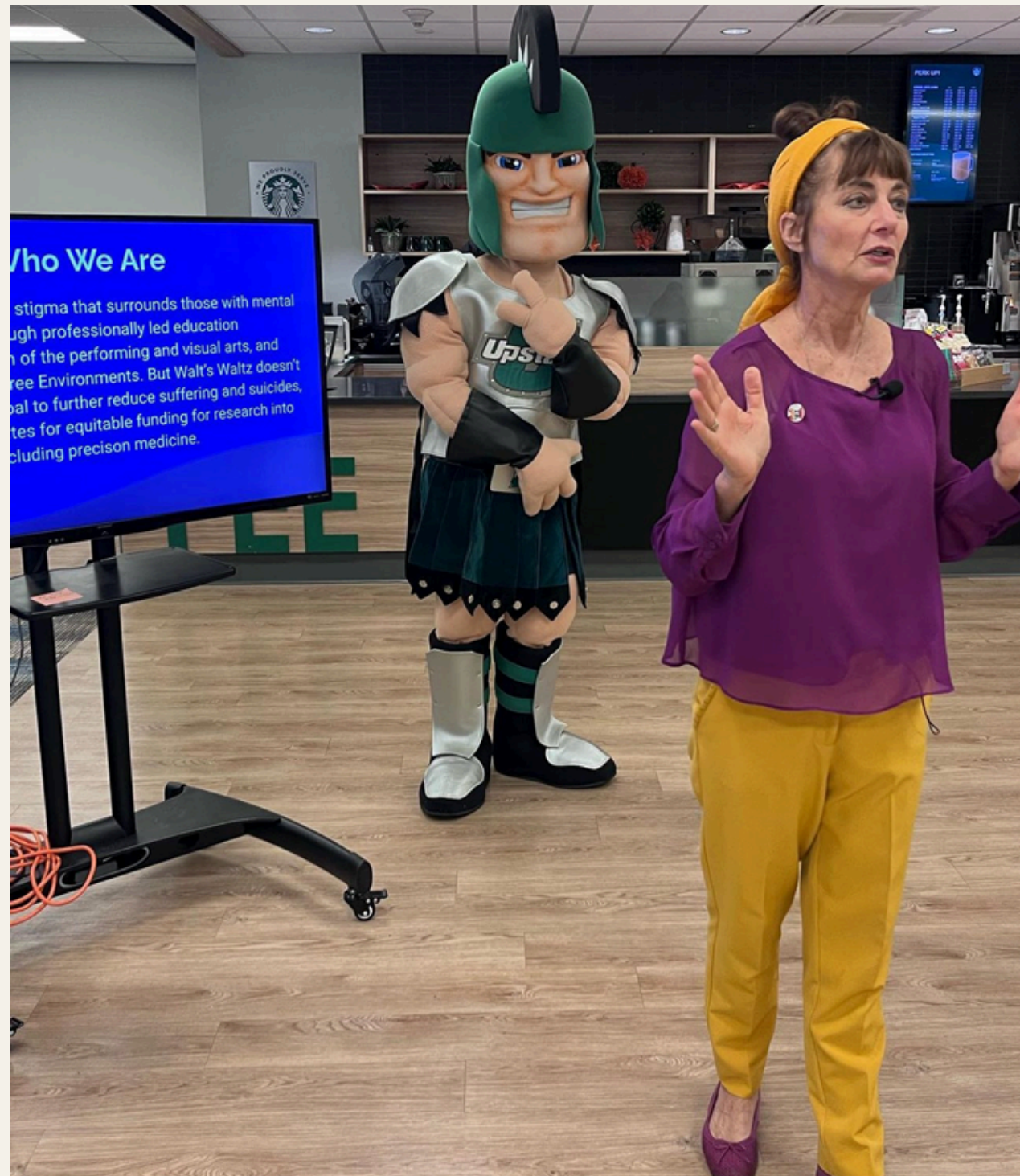
**Walt's Waltz**

**“Let’s stop dancing around mental health conversations.”**

- Suicide prevention→ programming and outreach to reduce stigma
- Stigma-free environment - USC Upstate was first university to receive



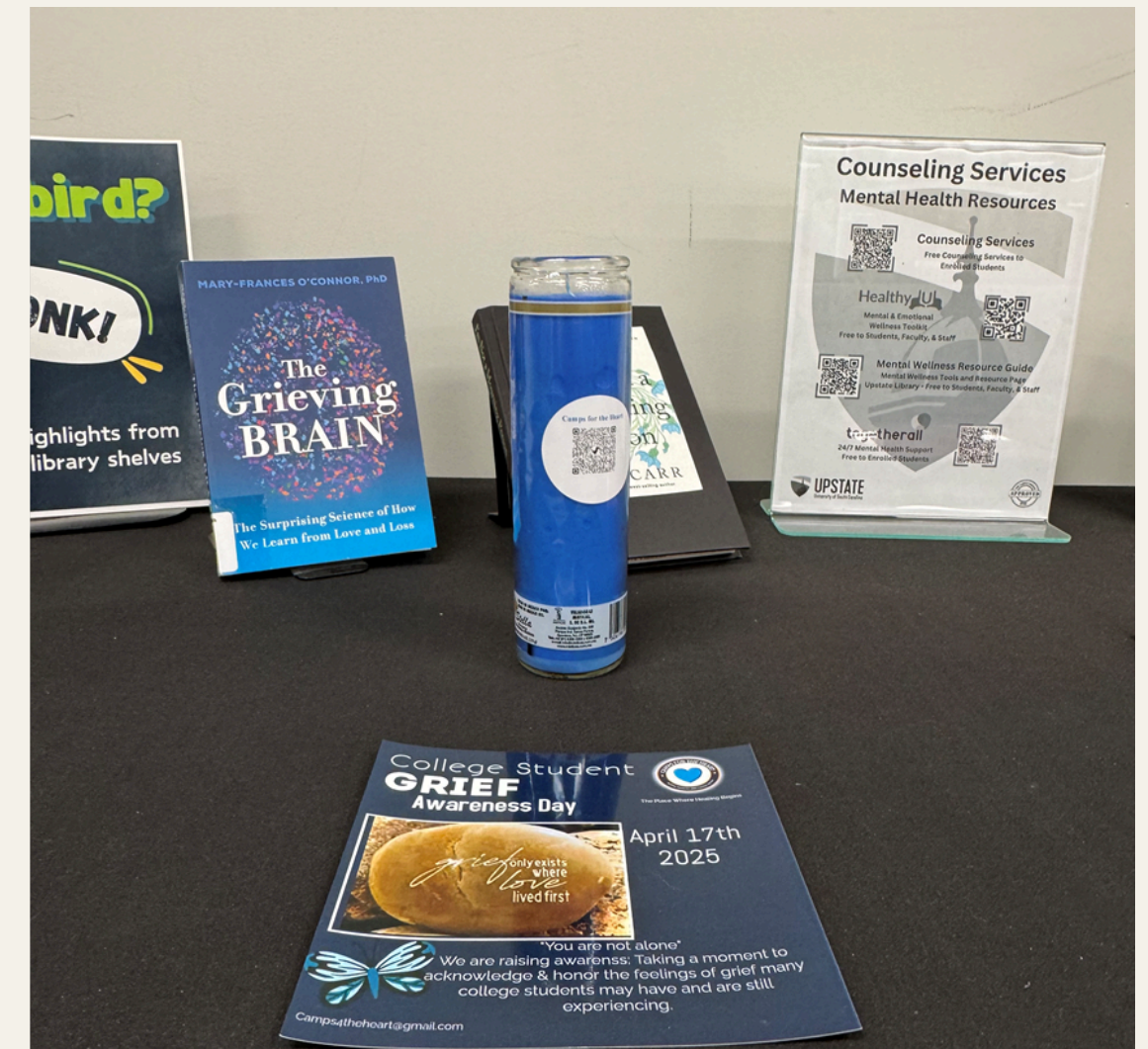
# Mental Health Painting Workshops @ Library





# College Student Grief Awareness Day

## Camps for the Heart





# Expanding our reach even further...

- Sensory kits (in collaboration with Counseling Services)
- Intimate Partner Violence (IPV) grant funds to expand Wellness Collection
- Additional outreach/partnerships with SGA/student orgs and other campus units
  - Campus Recreation (meditation)
- Encourage faculty to incorporate Wellness Collection in classes
  - University 101
  - Global/Cultural Studies





# What to take-away...

- Ask for campus units to present at library-wide meetings - opens the doors for collaboration
- Get out of the Library!
- Involve students as allies
- Reach out to community orgs that have an established relationship with campus for possible partnerships
- Campus-wide mental health or wellness committee formation/involvement
- Co-sponsor wellness events with other campus units (does not always involve money – volunteer, tabling)
- Small steps go a long way; be careful not to over-schedule and over-commit
- Establish guidelines for space/resource use (i.e. display tables, events)





**John Siegel**  
**jsiegelL2@uscupstate.edu**

**Theresa (Tessie) Holliday**  
**thollida@uscupstate.edu**