Working title: Our stories: A look at student mental health

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Summary: Finger Lakes Community College will use a portion of its stimulus funding to promote and provide mental health resources. Part of this initiative includes a 10-episode (20 to 25 minutes each) Finger Lakes TV series that uses storytelling to explore mental health issues among high school and college students in the Finger Lakes area. Much information sharing about mental health is static and informational. Hearing others' experiences may help students understand they are not alone and take away hesitancy to seek help. Topics would be developed in collaboration with college, K-12 counselors and students and may include:

- How do I know when I need help?
- What is the difference between being sad and being depressed?
- How can counseling really help?
- What happens when you meet with a counselor?
- Can someone explain confidentiality?

Timetable:

Late October/ November: Build advisory, recruitment and review teams
Education professionals, mental health practitioners, students can get involved in one or more ways:

1) Serving on an advisory/focus group to plan the topics of the episodes, questions to answer, types of people to interview, etc. (Ideally this group would have at least 1 high school student, 1 college student)
2) Serving as a point of contact by helping recruit individuals for the advisory and review groups and interviews
3) Sharing personal and professional experiences on camera. Identities can be protected through various techniques, such as showing people from the back, showing their hands, while they speak, etc.
4) Reviewing draft episodes and providing feedback

December: Advisory/Focus group helps develop episode topics and questions for first 3 episodes, meetings via web conference
January: Recruitment of interviewees first 3 episodes; development of topics for next round
February: Interviews for first 3 episodes; recruitment of interviewees for episodes 4-6
March: Editing of first 3 episodes; interviews for episodes 4-6
April: Reviews of first 3, edit second round, develop topics for episodes 7-10
May: Finalize first 3 episodes, reviews of second round episodes, third round interviews
June: Finalize second round, editing third round
July: Reviews and finalize third round
August: Plan launch, publicity
Sept. 1: Launch weekly series on FLTV, online, social media, etc.