

NOTES FOR COMPLETION

- Case studies should relate to your institution's healthy campus initiative.
- Where possible send a photograph or illustration, links, or resources to accompany your case study.
- It is recognised that not all sections will be relevant to all case studies – the proforma is designed to offer consistency across a range of case studies.
- The HEA will invite selected institutions to present their case studies at the HEA Wellbeing Conference, in Dublin, on June 5th 2024. All case studies will be printed and displayed at the conference.
- Case studies will be used as part of HEA communications including email, website, and social media.
- Case studies should be written in the third person and anonymous when it comes to participants' names.
- Please be as **concise and clear** as possible and consider the use of bullet points to summarise information.
- Please submit your case study to healthycampus@hea.ie.

HEALTHY CAMPUS CASE STUDY	
Name of Institution/ Organisation	Trinity College Dublin
Who lead the initiative?	Healthy Trinity Mental Health Group
Date and timeframe of the initiative	The academic year 2023 – 2024 and ongoing.
What was the reach of the initiative?	The initiative will target students in various schools at Trinity College Dublin (e.g., School of Psychology, Social Science, Computer Science etc.)
Initiative Title	A training manual on political organising to change upstream determinants of mental health.
Aims/ Objectives	The aim of this manual is to train students to: <ul style="list-style-type: none"> • take on the challenge of systemic change • advocate for their goal(s) within the political system • take an upstream approach in advocating for their goal(s)

The rationale for the action, including any identified health needs	Having created a map of the mental health supports in Trinity, it was obvious that we should engage with systemic issues.
Identify all frameworks, policies, or strategies this initiative aligns to (internal, local or national)	National Student Mental Health and Suicide Prevention Framework
Summary	<p>This case study is a training manual on political organising to change upstream determinants of mental health. The manual is aimed at students who feel sufficiently mentally well to take on the challenge of systemic change. It is informed by three psychological theories - goal setting, motivational interviewing, and the stages of change model. It describes an Irish case-study on contraception and a Trinity case-study on Tobacco-Free-Trinity with the aim of inspiring students to:</p> <ol style="list-style-type: none"> 1. Set an upstream goal related to a topic that's important to them; 2. Build alliances to achieve that goal; 3. Resolve grey area to move forward with that goal; 4. Engage with government structures and if necessary, work with government officials to achieve political change. <p>The manual is designed to be delivered as a workshop to students and consists of 7 chapters. Each chapter contains a task for students to complete at the end.</p>
Did you collaborate with internal and/or external stakeholders to deliver?	<p>This manual was developed by the Healthy Trinity Mental Health Group:</p> <ul style="list-style-type: none"> • Simone Cameron-Coen: Student Welfare Officer School of Medicine • Eleanor Colreavy • Lynnea Connolly: Strategic Development Manager (Counselling) • Emma Griffin: Risk Office Administrator • Professor Brendan Kelly: Professor of Psychiatry • Kieran Lewis: Occupational Therapist lead in Trinity Disability Service • Martina Mullin: Health Promotion Officer • Patricia Murphy: Student Counselling Services Director <p>The group also collaborated with an external stakeholder, Grant Ennis, to develop the manual. The manual is based on workshops delivered in Trinity's Schools of Psychology as part of a Psychology of the Climate Crisis TEP module coordinated by Clare Kelly, Associate Professor in School of Psychology, and a Politics in Irish Society module coordinated by Eman Abboud, Assistant Professor in Trinity's School of Sociology.</p>
How was the initiative organised?	The Healthy Trinity Mental Health group received funding from the HEA to be spent on mental health promotion. A portion of this funding was

	allocated to identifying political tools to affect upstream change for mental health. It was agreed that a workshop would be delivered to the group in May and the work would be launched in September. A postgraduate psychology student was recruited to coordinate the group and delivery of work. The Healthy Trinity Mental Health Group met in February and approved the development of this training manual.
What resources did you need?	Financial: The Healthy Trinity Mental Health group received funding from the HEA to be spent on mental health promotion. A portion of this funding was allocated to identifying political tools to affect upstream change for mental health. This manual was developed as a result. Staffing: Recruitment of a postgraduate student to coordinate the work of the Healthy Trinity Mental Health Group.
Has it been evaluated? How successful has it been?	The manual was presented to the Healthy Trinity Mental Health Group in May and is currently being evaluated by the group.
Any future plans, including the sustainability of the initiative?	To embed this advocacy training into the curriculum of courses in Trinity College Dublin (e.g., Pharmacy, Medicine etc.)
Key Learning Points	There is a clear understanding amongst trainees to date that downstream intervention in the absence of upstream action is ineffective. Because the content of training is pragmatic, engaging, and needed there is openness to embedding it in the curriculum.

Healthy Campus Framework Categories (please tick all that apply)

Healthy Campus Process	Whole Campus Approach	Topic	Population Group
Commit <input type="checkbox"/>	Leadership, Strategy & Governance <input checked="" type="checkbox"/>	Alcohol <input type="checkbox"/>	Students <input checked="" type="checkbox"/>
Coordinate <input type="checkbox"/>	Campus Environment (Facilities & Services) <input type="checkbox"/>	Substance Misuse <input type="checkbox"/>	Staff <input type="checkbox"/>

Consult <input type="checkbox"/>	Campus Culture & Communications <input type="checkbox"/>	Healthy Eating / Food <input type="checkbox"/>	Wider community <input type="checkbox"/>
Create <input checked="" type="checkbox"/>	Personal & Professional Development <input checked="" type="checkbox"/>	Mental Health & Wellbeing <input checked="" type="checkbox"/>	Other <input type="checkbox"/>
Celebrate & Continue <input type="checkbox"/>		Sexual Health & Wellbeing <input type="checkbox"/>	
		Tobacco Free Campus <input type="checkbox"/>	
		Physical Activity / Active Transport <input type="checkbox"/>	
		Wellbeing on the Curriculum (can also fall under 'Personal & Professional Development') <input type="checkbox"/>	
		Health & Sustainability <input checked="" type="checkbox"/>	
		Other <input type="checkbox"/>	

Contact Details

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Links	Please add links to any relevant pages/ documents. Please attach any items not in a link format with your submission.

