A Sense of the Senate establishing the Husky to Husky Act of 2016

SS-FA16-102

Whereas: The National College Health Assessment (NCHA) conducted in 2016 asked Northeastern students about mental health; AND

Whereas: Twenty-three percent of Northeastern students report feeling overwhelming anxiety, twenty-two point six percent of Northeastern students have felt very lonely in the past year, sixteen percent of Northeastern students felt so depressed it was difficult to function, five point seven percent of Northeastern students report having Attentional Deficit Hyperactive Disorder, and two point four percent of Northeastern students report having a learning disability; AND

Whereas: The prior Northeastern specific statistics reference some of the need for a mental health peer education program; AND

Whereas: Northeastern students can help foster a community that destigmatizes mental health care and advocates for mental health awareness; AND

Whereas: Mental health peer education programs have been successful at other institutions, such as the University of Washington and Suffolk University; AND

Whereas: The Northeastern community has seen positive outcomes of other peer education programs, such as the Red Watch Band project; AND

Whereas: It is beneficial to have students educated on topics and facts pertinent to mental health on college campuses; AND

Whereas: Students would be more likely to talk to peers about their mental health than a university staff member or administrator; AND

Whereas: The students themselves would have a better ability to incite a culture shift regarding the stigmatization of mental health; AND

Whereas: The Husky to Husky mental health peer education program will be housed under the Office of Prevention and Education (O.P.E.N) at Northeastern; AND

Whereas: The SGA and O.P.E.N. have already worked to create the first stages of this program by working on the application, logistics, tabling times, website, and promotion; THEREFORE
BE IT RESOLVED THAT:

The Student Government Association supports the creation of the mental health peer education program, called “Husky to Husky.”

AND FURTHER THAT:

Members of the Student Government Association should spread awareness of this program, and, if willing and able, actively participate in it.

Respectfully submitted to the Senate,

Alex Bender
Vice President for Student Affairs

Sam Gugliemotto
Elections Chair

References

1. 2016 National College Health Assessment (NCHA) of Northeastern University, self-report mental health assessment