



# The College of *St. Scholastica*

## CSS Bandana Project: Saints Stompin' Out Stigma

### Overview

The CSS Bandana Project: Saints Stompin' out Stigma is developed to bring campus-wide awareness to mental health of students, faculty and staff. **The goal will be to identify those community members who are willing to listen and support someone struggling with life events, circumstances or challenges which impact mental wellness.** Community members will complete training to recognize, support and refer someone experiencing mental health distress and then display a yellow Saints Stompin' Out Stigma Bandana on their backpack which can identify them as a resource of support.

This program idea originated at the [University of Wisconsin-River Falls](#) as a visible sign of support for students on their campus who may be struggling with mental health concerns. The bandanas also serve as an emblem to help students feel supported and find advocates for their well-being.

### How do I get involved?

1. Complete a Mental Health Recognize and Refer training in the past three years (QPR; Mental Health First Aid or others)
  - a. *QPR: Question, Persuade, Refer* is a 90-minute training focused on suicide prevention. It includes information about how to recognize mental health distress, ask about safety and refer to resources and supports.
  - b. *Mental Health First Aid Training* is an 8 hour more comprehensive training around responding to the mental health distress and crisis situations. Key concepts include assessing for safety, giving information and resources, encouraging self help and engaging professional supports.
2. Complete the [CSS Bandana Project: Stompin' Out Stigma](#) Self Guided Course which opens on Community Day, Feb. 23, 2022
  - a. Equity in Mental Health
  - b. Responding to Gender-Based Violence or Sexual Violence
  - c. Mental Health Resources
  - d. CSS Bandana Project Pledge and Self-Care

## Primary objectives

- Decrease stigma around mental health and increase awareness of mental health concerns which may impact our CSS community
- Provide a visual reminder of mental health supports available in our community
- Recognize the mental health impact on gender-based violence and community members who have been marginalized and oppressed and experienced trauma based on identity
- Support a campus-wide response to mental health, substance use and suicide prevention
  - Increase community awareness around mental health needs
  - Increase awareness and knowledge of Mental Health resources and supports available
  - Increase awareness and knowledge of resources and support for those experiencing intimate partner violence
  - Encourage help-seeking behaviors
  - Increase peer to peer supports

## Saints' Bandana Pledge

*If you are struggling, know that I value you and want to support you.*

*I will listen if you need to be heard.*

*I will acknowledge your lived experiences and the impact of your past experiences to the best of my ability.*

*I will acknowledge and honor generational and historical trauma to the best of my ability.*

*If you need more than to be heard, I will help you find support and resources.*

*I will see you as an expert of your needs and will trust you to communicate what you need.*

*I will recognize that I too may have days when I need to be heard and will communicate my needs to someone.*

*I will find support and utilize resources when I need more than to be heard.*

*Please know that, if I am not able to support you, I will find someone who can.*

*I value you as a human being and as a part of our Saints Community. You are not alone.*

*With this pledge, I am declaring support for those, including myself, who may be dealing with challenges to their mental wellness and emotional well-being.*

## Saints' Bandana Pledge and the Benedictine values

The St. Scholastica Bandana Pledge should be implemented within the context of the Benedictine tradition and values.

The world needs more Saints committed to decreasing mental health stigma and supporting the mental health challenges of our friends, family, community, and self.

“Listen with the ear of the heart.” Our Benedictine values call us to:

Love of Learning - To remain open-minded and non-judgmental in the face of adversity. To continually learn about resources and strategies to support those who may be facing life challenges and to recognize that those life challenges are individual experiences. To learn to approach others non-judgmentally, with empathy and with compassion is a life-long learning journey to embrace.

Respect - To honor the dignity and self-worth of individuals in our community, including our own self. Promote the decisions of others which impact their lives. Trust that you are the expert of your needs even in times when you may be struggling. Respect the generations who have come before while honoring the lived experiences and spirituality of the individual who is present. Seek to understand and embrace the Benedictine tradition to “listen with the ear of the heart. Honoring the dignity of others includes respect for their privacy and experiences during difficult times.

Community - We as a community have a commitment to each other to support and encourage members of our community to flourish and thrive. We demonstrate our commitment to Community by offering care and concern for others during times of need. We do this by valuing and adapting to each individual’s unique mental and emotional needs without compromising our own values and needs

Stewardship - We give when we are able. This includes our time, energy, and listening ear. We will share and support others when we are able but also recognize that, as stewards of our resources, there may be times when we feel depleted and or need to care for ourselves.

Hospitality - We will open ourselves up to support those in need physically, spiritually, and emotionally. Our ability to welcome and embrace uncomfortable or difficult emotions can provide comfort and support for others. We will be open to change and encourage behaviors and attitudes that support mental wellness. Embracing and or offering resources and support when needed.