Higher Education

The Scanlan Center for School Mental Health provides the latest social, emotional, and behavioral health research, training, professional learning, and clinical services to PreK-12 schools and college/university campuses across the state. The Higher Education function promotes faculty and staff mental health and wellbeing through innovative, strengths-focused, and culturally relevant supports.

Our approach

We take a three-step “Caring for Self While Caring for Others” approach to supporting and engaging in campus mental health and wellbeing.

#1 Prevention
Actions taken to prevent concerns from becoming problems.

Example: Regularly available and updated training to assist staff and faculty in recognizing student distress and how best to engage in early interventions.

#2 Intervention
Actions taken to keep problems from escalating to crises.

Example: Readily available variety of mental health and wellbeing online platforms for easy, customizable, and culturally curatable access to supports and services.

#3 Postvention
Actions taken to keep crisis contained.

Example: Easy to access and use protocols for responding with immediacy to campus tragedies for departments, offices, colleges, and other campus units.

Most faculty and staff would welcome "managing student distress" training.

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Care for Self
Practices for maintaining or improving our own mental health and wellbeing.

Care for Others
Practices for helping others in maintaining or improving their mental health and wellbeing.

What else we do

Training
We train graduate and undergraduate students in working as campus mental health and wellbeing professionals.

Research
We conduct proactive research to better equip campuses with actionable best practices.

Consultation
We offer organizational and unit consultations to design and enhance mental health and wellbeing services.

Collaboration
We collaborate with stakeholders who are engaged in supporting mental health and wellbeing to share resources and innovations statewide. Have an opportunity for partnership? We are here to work with you!

Learn more
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IOWA College of Education Scanlan Center for School Mental Health