One of the most important things kindness can do is ease our reaction to stress. Bert Uchino, psychology professor wrote, “simply having potential access to support is sufficient to foster adaptation to stress.”

COMMUNITIES: Development of a Framework for Culturally-Responsive, Evidence-Based Mental Health Intervention. The fundamental principle of the proposed framework is that culturally-responsive mental health care must be embedded in community-based initiatives. Focused on the development of a culturally-responsive mental health care system, the proposed framework will support the recruitment and retention of culturally-responsive mental health professionals, the implementation of culturally-responsive mental health intervention, and the delivery of culturally-responsive mental health care in community settings. It will also suggest various strategies for creating and maintaining community partnerships and collaborations.

One of the conditions of the community-initiated pilot project award at the CCTS titled “Investigation of Community-Level Definitions of Mental Health, Community Initiatives, and Community-Related Stressors Among Latina Hispanic Employees in a Health Care Organization” was the requirement that the research include community stakeholders who are part of the project team. This requirement was fulfilled by Ms. Angela Gutierrez, a member of the community advisory board, who served as a mentor and strategist for the entire project. The project was also successful in recruiting and retaining culturally-responsive mental health professionals, who provided culturally-responsive mental health intervention to community stakeholders. As a result, the project was able to deliver culturally-responsive mental health care in community settings.

The University Return-to-Campus program centers on a hybrid approach of in-person/online instruction and on-campus engagement. Physical distancing protocols will be in place that will limit capacity in classrooms and laboratories. The fundamental principle driving our decision-making is the high value we place in doing our best to protect the health and safety of our students, faculty, and staff, while also providing the best possible learning and research experiences.

Several new initiatives within CSBS allow students to earn a degree anywhere in the world that students find themselves. Several new initiatives within CSBS allow students to earn a degree anywhere in the world that students find themselves.

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