



# Mental Health Improvement through Community Colleges

## MHICC Quarterly Newsletter - Winter 2026

Happy new year!

As a valued partner of the Mental Health Improvement through Community Colleges (MHICC) initiative, **we want to thank you for your continued partnership** with each year that our initiative evolves and expands.

This edition of our quarterly MHICC newsletter highlights **several emerging opportunities to collaborate and receive support from our team**, including our newly launched learning collaborative, our newest MiTRENDS resource, and our capacity building programming.

We're extremely grateful for your collaboration and are excited to be working with you to advance community college student mental health across Michigan!

Drs. Shawna Smith and Sara Abelson  
MHICC Principal Investigators & Co-Directors

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### Join our mental health learning collaborative!

This winter, we've thrilled to have launched our **statewide mental health learning collaborative**, which brings together mental health decision makers from Michigan community colleges to learn from and support each other in their campus efforts to promote student mental health.

**LIVE VIRTUAL LEARNING SESSION FOR COMMUNITY COLLEGES**

**USING DIGITAL TOOLS TO STRENGTHEN COLLEGE CAPACITY FOR STUDENT MENTAL HEALTH SUPPORT:**  
*Evidence, Best Practices, & Key Considerations*

Featuring insights from:

- Leslie Navarro, MSW**  
Associate Dean, Student Success & Advising  
Lake Michigan College
- Dr. Andrea Graham**  
Co-Director, Center for Behavioral Innovation  
Northwestern University
- Wendy Heyman, MS**  
Vice President of Student Affairs  
Bay Mills Community College

**26** February 2026 **12:00pm - 1:00pm**

Learn More & Register Now at <https://tinyurl.com/MHICC-Session>

Mental Health Improvement through Community Colleges (MHICC) initiative

### Register for our February session

Is your college considering using a digital mental health tool to support student mental health? Are you already offering one, but unsure whether it's being used as effectively as it could be? **If so, this interactive virtual learning session is for you!**

Join mental health leaders from other Michigan community colleges for a conversation about how to evaluate, select, and effectively implement digital mental health tools.

[Learn more and register here.](https://tinyurl.com/MHICC-Session)



## Revisit our January session

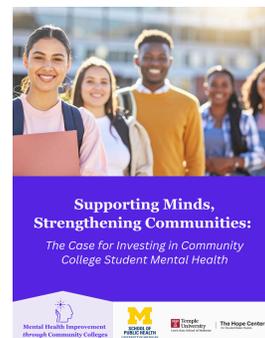
Our inaugural learning session brought together over 30 participants from across the state (and beyond!) to discuss how to make the case for increased investment in student mental health. The goal of this session was to provide participants with clear advocacy talking points, practical tools, and actionable resources to influence campus leaders, funders, and policymakers.

[Watch the recording of this session here.](#)

## Explore our newest resource on the MiTRENDS Mental Health Hub

The **MiTRENDS Mental Health Hub** uses data from the Michigan Mental Health Landscape Survey to visualize trends in how Michigan community colleges are supporting student mental health, while offering tailored, actionable resources to assist colleges in expanding students' access to mental health support.

Our newest resource guide, "**Supporting Minds, Strengthening Communities: The Case for Investing in Community College Student Mental Health**" is designed to support community college mental health leaders in making informed, compelling cases for prioritizing student mental health. This resource highlights key data, evidence-based talking points, and practical framing to demonstrate the value of mental health investments for students, colleges, and the communities they serve.



[Explore this resource now!](#)

Be sure to keep in touch as we continue publishing new resources on the MiTRENDS Mental Health Hub. If you have topics you'd like to see us create resources on, or any other feedback on MiTRENDS, we'd love to hear from you!

## Partner with MHCC to receive funding and staff time to help reach your college's mental health goals

A limited number of spots are available to participate in our **Capacity Building Programming**, which provides **\$15,000 in funding** and 12 months of **dedicated technical assistance** to strengthen your college's capacity to support student mental health.

Through this partnership, we'll work to better understand your college's student mental health needs and collaboratively identify key areas for institutional growth, which our team will help your college work towards during the partnership.

Interested in learning more about this opportunity? Explore the flier below for more details, and contact our team to set up a conversation!

**A limited number of spots are available to enroll in this programming this spring, so connect with us by March 15th to discuss launching this partnership before the summer break!**

[View the Capacity Building Flier](#)

[Connect with the MHCC team](#)

## Nominate a student for our Student Advisory Board!

In our continued effort to ensure our projects reflect the needs and perspectives of students, we're forming a Student Advisory Board comprised of community college students from across the state.

We are currently seeking students who are enrolled in (or have recently attended) a Michigan community college to serve on this board. Student participation will involve attending hour-long quarterly meetings during the academic year. Students will be compensated \$50 per meeting attended, and we're asking for students to commit to attending at least 3 meetings.

If you know students who may be interested in this opportunity, we would greatly appreciate you sharing the interest form below with them. **We are hoping to launch this student advisory board this spring, so request that interested students complete the form by March 1st.**

[Student Advisory Board Interest Form](#)

## Find us on the road: upcoming presentations

The MHICC team has two exciting presentations coming up, and we'd love the chance to connect with community college colleagues while we're there. If you'll be attending, please come say hello!

- The Healthy Minds Network's [College Mental Health Research Symposium](#) on March 23rd in Ann Arbor.
- [The Mental Health on College Campuses Conference](#) on March 24th in Ann Arbor.



## Connect with MHICC on social media!

Interested in staying up to date on our projects and progress, including new MiTRENDS resources? Give us a follow on [Instagram](#) or [LinkedIn](#) to keep up-to-date on new resources as well as collaboration opportunities with the MHICC team.



Did someone forward you this? Click the button below to subscribe to email updates and newsletters from the MHICC team

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The **Mental Health Improvement through Community Colleges (MHICC)** initiative is a collaborative project of researchers at the Hope Center for Student Basic Needs and the University of Michigan School of Public Health.





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