Delta Sigma Theta Sorority, Inc.

Uncompromising Commitment to Communities: Service, Leadership, Empowerment

Mental Health Across the Lifespan (M.H.A.L.)

December 2015 Webinar
Questions and Answers

1. **Are chapters to implement all three programs: Bullying, Postpartum and Healthy Aging?**

    Yes, alumnae and collegiate chapters are asked to implement all three *Mental Health Across the Lifespan* (*M.H.A.L.*) modules. A suggested action plan and timeline was shared in the "Message from PPD" sent to chapter presidents in September 2015.

2. **Will we have access to these slides to share with our chapter membership?**

    The Webinar slides are posted to the Delta Sigma Theta national website and can be accessed by chapters.

3. **Can you e-mail the PowerPoint presentation to those sorors on the call?**

    No. The Webinar PowerPoint presentation is posted on the Delta Sigma Theta national website.

4. **Will the presentation be available to print later?**

    The Webinar will be available on the Delta Sigma Theta national website for chapters to access.

5. **It was said we could access the presentations off the main home page of DST, however, I did not see them in the members only portal.**

    Mental Health Across the Lifespan program presentations are on the M.H.A.L. home page, found on the national website landing page (http://www.deltasigmatheta.org/mhal/). There is no need to go to the Members Only portal.

6. **I do not see the handouts on the members only portal. Can you direct where to find the handouts?**

    As noted in the response to Q5, handouts and other resource materials can be found on the M.H.A.L. home page. Again, there is no need to go to the Members Only portal.

7. **Are we allowed to use the PowerPoint on the national website as a presentation in our programs?**

    Yes.

8. **So we can use all NICHD or NIMH materials instead of creating our own, and then we don't have to have it reviewed, correct?**

Correct. Chapters are to use the module presentations, resources and surveys found on the M.H.A.L. landing page to implement targeted programs. (See response to Q5 for link to webpage.) Chapters are also asked to use "#DSTMHAL" when promoting the programs and materials via social media. Supplemental resources of local, regional and/or national partners can also be used as appropriate.

9. **Any suggested activities for the internal [chapter] aging initiative? Thinking specifically about our Delta Dears.**

Suggested activities can be found on the national webpage. See "Resource Downloads/Links" under the "Healthy Aging" module of the Delta M.H.A.L. initiative.

10. **I am not clear on the depression module. Is this for collegiates only or for alumnae chapters as well?**

There are two components to the depression module – Postpartum Depression, developed for women of child-bearing age, and Depression and College Students. Presentations, resources and evaluation surveys are available for both components.

11. **Are printed handouts available from the various organizations that chapters can use to handout to the community at events such as health fairs?**

Printed copies of some NIH, NIMH and NICHD materials are available and can be ordered from the appropriate websites. Other materials can be downloaded and copied for distribution.

12. **Is there a charge for materials for these program areas discussed by the NIH representative?**

All NIH, NIMH and MICHD materials are provided free of charge.

13. **Will you send the URL for the NIH website?**

URLs for NIH and NIMH follow:
http://grants.nih.gov; http:///www.nimh.gov/health/publications/index.shtml

14. Is there funding available? Can chapters apply for grants?

NIH funding for mental health initiatives may be possible; collaboration with an academic institution is required – See website for details: http://grants.nih.gov/grants/guide/pa-files/PAR-15-032.html.

15. If we were denied for the grant previously, can we re-apply for the Feb 19 deadline or must we wait for next sorority year?

Yes, chapters may apply for these grants.

16. Is this an initiative for 2016 planning?

Yes. Information re: the initiative provided via webinars conducted in February and December of 2015, and in workshops conducted during the 52nd National Convention.

17. Are there deadlines to implement the initiatives?

Although M.H.A.L is a multi-year collaboration, chapters are asked to implement and evaluate their inaugural programs during the 2015/2016 year.

18. If a mental health program is to be done in May then it will not count for regional award submission? Please clarify.

Regional award criteria and submission is decided by each region and chapters should check with their region for the criteria. Many chapters planned the M.H.A.L. initiatives and begun implementations in September 2015. Those chapters who implemented the M.H.A.L. initiative for the full chapter year will probably qualify to submit for regional award submission.

19. For the surveys, can they be printed or must they be completed online?

All surveys must be completed online since it is an electronic survey process.

20. The archived 25th on the 25th are no longer available. Will that change?

Not at this time.