



# NextGen Peer Support

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# University of North Dakota - Overview

## Public Research University

- » ~13,000 students
- » Established in 1883
  - Medical and Law School
- » Aviation Program
  - Established in 1968
  - Over 2,000 aviation students
    - Flight
    - Air Traffic
    - Aviation Safety
  - Fly over 125,000 flight hours a year in over 100 aircraft
  - Established pathways with many airlines, including United and Delta



# Focused Mental Health Concerns

## Impact of the pandemic in higher education

- » Increased depression and anxiety
- » Feeling of loneliness
- » Lack of focus

### Over 9 in 10 College Students Report Mental Health Impacts From COVID-19



by Anne Desros

Published on April 11, 2020 | Updated on November 10, 2020

#### THE IMPACT OF COVID IN HIGHER EDUCATION

**Mental health and well-being during the COVID-19 pandemic in higher education: Evidence from G20 countries**

Mohammad Nurunnabi,<sup>1,2</sup> Norah Almusharraf,<sup>3</sup> Dalal Aldeghaither<sup>4</sup>

<sup>1</sup>Department of Accounting, Prince Sultan University, Riyadh, Saudi Arabia; <sup>2</sup>St Antony's College, University of Oxford, UK; <sup>3</sup>College of Humanities, Prince Sultan University, Riyadh, Saudi Arabia; <sup>4</sup>College of Science and Technology, Prince Sultan University, Riyadh, Saudi Arabia

Research Article

### College Students Mental Health Challenges: Concerns and Considerations in the COVID-19 Pandemic

Nahal Subhi, Bryan Gere, William Talley & Brigette Hoogbe

Received on: 2/10/2021

Download PDF: <https://doi.org/10.18808/27682242>

### Addressing collegiate mental health amid COVID-19 pandemic

Yuxin Zhai<sup>1,2</sup>, Xue Du<sup>1</sup>

### Investigating Mental Health of US College Students During the COVID-19 Pandemic: Cross-Sectional Survey Study

Xiaomeng Wang<sup>1</sup>, BS, PhD, Student Head<sup>1</sup>, BEng, MS, PhD, Changwon Son<sup>1</sup>, BS, MS, Bruce Koller<sup>1</sup>, BA, Alon Smith<sup>1</sup>, BS, Farmer Sasse

<sup>1</sup>Industrial and Systems Engineer

<sup>2</sup>Center for Quantum Research



### Effects of COVID-19 on College Students' Mental Health in the United States: Interview Survey Study

Changwon Son<sup>1</sup>, Sudheep Hegde<sup>1</sup>, Alec Smith<sup>1</sup>, Xiaomeng Wang<sup>1,2</sup>, Farzan Sabangohar<sup>1,2</sup>

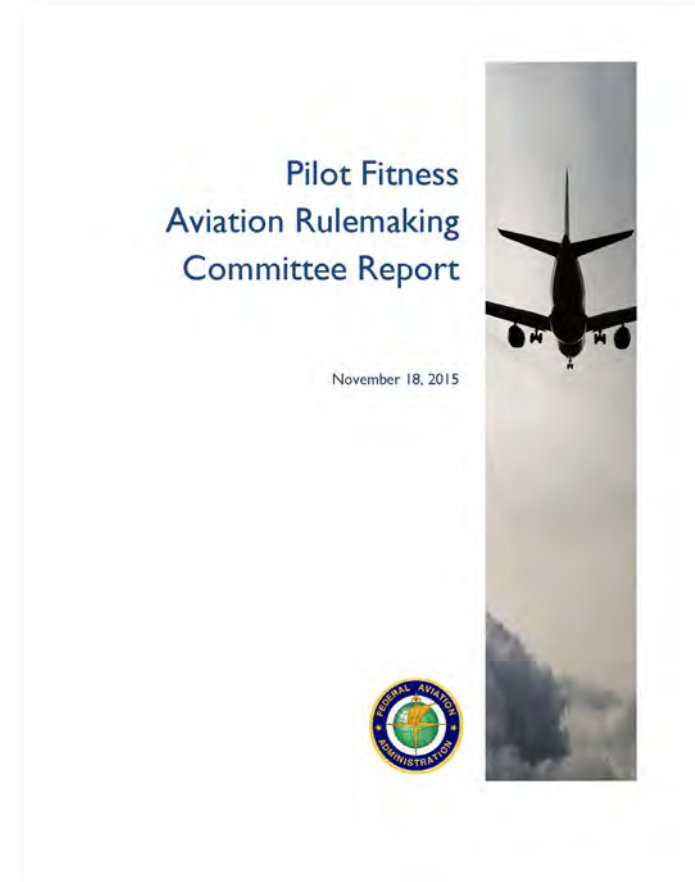
# Aerospace Mental Health Task Force at UND

Brought in experts from across campus, included students in the conversation

Began reaching out to the aviation industry...

» FAA Pilot Fitness Aviation Rulemaking Committee (2015)

Then, on October 16, 2021 tragedy struck our program



# Brought Together to Start Conversation that included training organizations



**UNIVERSITY OF NORTH DAKOTA**  
**AVIATION MENTAL HEALTH SUMMIT**  
December 15, 2021

|         |   |
|---------|---|
| 9:00am  | <b>Welcome</b><br>President Andrew Amacost, University of North Dakota<br>Stephen Dickson, FAA Administrator (video message)<br>Officers of United ALPA MEC<br>Captain Mary Ann Schaffer, System Chief Pilot, United Airlines |
| 9:30am  | <b>Mental Health (Wellness) and Fitness for Flight</b><br>Dr. Quay Snyder, President and CEO, Aviation Medicine Advisory Service  |
| 10:30am | <b>Pilot Healthcare Seeking Behavior Research</b>   |
| 11:00am | <b>FAA Office of Aerospace Medicine</b><br>Dr. Penny Giovanetti, Director of Medical Specialties Division   |
| 11:45am | <b>Breakout Discussions</b>   |
| 12:00pm | Lunch served, continued discussion in breakout rooms  |
| 1:00pm  | <b>Commercial Operators (Best Practices &amp; Challenges)</b><br>Moderator – Capt. Lynn Tatum, United Airlines SOAR Committee Chair   |
| 1:45pm  | <b>University Panel (Best Practices &amp; Challenges)</b><br>Moderator – Dr. Elizabeth Bjerke, Associate Dean, University of North Dakota   |
| 2:30pm  | <b>Aviation Mental Health Expert Panel</b><br>Moderator – Capt James Belton, United Airlines  |
| 3:15pm  | Aviation coalition path forward   |
| 4:00pm  | Adjourn   |

**UND UNIVERSITY OF NORTH DAKOTA**  
This summit is being supported by the John A. Hauser Mental Health in Aviation Initiative Fund. Hosted in part by United's ALPA MEC.

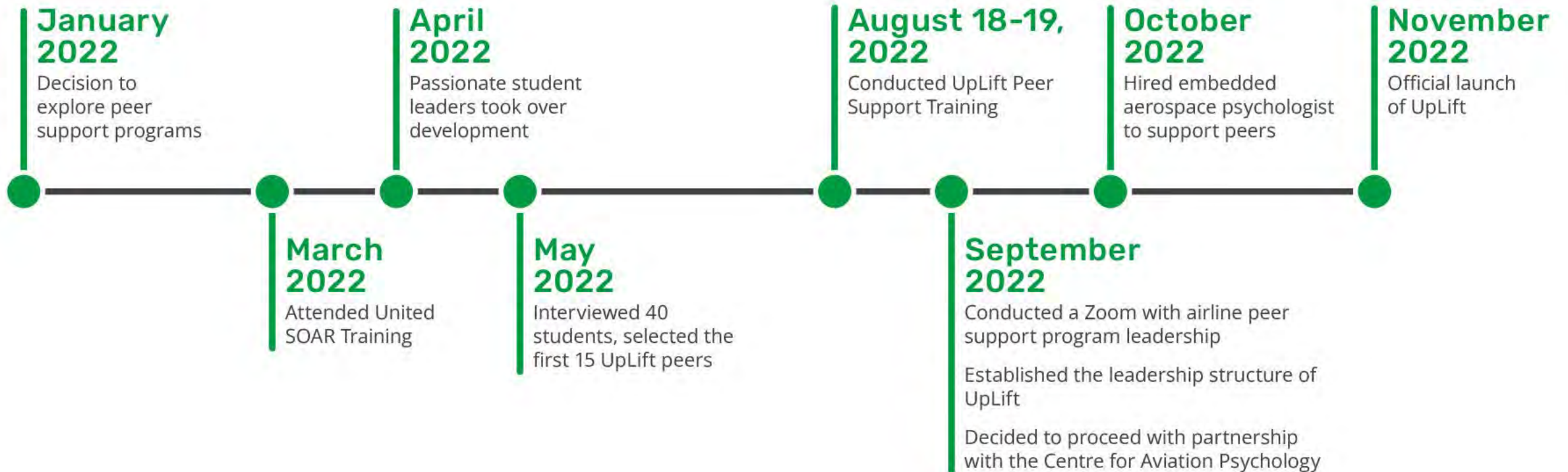


**November 16-17, 2022**  
**Attendance is free!**  
**Learn more and get registered:**  
[aero.UND.edu/events/mental-health](https://aero.UND.edu/events/mental-health)



Sponsored by the John A. Hauser Aviation Mental Health Initiative Fund

# *up*LIFT Timeline



# Training Curriculum and Support

## Trained by UND Counseling Center

- » Emotional First Aid

- Learned how to apply EFA action plan when somebody is experiencing a variety of mental health challenges.

- » Used Suicide Prevention training and Columbia Lighthouse Project training.

Continued training at regularly scheduled meetings with psychologist to provide supervision, opportunities to debrief cases, and receive support.

Embedded Psychologist in Aerospace College

## Criteria for Uplift Peer Supporters

- Must be sophomore standing or higher
- Good academic standing
- Aerospace major
- Diverse backgrounds
- Applications screening
- Interviews



Student leaders (peers) ran even the first round of peer selection.

- Web based portal
- Peers/Psychologist have access to the site
- Over a dozen cases since launch
- Positive feedback thus far

## Program Logis

The screenshot displays the upLIFT website interface. At the top, a navigation bar includes links for HOME, ABOUT, SPEAK TO A PEER, FAQs, RESOURCES, CONFIDENTIALITY, and CONTACT. The main header features the upLIFT logo and the text 'UND AEROSPACE STUDENTS PEER SUPPORT PROGRAM'. A prominent green button labeled 'SPEAK TO A PEER' is visible. Below this, a contact form titled 'I would like to talk to an Aerospace Student Peer' contains the following sections:

- 1. We need to be able to make contact with you. It does not have to be your real name or full name.**  
 Your Name:
- 2. How soon do you want us to make contact with you? This helps us to allocate resources and respond to your level of urgency.**  
 (Within the following number of hours:  
 Hours\*: ☐ 24 ☐ 48  
 \* Required
- 3. Please enter the phone number that you want us to use to make contact with you. Only the trained peer will see this and it will not be used for any other purpose.**  
 You will need to enter it twice (confirm number) just to make sure everything is correct.  
 Phone Number\*:  +1  
 Confirm Number\*:  +1
- 4. Major (Optional)**  
 Please Choose:  Air Traffic Management
- 5. Specific request or comment?**

At the bottom of the form is a green button that reads: 'I have read the Terms, please submit my request.'

# Marketing and Outreach to GenZ

## In-person presentations

- » New Student Orientation
- » Safety Seminars
- » Class visits



## Marketing Material



# Challenges Facing Peer Support in Training Organizations

Establish a structure that allows Peers to lead and guide the program

Steady Stream of Funding

Constant Turnover of Peers as they Graduate

Building Trust with a Constantly Changing Student Demographic

Mental Health Professional for Support of Program

# Future of UpLift at UND – Constant Assessment and Improvements

## Expand to the Flight Instructor group

- » UND employs around 250 flight instructors
- » Explore a Critical Incident Response Program (CIRP) model for certain events

## Continue to adapt and evolve training of peer supporters

- » We are developing a training that focuses on responding to mental health challenges specific to UND student population.
- » Use case examples to discuss and debrief for future training.

## Looking to expand our aviation mental health related resources on campus

- » HIMS AME/ HIMS Psychologists



# Rewards of Peer Support Program in Training Organizations

