



APPLICANT  
RESOURCE KIT

# 2022 Garrett Lee Smith Campus Grant

Applying GLS Funds to Togetherall

[togetherall.com](https://togetherall.com)



# Togetherall and an overview of the Garrett Lee Smith Grant

With the increased need for mental health support among college students, higher education institutions are seeking more scalable and cost-effective solutions to help combat common feelings of anxiety and depression to more severe concerns like self-harm and suicide. Togetherall's anonymous, 24/7 clinically moderated peer-to-peer community not only integrates with and complements existing on-campus services, but its solutions allow institutions to apply for federal funding to offset the cost.

In this resource kit, you'll learn how Togetherall aligns with Substance Abuse and Mental Health Services Administration (SAMHSA) FY 2022/2023 Garrett Lee Smith Grant.

The Garrett Lee Smith (GLS) Campus Suicide Prevention Grant is a federally funded program. The purpose of this program is to develop a comprehensive public health and evidence-based approach that:

- (1) enhances mental health services for all college students, including those at risk for suicide, depression, serious mental illness (SMI)/serious emotional disturbances (SED), and/or substance use disorders that can lead to school failure;
- (2) prevents and reduces suicide, and mental and substance use disorders;
- (3) promotes help-seeking behavior; and
- (4) improves the identification and treatment of at-risk college students so they can successfully complete their studies.

It is expected that this program will help identify students who are at risk for suicide and suicide attempts, increase protective factors that promote mental health, reduce risk factors for suicide, and ultimately reduce suicides and suicide attempts.



# Peer-to-Peer Support: A Population-Level Approach to Early Intervention

According to Center for Collegiate Mental Health data, lifetime history of counseling increased to 60% in 2020, compared to less than 48% in 2013 (CCMH 2020 Annual Report).

As the data demonstrates, colleges and universities need resources and interventions that are further upstream because collegiate mental health services face the compounding effects of both increased demand and increased clinical acuity (intensity of care). There is a critical need for resources focused on early intervention that do not exclusively rely on mental health professionals while maintaining rigorous attention to risk. The next step in this process must include a complete view of avenues for help-seeking. This would help students expand their options in a manner that normalizes the human experience of distress and emotional pain and elevates the role of natural and readily accessible support systems. The good news is there is an underutilized resource that is in abundance – the students themselves.



There are many examples of peer-to-peer resources and early intervention models, including peer counseling programs, peer support groups, gatekeeper training, and digital (online or app based) forums. Of these examples, digital resources offer a comprehensive array of options that optimize accessibility, inclusivity, clinical appropriateness, and developmental congruence when they include the following:



### Anonymity

When users can access online or app-based formats anonymously, it can reduce stigma and remove a substantial barrier to help-seeking (Neal et al., 2011), particularly for marginalized communities such as students who identify as Black, Indigenous or persons of color or students who identify as LGBTQIA+.



### Risk Management and Escalation through Clinical Monitoring

A program that allows for effective monitoring by licensed professionals and directly connects to specific campus resources increases safety and reduces risk and liability. Clinical monitoring is vital for students who are facing severe mental health concerns, and effective risk escalation is essential.



### 24/7 Access

When students are feeling overwhelmed, accessing help can seem daunting or inconvenient. When peer-to-peer resources are available around the clock, they provide an outlet for students seeking support and create flexibility for reaching out.



### Prosocial

An online/app-based format enables students to support peers struggling with mental health concerns. This format can be particularly empowering for students who have worked through their own mental health challenges and can give back by normalizing and validating someone else's struggles and concerns by sharing their own journey. Additionally, a prosocial digital space is a welcome counter to social media and open forums that may contribute to poor mental health.



### Online and/or App-Based Platform

Students are often online and on their smart devices. In a pre-pandemic study of undergraduate students and information technology, the typical students reported spending, on average, between three and four hours a day working online and another one to two on nonacademic activities (Galanek, Gierdowski and Brooks, 2018). These results were broadly similar across class, ethnicity, and gender.



# About Togetherall

Founded in 2007, Togetherall is the leading clinically supervised peer-to-peer online mental health community – providing access to over 3 million students across 300+ colleges and universities in the United States, Canada, and the United Kingdom. The platform empowers students to seek and provide support anonymously and is monitored 24/7 by licensed clinicians.

Togetherall’s community is representative of a diverse population, with 46% of students identifying as Black, Indigenous, or people of color and 5% identifying as gender non-conforming, demonstrating that Togetherall is in a unique position to support historically underserved populations.

**In recent member data, 25% of respondents experienced suicidal thoughts in the six months prior to joining Togetherall.**

Nearly three-quarters of the community join Togetherall because of its immediate access, and 64% share on Togetherall because it is anonymous. Of our students, 55% shared something about their mental health for the first time, and 35% report that Togetherall is their only form of support. Lastly, 29% of students indicate that Togetherall helped them remain enrolled.

## Our Impact

**3M+**

students have access

**300+**

institutions supported globally

**64%**

share on Togetherall because it’s anonymous

**35%**

report that Togetherall is their only form of support

**29%**

of students indicate that Togetherall helped them remain enrolled

## Reaching Underserved Populations

**46%**

Identify as Black, Indigenous, or people of color

**5%**

Identify as gender non-conforming

**55%**

Shared something about their mental health for the first time



## With Togetherall, students will have access to:



### **Togetherall's Global Community**

A safe, anonymous, online community, monitored by licensed clinicians, where students can seek support and support others.



### **24/7 Clinical Moderation**

Round-the-clock moderation by Togetherall's licensed clinicians ensures that students feel safe and are navigated to the appropriate level of care. Our service integrates with existing campus and/or community 24/7 support lines for students in need of additional assistance. This integration is bespoke per institution.



### **Risk Escalation**

Clinically managed and designed to support those with a spectrum of need, especially for those who have thought about self-harm in the last six months. While having the infrastructure to escalate individuals at risk.



### **Self-Guided Courses & Resources**

Students can independently engage in a variety of courses, self-assessments, articles, journaling, and links to other available services such as counseling and psychological services, as well as other campus-specific services.

## With Togetherall, institutions will receive:



### **Data Insights and Outcomes**

Data is provided on student engagement, user trends, and impacts via a real-time dashboard and monthly reports.



### **Partnership Support**

An account manager will continuously monitor engagement and work with each institution to help understand and interpret aggregate data and ensure opportunities are optimized for promotion.



### **Configurable Resources**

In-platform resources tiles can be configured to reflect institutional or local community resources, which are in line with GLS requirements.



### **Integration Opportunities**

Integrations are available with identified learning management systems to increase accessibility and with certain digital self-help therapies for a seamless student experience.



### **Marketing Materials**

Togetherall has a range of digital marketing materials that can be used to promote the service.



# GLS Grant Required and Allowable Activities

For FY (Fiscal Year) 2022, the GLS grant funds must support the following required activities and may also be used to address the allowable activities.

REQUIRED ACTIVITIES		
Required Activity	Support	How Togetherall Meets the Activity
Create a network infrastructure to link the institution of higher education with appropriately trained behavioral healthcare providers who treat mental and substance use disorders, including a plan to seek input from relevant stakeholders in the community, and other appropriate public and private entities to implement the program. The network shall include knowledge of local behavioral health crisis response services (mobile response, crisis stabilization services, crisis lifeline call centers, and other support services) as well as traditional outpatient providers and emergency departments.	<b>PARTIALLY SUPPORTS</b>	While Togetherall does not provide treatment, Togetherall’s online peer-to-peer community is monitored and moderated 24/7 by licensed clinicians. Our clinicians have three primary roles within the platform, including risk identification and intervention. If a student demonstrates at-risk behavior, a clinician will assess the student in real-time and direct them accordingly, to relevant campus or community resources, or to a crisis call center/emergency services as needed. Clinicians can also guide students to resources available to them in their community and at their institutions in non-risk situations. Additionally, resource files on the platform direct the student to other non-crisis resources they may also want to access.
Administer voluntary mental and substance use disorder screenings and assessments and provide information and referral services, as appropriate.	<b>FULLY SUPPORTS</b>	Within Togetherall’s platform, students have access to mental health and substance use disorder screenings and assessments. Students can access these screenings and assessments on their own or a clinician can recommend that they complete the screening and/or assessments. These include the PHQ9 and GAD7, screenings for depression and anxiety, respectively. Institutions may also configure the platform’s resources tiles to reflect specific resources that are available to their students.
Engage with any existing campus administrative offices (e.g., deans, student affairs, etc.) and initiatives (e.g., peer education or student-led groups) to integrate suicide awareness, prevention, and mental health promotion.	<b>PARTIALLY SUPPORTS</b>	Togetherall provides extensive client support to engage the student community in the platform. This includes working closely with institutional stakeholders to develop a robust communication plan that entails the use of both print and digital resources to market the availability of the platform. Additionally, Togetherall offers training on the platform to campus administrative offices and student leaders to integrate mental health promotion and the availability of the peer-to-peer platform for students seeking to get and/or give support. As examples, this may include counseling center staff, residential housing staff, career-services staff, financial aid staff, faculty and others.



Required Activity	Support	How Togetherall Meets the Activity
Train students, faculty, and staff to identify, respond effectively, and make appropriate referrals for students in distress, crisis, or at risk of suicide.	<b>DOES NOT APPLY</b>	N/A
Promote access and the availability of 24/7 crisis services (phone/text/chatline) through local or national suicide prevention platforms.	<b>FULLY SUPPORTS</b>	While not a crisis service in and of itself, Togetherall’s online peer-to-peer community is monitored and moderated 24/7 by licensed clinicians. Our clinicians have three primary roles within the platform, including risk identification and intervention. If a student demonstrates at-risk behavior, a clinician will assess the student in real-time and direct them accordingly, to relevant campus or community resources, or to a crisis call center when needed. Clinicians can also guide students to resources available to them in their community and at their institutions in non-risk situations. Additionally, resource tiles on the platform direct the member to other non-crisis resources they may also want to access.
Provide outreach services to inform students about suicide awareness and prevention, mental health promotion, and mental and substance use disorder services, including recovery support services.	<b>PARTIALLY SUPPORTS</b>	Togetherall provides extensive client support to engage the student community in the platform, including the ability to configure the platform for institution-specific resources that support suicide awareness and prevention, mental health promotion, and substance misuse disorders as well as recovery support services. The platform also contains a range of psycho educational materials, self-help tools, and self-directed courses based on CBT principles. Topics of these courses and resources range from suicide prevention, substance abuse, anxiety, and depression.
Educate and disseminate informational materials to college students, families, faculty, and staff to increase awareness about suicide, suicide prevention, mental health promotion, substance use, and mental and substance use disorders.	<b>PARTIALLY SUPPORTS</b>	Togetherall’s client support includes material to engage the community in the platform. This includes both print and digital resources. Togetherall also offers training on the platform to campus administrative offices and student leaders to help promote the service for students in need. Lastly, institutions can configure the resource tiles within the platform to direct students to services provided at the institution or within the community. As an example, a resource tile can be linked to training material, group therapy, or telehealth services.
Develop and implement educational seminars that are aligned with campus initiatives and activities, and enhance (promote) life skills, resilience, and social connectedness.	<b>PARTIALLY SUPPORTS</b>	While Togetherall does not develop and implement seminars, there are a range of turnkey psycho-educational materials, self-help tools, and self-directed courses based on CBT principles. Topics of these courses and resources range from balancing your thinking, anger management, improving sleep, and substance abuse, anxiety, and depression.
Implement activities aimed at promoting a supportive campus environment, addressing interpersonal violence and other public health issues.	<b>PARTIALLY SUPPORTS</b>	Togetherall’s online peer-to-peer community helps institutions target the energy and desire for peer-to-peer support. Having 24/7 clinical moderation minimizes risk and ensures students are receiving the support they need. Students can both give and get support across the continuum of public health issues, including stress, anxiety, depression, and interpersonal violence. Additionally, our community has self-directed online courses that students can take. Associated with the courses are specific chat groups related to the course material that students have used to create social connectedness. The course topics range from creating healthy sleeping habits to cutting down on drinking to managing depression.
Implement strategies to reduce access to lethal means among students with identified suicide risk.	<b>DOES NOT APPLY</b>	N/A



ALLOWABLE ACTIVITIES		
Allowable Activities	Support	How Togetherall Meets the Activity
Develop and implement a plan to provide mental and substance use disorders prevention and treatment services via telehealth to college students by employing appropriately trained staff. Services may include recovery support and early intervention programs, treatment, and management (including through the use of telehealth services).	<b>PARTIALLY SUPPORTS</b>	Togetherall’s online peer-to-peer platform represents a population-level, early intervention service for students who are interested in seeking and providing support.
Support college student groups on campus, including athletic teams, that engage in activities to educate college students, including activities to reduce negative attitudes about behavioral health disorders and to promote mental health.	<b>FULLY SUPPORTS</b>	Togetherall’s community focuses on providing a safe space to give and get support. The anonymity of the platform decreases stigma and encourages students to take the first step in supporting their own mental health and wellness. The nature of the platform serves to engage student groups on campus that may not normally seek support, like students who identify as BIPOC or as LGBTQIA+. Additionally, students can create groups or friends based on certain characteristics, including being a student athlete or otherwise.
Develop and support evidence-based and emerging best practices, including a focus on culturally and linguistically appropriate best practices.	<b>PARTIALLY SUPPORTS</b>	Togetherall’s licensed clinicians are trained in evidence-based and emerging best practices, including multiculturalism and diversity, not only along racial/ethnic dimensions but also in other aspects of culture such as socioeconomic status, religion/spirituality, sexual orientation, and ability status. Data from the platform indicates that we are overrepresented in often marginalized communities.
Conduct an evaluation through a counseling or health center at the institution of higher education involved regarding improving the behavioral health of students through clinical services, outreach, prevention, or academic success, in a manner that is in compliance with all applicable personal privacy laws.	<b>PARTIALLY SUPPORTS</b>	Togetherall provides evaluation and outcome data in three categories: member demographics, including age, gender, and ethnicity, engagement trends, including platform utilization, presenting issues, and clinical navigation, and escalation; and impact data related to reasons for joining, improvements in well-being, retention, and resource awareness.





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