



MENTAL HEALTH IN OUR CHAPTER CAPSTONE PROJECT EXAMPLE

THE CHALLENGE

Mental illness continues to be a problem that increasingly plagues (among others) college students across the nation. In any chapter, mental illness can substantially and negatively impact academic performance, participation in events such as chapter meetings, the relationships between members, and the ability of members to find their passion and excel.

THE SOLUTION

Our chapter can serve as a model for other chapters of Pi Kappa Phi, as well as other fraternal organizations on our campus, by building a culture that supports vulnerability, educates members to recognize and manage the symptoms of mental illnesses, and challenges all to utilize resources when necessary.

The actions needed to meet each component of this solution are listed below.

To create and sustain a chapter culture that supports vulnerability, our chapter should:

- Host monthly, alcohol-free brotherhood events for all members;
- Host the “Sticks in the Fire” or “Burning of the Past” subordinate ritual for all members at least once each term; and
- Remind all members about the principles of giving and receiving feedback through Ultimate Respect and recognize those members who practice it regularly.

The chapter can educate all members to recognize and manage the symptoms of mental illness by:

- Continuing to facilitate Behind Happy Faces: Module One with all associate members each term;
- Facilitating the other four (4) modules of Behind Happy Faces with all chapter members each academic year; and
- Asking the Chaplain or inviting a mental health expert to identify, define, and describe the symptoms of one (1) type of mental illness at each chapter meeting;

We can challenge all to utilize resources when necessary by:

- Asking the Chaplain, Archon, or Chapter Advisor to share, with all members, the mental health resources offered by Pi Kappa Phi and the university at least two (2) times each term;
- Advocating for others to utilize mental health resources throughout the year, but particularly during Mental Health Awareness Month in May.
- Partnering with the Office of Fraternity & Sorority Life or other organizations to host a mental illness awareness event for all students each year.