

UBC2M NEWSLETTER

A YEAR IN REVIEW!

U Bring Change 2 Mind has had a great year of putting on events and connecting with the student body at Indiana University. Our dedicated team of students organized and executed half-a-dozen successful events throughout the Fall and Spring semesters, including large events each semester that attracted over 100 participants each and had everyone involved walking away with smiles and a deeper understanding of mental health issues and stigma on campus. This year's leaders were extremely committed to spreading our mission and vision in a campus community that they love very much!

FILM SCREENING WITH DIRECTOR PAUL DALIO

This past fall, UBC2M collaborated with IU Cinema for a showing of *Touched With Fire* and *I Smile Back*. We were even more thrilled that *Touched with Fire* director, Paul Dalio, was able to talk with students about the film and about authentically depicting the struggle of bipolar disorder through music and cinema. The creation of the film and his ability to talk about mental health comes from his own personal experience with bipolar disorder. It was amazing for students to sit down with someone so creative and inspirational person.



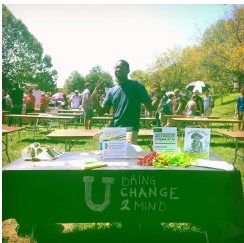
A MESSAGE FROM OUR PRESIDENT



I am so grateful that over this past school year, the members of UBC2M have confidently advanced our mission by raising awareness about the detriments of stigma around mental illness. Through our event programming and outreach efforts, we have been able to spread the message to others that IU is taking a firm stand in this fight against the largest barrier to help-seeking. Equally as important is the success we have had in forming lasting bonds and creating a safe, positive, and fun environment in which to have thoughtful conversations. The fact that these conversations are even taking place is evidence that the climate around mental health and illnesses can and will change. I could not be more excited for what UBC2M has to offer next year, as we seek to create an even larger network of individuals as passionate about the mental well-being of others as we are!

—George Hutchins

A YEAR IN SNAPSHOTS





BUS CAMPAIGN UNVEILING

In the fall, we had special visitor Glenn Close on campus. During her time in Bloomington, she helped unveil our promotional bus. This idea of the bus was sparked from a previous winning Campaign Competition team, and it was awesome to see it become a reality. The lime green bus cruises around campus

and, because of its visibility, is a great way to attract students. On the side is a short lesson on stigmatizing phrases, so viewers walk away with our message. We were so happy Glenn was able to be there with our students for the big reveal of such an exciting new campaign!

BRING IN THE BOOTY

Bring in the Booty was the Spring 2016 Campaign Competition winner! This event was created by Maggie Benson and executed this past October. The event included an *Amazing Race*-like scavenger hunt held throughout IU's campus, where participants competed and raced to win cash prizes for their student organization.

Following pirate and mental health themed clues, participants made their way to different checkpoints. At the various stations of the scavenger hunt, participants answered questions and competed in games that centered around mental health topics. The first team to reach every checkpoint and make it

back to the start won the booty! This year's winning team came from the IU Women's Frisbee team, under the name "Captain Jane Sparrow." In addition to the race, a costume competition challenged the creativity of our teams of participants, and it was so much fun to see their hilarious ensembles.

KICK STIGMA IN THE BALLS

In early April we had our second annual *Kick Stigma In The Balls*, kickball tournament. The tournament, open to all students at Indiana University, spread awareness about mental illnesses and stigma. Teams of eight to ten competed in a traditional kickball game, and an educational portion was also included, with trivia questions regarding mental health topics

such as stigma, specific mental illnesses, and places to seek help. Teams loved the extra challenge of trivia as part of the overall competition, and felt like they learned a lot.

The winning team, "Duderonomy," was from Chi Alpha Christian Ministries. They proved that they not only had the athleticism necessary to

excel, but some mental health knowledge, too!

We are so proud of the innovative UBC2M members who worked incredibly hard to make creative changes this year that improved the overall programming and education aspects for this fun and successful event!

MENTAL HEALTH TRIVIA NIGHT

This spring we held our first ever trivia night! This was a fun, engaging event that connected students from all parts of campus. The trivia questions included concepts such as mental illness, places to seek help, and the stigma surrounding mental illness. However, many of the questions also referenced mental health in pop-

culture, film, and television. These non-academic questions made students look at mental health in a new perspective. The event was created to spread awareness on mental health topics and further educate IU's campus about stigma. We had a great turn out and were able to connect with many new students!

AWARENESS WEEK



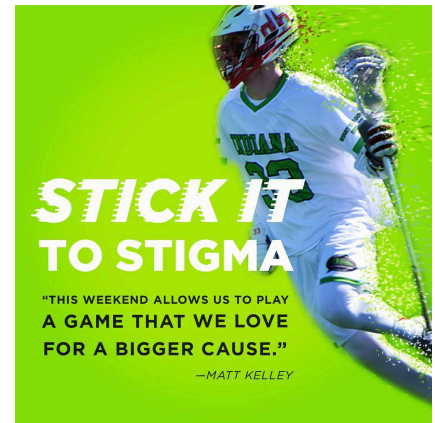
Several UBC2M members volunteered their time to table during the Mental Health Awareness Week this past October. Members were able to empower students by spreading positivity and awareness of mental health. Students could write positive messages that were displayed on a long paper wall, write positive notes to friends and/or strangers, or receive positive messages written by UBC2M members.

ADOPT A FAMILY



UBC2M teamed up with several other organizations on IU's campus to participate in the annual Adopt-a-Family during the holiday season. UBC2M raised money for a local family to buy them various gifts. UBC2M members Cliff and George attended the spaghetti dinner event where organizations met their "adopted" family. It was such a joy watching the children open their gifts and helping these families during the holidays.

STICK IT TO STIGMA



Partnering with IU's Men's Lacrosse team, UBC2M spread awareness of mental health, stigma, and campus care options at a lacrosse game this spring. Some UBC2M members volunteered their time to table for this event and distribute UBC2M gear and educational materials to spectators. We were especially excited that the lacrosse team reached out to work with us again, continuing to spread our mission to their players.

WE ARE SO PROUD OF ALL OF THE HARD WORK FROM THIS YEAR AND CAN'T WAIT TO SEE THE GREAT IDEAS THAT COME FROM OUR STUDENTS NEXT YEAR!