



## **Higher Education and Community Mental Health Promotion Programming and Consultation Services**

Promoting wellness that builds community, values individuality and fosters integrity.

### **Background and Overview:**

According to the National Council for Education Statistics (2006), 11 percent of undergraduate students enrolled in postsecondary education in the United States reported having a disability – 22 percent of which reported a mental illness or depression. As institutions of higher education seek to address the evolving mental health concerns on their campuses, it is important to consider the cultural influences that impact how mental illness is perceived. University faculty, staff, and students play an integral role in fostering mental wellness through targeted campus initiatives.

Nadia M. Richardson, Ph.D. founded Valenrich Wellness, LLC in an effort to dismantle the cultural stigma of mental health and replace it with a positive life-affirming discussion that acknowledges diverse forms of human variation in a respectful and humanitarian manner. Informed by Dr. Richardson's research on the experiences of traditionally underrepresented college students with mental health concerns, Valenrich Wellness offers a range of programming options, consultation services, and advocacy training workshops to university administrators and faculty, student affairs professionals and students.

Through Valenrich Wellness, Dr. Richardson combines her specialized research with her classroom, student affairs and nonprofit experience to offer unique workshops that convey innovative guidance related to effective campus resources, programming, policies and practices. Utilizing a holistic approach to explore culturally factors that threaten the educational achievement of students with mental health concerns, Dr. Richardson administers mental wellness advocacy workshops that encourage healthy identity development in all students.

Take the first steps to encouraging important conversations regarding mental health and mental wellness on your campus by inviting Dr. Richardson to conduct a workshop.

**“Breaking the legacy of psychologically damaging oppression begins  
by breaking the silence of discrimination and redefining strength  
in a way that respects and values human variation.”**

**- Nadia M. Richardson, PhD -**

**About Dr. Nadia M. Richardson:**



Nadia M. Richardson, Ph.D. is the Founder of Valenrich Wellness. Prior to launching Valenrich Wellness, she served as a Research and Creative Activity Fellow at the University of Alabama where she completed a Doctor of Philosophy degree in Higher Education Administration. Her professional experience includes working with international educational nonprofit organizations in Houston, Texas, Washington, DC, and Fairfax, Virginia as well as student affairs departments such as Dean of Students, Student Involvement and Leadership, Study Abroad, Career Center, Residential Life and Diversity. As an instructor, she has developed and taught college courses on diversity, social justice leadership, and academic potential. Dr. Richardson's current scholarship focuses on college student mental wellness, minority student experience, and educational diversity. She has presented on these topics at both national and international conferences.

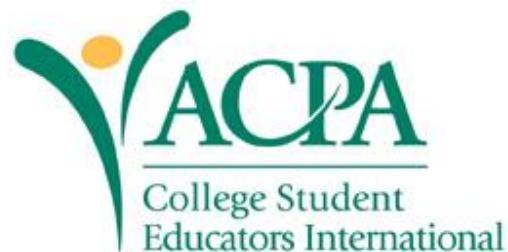
*Dr. Richardson is a dynamic speaker  
with a contagious charisma.*

Dr. Erica Jordan  
Assistant Professor, Applied Developmental Psychology  
University of West Florida

Dr. Richardson is an activist-oriented, community-based scholar who believes in developing research that can be used on and off college campuses. As a first-generation American-born citizen, she utilizes her cross-cultural perspective to explore complex topics related to diversity in higher education. She is an engaging speaker who encourages students to embrace their authentic identities and challenges university faculty and staff to foster healthy student development and mental wellness in unique ways.

#### NATIONAL MEMBERSHIP

- American College Counseling Association (ACCA)
- National Association of Student Personnel Administrators (NASPA)
- American College Personnel Association (ACPA)
- American Educational Research Association (AERA)
- Association for the Study of Higher Education (ASHE)
- National Women's Studies Association (NWSA)





### **In Her Own Words:**

As a scholar and student-focused professional, I have spent a great deal of time reading and researching topics related to diversity, social justice, and educational equality. During the course of my career, I realized that disability was often omitted from conversations related to diversity and social justice. Further, research pertaining to college students with hidden disabilities such as mental illness often focuses on campus safety, school shootings and emergency management. As a result, the generally accepted negative stereotype that students with a psychiatric disability have a greater propensity towards acts of violence persists unchallenged, silencing students living with mental health concerns and threatening their educational obtainment.

Through Valenrich Wellness, it is my goal to create awareness of and support for college students with mental health concerns. By administering programs and workshops that focus on cultural factors that perpetuate mental health stigma, I hope to dismantle the barriers that prevent students from taking advantage wellness services available on and off their campuses. It is also my goal to educate faculty and staff on the experiences and needs of students with mental health concerns. Valens is Latin for strong, powerful and healthy. Valenrich Wellness seeks to enrich those qualities in all students by removing the stigma of mental health and fostering an acceptance of unique identities.

Valens (Latin for strong, powerful and healthy)

+

Enrich =



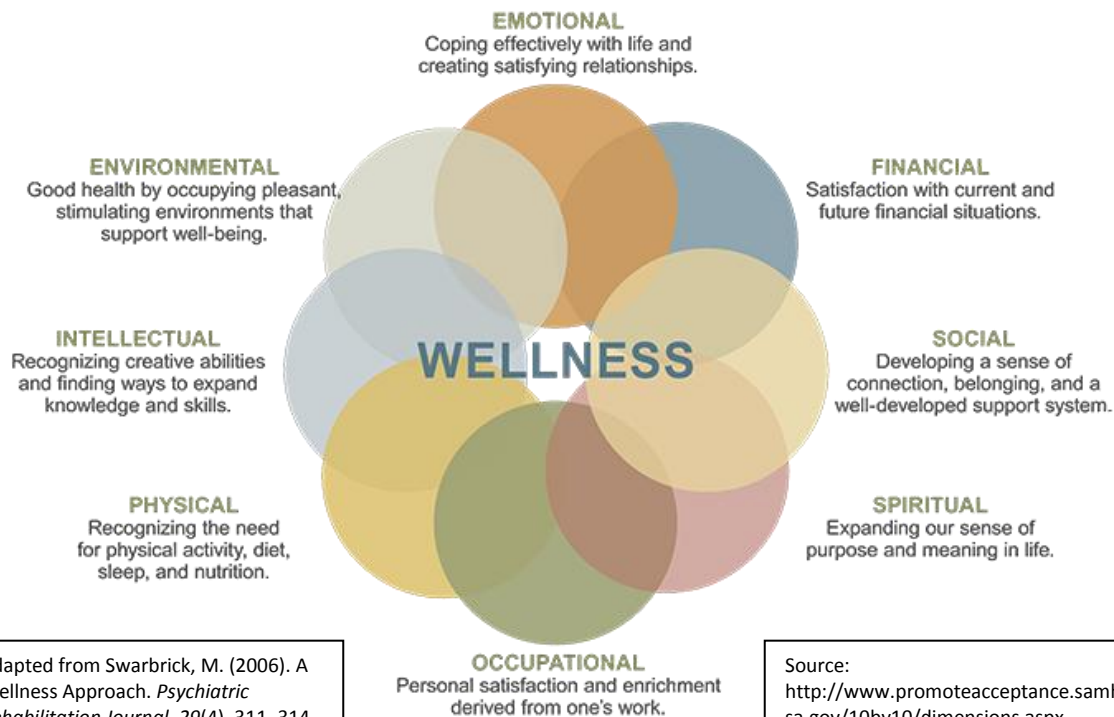
**VALENRICH**  
WELLNESS, LLC™



## Designing Your Campus Program:

Your campus program may be designed to specifically address students as well as administrators, faculty, staff or the surrounding campus community. With a programmatic focus on the eight dimensions of wellness, you may select from a combination of the topics listed below and/or speak directly with Dr. Nadia Richardson to design an informative and interactive campus program tailored to your program interests.

### Eight Dimensions of Wellness



## Proposed Program/Workshop Topics:

- ❖ Encouraging Parental Support for Student Mental Wellness – Parent Orientation
- ❖ Dismantling Barriers to Student Mental Wellness
- ❖ Including Disability in the Diversity Discussion
- ❖ Supporting the Unseen: Decreasing Stigma and Fostering Advocacy for Mental Illness in Higher Education
- ❖ The Relationship Between Self advocacy, Activism and Mental Wellness
- ❖ Gender Differences in Coping with Mental Health Concerns
- ❖ W.E.B Du Bois's Double Consciousness and Minority Mental Health
- ❖ I'm Not Your Superwoman: The Myth of the Strong Black Woman and Black Female Experiences with Mental Illness
- ❖ Strategies for Establishing Mental Health Advocacy Training Programs that Dispel Stigma and Promote Awareness
- ❖ Institutional Racism's Impact on Minority Student Mental Health
- ❖ Exploring Minority Student Underutilization of Campus Mental Wellness Services
- ❖ Mentorship and Mental Wellness

In addition to programs on mental health and wellness in higher education, Dr. Richardson combines her interdisciplinary, cross-cultural research and professional experience to organize presentations on:

- ❖ Leadership and Civic Engagement
- ❖ Women's Issues and Empowerment / Self-Esteem and Self-Advocacy
- ❖ Diversity, Cultural Competency and Social Justice
- ❖ Commemorative Observances
  - National Minority Mental Health Awareness Month
  - National Mental Health Awareness Month / National Mental Health Week
  - Caribbean American Heritage Month / African American History Month
  - International Women's Day / National Woman's History Month

### **Designing Your Campus Consultation:**

Your campus consultation can be designed to specifically address the needs of your campus and may include (1) a visit to your campus, (2) an assessment of your campus mental health promotion, (3) an assessment of your student affairs programming, (4) individual and group meetings with various administrators, staff, and faculty, (5) facilitated student focus group sessions and, (6) opportunities for confidential input from key college constituents such as administrators, faculty, staff or relevant members of the surrounding campus community. Upon completion of consults, comprehensive reports will be provided and result presentations scheduled to maximize the impact of all assessment findings. Consultations may focus on specific areas of interest such as:

*Dr. Richardson has the ability to adjust her workshops for faculty members, students or staff in a way that maintains effectiveness and motivates all participants to think about mental illness and diversity in complex ways.*

Mr. Thomas Alexander  
Associate Dean of Students for Diversity  
Bucknell University

### **Specific Areas of Interest:**

- ❖ Assessment of Campus Attitudes Toward Mental Illness
- ❖ Assessment of Faculty and Staff Knowledge of Mental Health Issues
- ❖ Assessment of Mental Health Outreach Services Targeting Specific Student Populations (First-Generation Students, Under-Represented Minority Students, Student Athletes, First Year Students, Graduate Students, Student Parents, Commuter Students, LGBTQIA Students, Over-Achieving Student Leaders, etc.)
- ❖ Assessment of Institutional Diversity/ Campus Climate and Mental Wellness in Minority Student Mental Wellness

*Dr. Richardson is a sensational speaker. She is extremely compassionate about her work and mission to educate and empower others on cultural diversity topics and issues in our society today. Houston Community College Central endorses her work and encourages pioneers in the field of empowering others to invite Dr. Richardson to enrich their campus, industry and management team with a powerful workshop.*

*Mrs. Sonya Sneed  
Student Life Coordinator  
Houston Community College*

**For fees and more information please contact:**

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