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changing the conversation  
about mental health



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## ***Ruderman Family Foundation and Active Minds Announce Three-Part Workshop Series on Student Leaves of Absence***

*October Series Explores Benefits and Unique Aspects of Policies*

Active Minds, the nation's leading nonprofit organization supporting young adult mental health, is proud to announce a three-part workshop series during October on Leave of Absence policies with the Ruderman Family Foundation. The free workshops will give attendees a better understanding of leave of absence policies, the benefits they can bring to campuses, and how to assess and improve campus leave of absence policies.

The October workshops will feature prominent leaders in the field of college mental health and students who have firsthand experience with a leave of absence. These unique workshops focus on developing, implementing, and improving campus leave of absence policies to support student mental health and wellbeing. Topics include:

- **Your Leave at Your PACE - A Student Workshop to Understand Leaves of Absence** (Tuesday, Oct. 19, 2021, 4 p.m. EST)
- **Supporting Students Taking a Leave of Absence - A Workshop for Campus Leaders, Faculty, and Staff** ( Thursday, Oct. 21, 2021, 4 p.m. EST)
- **Assessing Your Campus Leave of Absence Policy - For students, campus leaders, faculty, and staff.** (Thursday, Oct. 28, 2021, 4 p.m. EST)

The first two workshops feature panelists from colleges and universities nationwide who will share about their experience with leave of absence policies, including the benefits and what can happen when these policies are poorly implemented. The third workshop will highlight best practices regarding leave of absence policies using the Ruderman Family Foundation and Boston University's Center for Psychiatric Rehabilitation [Leave of Absence Guides](#) and key leaders from the Healthy Minds Network, Mental Health America, and the Center for Psychiatric Rehabilitation at Boston University.

“Just like there is not a one-size-fits all approach to mental health, there is also not a universal approach or timeline for finishing one’s education,” said Alison Malmon, Founder and Executive Director of Active Minds. “A comprehensive Leave of Absence policy should be included in any school’s mental health strategy and I’m proud that Active Minds is partnering with the Ruderman Family Foundation to spread awareness and share ideas around creating a campus community that is inclusive of all types of learning and situations.”

“It’s crucial for administrators, faculty, and staff to possess a comprehensive guide for implementing more sensitive and ethical leave of absence practices and for students, who experience mental health issues, to have the tools to advocate for themselves,” said Sharon Shapiro, Trustee and Community Liaison, Ruderman Family Foundation. “Our hope is that these workshops will help attendees better understand the benefits that leaves of absences can bring to campuses and specifically how to assess and improve their school’s own policy.”

Attendees of the workshop series will also have the opportunity to review the Ruderman Family Foundation and the Center for Psychiatric Rehabilitation at Boston University’s groundbreaking [Leave of Absence Guides](#) and explore the Active Minds Transform Your Campus Leave of Absence campaign diagnostic tools to identify strengths and areas of opportunity for their respective campuses.

To learn more about attending the workshops or to explore the Leave of Absences Guides, visit our [website](#).

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**About Active Minds:** Active Minds is the nation’s leading nonprofit organization supporting mental health awareness and education for young adults. Active Minds has a presence on over 800 college, university, and high school campuses nationwide, and is powered by a robust Chapter Network, the nationally acclaimed Send Silence Packing® exhibit, and inspiring Active Minds Speakers. The organization is dedicated to ending the silence and changing the conversation about mental health for everyone. To learn more, visit [www.activeminds.org](http://www.activeminds.org).

**About Ruderman Family Foundation:** The Ruderman Family Foundation is an internationally recognized organization that works to end the stigma associated with mental health. The Foundation does this by identifying gaps in mental health resources and programs within the high school and higher education communities as well as by organizing other local and national programming and initiatives that raise greater awareness around the stigma. The Ruderman Family Foundation believes that inclusion and understanding of all people is essential to a fair and flourishing community and imposes these values within its leadership and funding. For more information, please visit [www.rudermanfoundation.org](http://www.rudermanfoundation.org)