

Programs & Services

The
Steve
Fund

to support mental health & emotional well-being of students

The Steve Fund offers engaging workshops for young people and seminars for adults who support them. Each session is rooted in research related to the lived experiences of young people. Our group learning opportunities are developed and facilitated by culturally responsive mental health experts to strengthen the mental health and emotional well-being of students and young professionals.



**Transforming
Environments,**
Strengthening Minds



About the Steve Fund

The Steve Fund promotes the mental health and emotional well-being of all young people, particularly those from underserved and under-resourced communities, by equipping them, their families, educators, and mental health professionals with the knowledge, skills, and community support needed to achieve their full potential.

stevefund.org

Interactive learning opportunities

for young people



Workshops

Workshops are designed to equip students and young adults with the knowledge and skills to maintain positive mental health and well-being throughout their life transitions and academic pursuits. Each workshop is available virtually or in-person.



THEMES INCLUDE:

- Coping with anxiety, depression, grief, and loss
- Impact of current events and life stressors on mental health and well-being
- Healing and resilience
- Stigma around mental health and accessing resources
- Workplace dynamics, imposter phenomenon, and belonging
- Trauma as an academic and social stressor
- Campus and organizational climate

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I learned about the intention of healing and how it impacts my life as a woman. Thanks to the Steve Fund, I feel prepared to support my own mental health, and to be there for my friends during hard times.

Student Participant

Your Campus Resource Roadmap: Unlocking Support Systems That Work

This workshop is designed for students who want to discover and effectively use the support systems available right on campus. We'll explore how to navigate academic support services, counseling resources, career centers, financial aid offices, and student organizations. Students will learn practical strategies for connecting with faculty, staff, and peer support networks, and for advocating for help. They'll be equipped with a personalized action plan for accessing the resources that will help them thrive throughout their college journey - because knowing where to go and who to ask can make all the difference.



Spring Forward: Goal-Setting and Wellness for Second Semester Success

This interactive workshop helps students navigate this critical transition period by combining evidence-based goal-setting strategies with mental health practices designed to sustain momentum and prevent burnout. Through a holistic approach that addresses personal, academic, and professional spheres, students will learn to set SMART goals across multiple life areas while building a practical wellness plan. The session addresses the unique pressures facing undergraduates from internships to job applications, and provides tools to manage competing priorities without sacrificing well-being.

Between Two Worlds: Navigating Breaks, Family, and Your Evolving Identity

As the semester concludes, students face increased academic pressure alongside the transition home. This interactive workshop equips students with evidence-based strategies to manage finals, navigate family dynamics, and prepare intentionally for the next semester. Through a holistic approach, participants gain practical tools to close the term strong while sustaining their mental well-being.



Own Your Own Place & Take Up Space: Releasing Imposter Phenomenon in a Professional Setting

This session engages participants in exploring why imposter phenomenon exists and how it impacts their academics, career journey, personal experiences, and mental health. Participants will further learn strategies to combat catastrophizing, navigate rejections, and manage their stress and anxiety within professional or academic settings. Finally, participants will gain a deeper understanding of their experiences by focusing on what is within their locus of control and by appreciating who they are through affirming their authentic selves.

College Readiness: Our Wellness Our Peace

This workshop equips students from underserved and under-resourced communities, first-generation college students, and other students with skills to cope with, process, respond to, and heal from physical, emotional, and psychological stress specifically caused by experiences with transitioning to college, processing current events, and being exposed to trauma. Students will explore the importance of individual wellness during these challenging times as they continue school and prepare for college.

Letting Go of The Imposter

This session engages participants in exploring why the imposter phenomenon exists and how deeply it impacts their academic performance, personal experiences, and mental health. Participants will learn about the different archetypes of imposter phenomenon and identify practical actions that can address how these archetypes manifest overtly and implicitly in their daily lives. Finally, participants will gain a deeper understanding and appreciation of who they are and identify the truths about their unique strengths, intelligences, and accomplishments.



Thriving First: Supporting Your Well-Being in the Transition to College

An interactive session designed to support first-year students as they navigate the academic, social, and emotional changes of starting college. Through guided reflection, discussion, and practical activities, students explore common experiences such as homesickness, stress, identity shifts, and increased independence, while learning how mental health and well-being connect to academic success.

WORKSHOPS FOR YOUNG PEOPLE

The
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Money On My Mind: Financial Wellness & Mental Health

This workshop invites college students to explore how mental health and financial literacy go hand in hand and how they can establish and maintain healthy relationships with money. Participants will be introduced to the fundamentals of financial psychology to understand how money habits can affect their mental health and how their mental health can influence their financial habits.



Ask about our **Workforce Transition Initiative**

Since 2020, The Steve Fund has partnered with leading corporate employers and nonprofit organizations to deliver research-informed strategies and resources that support workforce engagement and success. Delivered by our unparalleled bench of mental health experts, all topics are tailored to your workforce needs and experiences.

This initiative prepares young people for successful transitions from college to career by addressing the emotional and psychological dimensions of workforce readiness. Through workshops, digital resources, and employer partnerships, The Steve Fund supports resilience, confidence, and long-term economic mobility.

Living in Community: Reducing Isolation, Enhancing Well-Being

For many college students, especially those navigating new environments, academic pressures, or life transitions, feelings of loneliness and disconnection can quietly take a toll on their mental health and academic success. At institutions where culture, history, and identity are deeply rooted, there is a unique opportunity to address these challenges through intentional community-building that reflects students' lived experiences.

Grief and Loss

This workshop addresses the mental health impacts of grief & loss, distinguishing it from depression, with a focus on how grief uniquely affects underserved and under-resourced communities. Participants learned to recognize and manage maladaptive coping responses to loss, which, if not addressed, can lead to negative health outcomes.

The workshops also provided sample activities to help students manage grief.

The Grief & Loss workshop for students can be tailored for administrators, staff, and faculty to strengthen their ability to identify and address grief in students, while also fostering strategies for professional resilience and compassionate support.

The Power of Culture: Belonging, Identity, and Flourishing

Institutions foster transformative experiences that shape students' minds and spirits, providing a strong sense of self and community. Despite unmet mental health needs, studies consistently report high levels of psychological resources such as flourishing, belonging, and support among students. These emotional resources should be identified and strengthened through targeted systems to promote college students' well-being.

Interactive learning opportunities



for those who support young people

Seminars

Seminars for administrators, faculty, and staff are designed to strengthen skills and capabilities in supporting the mental health and emotional well-being of students and young adults throughout their life transitions and their academic and professional pursuits. Each seminar is available virtually or in person.

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The Steve Fund has shown me how to create more opportunities for students to discuss issues related to their lived experiences in a supportive classroom environment. By providing space to share, we can build a community of action to better support the mental health of young people as they navigate this critical period from student to professional.

Faculty Participant

THEMES INCLUDE:

- Building capacity as leaders to address the mental health of students and young professionals
- Supporting healing and resilience
- Ensuring culturally responsive design of mental health services
- Strengthening the capabilities of trauma-informed advisors, coaches, and mentors
- Prioritizing the mental health and emotional well-being of students in policies, practices, and programming
- Supporting young people with resources and services to reduce stigma and encourage seeking support

SEMINARS FOR THOSE WHO SUPPORT YOUNG PEOPLE



Trauma-Informed Advisors, Coaches, and Mentors

This seminar will equip advisors, coaches, and mentors who work with students, especially those from underserved and under-resourced communities, with the tools and knowledge to recognize and support students experiencing mental health challenges. In this seminar, participants will explore how trauma and “battle fatigue” impact the mental health and emotional well-being of students and how to adopt trauma-informed strategies to support and empower them.

Promoting the Mental Health of Students: Considerations and Strategies for the Classroom and Beyond

Teachers and staff will evaluate the campus's current climate, practices, and policies. By centering the voices and experiences of students, participants will explore the impact of trauma on the mental health and academic outcomes of students, particularly those who have experienced adverse childhood experiences. In efforts to grow as educators, participants will access tools and resources in order to meaningfully support the mental health and academic success of all students.

Connected for Care: Expanding University and Community Collaboration

For many students, meaningful mental health support extends beyond the campus. This workshop is designed for administrators, faculty, and staff to explore actionable strategies for strengthening partnerships with community-based organizations and mental health associations. Through webinars, workshops, and panel discussions, we will explore how to build a seamless continuum of care that ensures students receive consistent, culturally affirming support from campus to home.

**This brochure
highlights a sampling
of the Steve Fund's
offerings.**

To learn more about select workshops tailored to specific audiences for your institution, please contact us at programs@stevefund.org



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