

Mental Health Task Force
8-13-18

- I. Welcome
- II. Updates from undergraduate MHTF – Savannah Putnam
 - a. Undergraduates have finalized plans with the School of Public Health to have CAPS and ARS information included in all syllabi and will reach out to other divisions about adding this statement in the fall
 - b. A letter was sent to the UNC Study Abroad office to recommend changes to improve the pre-departure session in regards to information about mental health
 - c. Students are working with a professor to create a large, longitudinal study of mental health at UNC
- III. Subgroup Reports
 - a. University Policies
 - i. Regular meetings are scheduled
 - ii. The group is exploring policies around medical leave, CAPS, Campus Health, ARS, UNC Housing, re-admission, enrollment, and more
 - iii. Potential barrier is navigating the varied ownership and overlap of policies
 - b. Early Identification and Ongoing Support
 - i. Exploring different tools for possible early identification such as the ACES screening tool, and a health history form where students can opt-in for follow up from a counselor
 - ii. Exploring ongoing support resources: peer support groups, program for students returning to campus after leave for mental health reasons, campus-wide 24 hour helpline, department based wellness coaches, an educational campaign to normalize student struggles
 - iii. Discussing the relationship between transitions and significant life events/abrupt change; fostering resiliency and coping skills
 - c. Treatment
 - i. Group has been reviewing CAPS data, identifying best practices and evaluating treatment options at peer institutions
 - ii. Focusing on treatment options, costs, student insurance coverage, access to treatment options, referral process, innovative practices
 - iii. Recommendations: evaluate CAPS staff demographics compared to peer institutions; create/revise a scope of practice statement; introduce new technology and multimedia strategies to connect with students; review concept of extended hours/multiple locations within CAPS; establish network of trainers for psychoeducational workshops

d. Wellness

- i. Has worked on MHTF mission statement, reviewing current practices and researching best practices
- ii. Looking at JED Foundation programs, Healthy Campus 2020, Everfi
- iii. Looking at best practices for increased integration of wellness and health services, cohort/affinity groups, and more

IV. Next steps

- a. Subgroups continue to meet and move towards recommendations
- b. Full task force will meet again in early/mid-September

Absent:

Dean Blackburn, Avery Cook, Winston Crisp, Ed Fisher, Atiyah Hamilton, Manny Hernandez, Sri Kalyanaraman, Allen O'Barr, Madelyn Percy, Angela Strain