

Mental Health Task Force
9-20-2018

- I. Welcome
- II. Stigma Free Carolina Presentation - Ben Lee, Doctoral Student in Occupational Science and 2018-19 Director of Stigma Free Carolina
 - A. Initiative to address mental illness stigma on campus through mass media campaign
 - B. Data focused with an IRB approved annual survey
 - 1) 1 in 4 UNC students reported needing but not accessing mental health services
 - 2) Research suggests stigma is a major reason why people don't access services
 - C. Stigma Free Carolina Goals
 - 1) Acknowledge and address the issue of mental health stigma
 - 2) Increase mental health awareness and service accessibility
 - 3) Create an effective network of individuals who can work towards creating a stigma-free community
 - 4) Contribute data that can be used to inform University policy as well as literature on college mental health across the U.S.
 - D. Challenges
 - 1) Securing long term organizational stability as student leaders graduate
 - 2) Maintaining contact with other campus stakeholders
 - 3) Sustaining interest among graduate students for leadership team involvement
 - E. Plans for 2018-19
 - 1) Publicity awareness campaigns in partnership with Carolina Dining Services
 - 2) Mental health services information session for international students, October 9th at FedEx GEC
 - 3) Expert panel event in Spring 2019 for Graduate and Professional Student Appreciation Week
 - 4) Graduate Teaching Assistant survey on self-reported competency on addressing mental health issues
- III. Subgroup Reports
 - A. Treatment
 - 1) Areas of concern
 - a. Effectiveness of current treatment options at UNC
 - b. Student insurance coverage
 - c. Access to treatment options/treatment costs
 - d. Referral process
 - e. Innovative practices

2) Potential actions

- a. Benchmark CAPS staff with peer institutions
- b. Create/revise scope of practice statement
- c. Introduce new technology/multimedia strategies to connect with students
- d. Review concept of extended hours/multiple locations
- e. Establish a network of trainers to provide psychoeducational workshops

B. Wellness and prevention

1) Areas of concern

- a. What and how is information about mental health services provided to students from pre-matriculation throughout their time at UNC
- b. Training for faculty/staff about mental health issues
- c. Need for outreach to and data from students
- d. Campus cultures associated with increased mental health problems (pressure to achieve, high risk drinking, etc)

2) Potential actions

- a. Review of all information students receive related to mental health
- b. Working group to enhance effectiveness of communication re: mental health
- c. Continue Mental Health First Aid training on campus
- d. Working group to create training for faculty and staff regarding access to mental health care on campus
- e. Working group to develop a survey for students
- f. Continued support for alternative programming during high risk times of the school year

C. Early Identification and Ongoing Support

1) Areas of concern

- a. Gap between number of students reporting distress vs. number of students seeking services
- b. Ensuring follow up and effective treatment for students referred to the community for mental health treatment
- c. What supports can be in place for students before and after CAPS treatment

2) Potential actions for Early Identification

- a. Empower peers to help students get connected to support
- b. Administer the Adverse Childhood Experiences scale to incoming students to identify students at risk
- c. Administer the Interactive Screening Program of the American Foundation for Suicide Prevention

- d. 24 hour hotlines (run by UNC, a third party, or a combination)
- e. Wellness advising system similar to academic advising
- f. Mental health first aid training for all faculty, students and staff

3) Potential actions for Ongoing Support

- a. Mobile apps – can provide a range of wellness and mental health interventions
- b. Professional school wellness coaches
- c. Preparation and ongoing support for students returning to school after mental health leave
- d. Peer support groups
- e. Student transport system to assist students in reaching community based therapy
- f. ACHA “wellbeing in learning environments” campus wide initiative

IV. Next steps

- A. Scheduling biweekly meetings throughout the semester
- B. Report from Policies subgroup at next meeting

Absent:

Dean Blackburn, Kala Bullett, Winston Crisp, Ed Fisher, Rebeca Gibson, Sri Kalyanaraman, Adam Ramsey, Kara Simmons, Angela Strain