

Mental Health Task Force

11/27/2018

- I. Welcome – Erica Wise
- II. Updates – Erica Wise
 - a. Shared information from articles related to group participation, peer support, and calorie tracking and their impact on student mental health (articles on Sakai)
 - b. Interactive Screening Program discussion
 - i. American Foundation for Suicide Prevention controversy—should be prepared for questions if choose to work with group
 - ii. Virtual space may be helpful for students; need to utilize technology to connect students to resources
 - iii. Want resource that is built for students rather than built for clients (must be accessible and user-friendly), like anonymity component
 - iv. Program could serve as new way to meet mental health needs for different populations, but because it cannot be integrated with other programs and existing systems, group needs to determine whether it's in line with strategy
- III. Subgroup Updates & Recommendations
 - a. Wellness & Prevention
 - i. Change campus climate to show mental health is important part of campus fabric
 - ii. Conduct student survey
 - iii. Acknowledge that off-campus events can impact certain demographics of students on campus—create supportive spaces
 - iv. Address graduate and professional student work-life balance
 - v. Peer support programs—student ambassadors with faculty/staff backup to provide support and sustainability
 - vi. Wellness coaching for students who aren't in crisis
 - vii. Faculty/staff training on mental health competency (online module training?)
 - 1. Discussion about Mental Health First Aid—program provides broad overview, but faculty and staff could use more information on how to provide support outside of crises
 - 2. Academic departments should have meetings to discuss how they can serve students
 - 3. Should be interactive and experiential
 - viii. Outreach should be inclusive and intentional
 - ix. Mentorship resources
 - b. Early Identification & Ongoing Support
 - i. Recommendations include:
 - 1. Use screening tools and assessment
 - 2. Multiple points of entry for students to access resources (physical space, phone, apps)
 - 3. 24/7 availability
 - 4. Wellness coaches imbedded in departments and schools
 - 5. Mental health support beyond counseling
 - 6. Focus on faculty/staff wellbeing (supporting staff who are on frontlines)
 - 7. Faculty training
 - 8. Funding for off-campus treatment

- 9. Ongoing mental health advisory group folded into student success model
 - ii. Discussion around community provider lists
 - 1. Most recommended providers are full
 - 2. Need survey of wider resources in community
 - 3. Soft handoffs (undergrad students may not know what to do with list of providers)
 - 4. Develop care management function within student mental health services—connect students to resources
 - iii. Suggestion to form committee that focuses on campus climate—potentially fold with alcohol task force
 - iv. Look into stress-inducing factors from university policies
 - 1. Survey around stress-inducing processes
 - 2. Departments meet with students to discuss easy and free ways to improve mental health and discontinue unnecessary harmful practices
 - 3. Focus on feasibility
 - c. Policy
 - i. Policy group meeting on 11/27 and will provide report at next MHTF meeting
- IV. Next Steps
- a. Compile and put together complete report with recommendations for Provost (January)
 - b. Next meeting: December 12th at 10am in 105 South

Present: Georgette Dent, Kala Bullett, Ed Fisher, Rebecca Gibson, Saquandra Heath, Manny Hernandez, Christi Hurt, Madelyn Percy, Bob Pleasants, Savannah Putnam, Desiree Rieckenberg, Chloe Russell, Erica Wise

Absent: Tiffany Bailey, Dean Blackburn, Avery Cook, Sri Kalyanaraman, Hoi Ning Ngai, Allen O'Barr, Adam Ramsey, Angela Strain