Meredith Yuhas, PhD, LPC, NCC, ACS Director of Mental Health & Wellness February 21, 2023



## MENTAL HEALTH AND WELLNESS

#### MENTAL HEALTH NEEDS

The CDC reported that
United States suicide rate
increased 4% percent
from 2020 to 2021, after
two consecutive years of
decline in 2019 and 2020.
The largest increase in the
rate of suicide occurred
among males ages 15-24
– an 8% increase. AFSP
reported 2<sup>nd</sup> cause of
death for college
students.

2022 Healthy Minds
Survey Data reported
60% of college
students met the
criteria for at least one
mental health
challenge. Increase in
50% from 2013.

Fall 2021 National College Health
Assessment reported 30% of
student respondents said anxiety
negatively affected their
academic performance.
Furthermore, just over 1 in 5
students reported having been
diagnosed with depression by a
healthcare professional.

## FIRST 6 MONTHS

**AUGUST 2022 - PRESENT** 

Review of all existing Mental Health and Wellness services and resources of each campus

Timely Care Services and Data

Counselor Collaborative: Counselor Handbook and ERS

Vision and Plan

**Campus Visits** 

Mental Health and Wellness: Mission, Vision, Values, Goals and Strategic Plan Drafted

JED Strategic Plans

**Healthy Minds Data** 

Workgroups to implement recommendations

#### MENTAL HEALTH AND WELLNESS VISION AND PLAN

Meredith L. Yuhas, PhD, LPC, NCC, ACS



2023 2023 2023 2023 2023 and and beyond beyond Increase Staffing Singular Role Wellness Peer Wellness Collaborative Short-term outreach and to have a full-Leadership Responding to **Clinical Services** time counselor on program programming Distressed Graduate Licensed Resiliency Students/BIT every campus. **Training** Building Program Larger campuses Counselors **ERS** Program Adjunct Telehealth two counselors. Platform Program Model Wellness Structure **One Counselor Development** Campuses that are already in alignment Each campus will progress with their own timetable based on resources. Consistent and equitable mental health will continue their existing services. services across all 12 campuses.

# CSCU SYSTEM-WIDE INITIATIVE

An intensive 4-year collaboration between JED and key stakeholders from across the CT State campus community to assess and strengthen mental health, substance abuse and suicide prevention systems on campus.

- 1. Campus Self-Assessment
- 2. Health Minds Survey (1<sup>st</sup> year)
- 3. Campus Visits
- 4. Strategic Plans Recommendations
- 5. Implementing the plans
- 6. Second Healthy Minds Survey (3<sup>rd</sup> year)



68% CT State students needed mental health support in the past year



## INCREASING STAFF

- 1. Hiring a Director to oversee efforts across all campuses
- Every campus will have 1-2 full-time Licensed Mental Health Counselors
- 3. Hiring 7 new Mental Health Counselors by July 2023

#### Counselors will:

- Coordinate all mental health and wellness efforts on their campus
- Provide short-term on-campus treatment
- Crises response
- Preventative Wellness Programming
- Training for Employees
  - 5 Counselors Became Train the Trainers for MHFA Training
- Oversee Peer Education program
- Supervise Graduate Trainees

## TIMELY CARE

- 47% of CT State students who accessed Timely care were between the hours of 5:00 p.m. and 9:00 a.m.
- Talk Now (on demand support) is the most used service



timelycare.com/ctstate

Download the TimelyCare App:



It's for Students.









#### 24/7 Mental Health Care

- 12 (45 Minute) Scheduled Counseling Sessions
- Talk Now on-demand access
- Self-Care Journeys

#### 24/7 Medical Care

- Medical Now
- Scheduled Medical Appointments
- Health Coaching
  - Nutrition
  - Meal planning
  - Healthy eating behaviors
  - Healthy body image
  - Weight management
  - Sleep habits
  - Positive thinking
  - Resiliency

### RESOURCES

#### **WEB PAGE**

- Students
- Screenings MindWise
- Custom Direct Referral Resourcesthrivingcampus
- Comprehensive, Campus, Local, State and Federal Resources List







#### **FACULTY AND STAFF**





- Responding to Students in Distress
- Understanding BIT Teams and the Use of Tell Somebody Reports
- FAMILY AND FRIENDS



# 50% of CT State students feel disconnected from campus life Healthy Minds Survey

### PEER COMMUNITIES



## GRADUATE TRAINING PROGRAM



# QUESTIONS