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 2nd cause of death for college students.

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.

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.
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
- Singular Role
- Short-term Clinical Services
- Licensed Counselors
- Adjunct Telehealth Platform

2023
- Collaborative
- Responding to Distressed Students/BIT
- ERS

2023
- Wellness outreach and programming
- Resiliency Building Program

2023 and beyond
- Increase Staffing to have a full-time counselor on every campus.
- Larger campuses two counselors.

2023 and beyond
- Peer Wellness Leadership program
- Graduate Training Program

Model
Structure
Wellness
One Counselor
Program Development

Campuses that are already in alignment will continue their existing services.

Each campus will progress with their own timetable based on resources.

Consistent and equitable mental health 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 (1st year)
3. Campus Visits
4. Strategic Plans Recommendations
5. Implementing the plans
6. Second Healthy Minds Survey (3rd 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

2. 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

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
  - Custom Direct Referral Resources
  - 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

[Logos and links for various resources and services]
50% of CT State students feel disconnected from campus life
*Healthy Minds Survey*

---

**PEER COMMUNITIES**

---

**GRADUATE TRAINING PROGRAM**

---
QUESTIONS