

Managing Mental Health Priority Action Group

Mission: Provide a mentally healthy environment to increase both campus and community support for mental health and mental health education and awareness.

Goal I: Increase campus and community support for mental health.

Objective: 1. Increase the proportion of students who report feeling supported by the institution.

Strategies:

- a. Leadership statements from President and Student Body President
- b. Medical Leave Policy that considers Mental Health
- c. More “time” for coordination/CME, UCC, & SHS Provider (monthly education series)
- d. Utilize ResLife Community Network
- e. Education to families and students to think through transitional issues that can come at odds with required curriculum
- f. Gatekeeper Training at faculty and staff workshops
- g. Coordinated response for violent incidents to UND students (emotional trauma) whether on or off campus
- h. Become more vocal about the issues going on, on our campus (admit our issues)

Objective: 2. Increase the proportion of students with mental health disorders who receive treatment.

Strategies:

- a. 24/7 Crisis Management
- b. Student insurance plan endorsed by NDUS that covers Mental Health
- c. Medical Leave Policy that considers Mental Health
- d. More “time” for coordination/CME, UCC, & SHS Provider (monthly education series)
- e. Student self-care centers; H&W issues, self-assessments
- f. Mandatory Insurance providers for prevention and MH services
- g. Money for “chat” crisis line (in process (?) through DOS & UCC) through existing program in Fargo
- h. Parental notification for MH
- i. Increase number of hours for psychiatrist UCC referrals
- j. Student/family counseling room at SHS so we could call UCC down when students in crisis
- k. Money for courtesy transportation on UND campus; vouchers for ride home from hospital, to referral appointments, and other temporary un-met medical needs

Objective: 3. Increase the proportion of students who receive prevention and outreach services.

Strategies:

- a. 24/7 Crisis Management
- b. Student self-care centers; H&W issues, self-assessments
- c. Money for “chat” crisis line (in process (?) through DOS & UCC) through existing program in Fargo
- d. Financial Peace Classes

Objective: 4. Decrease the proportion of students who have felt lonely or isolated in the past 12 months.

- a. Utilize ResLife Community Network
- b. Grief, coping, and isolation counseling
- c. Life skills, social network built into 1st year – required

Objective: 5. Increase campus programming for diverse populations.

Strategies:

- a. Coordination of Mental Health needs of Cultural Minority Group
- b. Center (space) for Ten Percent Society
- c. Identify disparate populations, diverse groups, and at risk students.
- d. Develop cultural competencies,

Objective: 6. Increase proportion of diverse students who are accessing services.

Strategies:

- a. 24/7 Crisis Management
- b. Student insurance plan endorsed by NDUS that covers Mental Health
- c. More “time” for coordination/CME, UCC, & SHS Provider (monthly education series)
- d. Student self-care centers; H&W issues, self-assessments
- e. Center (space) for Ten Percent Society

- f. Increase number of hours for psychiatrist UCC referrals
- g. Money for courtesy transportation on UND campus; vouchers for ride home from hospital, to referral appointments, and other temporary un-met medical needs
- h. Identify disparate populations, diverse groups, and at risk students.
- i. Develop cultural competencies

Goal II: Increase mental health education and awareness.

Objective: 1 Increase opportunities for students to gain knowledge of mental health accessibility.

- Strategies:**
- a. Student self-care centers; H&W issues, self-assessments
 - b. Education to families and students to think through transitional issues that can come at odds with required curriculum
 - c. Center (space) for Ten Percent Society
 - d. Mental Health First Aid Training

Objective: 2 Increase the mental health knowledge for faculty, staff, and students.

- Strategies:**
- a. Centralized data collection for H&W issues – feeds campus committee recommends policies, strategies, etc...
 - b. Support for staff/faculty education re: MH and recognizing/referring students with MH needs
 - c. Ways for students to apply what they are processing through (stress management classes, mission trips (spiritual and non-spiritual), and continued support for Night Life and programs just like this)
 - d. Coordinated response for violent incidents to UND students (emotional trauma) whether on or off campus
 - e. Abuse of Rx drugs education/data/assessment
 - f. Mental Health First Aid Training
 - g. Independent living transition information

Objective: 3 Increase the proportion of students who report receiving information from their institution about mental health.

- Strategies:**
- a. Leadership statements from President and Student Body President
 - b. Student self-care centers; H&W issues, self-assessments
 - c. Education to families and students to think through transitional issues that can come at odds with required curriculum
 - d. Host a mental health student workshop
 - e. Coordinated response for violent incidents to UND students (emotional trauma) whether on or off campus
 - f. Abuse of Rx drugs education/data/assessment
 - g. Mental Health First Aid Training
 - h. Independent living transition information
 - i. Become more vocal about the issues going on, on our campus (admit our issues)

Objective: 4 Increase the proportion of faculty and staff who report concerns.

- a. Support for staff/faculty education re: MH and recognizing/referring students with MH needs
- b. 24/7 Crisis Management
- c. Money for “chat” crisis line (in process (?) through DOS & UCC) through existing program in Fargo
- d. Gatekeeper Training at faculty and staff workshops
- e. Define level and expectations for faculty involvement with students’ mental health

Objective: 5 Increase the proportion of students who are reporting mental health concerns to faculty and staff.

- a. Support for staff/faculty education re: MH and recognizing/referring students with MH needs
- b. Gatekeeper Training at faculty and staff workshops
- c. Define level and expectations for faculty involvement with students’ mental health

Objective: 6 Decrease the mental health stigma

- Strategies:**
- a. Leadership statements from President and Student Body President
 - b. Student/family counseling room at SHS so we could call UCC down when students in crisis

Objective: 7 Increase the proportion of students who manage stress effectively.

- Strategies:**
- a. Medical Leave Policy that considers Mental Health
 - b. Student self-care centers; H&W issues, self-assessments
 - c. Ways for students to apply what they are processing through (stress management classes, mission trips (spiritual and non-spiritual), and continued support for Night Life and programs just like this)
 - d. Financial Peace Classes

Objective: 8 Increase the recognition of mental health symptoms across multiple cultures.

- Strategies:**
- a. Coordination of Mental Health needs of Cultural Minority Group \
 - b. Identify disparate populations, diverse groups, at risk students.
 - c. Develop cultural competencies,

General Strategies:

- Increase funding for mental health
- Increase willingness to accept the unknown
- Need for education and awareness
- Need for early intervention
- Issues related to UND's ability to manage students with complex mental health needs
- Grant writer lots of opportunities out there – we need to go after money for our campus
- More welcoming/relaxing storefront for SHS & UCC; too sterile