

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 with mental health disorders who receive treatment. **Strategies:**
- a. Campus-wide Medical Leave Policy that considers Mental Health
 - b. Increase number of hours for psychiatrist UCC referrals
 - c. Student/family counseling room at SHS so we could call UCC down when students in crisis
 - d. Money for courtesy transportation on UND campus; vouchers for ride home from hospital, to referral appointments, and other temporary un-met medical needs
 - e. Increase proportion of diverse students who are accessing services.
 - f. Student insurance plan endorsed by NDUS that covers Mental Health
 - g. Center (space) for Ten Percent Society
 - h. Increase number of hours for psychiatrist UCC referrals
 - i. Money for courtesy transportation on UND campus; vouchers for ride home from hospital, to referral appointments, and other temporary un-met medical needs
 - j. Identify disparate populations, diverse groups, and at risk students.
 - k. Develop cultural competencies

- Objective:** 2. Increase the proportion of students who utilize prevention and outreach services. **Strategies:**
- a. Financial Peace Classes
 - b. Increase the proportion of students who report feeling supported by the institution.
 - c. Leadership statements from President and Student Body President
 - d. Medical Leave Policy that considers Mental Health
 - e. Utilize ResLife Community Network
 - f. Education to families and students to think through transitional issues that can come at odds with required curriculum
 - g. Gatekeeper Training at faculty and staff workshops
 - h. Coordinated response for violent incidents to UND students (emotional trauma) whether on or off campus
 - i. Become more vocal about the issues going on, on our campus (admit our issues)
 - j. Increase campus programming for diverse populations.
 - k. Coordination of Mental Health needs of Cultural Minority Group
 - l. Center (space) for Ten Percent Society
 - m. Identify disparate populations, diverse groups, and at risk students.
 - n. Develop cultural competencies

Goal II: Increase campus education and awareness of mental health

- Objective:** 1. Increase the proportion of faculty and staff who report concerns. **Strategies:**
- 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
 - d. Increase mental health knowledge for faculty and staff
 - e. Centralized data collection for H&W issues – feeds campus committee recommends policies, strategies, etc...
 - f. Support for staff/faculty education re: MH and recognizing/referring students with MH needs
 - g. 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)
 - h. Coordinated response for violent incidents to UND students (emotional trauma) whether on or off campus
 - i. Abuse of Rx drugs education/data/assessment
 - j. Mental Health First Aid Training
 - k. Independent living transition information
 - l. Increase the recognition of mental health across multiple cultures.
 - m. Coordination of Mental Health needs of Cultural Minority Group \

- n. Identify disparate populations, diverse groups, at risk students.
- o. Develop cultural competencies

- Objective:** 2. Increase the proportion of students who are reporting mental health concerns. **Strategies:**
- a. Student insurance plan endorsed by NDUS that covers Mental Health
 - b. Support for staff/faculty education re: MH and recognizing/referring students with MH needs
 - c. Gatekeeper Training at faculty and staff workshops
 - d. Define level and expectations for faculty involvement with students' mental health
 - e. Decrease the proportion of students who have felt lonely or isolated in the past 12 months.
 - f. Utilize ResLife Community Network
 - g. Grief, coping, and isolation counseling
 - h. Life skills, social network built into 1st year – required
 - i. Increase opportunities for students to gain knowledge of mental health accessibility.
 - j. Education to families and students to think through transitional issues that can come at odds with required curriculum
 - k. Center (space) for Ten Percent Society
 - l. Mental Health First Aid Training
 - m. Increase the proportion of students who report receiving information from their institution about mental health.
 - n. Leadership statements from President and Student Body President
 - o. Education to families and students to think through transitional issues that can come at odds with required curriculum
 - p. Host a mental health student workshop
 - q. Coordinated response for violent incidents to UND students (emotional trauma) whether on or off campus
 - r. Abuse of Rx drugs education/data/assessment
 - s. Mental Health First Aid Training
 - t. Independent living transition information
 - u. Become more vocal about the issues going on, on our campus (admit our issues)
 - v. Mandatory Insurance providers for prevention and MH services

Objective: 3. Decrease 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

Goal III: Increase campus support for student stress reduction

- Objective:** 1. Increase the proportion of students who manage stress effectively. **Strategies:**
- a. Campus-wide 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: 2. Increase the proportion of faculty and staff who manage stress effectively.

General Recommendations:

- 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