Agenda (10am-Noon)

- Welcome
- Review of Previous Taskforce Work and a Way Forward
- 30 min Discussion: What is Going Happening on Your Campus?
- Wraparound Services and Mental Health
- HappierU update and information
- Final Questions
- Adjourn

Welcome

- Name
- What institution are you with?
- Role at institution
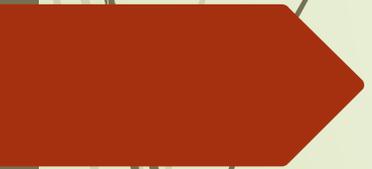
Review of Previous Taskforce Work and a New Way Forward

- Dr. Cammie Connor

Executive Summary from 2018 Taskforce
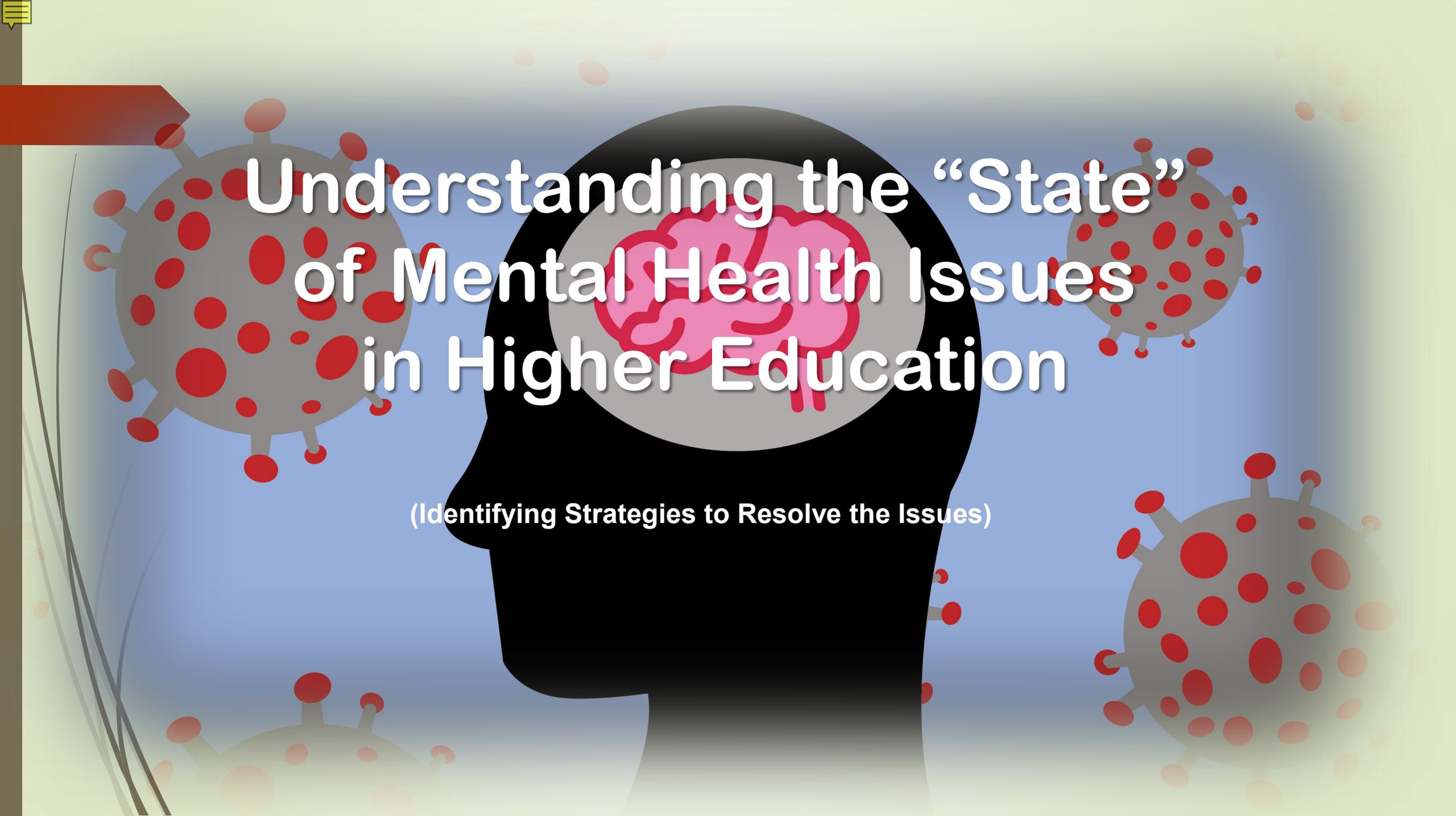
| The 2018 Task Force represented 75,000 students of the UM System | → | Established a common understanding of the state of mental health issues in HE | → | Worked to identify reliable and creative strategies to resolve the issues. |

2018 Findings vs New Findings

2018 Key Issues

- Mental health issues are the second reason students leave university.

- 58% of Missouri college students report having experienced at least one mental health issue in the past year

- Demand for campus counseling services has increased year after year, both in Missouri and nationwide.

- Community resources are equally understaffed and ae not a substitute for campus mental health services

2022 New Issues:

- 64% of college dropouts leave school due to mental illness.

- 39% prevalence rate of both depression and anxiety among college students in fall 2020 had the highest rate to date.

- 82% of college students say they continue to experience increased stress and / or anxiety one year into the COVID pandemic

- 47% of college students said they could have used more mental heath and support services in the past six months than their school provided.

2018 Taskforce Recommendation

Recommendation #5

Increases collaboration among MDHEWD, MDESE, MDMH and other stakeholders

Internal Data used for our Task Force

Mental Health Status Data

- American College Health Association National College Health Assessment (NCHA) data at the Institutional level.

- Healthy Minds Survey data at the institutional level

- Alumni perceptions, satisfaction, and persistence

- Institutional exit survey data

- Data from mental health and well-being questions on institutional surveys like the CIRP, NSSE, CSSE

External Data used for our Task Force

Examples of External Date

American College Health Association

National College Health Assessment

The Healthy Minds Survey

Center for Collegiate Mental Health

FRAMEWORKS AND MODELS to Help Resolve Issues...
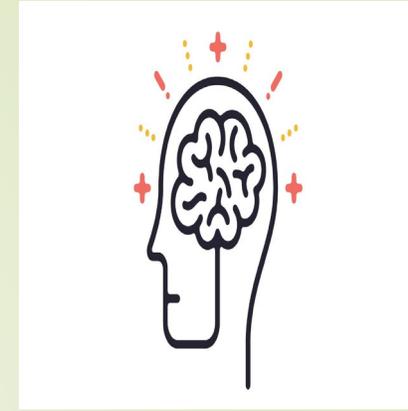
Frameworks focused on Health and Well-Being

- Healthy Campus Framework
- Campus Well-Being Guide
- Community of Solutions Framework
- Higher Education Inter-Association –Definition of Well-being
- Robert Woods Johnson Foundation Culture of Health and Action Framework

Frameworks focused on Mental Health Provisions

- Case Management Model
- Equity in Mental Health Framework
- Higher Education Mental Health Alliance Model
- JED Campus
- Stepped Care Model

2022 Taskforce Recommendation

Institutionalize Structures to Support or further work on Mental Health

- Improve Communication about Mental health

- Explore the potential to develop an integrated wellness outreach program / department to promote holistic student health, mindfulness, nutrition, and well-being across Secondary and Higher Education.
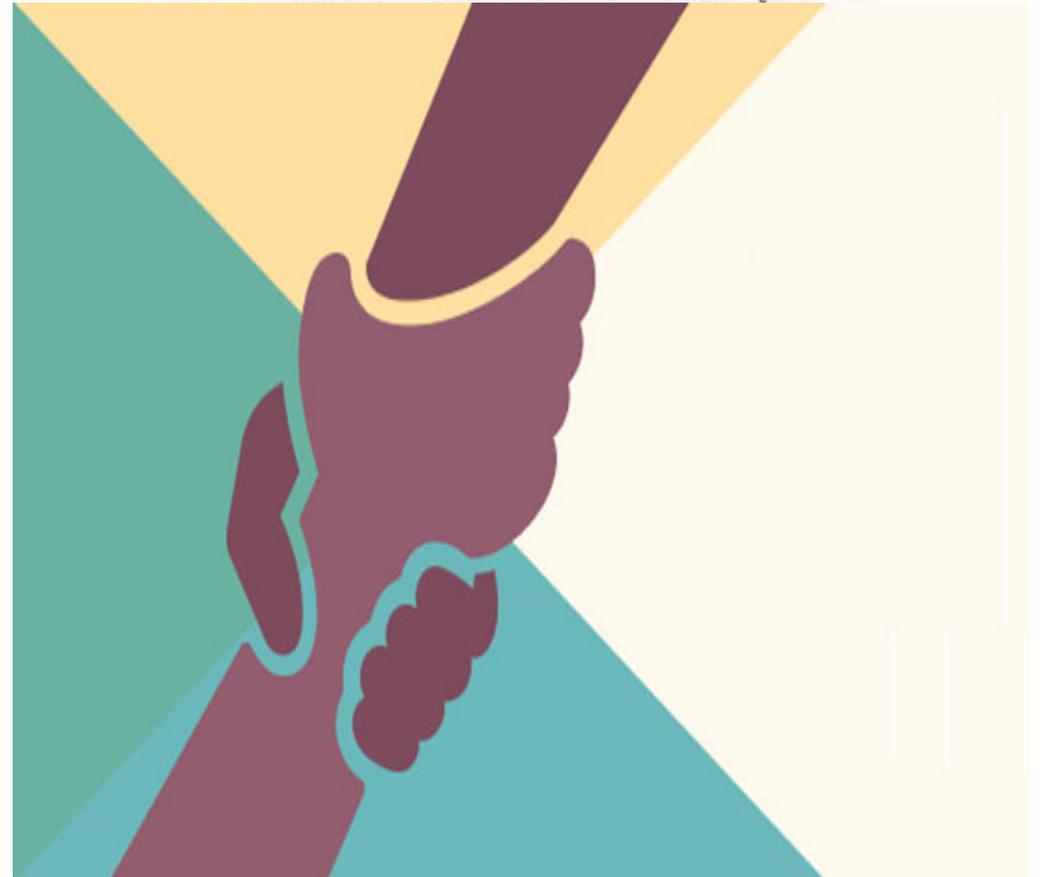
Thank you!
Dr. Connor

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"Taking care of yourself is the most powerful way to begin to take care of others."
Bryant McGill, *Simple Reminders: Inspiration for Living Your Best Life*

30 Min. Discussion: What is going on at your campus?

Open Forum

Wraparound Services and Mental Health

- Jaron Vail

Key Takeaways from After-Action Report

- In August of 2020, DHEWD published an after action report on wraparound services during local and state shutdowns of college campuses. Through interviews with various institutions and reviewing existing data, DWED collected information to help us better understand the difficulties and success institutions dealt with during the beginning stages of the pandemic.

  - Report Website: https://dhewd.mo.gov/documents/AAR2.pdf

- Access and Familiarity with Technology

  - Schools struggled with connecting and training students and staff. Once virtual platforms were successfully integrated, several schools we surveyed provided hotspots

  - Due to inconsistent broadband, students were still unable to complete courses. As one institution noted, "Even giving students a hotspot was difficult because many students did not have a good cell phone signal in order to connect a hotspot."

  - Though difficulties appeared throughout the virtual transition, several institutions noted that training staff and faculty at the front end was key to their success.

- Student Engagement

  - Institutions we interviewed that felt their communication strategy during lockdown, noted that expanding their reach using social media and text messaging in addition to phone calls and emails improved engagement and response numbers

Strategies Campuses used to Assist Students

- Referring students for services
  - If students were identified as needing food assistance, counseling services, or other needs the institution could not provide at a distance, staff researched opportunities in students' hometowns.
  - However, this was not always successful; one institution noted a lot of students were not comfortable going to other food banks or asking for help.
- Emergency Assistance
  - Services included keeping at least one residential hall open during shutdown for foreign students, students experiencing personal hardships, and students without consistent food or housing options
- Meeting Student Access Needs
  - From schools we interviewed, some had success extending computer lab hours for school and personal use, loaning laptops and other hardware devices, extending Wi-Fi capability, when possible
- Concern and care for Staff
  - One institution stressed the importance of checking in with staff on a regular basis during the pandemic. The more personal conversations, and direction of resources where necessary, meant staff were taken care of. Well-cared for staff means well-cared for students.

Connecting Mental Health to Wraparound Services

- "One Stop Shop" Service Center
    - Several schools we interviewed stated they had success setting up "one stop shop" centers on campus to address technical needs, course advising needs, etc. Can this framework be extended to mental health?
- Establishing a Wellness Center
    - Stress relieving games
    - Resource materials
    - Mental health and body classes/exercises
    - Conversation/presentation forum
- Mental health training for staff
    - Training sessions to staff to help support and notice students dealing with mental health issues
- Other suggestions?

HappierU Update

- Last set of videos have been posted on the website

- Setting up the next HappierU committee meeting

- Added to Journey2College presskit

- Share current stats

- Talking through ideas to continue work once grant ends
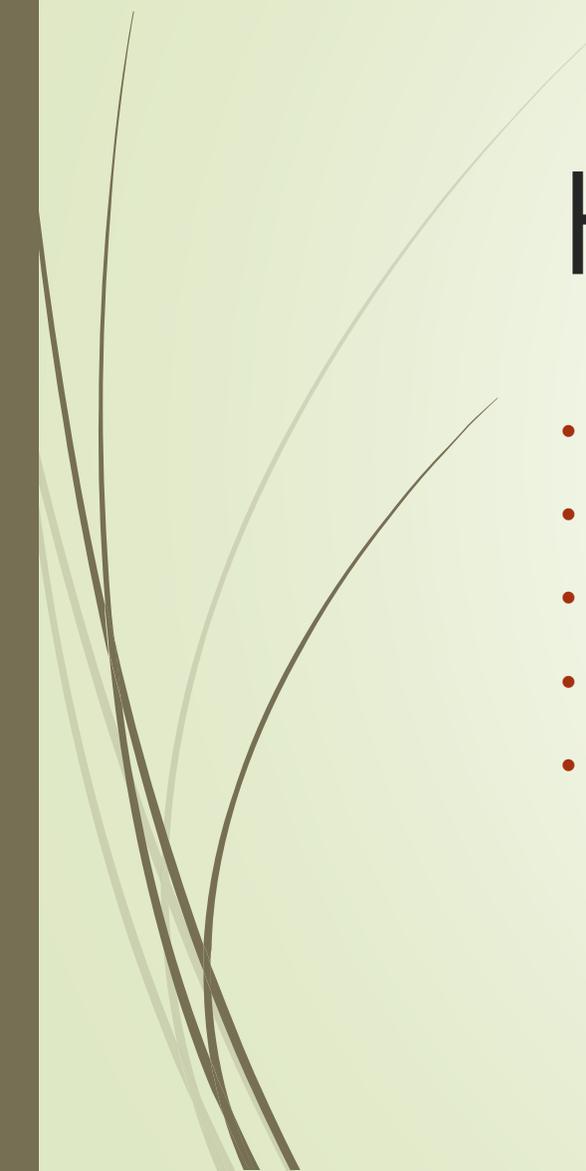
Final Questions/Next Meeting

- Possible 1 hour recap and catch up meeting beginning or mid-Feb?
- Review current schedule of meetings