

# JED Campus Fundamentals

**UHCL** University of Houston  
Clear Lake



## JED CO-CHAIRS

- Dr. Kathy Matthew, Vice–Provost
- Dr. Cindy Cook, Director Counseling and Mental Health Center



# JED Campus Team

*Primary Campus Team*  
*15-20 Campus Staff*

*5 Working Groups*  
*22 additional members*  
*(11 faculty and 11 staff)*





# JED Comprehensive Approach to Mental Health Promotion and Suicide Prevention



*JED model*

# JED

## *Fundamentals*

Develop Life Skills

Promote Social Connectedness

Identify Students at Risk

Increase Help-Seeking Behavior

Provide Mental Health and  
Substance Abuse Services

Follow Crisis Management  
Procedures

Restrict Access to Potentially  
Lethal Means



## Strategic Planning

## Highlights and Progress

- Campus-wide campaigns and awareness
- JED Campus Team and website
- UHCL joined the THE (Texas Higher Education) Wellness Collaborative

## Work to Continue

- JED recommends including mental health or emotional wellbeing into the university strategic plan

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## Develop Life Skills



## Highlights and Progress

- The Division of Student Affairs Health and Wellness Portfolio, Student Success & Initiatives, and Healthy Hawks all offer comprehensive programming on wellness topics
- Best practice example – campus wide collaboration for “Restival”

## Work to Continue

- Provide and cross advertise programming designed to help students gain life skills and improve wellbeing
- New workshop series in CMHC being created on coping skills

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## Promote Social Connectedness

66% of UHCL  
students felt  
isolated and  
left out

## Highlights and Progress

- Peer Wellness Ambassador Program

## Work to Continue

- Promote connection and belonging on campus and reach isolated/disconnected students

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## Identify Students at Risk

HMS – 13% suicidal in  
last year (8% had plan)

CMHC – 43% of  
students seeking  
services have  
previously seriously  
considered suicide

## Highlights and Progress

- Screening opportunities have increased anonymous screenings
- Screenings are now done at each medical appointment in Health services
- CErT training provided to help identify and refer students who may be struggling
- CARE reports and Report IT! sessions

## Work to Continue

- Process for incoming student to complete a medical history form
- More faculty need to complete CErT



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## Increase Help-Seeking Behavior

## Highlights and Progress

- Thrive Together Wellness Fair was created and successful
- Increased online self-directed resources
  - WellTrack
  - Togetherall (peer support)

## Work to Continue

- Continued campaigns to destigmatize mental health and increase help-seeking
- Peer Wellness Ambassadors will help enhance peer support

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## Provide Mental Health and Substance Abuse Services

97% ↑ functioning  
96% ↑ academics  
95% retained  
96–99<sup>th</sup> percentile

## Highlights and Progress

- Effective (data supported) mental health and substance use treatment is provided by CMHC, including therapy, psychiatry, case management, 24/7 crisis services
- Narcan is available on campus in AED cases

## Work to Continue

- Medical leave and return to campus processes being reviewed
- Medical amnesty policy going through shared governance
- Providing families information about mental health and substance use services in 3 ways

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## Follow Crisis Management Procedures

Emergency Response  
Postvention

## Highlights and Progress

- Report IT! workshops about CARE team and how to respond to crises
- Campaigns to promote 24/7 crisis assistance have been conducted

## Work to Continue

- Postvention Plan needs to be developed and periodically reviewed
- The DOS office is creating new CARE folders for faculty/staff with information about students in crisis

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## **Restrict Access to Potentially Lethal Means**

## Highlights and Progress

- Gun locks and pill bottle locks are made available to CErT Participants (currently funded by Title V grant)
- Lab safety procedures are in place and monitored by EHS

## Work to Continue

- UPD and FMC conduct an initial **environmental scan** to identify and mitigate access to lethal means on campus
- Pursue options for conducting a drug collection/return program on campus

# Ongoing Mental Health Campus Taskforce

*Vice President, Student Affairs*

*Provost*

*Vice Provost*

*Vice President, Administration & Finance*

*Assistant Vice President/Dean of Students*

*Associate Dean of Students /Director of Student Housing and Residential Life*

*Chief of Police*

*Associate Vice President, Student Success & Initiatives*

*Associate Vice President, Facilities Management & Construction*

*Director, Counseling and Mental Health Center*

*Director, Campus Recreation & Wellness*

*Director, Health Services*

*Student Engagement Representative*

*Marketing and Communications Representative*

*Director, Military & Veterans Services*

*Director, Title IX*

*Student Representatives (Undergraduate and Graduate)*



Thank  
*You!*



Visit the UHCL JED Website!  
<https://www.uhcl.edu/cmhc/jed-campus-at-uhcl/>