JED Campus Fundamentals





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



JED model

Suicide Prevention

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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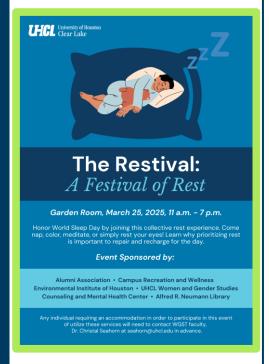
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Develop Life Skills



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"

- 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



- 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

- 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)

- 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 96-99th 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

- 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

- 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

- 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/