


Jed's Comprehensive Approach
to Campus Mental Health

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Who We Are

- Origin - JED's story
- History - Evolution over the past 16 years



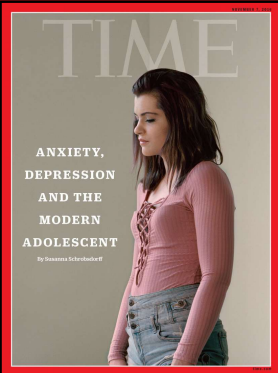
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The issue

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The forecast for America's youth is bleaker than it should be

- Drug/alcohol accidents and suicide are the leading causes of death
- 1 in 5 have a mental health condition
- 46% did not receive treatment or counseling last year
- 76% turn to a peer for support when they are in distress

Sources: NAMI, SAMHSA, JED Harris Poll, 2017 County Health Rankings

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Among our 21 million college students . . .



. . . at some point this year:

- 3 out of 5 felt overwhelming anxiety
- 1 out of 3 felt too depressed to function
- 1 out of 3 binge drank regularly
- 1 out of 8 abused prescription drugs
- 12% had serious thoughts of suicide
- 8% cut or burnt themselves
- 2% attempted suicide
- 1,400 died by suicide

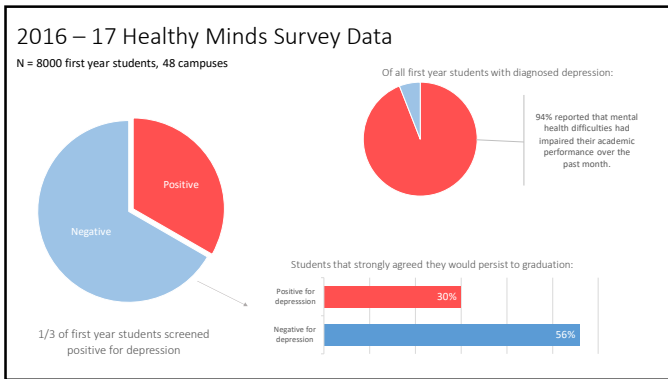
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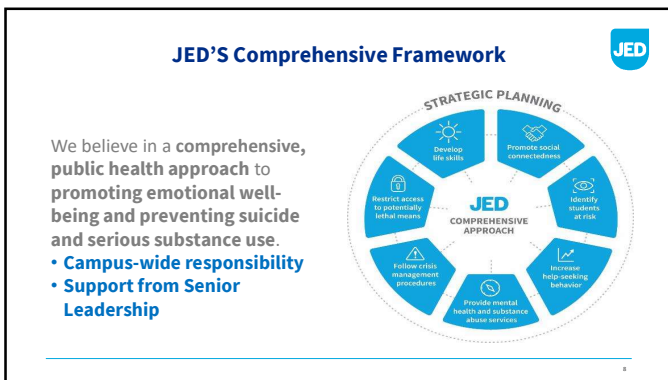
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Impact on Academic Performance

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- ### Develop and Support Life Skills
- Groups/Workshops/On-line platforms taught by variety of faculty/staff:
 - Communication, relationship skills
 - DBT
 - Conflict resolution
 - Financial planning
 - Academic Skills – study skills/test anxiety/time management
 - Bystander intervention
 - Sleep, hygiene, nutrition, exercise, general health and connection between wellness and academic performance

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Connectedness and Support

- Loneliness single most reported struggle among first years
- Students turn to peers first
- Peer mentoring system
- Greek and athletic systems (if exists) wellness ambassadors
- Promoting connections with religious/cultural resources
- Intentional programming to promote connections among typically disconnected populations
- Programs to promote tolerance/inclusiveness
- Training to help identify and reach out to isolated students
- Adequate spaces for students to gather organically/informally

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Identify Students at Risk

- Collecting mental health and substance history from incoming students
- Connecting students with positive history to services
- Wellness/screening days conducted across campus by many
- Training on how to identify, reach out to and if needed, refer students who may be struggling
 - Wide, targeted, strategic
 - *How to Help a Friend*
- Behavioral Intervention/Care Teams (Electronic) reporting system
- Online resources for mental health and substance abuse screening, online CBT

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Increase Help-seeking

- Many doors for support – access across campus
- CC, HS, Health Promotion websites easy to find, resources cross-referenced
- Campus culture is open about mental health and value of help-seeking
- Online screening tools
- Peer mental health and substance education programs – designed and delivered by students
- Campaigns to combat stigma
- Student clubs and student involvement in promotion of mental health
- Strategic marketing of counseling services

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Mental Health and Substance Abuse Services

- Access to broad array of services: mental health, health, substance abuse, health education
- Health services routinely screens for mental health and substance issues
- Collaboration/close communication between CC and HS
- Medication management
- Emergency services coordinated with local resources, MOU's
- Services are flexible: timing and location
- Naloxone policies: security, local EMTs, res life staff, known users
- Recovery community – substance free housing, groups, full programs
- Policy for prescribing opiates
- Education re: danger of combining opiates and alcohol

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Crisis Management

- Policies to address:
 - LOA's – medical leaves, mandatory leaves, return from leave,
 - AOD – clear and transparent, well publicized
- Insurance
 - Health insurance
 - Tuition insurance
- Parental notification
- Medical amnesty
- Postvention protocols – HEMHA Postvention Guide

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Means Restrictions and Environmental Safety

- Environmental scanning done
- Roof, window, closet rod safety
- Firearms policy
- Prescription drug monitoring and return
- Lab safety
- 'Means Matters': www.hsph.harvard.edu/means-matter

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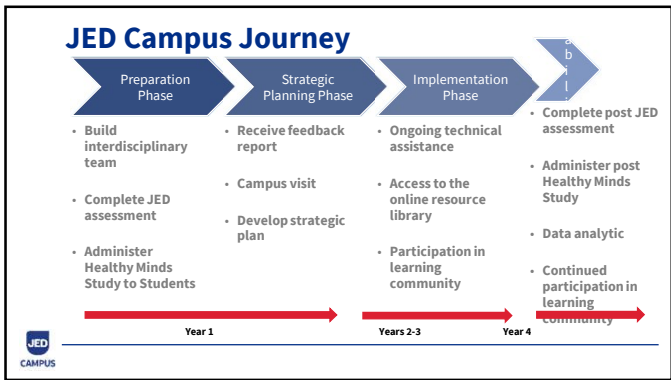


JED Campus

Empowering schools to enhance student mental health, substance abuse and suicide prevention efforts





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Data Analytics: Impact of Systems Change on Student Outcomes

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**JED Campus Theory of Change:
Mapping with Healthy Minds Study**

JED Campus Domain	Student Attitude Measured Via HMS	Sample HMS Question
Identifying Students At Risk: Increase in Identification of and outreach to students who are struggling	1. Students are more likely to recognize the signs of struggle in other people	1. How much do you agree with the following statement: I feel confident in helping someone with a MH problem
	2. Students feel more responsible to help fellow students	2. How much do you agree with the following statement: I am responsible to help if a friend is struggling
	3. Students are more likely to intervene when someone is in crisis/danger	3. How much do you agree with the following statement: If I saw someone drinking too much, I would intervene by trying to help



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