

Mental Health is a Campus-Wide Responsibility



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Program Purpose & Objectives

This interactive session is designed to explore the responsibility of mental health as a campus-wide effort and involvement. The presenter will provide information on the current efforts on her campus to integrate and infuse strategies for responding to mental health concerns across all division and departments. Participants will have opportunities to engage in and be a part of a discussion on how mental health can be a campus-wide shared responsibility.

LEARNING OBJECTIVES:

- Participants will be able to explore the concept of mental health as a campus-wide responsibility
- Participants will be able to identify issues with their current mental health campus culture
- Participants will be able to gain information on what they can do to share the responsibility across their campuses

Agenda

- Introduction of the Concept
- Discussion of your campus-efforts
- Colgate University campus efforts
- Recommendations from leading scholars
- Take-Aways

Concept

- A Mental Health Counselor vs THE WORLD
 - Student mental-health is whose responsibility?
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- What type of mental-health culture do you currently have on your campus?
 - How do you share this responsibility with other professionals on your campus?

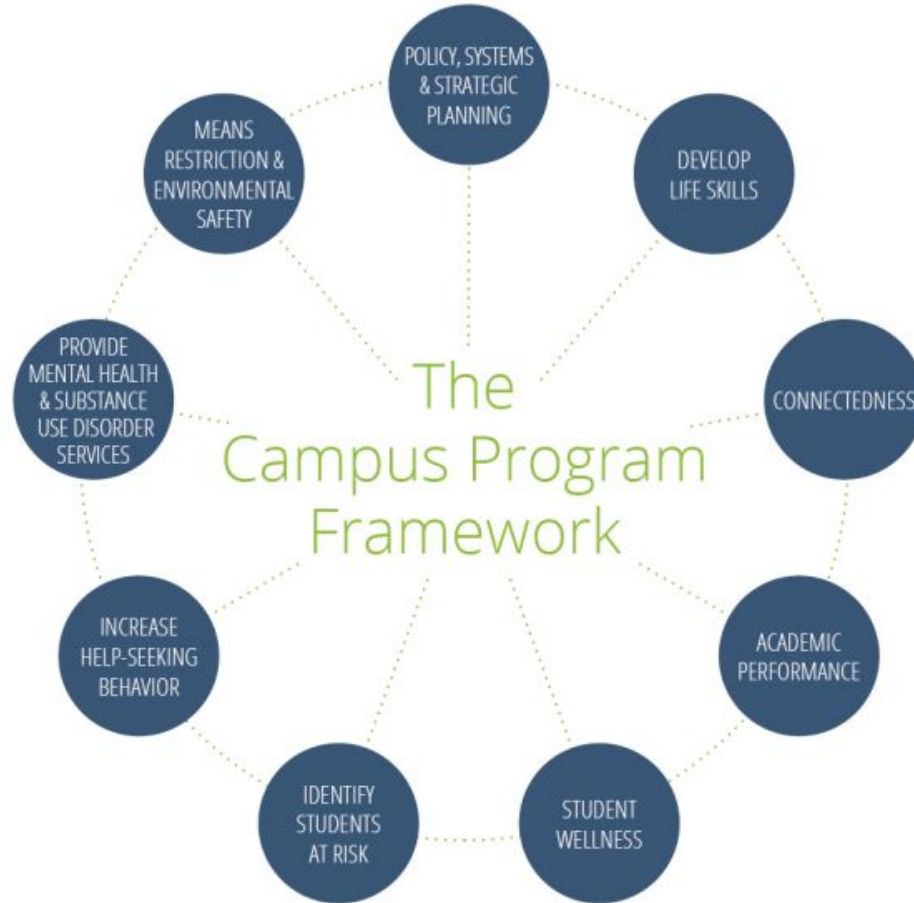
Why are we talking about this?

*30% spike in
demand of
services
(Fall, 2018)*

*Suicidality
increasing*

*Cultural divides
on
campuses*

*Counseling
Center staff
shortages*



(Jed and Clinton Health Matters Campus)

So....WHO ARE WE?

- **Psychoeducation & Awareness**
 - Does everyone on your campus know what you actually do?
 - How do you introduce yourself as a mental health clinician?
- **Self-accountability and Non-enabelism**
 - “I, and all other staff and faculty, on our campus are responsible for student mental health and wellness.”



As a mental health counselor...I sometimes wish I had a job (like plumber or teacher) that was easier to describe

RECOMMENDATIONS

Systemic Culture Change:

1. Support of Emotional-Wellbeing & Reduction of Suicide and Substance Use
2. “It is imperative that senior leadership acknowledge the importance of student mental health and well-being and make this a shared value for the entire campus community.”

Action Steps:

1. Teaching Life Skills
2. Promoting Social Connectedness
3. Identifying Students at Risk
4. Encouraging Help-Seeking
5. Providing Mental Health and Substance Use Services
6. Following Crisis Management Procedures
7. Restricting Access to Potentially Lethal Means

(Higher Education Today, 2018)

RECOMMENDATIONS (Cont'd)

- CampusMHAP: A Guide to Campus Mental Health Action Planning (*The JED Foundation (TJF) and Education Development Center, Inc. (EDC)*)
- *Breaking the Stigma:*
 - Student testimonials during orientation sessions
 - Free Mental Health Screenings: Drexel University's Recreation Center mental-health kiosk (“check up from the neck up”)
 - Connecting Alumni with current students
 - Apps: Kognito, Text4Hope, Active Minds

Campus-Wide Infusion

Campus-wide courses, programs, and initiatives

- **This Way Up**
 - St. Vincent's Hospital in Sydney (affiliated with the University of New South Wales), help students to better understand the emotions they are experiencing (e.g., fear, anxiety, stress, sadness), connect with a clinician who can supervise their progress, and take free self-help courses online (like “Coping with Stress,” “Intro to Mindfulness,” or “Managing Insomnia”).
- **Online trauma resilience training tool** (Florida State University, Institute of Family Violence Studies and their College of Social Work)
- **Well-being practices woven into coursework:**
 - Mindful breathing and intention-setting at the start of class
 - Supplemental readings on mental health and well-being
 - Self-Compassion Letter; Best-Possible Self Worksheet

(Greater Good Magazine, 2019)

ACA Session: “Skills and Strategies in Combating Xenophobia Through Race Dialogues”

“We cannot address campus-wide mental health needs without engaging in culturally-mindful dialogue on race, class, sexual identity, gender identity, religious and spiritual identity, etc.”

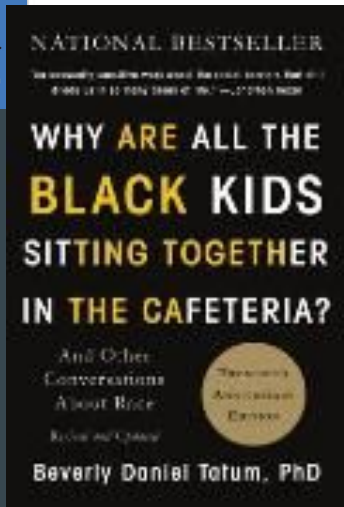
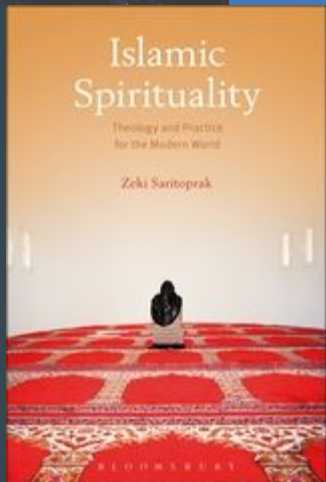
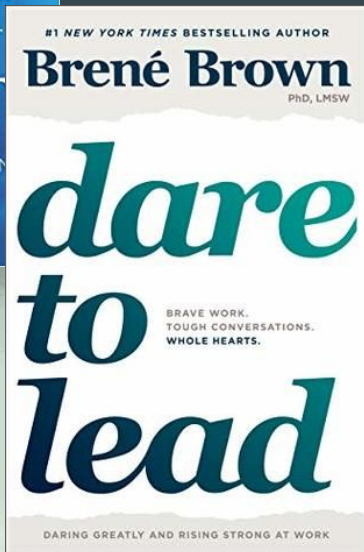
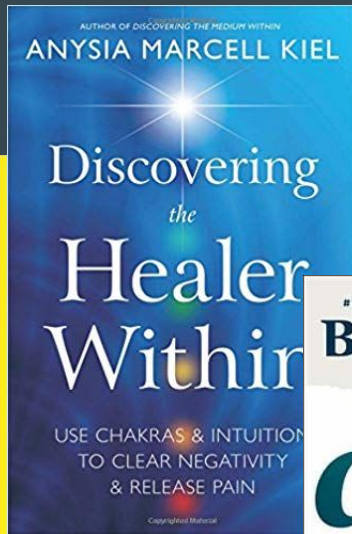
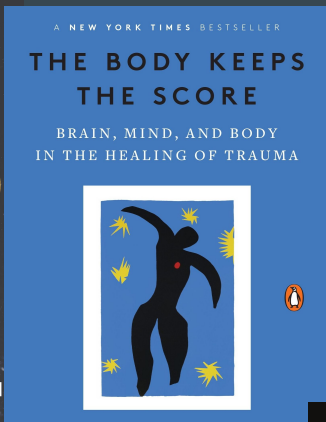
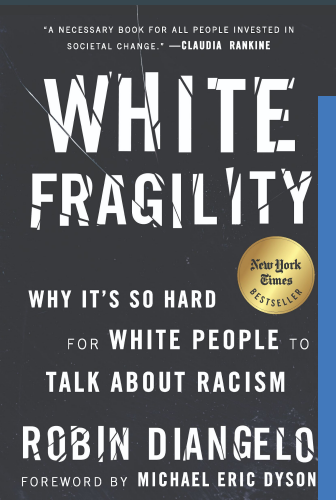
- Many mental health challenges results from lack of authentic connection

Healing through Dialogue

“Healing a campus requires honest dialogue and genuine human connection”

Reflections on what this might mean for you:

- What do you think affects your current ways of engaging in these types of dialogues on your campus?
- What are some ways in which you can enhance your current efforts with engaging your campus in such dialogue?



References

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