Missouri Assessment of College Health Behaviors

- 56% are stressed, but managing; 20% are overwhelmed
- 30% report stress has impacted academic life moderately; 15% considerably; 7% a great deal
- 83% report they go to friends and peers when personal concerns arise; 19% academic advisor; faculty/professor

MACHB 2019, n=706

- 94% report school/academics as a main source of stress;
- 49% report time management as a main source of stress

MACHB 2018, n=560
Counseling Services

Usage - Demand for mental health services continues to grow
- 308 walk-in appointments from January 2019 to present
- 1020 unique clients received individual and/or group counseling-4562 sessions (18% more individual counseling sessions to 10% more clients)

Access – Efforts to reach the other 90%
- RESPOND training reached 24 attendees
- Newly created STEP UP! for Mental Health training
- All incoming freshmen completed Step UP during Orientation Week this year
- Let’s Talk on campus in 6 different locations
- Letters to parents attending PRO sessions
- Presentations across campus to students, faculty, and staff
Building momentum

- New student activity fee
- Addition of new Wellness Coordinator
- Addition of Miner Oasis
- Addition of Care Coordinators
- Mental health peer wellness educators
- STEP UP! for Mental Health
- Culture of Care
The Miners Care Committee fosters a culture of mental well-being at Missouri S&T through the collaborative efforts of faculty, students, and staff.
Goals

• Broaden definition of mental health to include a more holistic and inclusive approach

• Emphasize the shared responsibility all members of campus have in addressing mental well-being

• Coordinate and provide initiatives that assist students with the management of stress

• Assess and evaluate ongoing mental well-being initiatives and make recommendations for change
# Spectrum of Prevention

<table>
<thead>
<tr>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
<th>Level 6</th>
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</thead>
<tbody>
<tr>
<td>Strengthen Individual Knowledge</td>
<td>Promote Community Education</td>
<td>Educate Providers</td>
<td>Foster Coalition &amp; Networks</td>
<td>Change Organizational Practices</td>
<td>Influence Policy &amp; Legislation</td>
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<tr>
<td>MH counseling</td>
<td>MH Wellness presentations</td>
<td>Webinars</td>
<td>UCARE team</td>
<td>Department Recognizations (CDHW, Diversity &amp; Title IX)</td>
<td>SB 993: Good Samaritan Law</td>
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<td>Student Success coaching</td>
<td>Student Success Center presentations</td>
<td>STEP UP! For Mental Health</td>
<td>STEP UP! Committee</td>
<td>Expansion of wellness space</td>
<td>CampusSafeCA</td>
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<tr>
<td>Ask.Listen.Refer.</td>
<td>Counseling Services presentations</td>
<td>Training Jon’s PEERS</td>
<td>Missouri Farmers in Prevention</td>
<td>Wellness Coordinator for mental health</td>
<td>Amnesty policy</td>
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<td>Online MH screening</td>
<td>Mental health screening day on campus</td>
<td>Training Peer Wellness Educators</td>
<td>SMT Prevention Coalition</td>
<td>Funding for additional MH Peer Wellness Educators</td>
<td>SB 92</td>
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<tr>
<td>CS GreenRoom</td>
<td>Jon’s PEERS</td>
<td>Mental Health Programming</td>
<td>Faculty/staff presentations</td>
<td>Culture of Care</td>
<td>OVW grant</td>
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<tr>
<td>Miner Wellness Miner Oasis</td>
<td>#MinesWell #MinesWellness</td>
<td>Student Health/Counseling liaison</td>
<td>Health Services Advisory Council</td>
<td>Late night program grants</td>
<td>Prevention Protocol</td>
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<tr>
<td>Russell House Advocate</td>
<td>Opening week: Miner Values</td>
<td>Athletics/Counseling liaison</td>
<td>Body U Partnership</td>
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<tr>
<td>Student Success Center meeting</td>
<td>Student Health 101</td>
<td>RA training</td>
<td>Russell House</td>
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<td>Library resources</td>
<td>Social media outreach</td>
<td>Red folders</td>
<td>Jon’s PEERS</td>
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<tr>
<td>Peer Intervention Advisor (PIA) one-on-one sessions</td>
<td>Miner money management peer counselors</td>
<td>CS conversations with faculty, staff, parents</td>
<td>Coordinated Community Response Team</td>
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<tr>
<td>Passive programming</td>
<td>Peer Intervention Advisor (PIA) group presentations</td>
<td>SMT Peer Tabletop Events</td>
<td>AUCCC</td>
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<td>LEAD tutoring</td>
<td>Social norm campaigns</td>
<td>RESPOND training</td>
<td>AUCCC</td>
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<td>Student Emergency Fund</td>
<td>Letter from SRS, CS, SA</td>
<td>Parent and Family Connection</td>
<td>HEHMA</td>
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<td>Student health intake form</td>
<td>PRO presentations</td>
<td>EAB membership</td>
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<td>Let’s Talk</td>
<td>Res Life bulletin boards</td>
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<td>Group counseling</td>
<td>SUB Relaxation Day</td>
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<td>CoEES career advising</td>
<td>MH Awareness Week</td>
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<td>Sh concussion management</td>
<td>STEP UP! For Mental Health</td>
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<td></td>
<td>Tutoring, Classes, Rec Center</td>
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Mental health is an active process that exists on a continuum. Utilizing a whole-person approach, members of the campus community can contribute to student success by providing care and support to develop intellectual, emotional, social, and physical wellness. By involving not just the individual, but the environment as well, we can all contribute to student mental well-being.
Mental Health Continuum

- Extreme Distress
  - Excessive anxiety
  - Attacks or depressed mood, isolation, thoughts of suicide, physical illness

- Moderate Distress
  - Anxiety, depression, withdrawn, increased substance use, poor performance

- Mild Distress
  - Stress, fatigue
  - Disturbed sleep, decreased activity, procrastination

- Mental Well-Being
  - Resiliency, healthy coping, normal mood fluctuations, socially active
Miners Care Committee Organizational Chart

STEERING COMMITTEE
Stephanie Martensen, Mindy Bryson, Jessica Gargus, Chelsea George

ADVISORY COMMITTEE
Jessica Gargus, Stephanie Martensen, Mindy Bryson, Chelsea George, Patti Fleck, Dave Westenberge, Nick White, Barb Prewett, Edna Grover-Bisker, Dorie Paine, Tyrone Davidson, PWE for mental health, Student Council Student Services Chair Ad Hoc: Debra Robinson, Dennis Goodman, Krista Morris-Lehman, Health Services Advisory Council

Peer Support Network
Steph, Chelsea, MH PWE, StuCo Ad Hoc: HSAC
Members
Kyleigh Swenson

Faculty Focus Group
Patti, Dave, Eddie, Barb, Jessica, Tyrone
Members
Mary Koen
Maciej Jan Zawodniok
Fateme Rezaei
Sahra Sedighsarvestani
Jeff Smith

Self-Help/ Online Tools
Jessica, Chelsea, Mindy, Stephanie
Members
Matt Sauer

Spectrum of Prevention/ Red Folder Navigation
Jessica, Chelsea, Krista

Stepped Care & Counseling Initiatives
Patti, Stephanie, Dorie, StuCo
Members
Jada Wan
Amanda Kossuth
Brittany Miller

Wellness Initiatives
Jessica, Chelsea, MH PWE, Nick
Members
Alison Ayers
Peer Support Network – Explore the development of a mental health peer support network, a group of trained students who will facilitate regular listening sessions for members of the student body. Research other peer mental health initiatives and provide feedback to the Miners Care Committee.
Peer Support Network

• University of Michigan Wolverine Support Network

• **Goal:** To promote mental well-being and support students in their day to day lives through weekly peer facilitated group listening sessions.

• **Timeline for Miner Support Network**
  - Marketing/ recruitment push: Fall 2019
  - Group sign ups open: First week of November
  - Group leader training: Weekend before spring semester starts
  - First groups begin: Start of Spring semester (2020)
Faculty Focus Group – Explore the development of faculty focused initiatives that assist faculty with the recognition of their role in addressing student mental well-being and reducing undue stress placed on students.
Faculty Focus Initiatives

Timeline
Prior to Fall semester 2019 – mental well-being syllabus statement
UCARE meetings with academic departments
Faculty survey during Mental Health Awareness Week
Faculty mental well-being ambassadors
Tips on incorporating wellness strategies in the classroom
Self-help/Online Tools – Research existing digital platforms and explore the incorporation of one that addresses student mental well-being from a holistic standpoint, while offering self-help tools and technology to reach students where they are.
Sanvello—on-demand APP for managing stress, anxiety, and depression

University of Missouri system will be funding the first year of premium access to all system faculty, staff, and students.

Target timeline for implementation is the last week of the month.
Spectrum of Prevention Navigation – Utilize the mental health spectrum of prevention and the red folder resource to create a navigation tool that assists users with recognizing students in distress and referring them to the proper campus resource(s).
Spectrum of Prevention Navigation

> Develop and distribute mental well-being quick referral guide

> Create webpage for clear, easy referring to proper resources based on type and severity of presenting issue

> **Timeline**
  - Distribute print version to focus group the first week of October
  - Go live with online version and promote to focus group
  - Gather feedback and make updates over winter break
  - Launch Spring 2020
Stepped Care and Counseling Initiatives – Explore adopting a stepped model of care approach that includes resources from the spectrum of prevention. Research and implement other best practices that exist within higher education counseling centers.
Counseling/Stepped Care Initiatives

> Awareness of counseling services
  – How to refer to counseling
  – What happens when you arrive in counseling
  – Stepped model of care

> Identifying gaps in services
  – Talking with internal stakeholders

> Increasing access to services
  – Walk-in appointments throughout the day
  – Let’s Talk initiative across campus
Wellness Initiatives – Develop and implement a comprehensive plan that addresses mental well-being from a primary prevention, public health approach.
Wellness Initiatives Subcommittee

> Mental Well-Being Ambassador Training
  – Greek Life risk managers
  – Fitness/Rec Center supervisors
  – Intramurals
  – Expand

> Host Lunch and Learn topic trainings

> Offer STEP UP! for Mental Health (in conjunction with Counseling Services)

> Offer healthy coping skills presentation (w/ CS)
Components of Successful Program

Comprehensive
Multi-dimensional
Strong top campus leadership
Faculty involvement

Staff involvement
Student involvement
Community involvement
Parental involvement
QUESTIONS?

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