

Student Mental Health Update

Board of Trustees Meeting

April 29, 2016



Mental Health and Well-Being Taskforce

Marie Aho, Ph.D., Counseling and Consultation Services

Chris Greer, Ph.D., AVP Dean of Students

Mike Bath, M.P.A., Director Public Safety and Police Services

Jeff Korpi, M.S., Interim Director Housing and Residence Life

Patricia Cianciolo, Ph.D., Professor Social Work

Rachel Kiltzke, ASNMU

Danielle Schafer, ASNMU



Campus and Community Crisis Resources

- Campus and Crisis Resources identified
- Working on communication materials
 - Considering a fold up model
- Resource list with Dial Help cards distributed to Resident Advisors and Directors
 - Considering stickers, door hangers, and other strategies
- Placed on website:
<http://www.nmu.edu/counselingandconsultation>



MyNMU

On the following tabs:

- Student Services
- Advisor Services
- Employee Services
- Faculty Services



For Students:

Mental Health Resources If you or someone you know is experiencing a crisis, use these resources to get help from mental health professionals.

For Advisers, faculty and employees:

Mental Health Resources If a student comes to you for help with an emotional crisis or you believe a student needs assistance, use these resources to find information and help.

The link connects to the resources listing on Counseling and Consultation Services website.



Counseling and Consultation Services

- Same day appointments for an emotional crisis
- Mental health and developmental concerns addressed
- No concern too big or too small
- Strictly confidential and free for enrolled students
- Brief counseling based on clinical need
- Coordination of care with NMU Health Center, dietitians, community providers, and agencies



Dean of Students Office

- Contacts students with offer to meet and discuss issues
- Referrals to services
- Academic assistance
- Voluntary withdrawals



Database of Community Health and Mental Health Resources

- Accessible, comprehensive, searchable PDF directory
- Facilitate referrals with accurate up-to-date information
- Further enhances coordination of care
- Linked to Counseling and Consultation Services website
- Accessible from any electronic device
- Updated regularly



Recent Campus Events related to Mental Health

- January 26, 2016: Suicide Prevention and Awareness workshop
- March 15, 2016: Community wide Provider/Agency meeting to foster collaboration and referrals
- March 15, 2016: Active Minds “Stress Less” panel
- March 22, 2016: Common Reader selection speaker and discussion groups on Resilience
- April 5, 2016: Sexual Assault on Trial
- April 15, 2016: Pay it Forward, Mental Health event



Awareness and Prevention Training

- Locally Available, Cost Free, Grant Funded
- QPR (Question Persuade and Refer)
 - Counselor and student trainers on campus now
- Mental Health First Aid, to be held May 12, 2016
- ASIST (Applied Suicide Intervention Skills Training)
 - Two day training, later in 2016



Suggestions for Next Steps

- Campus wide structured mental health survey to determine needs
- Create a “Quiet Space” for students (perhaps like the Veteran’s lounge)
- Create a 24/7 campus based “Safety Net” for students in a mental health crisis