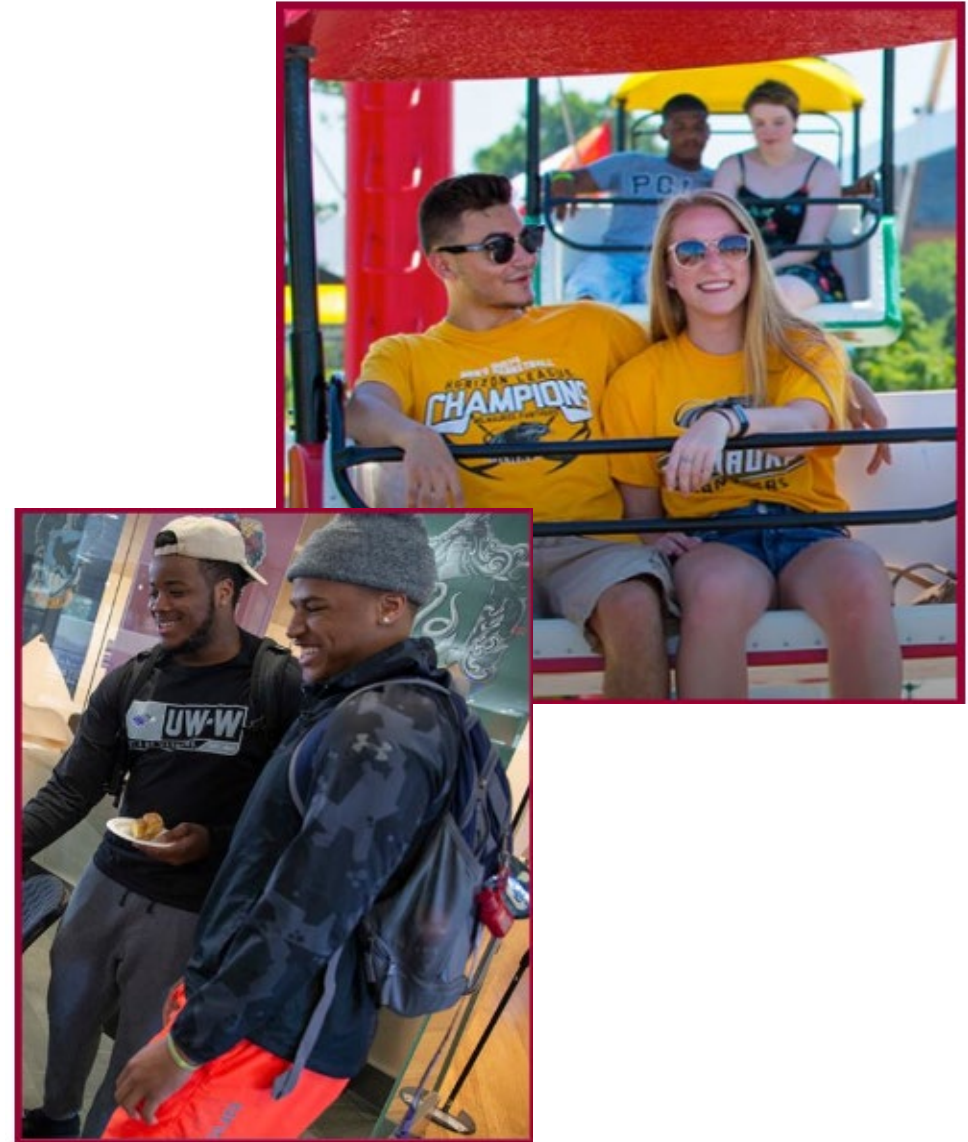
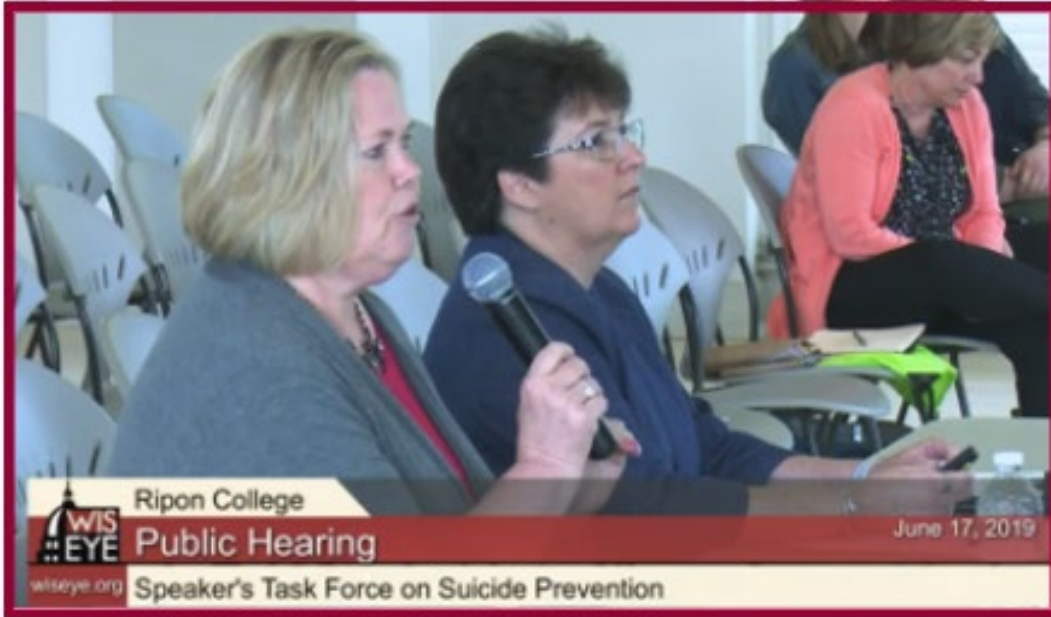


Student Behavioral Health: Current Efforts & Next Steps



Progress Since April...



Calls for Collaboration

- Wisconsin Assembly Public Hearing, [Speaker's Task Force on Suicide Prevention](#) on June 17, 2019 at Ripon College
- [Wisconsin Center for Suicide Awareness](#)

Statewide Press Coverage

- [Wisconsin Public Radio Article: "Demand for UW Campus Counseling Services up 55 Percent Since 2015"](#) April 5, 2019
- [WEAU News: "UW-Eau Claire sees increases in students seeking counseling services"](#) April 5, 2019

A Framework for Student Wellbeing

	Scope	Focus
Tier 1 Critical Behavioral Health & Crisis Response Services	<ul style="list-style-type: none">▪ Select students; most at-risk for self-harm or suicide	<ul style="list-style-type: none">▪ Provision of timely services and support for students who are in grave psychiatric distress
Tier 2 Targeted Interventions	<ul style="list-style-type: none">▪ Students identified as part of a “vulnerable” population	<ul style="list-style-type: none">▪ Programs and services aimed at helping students experiencing high rates of stress or behavioral issues
Tier 3 Creating Healthy Learning Environments	<ul style="list-style-type: none">▪ Majority of students; experience some stress but do not require counseling or an intervention	<ul style="list-style-type: none">▪ Preventative efforts to teach students how to create and maintain healthy, balanced lifestyles

Source: Adapted from the University of California Student Mental Health Resources & Promising Practices Report, 2006

Tier 1: Critical Behavioral Health & Crisis Response Services

CARE Teams

**Care
Continuum
Services**

**Inter-Agency
Coordination**

**Institutional
Training**

**Counseling and
Health Services**

**All UW
Institutions**

**All UW
Institutions**

**Some UW
Institutions**

**Few UW
Institutions**

**All UW
Institutions**



**UNIVERSITY OF WISCONSIN
River Falls**

**UNIVERSITY of WISCONSIN
LA CROSSE**



**University of Wisconsin
Eau Claire**

CARE Team coverage is provided for all campuses

Facilitated referrals for students with more intense or specialized needs

Partnership with La Crosse County's Mobile Crisis Unit

Campus Connect Suicide Gatekeeper Training Program is available to all faculty and staff

Day & after-hours drop-in services provided for students in crisis

Tier 2: Targeted Interventions

Consultations

Some UW
Institutions



Offers group counseling sessions for students living with anxiety and depression

Care Continuum Services

Most UW
Institutions



Conducts healing groups for sexual assault survivors

Programs

Few UW
Institutions



Behavioral health screenings are conducted for all student athletes prior to the start of their sport

Counselor Training

Few UW
Institutions



Campus mental health providers participate in a 12-hour gender identity training

Tier 3: Creating Healthy Learning Environments

**Wellness
Programs**

**Most UW
institutions**



Sponsors two peer education programs, U Matter and CARE

**Online
Resources**

**Some UW
Institutions**



Employs SilverCloud, an on-line cognitive behavioral therapy program

**Institutional
Training**

**Some UW
institutions**



Provides trainings to staff and faculty on various wellbeing topics such as mindfulness, resilience, and managing stress

**Counseling & Health
Services**

**All UW
institutions**



Pruitt Center for Mindfulness & Well-Being

Proposed Workgroup Composition

Tier 1: Critical Behavioral Health & Crisis Response



Al Thompson
SSAO



Kelly Haag
SSAO

Membership

- Dean of Students Office
- Behavior Intervention Team
- Counseling Center
- Student Health Center
- Faculty Member
- Student
- **University Police**

Focus Areas

1. Determine appropriate levels of service and staffing
2. Identify innovative models of psychiatric care (local, regional, virtual)
3. Review current caseloads and direct care practices including hospitalization processes
4. Identify training and professional development programs focused on suicide awareness and prevention

Proposed Workgroup Composition



Focus Areas

1. Identify additional training and professional development programs for counselors serving veterans, LGBTQ+, athletes, and students of color
2. Identify online mental health platforms and resources
3. Review and identify needed changes to student medical leave, medical withdrawal, and tuition refund policies
4. Identify innovative programs for at-risk students
5. Review service response times

Proposed Workgroup Composition

Tier 3: Creating Healthy Environments



Linda Mulroy-Bowden
SSAO



Vitaliano Figueroa
SSAO

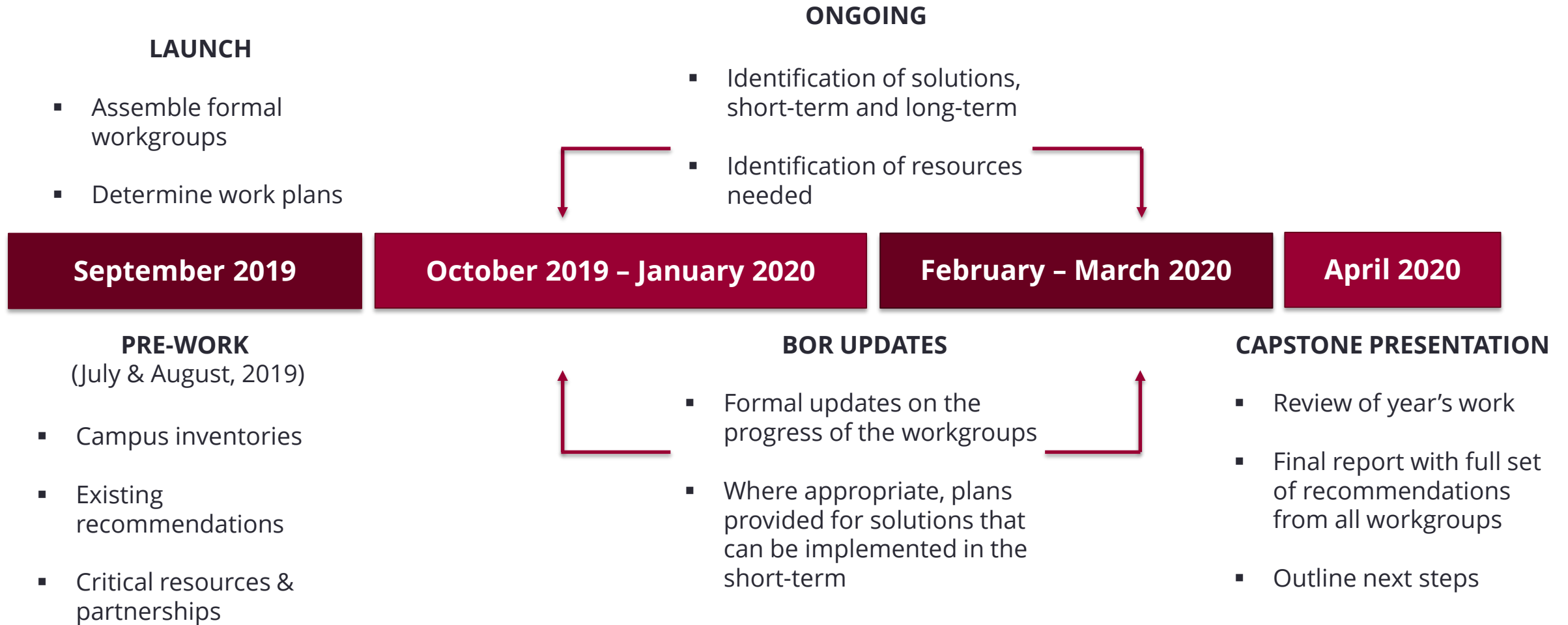
Membership

- Counseling Center
- Student Health Center
- Faculty Member
- Student
- **Health Promotions**
- **Recreation/Residence Life/Activities**

Focus Areas

1. Identify online resources that focus on resiliency building
2. Develop plans and templates for the creation of campus-wide intervention and prevention strategies
3. Explore regional and community partnerships to expand support networks
4. Identify peer programs targeted at helping students recognize, refer, and respond to other students in need of support

Proposed Workgroup Timeline



System-level Efforts

Identifying Resources

- State and federal grant opportunities
- Targeted student populations, e.g. veterans, Native American students

Exploring State & National Partnerships

- [Wisconsin Center for Suicide Awareness](#)
- JED Foundation (www.jedfoundation.org)
- Department of Public Instruction's Wisconsin Safe & Healthy Schools (WISH Center)

Other Efforts

- Capacity-building: Professional development, grow-your-own programs
- Holistic Approaches: Addressing food & housing insecurities



Questions?

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