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

<table>
<thead>
<tr>
<th>Tier 1</th>
<th>Critical Behavioral Health &amp; Crisis Response Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Scope</strong></td>
<td>Select students; most at-risk for self-harm or suicide</td>
</tr>
<tr>
<td><strong>Focus</strong></td>
<td>Provision of timely services and support for students who are in grave psychiatric distress</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tier 2</th>
<th>Targeted Interventions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Scope</strong></td>
<td>Students identified as part of a “vulnerable” population</td>
</tr>
<tr>
<td><strong>Focus</strong></td>
<td>Programs and services aimed at helping students experiencing high rates of stress or behavioral issues</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tier 3</th>
<th>Creating Healthy Learning Environments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Scope</strong></td>
<td>Majority of students; experience some stress but do not require counseling or an intervention</td>
</tr>
<tr>
<td><strong>Focus</strong></td>
<td>Preventative efforts to teach students how to create and maintain healthy, balanced lifestyles</td>
</tr>
</tbody>
</table>

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**: Coverage is provided for all campuses.
- **Care Continuum Services**: Facilitated referrals for students with more intense or specialized needs.
- **Inter-Agency Coordination**: Partnership with La Crosse County’s Mobile Crisis Unit.
- **Institutional Training**: Campus Connect Suicide Gatekeeper Training Program is available to all faculty and staff.
- **Counseling and Health Services**: Day & after-hours drop-in services provided for students in crisis.

All UW Institutions

All UW Institutions

Some UW Institutions

Few UW Institutions

All UW Institutions
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, UMatter 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

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

Membership

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

**Tier 2: Targeted Interventions**

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

**Focus Areas**

**Membership**
- Dean of Students Office
- Behavior Intervention Team
- Counseling Center
- Student Health Center
- Faculty Member
- Student
- Disability Services
- Senior Diversity Officer
- UWSA Policy Office

*Sandi Scott SSAO*  
*Artanya Wesley SSAO*
Proposed Workgroup Composition

**Tier 3: Creating Healthy Environments**

- **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

**Membership**
- Counseling Center
- Student Health Center
- Faculty Member
- Student
- Health Promotions
- Recreation/Residence Life/Activities
Proposed Workgroup Timeline

**LAUNCH**
- Assemble formal workgroups
- Determine work plans

**PRE-WORK** (July & August, 2019)
- Campus inventories
- Existing recommendations
- Critical resources & partnerships

**ONGOING**
- Identification of solutions, short-term and long-term
- Identification of resources needed

**September 2019**

**October 2019 – January 2020**

**February – March 2020**

**April 2020**

**BOR UPDATES**
- Formal updates on the progress of the workgroups
- Where appropriate, plans provided for solutions that can be implemented in the short-term

**CAPSTONE PRESENTATION**
- Review of year’s work
- Final report with full set of recommendations from all workgroups
- Outline next steps
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?

**Chris Navia**  
Associate Vice President for Student Success  
University of Wisconsin System Administration

**Sandi Scott**  
Senior Student Affairs Officer  
University of Wisconsin-Stout

**Harry Anderson**  
Senior Student Affairs Officer  
University of Wisconsin-Superior

**Anne Minssen**  
Policy and Planning Analyst  
University of Wisconsin System Administration