

March 20, 2019

MEMORANDUM

TO: State Board of Regents

FROM: David L. Buhler

SUBJECT: Plan for Moving Forward on Mental Health Recommendations: Formation of the Regents' Mental Health Advisory Committee

Issue

Regents have intense interest in identifying and meeting the mental health needs of students in the Utah System of Higher Education (USHE) so that students can successfully complete their higher education goals. At Regent direction, institutions are conducting annual surveys of student mental health needs and formulating five-year plans to address those needs. A Regents' Mental Health Advisory Committee is proposed to provide oversight.

Background

Revisions to the Regents' Mental Health Recommendations were adopted at the January 25, 2019, Board meeting with the motion to reconvene the mental health working group. On March 4, 2019, the Academic and Student Affairs Committee (ASAC) considered options for most effectively moving forward on the mental health recommendations. Rather than reconvening the original mental health working group, which included a number of outside stake holders, the ASAC is recommending the formation of the Regents' Mental Health Advisory Committee. This will provide/ensure that Regent oversight and guidance on developing and implementing institutional mental health plans consistent with their recommendations. The plan incorporates feedback from the January Board meeting and the March ASAC meeting and is recommended to the Commissioner and the full Board by the ASAC.

Policy Issues

State statute [Utah Code 53B-1-104, (8) (a)] indicates "the board may establish advisory committees." The plan for moving forward on the mental health recommendations received input from the Chief Academic Officers and the Chief Student Affairs Officers. The plan fits well under the umbrella of "Student Safety" issues that are of Regent concern. There are no outstanding policy issues.

Commissioner's Recommendation

The Commissioner recommends the Regents approve the Plan for Moving Forward on the Mental Health Recommendations, including formation of the Mental Health Advisory Committee, with Regent assignments to the Mental Health Advisory Committee being made by the Executive Committee at their earliest convenience.

David L. Buhler
Commissioner of Higher Education

DLB/EJH
Attachment

Plan for Moving Forward on Mental Health Recommendations:
Formation of the Regents' Mental Health Advisory Committee

March 14, 2019

Background

Revisions to the Regents' Mental Health Recommendations were approved at the January 25, 2019, Board meeting with the motion to reconvene the Mental Health Working Group. On March 4, 2019, at one of their regular meetings, the Academic and Student Affairs Committee reviewed additional information and proposes establishing a Regent Mental Health Advisory Committee rather than reconvening the original Mental Health Working Group. The following describes a plan for moving forward.

Establish a Mental Health Advisory Committee appointed by the Chair of the State Board of Regents:

- The Mental Health Advisory Committee would be comprised of the following members:
 - 1-2 institutional representatives (recommended to include the counseling center director) from each of the USHE institutions
 - 2 Regents – one will serve as committee chair and one will serve as vice chair
 - 1 Student Regent
 - 2 institutional Board of Trustee members, one from an institution on the Wasatch front and one from a region off the Wasatch front
- Goals of the committee:
 - Assist in creating the institution five-year mental health implementation plans as required by the Regents' Mental Health Recommendations (due summer 2019).
 - Meet yearly to review the system-wide mental health survey data from ACHA NCHA and Health Minds Study and review the progress of the plans.
- This group will focus on mental health and the plans, which fit under the umbrella of Regent efforts relative to Student Safety.
- Benefits of working as a group:
 - Agree upon a template for the institutional plan for ease of institutions and the Board review.
 - Discussions across institutions and the ability to learn from each other what works well and what to avoid.
 - The plans will help uncover where it makes sense to do something system-wide, while allowing institutions to respond to the unique needs of their area and student population.
- Outside stakeholders from the original Regents' Mental Health Working Group or others will be invited, as needed, to give feedback on the 5-year plans.
- The Mental Health Advisory Committee will report to the Academic and Student Affairs Committee in fall 2019 and annually after their meeting reviewing survey data and plan progress.

Next steps:

- Presidents will recommend for appointment 1-2 people to represent their institution on the committee.
- Board of Regents Chair finalizes all committee appointments.
- Poll representatives for first meeting date.
- Meetings at USHE offices with option to video or call in (EdNet).
- **1st Meeting (April):** Review draft template and edit as needed. Discuss initial ideas for each area and what institutions are already doing.
- **2nd Meeting (May):** After institutions have received their ACHA NCHA survey results from the spring 2019 survey. Discuss results and how they impact the 5-year plan.
- **3rd Meeting (June):** Review initial drafts of 5-year plans.
- **4th Meeting (July - if needed):** Finalize 5-year plans.
- Plans due summer 2019 with subsequent review by the Board of Regents.
- Annual meeting in May or June, once the survey results are in from the annual mental health survey, to review the data and progress of the plans.