



UTAH SYSTEM OF
HIGHER EDUCATION

MEMORANDUM

TAB C

November 20, 2020

Update: Mental Health

The Student Affairs Committee requested information to explore expanding mental health support services to students at USHE's technical colleges. Currently, The JED Foundation has partnered with USHE degree-granting institutions to provide customized support to build upon existing student mental health, substance misuse, and suicide prevention efforts. This is a four-year strategic partnership with JED that not only assesses and enhances the work that is already being done but helps to create positive, systemic change in the campus community. This partnership is due to a generous gift from the J. Willard and Alice S. Marriott Foundation, estimated at over \$1 million.

The JED foundation has proposed several options tailored to the unique missions of the USHE technical colleges that include several free resources up to \$100,000/annually for customized services that include an initial needs assessment developed by JED.

Commissioner's Recommendation

This is an information item only; no action is required.

Attachment:



Utah Technical College JED Proposal

About The Jed Foundation

Headquartered in New York, The Jed Foundation (JED) was founded in 2000 by a family who lost their youngest son to suicide and is now the nation's leading non-profit organization that protects emotional health and prevents suicide for teens and young adults. We work with schools and school systems on systemic change, produce public service campaigns to raise awareness and spur action, and advise companies and organizations on youth mental health matters. Our campaigns reach over 20 million people annually and more than 3,000 high schools, colleges and universities utilize JED programs and resources.

We focus on young people between the ages of 13 and 30 because many have significant mental health-related challenges. Of the estimated *one in seven* American children and teens with mental health conditions, half did not receive care from a mental health professional, according to a Feb. 2019 research letter published in the *Journal of the American Medical Association*. Between 18 and 24, *one in four* young people has developed a diagnosable mental health condition, per the National Alliance on Mental Illness.

Our work centers on high schools, colleges, and universities because these are the real-life systems with the most teens and young adults. JED has become a known and trusted partner of education systems, including the New York City Department of Education with which we launched an innovative school-based mental health campaign in 2018.

Signature Program: **JED Campus** is our most prominent initiative, addressing colleges' need for guidance in implementing effective mental health practices. 61% of colleges lack written strategic plans for student mental health, although it is known that unaddressed emotional health issues and mental illness may lead to academic failure, substance use disorders, self-harm, and suicide. JED Campus' foundation is its proven framework, the Comprehensive Approach for Mental Health Promotion and the Prevention of Suicide, which was developed by JED in partnership with the Suicide Research Prevention Center. Using this framework, we guide schools through a strategic planning and implementation process to strengthen policies, programs, and systems to increase protective factors and decrease risk factor for mental health issues and suicide. Specifically, our work addresses seven key domains: Develop Life Skills; Promote Social Connectedness; Identify Students at Risk; Increase Help-Seeking Behavior;

Provide Substance Abuse & Mental Health Services; Follow Crisis Management Procedures; and Restrict Access to Potentially Lethal Means.

To date, JED Campus has benefited approximately 3.1 million (15%) of the roughly 19 million U.S. college students at close to 300 schools, but much work remains to be done. We have worked with over 40 community and technical colleges, including the 11 campus Colorado Mountain College system.

Utah System of Higher Education JED Campus Cohort

The JED Campus Utah Cohort, made possible through the generous support of The J. Willard and Alice S. Marriott Foundation and USHE, began in January 2020 with the eight public colleges and universities that made up the Utah System of Higher Education at the time. The first year of the four-year JED Campus program has been focused on onboarding the campuses, building campus teams, administering the Healthy Minds Study to collect student data, completing the JED Campus baseline assessment, and engaging in a campus visit with JED Campus Advisors and Subject Matter Experts. After each campus visit, JED creates a mental health and suicide prevention strategic plan that will be implemented over three years with ongoing support and engagement. As part of the funding for the cohort, there will be opportunities for the eight campuses to convene for professional development and peer learning opportunities annually and for ongoing communication via an online listserv and connection calls. This cohort currently only includes USHE degree-granting institutions and does not include the eight technical colleges in the state which merged with USHE in July 2020.

Statement of Need:

There are eight technical colleges across Utah serving nearly 36,000 students.

- Bridgerland Technical College
- Davis Technical College
- Dixie Technical College
- Mountainland Technical College
- Ogden Technical College
- Southwest Technical College
- Tooele Technical College
- Uintah Basin Technical College

There is a desire to consider a systemwide approach to mental health promotion and training. Currently, there are different staffing, training, and service provisions structures on each campus related to mental and emotional health. Student populations, individual campus budgets, as well as community-based support vary greatly with different mental health and other health services availability. USHE is seeking guidance on how to approach an analysis of current structure to be responsive to the needs of faculty, staff, and students at all campuses in an equitable way.

Options for USHE Technical Colleges to formally partner with JED:

Option 1: System Needs Assessment and Institute

In this model, each campus would complete an initial needs assessment developed by JED to get a baseline knowledge of what policies, programs, and services exist. The Healthy Minds Study could be administered to all students in the System to gather data about their experiences, knowledge, beliefs, and attitudes related to mental health and substance use. JED would create individualized feedback reports for each campus and recommendations for the System.

In the second semester, JED would convene teams from each campus for a two-day institute where we would review System data and feedback on the initial assessments. Team members would learn more about JED's comprehensive approach and spend time in groups creating their strategic plans for implementation with support and guidance from JED staff. After the institute, each school could have three hours of virtual consultation time and access to the JED Higher Education Learning Community (online resource center, ongoing webinars, discussion listserv, etc.) for one year.

This model would cost \$100,000, exclusive of System expenses related to travel and food for their employees and for any space rental fees if not hosted by an institution. If the institute is virtual, the cost would be discounted travel expenses for JED staff. The cost to administer the Healthy Minds Study across the System would be an additional \$8,000.

Option 2: JED Campus Fundamentals Program for Individual Campuses

Individual campuses could join the [JED Campus Fundamentals](#) program. This would include an initial needs assessment and policy review at each campus, campus visits to each individual school to develop a strategic plan, and support for 6-8 months from a dedicated campus adviser as well as access to the JED learning community during the 18-month period. Campuses could also administer the Healthy Minds Study as a part of the assessment process for an additional cost.

This program would cost \$18,000/campus and the additional fee for Healthy Minds Study would be \$1,000/campus. JED has funding support that could heavily discount this rate for campuses that were highly interested in participating.

Option 3: Individual Campus or System Consultations or Workshops

In this model, JED can provide System or individual institutional consulting services and workshops for an hourly rate. An example of this would be JED hosting a workshop with a representation of faculty, staff, and administrators at each campus to learn about JED's Comprehensive Approach to student mental health, substance use, and suicide prevention, the Equity in Mental Health Framework for students of color, and to identify priority areas and action steps for implementation. JED could provide additional hours of ongoing consultation to each campus as they work on these priorities. The System

could also purchase access to the JED Higher Education Playbook of resources for \$1,500 per year per institution or \$10,000 per year for the entire System.

Option 4: Gatekeeper Training for Faculty, Staff, and/or Students

JED can provide campus representatives with access to our “You Can Help a Student” and “You Can Help a Friend” training programs for free like the rest of the System. The full training toolkit contains a slide deck for faculty and staff, and a slide deck for students with accompanying discussion guides. It is important to note that these trainings were created for young adults and two- or four-year college faculty and staff.

JED staff could be hired to adapt the training programs for the technical colleges’ faculty, staff, and students. In this model, JED would conduct a virtual training of trainers in “You Can Help a Student” and “You Can Help a Friend” and provide assistance in tailoring the program content to fit the campuses for \$3,000 per session. Outside of the training of trainers model, JED can provide the training directly to groups of faculty, staff, and/or students for an average \$1,500 per session depending on the size of the group.

Free Resources:

JED Higher Education Assistance Center

JED can provide free consultations to the technical colleges on matters related to the COVID-19 pandemic or other timely issues. This service is grant funded and time limited through June 30, 2021.

ULifeline

All eight technical colleges can create accounts on JED’s ULifeline to provide students free, anonymous mental health and substance use screenings. Each campus can customize their ULifeline page with logos and resource information and the account holders have access to screening data. ULifeline also includes a wealth of self-help resources for students and integrates JED resources and campaigns. JED staff can assist campus administrators on signing up for ULifeline and how to effectively use it.

Set to Go

All eight technical colleges can utilize JED’s Set to Go resources to help dually enrolled high school students. Set to Go includes skill development in social and emotional well-being, staying healthy, and the transition to college or the workforce. There are also resources for educators and parents and families. Set to Go has also contributed to free lessons on [CommonLit](#).

JED Campaigns

All eight technical colleges can utilize JED campaigns and videos such as [Seize the Awkward](#), [Half of Us](#), [Love is Louder](#), and [JED Voices](#) as resources for students.



JED Campus is an initiative of JED designed to guide schools through a collaborative process of comprehensive systems, program and policy development with **customized support to build upon existing student mental health, substance misuse and suicide prevention efforts.**

JED Campuses embark on a four-year strategic partnership with JED that not only assesses and enhances the work that is already being done, but helps to create positive, systemic change in the campus community. Over the course of their membership, participating schools receive:

- Assistance in building a multi-disciplinary team to work on this initiative with support and involvement from senior leadership on campus
- The JED Campus baseline assessment measuring systems, policies and programs followed in year 4 by a post-assessment measuring system change achieved during the program
- Healthy Minds Study baseline assessment measuring students' attitudes, behaviors and awareness on emotional well-being and substance use issues, followed in year 4 by the Healthy Minds Study post-assessment measuring the impact of JED Campus systems change on student outcomes
- A comprehensive feedback report outlining areas for enhancement and growth
- An on-campus visit with JED staff to review feedback, student data and recommendations
- The development of a strategic plan with objectives and action steps for implementation
- Ongoing support from a dedicated JED Campus Advisor throughout the 4 year program
- Participation in our Learning Community consisting of webinars, newsletters and a discussion board so member schools can share resources and ideas
- Access to ULifeline – an online resource center for your students with information and resources about campus resources as well as a confidential online screener
- Access to the JED Campus Playbook – an online library of resources, sample policies, programs, educational campaigns and articles related to the JED Campus framework

Today, more than **250 MEMBER SCHOOLS** representing nearly **3 MILLION STUDENTS** are a part of the program. JOIN US!

For more information, visit www.jedcampus.org or call 212-647-7544.

We believe in a comprehensive, public health approach to promoting emotional well-being and preventing suicide and problematic substance use. JED's programs are grounded in our *Model for Comprehensive Mental Health Promotion and Suicide Prevention for Colleges and Universities*. This evidence-based model is used to assess efforts underway on campus to identify existing strengths and areas for improvement.



Two guiding principles form the foundation of JED Campus. First, support for emotional well-being and prevention of suicide and substance misuse must be seen as a campus-wide responsibility. No longer can these issues fall solely to the health and counseling centers. While those offices have an important role to play, it is the responsibility of everyone on campus to promote and protect the mental health of the student body.

Second, these efforts that promote emotional health, suicide prevention and substance misuse prevention must have support from leaders on campus. It is imperative that senior leadership not only acknowledge the importance of supporting student mental health and well-being, but make this a shared value for the entire campus community.

These two underlying principles are the cornerstone of JED Campus and are essential to effect any type of enduring, systemic change. With this foundation in place, colleges and universities are best equipped to implement JED's Comprehensive Approach.