



UTAH SYSTEM OF  
HIGHER EDUCATION

# MEMORANDUM

TAB C

August 20, 2021

## Mental Health Funding Request

The Commissioner's Office is working closely with two statewide partners, Huntsman Mental Health Institute (HMHI) and The Jed Foundation, to build out the Board's strategy to "**Ensure system-wide institutional supports for student mental health and campus safety.**" In working with these two esteemed partners, the staff is proposing two initiatives for the Board to include in its legislative funding priorities for the 2022 Legislative Session:

### **After-hours crisis response and prevention pilot (\$1.5 million)**

The University of Utah has piloted an after-hours mobile crisis response service since January 2021 with significant results. The pilot, [MH-1](#), provides de-escalation, intervention/coping, workshops, and assessment. The services operate after-hours (4 PM-2 AM) when individuals are most likely to enter a crisis. Services are anchored in university housing with supporting resources from HMHI and University Health.

This pilot is intended to address several gaps in mental health services identified by The JED Foundation at its convening held on June 14, 2021:

- Expand clinical capacity
- Strengthen partnerships with state and local service providers to improve continuity of care
- Increase case management capability
- Improve access to mental health and well-being service information

State funding would continue and expand this pilot to include three USHE institutions: University of Utah, Southern Utah University, and Utah State University. Funding would cover two licensed social workers, a director, two interns, and associated costs, averaging \$500,000 per institution, or \$1.5 million total annually. The teams would be closely integrated with on-campus services as well as community providers.

### **Peer mentoring available to all USHE students (\$1.45 million)**

In 2020, USHE received one-time funds to pilot peer mentoring programming; USHE contracted with the Trula Foundation. Trula has been rolling out an evidence-based, campus-integrated peer support program for early anxiety intervention. The program provides training based on best practice training

programs (such as QPR (QPR Institute), Mental Health First Aid (National Council of Behavioral Health), and CPE (NASPA). JED also identified peer mentoring programs as a best practice for higher education mental health strategic planning. Over the past 18 months, USHE institutions have explored various forms of peer mentoring programs. This funding would support campus-based implementation of peer mentoring to all USHE students.

### **Commissioner's Recommendation**

The Commissioner recommends the Student Affairs Committee advance this funding request to the full Board to be included in its system-wide legislative budget priorities at its September 2021 meeting in preparation for the 2022 Legislative Session.

### **Attachment**

# Trula Foundation Overview

**August 9, 2020**



**A Utah non-profit providing scalable,  
cost-effective peer wellness coaching to  
students, while investing in the next  
generation of behavioral health  
professionals through a privately-funded  
scholarship program**

**A STRENGTH-BASED, GOAL-FOCUSED APPROACH TO POSITIVE & LASTING CHANGE<sup>1</sup>**

# Trula Foundation Details



## Currently \$1+ Million Scholarship Fund

- Scholarship for being a Peer Coach
- Mentorship by a Certified Health & Wellness Coach
- Career exposure and pathway into behavioral health fields



## Wellness Coach Training Program

- Available to faculty, staff, and campus peer coaching programs
- 12-hour, self-directed, remote training
- Aligned with learning objectives of:
  - American College of Health Association
  - International Coaching Federation
  - National Board for Health & Wellness Coaching



**NBHC**  
THE NATIONAL BOARD FOR  
HEALTH & WELLNESS COACHING

approved  
training  
program



AMERICAN  
COLLEGE  
HEALTH  
ASSOCIATION

 **ICF**  
International Coach Federation

# Peer Wellness Coaching Experience

## Dimensions of Wellness



## Flexibility

- Availability
  - 8am to 8pm
  - Mon-Sat
- Modality
  - Text
  - Phone
  - Video
- Coach diversity
  - 11 dimensions of diversity represented in coaches











# Full USHE Program Rollout Costs

**\$1.45m**

**Available to students at all USHE institutions (260,000+ students)**

- . Undergraduate
- . Graduate
- . Non-traditional
- . International (in multiple languages)
- . Full-time and part-time
- . Residents and commuters