



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





# 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

# Peer Wellness Coaching Experience

## Inbound Referrals

- Student referrals
- Social media
- Campus departments (advisement, wellness center, faculty, staff, etc)

## Escalation & Outbound Referrals

- Campus resources
- Community resources
- SafeUT

## Governance & Oversight

- Chief Wellness Officer with PhD, LCSW, Certified Health & Wellness coach, & industry expert
- Direct supervision by Certified Wellness Coach Coordinator.



**BETH HAGGETT, LCSW, PhD**  
Chief Wellness Officer



**MEGAN MILLER**  
Wellness Coach Coordinator



# University Partnership Opportunity

## ✓ Access to Voice of Student Insights Dashboard

- Trending topics and themes
- Referral source and connection modality
- Aggregate data and university benchmarks

## ✓ IRB Impact of Peer Coaching Study

- Flourishing Scale: well-being
- Behavioral Health: distress
- Therapeutic Bond: effectiveness of coaching





# Current Engagement with USHE Institutions



## Trula Peer Coaches

UtahState



WEBER STATE  
UNIVERSITY



## Institutions Trained on TrulaCampus™



UtahState



## Upcoming Trainings



WEBER STATE  
UNIVERSITY



OGDEN-WEBER  
TECHNICAL COLLEGE

## Coachee Institutions



UtahState



# What Students Are Saying

"This coaching experience was amazing. Every concern and problem that I had was thoroughly discussed and very efficiently solved."

- **Coachee**

"Being a Trula Coach has been such a rewarding experience for me, not only by gaining relevant experience for graduate school, but mostly by getting the opportunity to directly make a difference in the lives of other students and the personal growth that comes from that."

- **Trula Coach**





# 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