



October 29, 2021

Mental Health Update

Below are updates to activities related to the tactic “*Identify and implement system mental health strategies and policies in accordance with institution mental health strategic plans*” in support of the Board’s priority to “*Ensure system-wide institutional supports for student mental health and campus safety.*”

Education and Mental Health Coordination Council

Established via legislation adopted during the 2021 Legislative Session, the council has three objectives:

1. Generate a common framework for preventing and addressing behavioral health concerns among youth
2. Clarify roles among LEAs, local mental health authorities, local substance abuse authorities, and other behavioral health partners
3. Facilitate joint development of state and local plans

The efforts of this council could help answer questions members of the Student Affairs Committee have raised in recent meetings regarding the coordination of behavioral health services between USHE institutions and neighboring public and private behavioral health providers. The council is comprised of leaders from public and private behavioral health providers, expert practitioners, and the Utah Department of Health and Human Services. The first activity of the council is to develop a landscape analysis of all behavioral health services supporting education entities throughout the state.

JED Foundation

The JED Foundation has now engaged with all but one technical college, in addition to the eight degree-granting institutions. JED is also coordinating a statewide climate survey on mental health via *Healthy Minds*, an annual web-based survey of over 500,000 college students examining mental health, service utilization, and related issues.

Huntsman Mental Health Institute

Initial meetings were held with Southern Utah University and Utah State University representatives to discuss the expansion of the mobile mental health response teams.

Behavioral Health Workforce Shortage

Commissioner Woolstenhulme met with the Utah Substance Abuse and Anti-Violence Council to discuss coordination of their legislative request to expand a scholarship for graduates in behavioral health who commit to work for public health providers for a period after college. Demand for licensed clinical behavioral health workers has increased significantly statewide. This program, currently in pilot, is focused on increasing the pipeline of college graduates going into behavioral health careers.

Commissioner's Recommendation

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


Attachment

Mental Health Overview



UTAH
SYSTEM OF
HIGHER
EDUCATION

USHE Mental Health – pre-2015



Advocacy &
Awareness

Prevention


Crisis Triage

- Counseling centers

Urgent Care &
Rehab

- Clinical treatment
- Hospitalization
- Rehabilitation
- Community partners

USHE Mental Health – 2015



Advocacy &
Awareness

Prevention

- SafeUT


Crisis Triage

- Counseling centers

Urgent Care &
Rehab

- Clinical treatment
- Hospitalization
- Rehabilitation
- Community partners

USHE Mental Health – 2020



Advocacy & Awareness

- Student advocacy and equitable implementation
- Climate survey

Prevention

- SafeUT
- Group support

Crisis Triage

- Counseling centers
- Non-specialist intervention training

Urgent Care & Rehab

- Clinical treatment
- Hospitalization
- Rehabilitation
- Community partners

USHE Mental Health – 2021...and beyond

Advocacy & Awareness

- Student advocacy and equitable implementation
- Climate survey

Prevention

- SafeUT
- Group support
- Peer coaching

Crisis Triage

- Counseling centers
- Non-specialist intervention training
- Mobile response

Urgent Care & Rehab

- Clinical treatment
- Hospitalization
- Rehabilitation
- Community partners



Jed Foundation/Huntsman Mental Health Institute



2022 Legislative Request

Peer Coaching

- USHE currently partners with Trula Foundation
- Students on campus can connect with a trained peer mentor for coaching sessions
- Peer Coaches receive training, a Certified Health & Wellness Coach mentor and a scholarship
- Sessions offered via text, phone, or video
- Diversity among coaches

Peer Coaching Experience

Inbound Referrals

- Student referrals
- Social medial
- Campus departments (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