

**Utah Valley University**  
**Mental Health Implementation Plan**  
**August 2019 – July 2024**

**Background:** In September 2017, the State Board of Regents approved the recommendations of the Regents’ Mental Health Working Group and directed the institutional presidents to act on the recommendations. The Board approved revisions to the recommendations in January 2019. The four recommendations are as follows: (1) assess the mental health and wellness needs of USHE students, (2) improve mental health education at USHE institutions, (3) increase access to mental health services;, and (4) develop institutional five-year mental health implementation plans.

**Purpose:** This document serves as the required five-year mental health implementation plan and addresses the institutional strategies outlined for each of the Regents’ mental health recommendations. The president will also present on progress and efforts on mental health issues during the State of the University address when hosting the Board of Regents.

**Rationale** (tying in campus safety, retention, completion, etc.): Supports the Mental Health Task Force, CARE Task Force, Inclusion Plan, Student Completion Plan.

**Institution funding model for mental health:** Funded through appropriated funds, revenue generated through Student Health Services, and student fees.

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**Recommendation #1: Assess the Mental Health and Wellness Needs of USHE Students**

**Strategy 1a:** In an effort to make more data-informed policy decisions, assure the Chief Student Affairs Officers (CSAOs) of the USHE institutions use the following systematic evaluation tools to assess the mental health and wellness of USHE students: The American College Health Association National College Health Assessment (ACHA NCHA) in the Spring semester of odd years starting in 2019 and the Healthy Minds Study (HMS) in the Spring semester of even years starting in 2020. The results of the evaluations will be reported to the Board of Regents.

Institution Current Status

- UVU and SHS has full access to the American College of Health Association (ACHA) and National College Health Assessment (NCHA) data. The ACHA-NCHA is a nationally recognized research survey that assists colleges and universities in collecting data about student’s health habits, behaviors, and perceptions. There are a variety of health issues addressed including mental health. There are approximately sixty-five questions with an estimated twenty of those questions specifically addressing mental health.
- The Mental Health Clinic utilizes a variety of data sources both internal and external to assess mental health needs of students.
  - Internal sources include quality improvement using the statistics of past students who utilized our services as well as clinical instruments designed for assessment and intervention of mental health needs.

- External sources include use of surveys by the institution or by state or national organizations (e.g., student omnibus surveys, national survey of student engagement, and ACHA-NCHA college health surveys).
- Ongoing outreach interventions which can constitute preventative medicine, provide opportunities to obtain data about the needs of students, and provide countermeasures to mental health challenges.
- Using the data, UVU identified stress, anxiety, and depression as the top three mental health issues facing students. Additionally, the data indicated that students identifying as female have a higher rate of stress, anxiety, and/or depression than male identifying students. Female identified students also reported higher numbers of suicide ideation than male identifying students.

Institution Plan to Meet Recommendation (include required resources, measurable goals, action items, and timeline)

- Conduct the American College of Health Association (ACHA) and National College Health Assessment (NCHA) every two years. Administered in 2019.
  - Have USHE negotiate a contract with ACHA for all USHE institutions to set a preferred price for USHE institutions to utilize this assessment.
- Continue ongoing use of quality improvement from internal data sources to the mental health clinic.
- Conduct the Healthy Minds Study in January or February of 2020.
  - Use the JED campus modified assessment.

Lead and Other Collaborators

- Mental Health Task Force (Lead)
- Mental Health Therapy
- Student Health Services
- Medical Services
- Crisis Services
- Associate Vice President of Student Life/Dean of Students
- Institutional Research

Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

State appropriated funds allocated for the survey and survey incentives

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## **Recommendation #2: Improve Mental Health Education at USHE Institutions**

In an effort to prevent and treat mental health issues more effectively within the USHE system, assess and, if needed, modify educational standards for faculty, adjunct faculty, staff, and students, the goal of the standards should be to increase the ability of these groups to identify mental health issues and to refer students to appropriate mental health resources as needed.

**Strategy 2a:** The Commissioner's Office will convene the Counseling Center Directors from each USHE institution at least annually to discuss the best practices for training and other strategies or other relevant topics to assure the best mental health practices for students. These topics may include, "Okay to Say," or similar awareness campaigns and collaboration with the Utah Suicide Prevention Coalition, Utah Division of Substance Abuse and Mental Health, and the Utah Student Association.

### OCHE Current Status

- The first Counseling Center Directors meeting was held at June 4, 2018. Regent Patricia Jones, chair of the Regents' Mental Health Working Group, led a focus group to gain the director's insights into implementing the Regents' Mental Health Recommendations at each of the institutions. Each recommendation and strategy was reviewed and discussed. Edits to some of the strategies were suggested to make implementation possible and provide sufficient data to the Regents on the effectiveness of the strategies in responding to student mental health needs.

### OCHE Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- The counseling center directors from all eight USHE institutions are represented on the Regents' Mental Health Advisory Committee, which will meet once a year in June or July, once the survey results are in from the annual mental health survey, to review the data and progress of the 5-year implementation plans.

### Lead and Other Collaborators

- Lead: Megan Brown, OCHE Project Manager – Academic and Student Affairs
- Collaborator: Elizabeth Hitch, OCHE Associate Commissioner for Academic and Student Affairs

**Strategy 2b:** Each USHE institution will (for Faculty/Staff): Work to implement a mental health education training for new faculty and staff, with ongoing follow-up training opportunities available for all faculty and staff.

### Institution Current Status

- As part of UVU's Foundations of Inclusion Workshops, included is a presentation that is specifically designed for UVU's staff and faculty to assist in increasing education regarding mental health and how to engage with students who may be struggling with mental health issues.
- SHS offers suicide awareness training through our Crisis Services department.

- SHS, in partnership with the College of Humanities and Social Sciences, holds a suicide prevention conference every Fall semester.
- Twice a year Student Health Services (SHS) participates in National Depression Screening Day. This engages students in a screen for symptoms of depression, anxiety, suicidality, and PTSD, and provides them information regarding resources both at UVU and in the local community.
- Several times a year SHS partners with other departments on campus to provide students with materials that assist in educating about common mental health concerns, UVU and local resources, and the chance to interact with the therapy staff.
- Once a year SHS engages in a Community Mental Health Night that provides local leaders (including ecclesiastical leaders) the opportunity to learn about resources for mental health concerns in the area.
- SHS offers a Preventative Outreach Program (POP), which utilizes psychoeducational presentations that focus on prevention. These presentations are facilitated by a mental health therapist and can be requested by faculty and staff throughout the campus. The presentations include topics such as: **depression, anxiety, relationship skills, stress management, study skills, time management, and emotional management (empowerment, safety, and connectedness)**.
  - Utilizing this model, a clinician can provide helpful skills to 30-100 students at one time, thus maximizing our limited resources. In engaging with students in this manner, our clinicians can teach skills to students to manage concerns before they escalate. This will improve their abilities to stay engaged with their education, and be more successful in their lives overall (retention and completion). Through this model, we will also be able to assist students who for various reasons (e.g. cultural stigma, SES concerns, time restraints due to multiple life commitments) feel that they are not able to attend therapy at SHS. An online scheduling system is in place to allow requests for a presentation up to three months in advance.
- The Mental Health Task Force is assessing current mental health awareness campaigns and conducted a survey identifying students, faculty, and staff awareness of campus mental health resources. Based on the data, and a literature review identifying best practices in mental health awareness campaigns, UVU will launch an awareness campaign in spring 2020. This campaign will also focus on stigma reduction.

Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- UVU meets recommended objective.

Lead and Other Collaborators

- Student Health Services
- Mental Health Services (POP lead)
- Crisis Services (QPR and FOI lead)
- Mental Health Task Force

Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

**Strategy 2c:** Each USHE institution will (for Students) offer opportunities and encourage students to participate in mental health literacy training to help them identify, respond to, and refer peers to appropriate mental health resources.

Institution Current Status

- Over 30,000 individuals trained in QPR at UVU
- From August 2018 through July 2019, Student Health Services provided 257 of crisis interaction and crisis outreach to campus. This includes the QPR trainings.
- SHS offers voluntary psychoeducational presentations in classrooms that focus on prevention. These presentations are facilitated by a mental health therapist, and can be requested by faculty and staff throughout the campus. The presentations include topics such as: **depression, anxiety, relationship skills, stress management, study skills, time management, and emotional management (empowerment, safety, and connectedness)**. Utilizing this model, a clinician can provide helpful skills to 30-100 students at one time, thus maximizing our limited resources. In engaging with students in this manner, our clinicians can teach skills to students to manage concerns before they escalate. This will improve their abilities to stay engaged with their education and be more successful in their lives overall (retention and completion). Through this model, we will also be able to assist students who for various reasons (e.g. cultural stigma, SES concerns, time restraints due to multiple life commitments) feel that they are not able to attend therapy at SHS. While these presentations have been offered for the past year, beginning January, 2018, an online scheduling system will be in place to allow those interested to request a presentation up to three months in advance. Currently, the number of presentations that can be offered will be limited as to minimize the impact to the number of individual and group sessions that are offered.

Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- UVU meets recommended objective.

Lead and Other Collaborators

- Mental Health Task Force
- Mental Health Therapy (Lead)
- Student Health Services
- Medical Services
- Crisis Services (Lead)
- Associate Vice President of Student Life/Dean of Students

Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

**Strategy 2d:** Each USHE institution will (for Students) offer service learning and volunteer opportunities that provide exposure to mental health issues and treatment and may lead to career opportunities in mental health settings.

Institution Current Status

- SHS has received full APA accreditation for our APPIC training programs. We offer two full-time internships and multiple part-time, practicum, and post-doc training opportunities. This provides pre-professional training for students.
- For the last several years, the UVU Service Council, through the Center for Social Impact, has addressed mental health as a social issue during UVolunteer week, and it has been the topic of many Real Talk events.
- SHS Staff have collaborated with Behavioral Science and Nursing Program staff to help in training and mentoring students.
- Mental Health staff are involved in collaboration of planning for future Behavioral Science training programs for therapists.
- The Center for Social Impact hosts the Clothesline Project, which is an opportunity for students to learn about sexual assault and the effects that it can have on mental health.
- SHS hosts several informational booths during the year that educate students about mental health, provide resources, and explain our services.
- The following classes are designated as Service-Learning classes and may address mental health:

CJ	3300	001	15790	Victimology
ES	1150	001	31447	Community Emergency Preparedness SS
NURS	2435	201	21492	Mental Health Nursing Clinical
NURS	4320	X01	18912	Nursing in the Community
COMM	401G	001	23937	Communication Education
COMM	4200	001	23367	Advanced Mediation and Negotiation
FAMS	3410	001	27617	Fundamentals of Mediations and Negotiation
FAMS	3850	X01	29220	Adult Development and Aging
FAMS	4200	001	27893	Advanced Mediation and Negotiation
FAMS	482R	001	25304	Strengthening Families Internship
SOC	1200	V13	25506	Sociology of the Family
SOC	375G	X01	30082	Sociology of Aging
EXSC	4400	001	17720	Physical Activity Promotion in the Community
EXSC	4410	001	17733	Promoting Physical Activity in the Community Field Experience
EDEL	3000	001	11265	Educational Psychology

Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- UVU meets recommended objective.

Lead and Other Collaborators

- Mental Health Task Force
- Mental Health Therapy (Lead)
- Student Health Services
- Medical Services
- Crisis Services
- Associate Vice President of Student Life/Dean of Students
- Career Services
- Academic Affairs
  - Social Work Department
  - English Department
  - Sociology Department
  - Education Department
- Clubs
  - Social Work Club
- Psychology Club
- Center for Social Impact
  - Service Council
  - Academic Service-Learning
- Mental health partner agencies:
  - Wasatch Mental Health
  - Empower U
  - Utah County Crisis Line
  - Children's Justice Center
  - United Way of Utah County
  - Community Health Connect

Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

**Strategy 2e:** Each USHE institution will (for Students) assure that institutional student health and wellness programs systematically address the biopsychosocial aspects of mental health and well-being.

Institution Current Status

- Student Health Services is an integrated center, housing medical, mental health counseling, crisis intervention, assessment, and psychiatric services under one department.

- SHS medical providers, crisis therapists, assessment therapists, psychiatric nurse, and mental health therapists regularly meet to coordinate care to common patients and clients.
- SHS medical providers, crisis therapists, assessment therapists, psychiatric nurses, and mental health therapists make interdepartmental referrals including the UVU wellness programs and for laboratory testing to look at metabolic/physiological reasons for poor mood/mental health.
- SHS mental health therapists address with all clients their social support systems currently in place and may recommend other campus and community resources.
- SHS mental health therapists are guided by an integrative treatment model that addresses the biological (gender, race, sexual orientation, medications, and lifestyle factors), psychological (cognition, emotion, motivation, interpersonal skills, and defense mechanisms), and social (family, peers, partner, education, work, leisure, ethnicity, religion, and culture) aspects of mental health.
- SHS holds an annual suicide prevention conference that promotes health and safety for students.
- Several times a year, SHS partners with other departments on campus to provide students with materials that assist in educating about common mental health concerns, UVU and local resources, and the chance to interact with the therapy staff.
- Preventative Outreach programs which serve to educate students and provide mental health related skills are based upon current research and integrate a biopsychosocial approach that is culture-sensitive.
- Mental health therapists participate as a part of their licensure in ongoing educational and professional development which utilizes current science addressing biopsychosocial aspects of mental health.
- Wellness Programs
  - Mindfulness workshops weekly in the Reflection Center
  - Weekly All Recovery Meetings
  - Stress Reduction Room where students can come take a nap, meditate, practice yoga, do light therapy or use aroma therapy
  - Recliner Massage Chairs
  - Stress Less Health Coaching Program
  - Healthy Relationships Health Coaching Program
  - Relaxation Zone every Thursday in the Zone
  - Many of our Wellness Wednesday booths, Thinking Thursday activities, and Health Fair booths cover the topic of mental health and well-being
  - Collaborate with SHS Doctoral Interns and put on a Tuesday @ Twelve Stress Management workshops
  - Provide fliers, handout, and brochures that cover topics under mental health and well-being

Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- Continued professional development of mental health therapists.



- Collaboration and education between mental health therapists and wellness coordinators on mental health issues and developing science.

#### Lead and Other Collaborators

- Mental Health Task Force (Lead)
- Mental Health Therapy
- Student Health Services
- Medical Services
- Crisis Services
- Psychiatric Services
- Wellness Programs
- Associate Vice President of Student Life/Dean of Students

#### Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

**Strategy 2f:** Each USHE institution will (for Students) collaborate with existing or developing K-16 Alliances that are working to prepare students better for mental health issues across the continuum of K-16 education. Collaboration may include such things as: Increasing awareness and better coordination of the K-16 mental health continuum; developing K-16 resiliency training; and working to transfer information on students under Section 504 of the Rehabilitation Act of 1973 from K-12 to higher-education institutions that students are attending with consideration of whether such transfer includes Individualized Education Programs (IEP's).

#### Institution Current Status

- The Office of Accessibility Service's (OAS) advisors currently review IEP's for new students coming out of K-16 education; they make referrals to SHS as needed. SHS Assessment therapists can provide updated evaluations for those who may have diagnosable learning disorder conditions; additionally, they coordinate with OAS to facilitate care.
- The Office of Accessibility Services hosts a transition day for prospective students and K-12 counselors to help bridge the gap from K-12 to Higher Education when having an IEP in the K-12 system.
- SHS has conducted multiple trainings and student workshops through the mental health Preventative Outreach Program.
- SHS hosts several informational booths during the year that educate students about mental health, provide resources, and explain our services.
- SHS has offered specific services for first-year students (e.g., group therapy tailored to first-year students).

#### Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- UVU meets recommended objective.

#### Lead and Other Collaborators

- Office of Accessibility Services
- Student Health Services

Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

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### **Recommendation #3: Increase Access to Mental Health Services**

In an effort to address the mental health needs of students in the USHE system more effectively, implement strategies to increase access to varying psychological treatments that are empirically supported.

**Strategy 3a:** Work collaboratively with community and regional providers to increase access to psychiatric care community-wide, especially in underserved areas of the state.

#### Institution Current Status

- SHS engages in a Community Mental Health Night that provides local leaders (including ecclesiastical leaders) with the opportunity to learn about resources for mental health concerns in the area.
- Collaboration with community gatekeepers and referral sources for psychiatric care are ongoing.
- SHS provides referrals to providers in the community as appropriate for individual student circumstances.

#### Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- Seek collaborations with other USHE institutions and other community based mental health organizations (ex. Wasatch Mental Health) to access psychologists for our students through the use of Memorandum of Understanding (MOU's).
- Continue to engage in partnerships with community gatekeepers for mental health resources.

#### Lead and Other Collaborators

- Mental Health Task Force (Lead)
- Mental Health Therapy
- Student Health Services
- Medical Services
- Crisis Services
- Associate Vice President of Student Life/Dean of Students

#### Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

**Strategy 3b:** Evaluate and implement strategies that address mental health professional shortages, especially in underserved areas, such as:

- UVU currently has a counselor to student ratio of 1 to 2600; additional staff will be added to arrive at the recommended ratio of 1 FTE therapist per 1500 students.
- SHS is currently creating space needed to achieve the 1 to 1500 ratio. A buildout to current facilities is in process and will be completed by Summer 2021. The buildout is part of the Sorensen Student Center remodel and is funded through a bond. An additional fourteen offices will be added to prepare for an increase in mental health therapists.

- SHS provides training to students to become therapists. One of their training programs has received accreditation by the American Psychological Association.
- The Behavioral Sciences department has plans to expand graduate program capacity and program options to increase number and diversity of professionals produced; collaboration with SHS has been initiated.
- Collaborating with the Utah Medical Education Council (UMEC) and other stakeholders in programs such as the WICHE-sponsored Mental Health Program Rural Psychology Internship Initiative, where the objective of better mental health services for USHE students is one of the objectives. Support the UMEC's role coordinating implementation of the WICHE Rural Psychology Internship Initiative in Utah to expand mental health services in rural areas.
- Increase the salaries and benchmark for Therapist III in order to attract and retain qualified therapists.
- Number of mental health counseling visits for 2018-2019:

<b>Semester</b>	<b>MH counseling visits</b>	<b>Total</b>
Spring 2019	1991	2032
Fall 2018	1998	1998
Summer 2018	1778	2012
<b>Total</b>	<b>5767</b>	<b>6042</b>

Institution Current Status

In process.

Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- Encourage ongoing acquisition of Mental Health Therapists to improve the ratio of providers to students relative to suggested national ratios by the International Association of Counseling Services (IACS; 1 FTE Therapist for every 1,000 to 1,500 students).
- Ongoing collaboration between SHS and the Behavioral Sciences department for assisting and supporting training of mental health therapists and associated programs.

Lead and Other Collaborators

- Mental Health Task Force
- Mental Health Therapy (Lead)
- Student Health Services
- Associate Vice President of Student Life/Dean of Students

Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

Provide targeted legislative appropriated funds to hire mental new health therapists to meet the appropriate ratio and to increase salaries for retention of current mental health therapists.

***Strategy 3c:*** For institution-based psychotherapy services, examine strategies for expanding services to serve students better (e.g., increasing after-hours and weekend hours, utilizing peer mentors and support groups for mild psychological distress and/or utilizing telehealth and web-based program applications).

#### Institution Current Status

- SHS posts resources and numbers to the 24-Hour Crisis Line and the Safe UT app on the center phone message and the SHS website.
- Utilize and market the Safe UT app.
- SHS has an expanded night hours program. We offer evening therapy sessions and medical appointments.
- SHS hired a Psychiatric Nurse Practitioner to expand mental health medical services to students.
- Part-time evening crisis position was created.
  - SHS has created a resource sheet of available services online as well as a self-help page to offer additional student mental health resources.
  - SHS has created multiple posters with services and the crisis line number listed.
  - SHS has developed multiple handouts and giveaways for promotional use at student orientations and other events during the calendar year; each item has contact numbers.
  - Mental Health has adopted innovative treatment models that better utilize treatment time with an adaptive format to accommodate more students.
  - Mental Health continues to expand Group Therapy services which accommodates more students. This year, three more groups have been opened than that of the previous year.

#### Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- A future position will be hired into swing shifts to increase access to evening therapy and medical appointments.
- Initiate a USHE crisis hotline (Safe UT) staffed either by employees or a contracted vendor.
- Saturate marketing of mental health to normalize mental health.
- Hire a more diverse staff to reflect the communities that we serve and increase access for underrepresented populations.
- Collaborate with other USHE institutions to offer services at student rates for services not offered on our own campuses.

#### Lead and Other Collaborators

- Mental Health Task Force
- Mental Health Therapy (Lead)
- Student Health Services
- Associate Vice President of Student Life/Dean of Students

Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

Continue to provide targeted state appropriations specifically for the Safe UT system.

***Strategy 3d:*** For institution-based psychotherapy services, evaluate current group offerings and student participation in various types of groups, including formal therapy, psychoeducational, and support/peer support. Assess effectiveness of groups, and implement any changes needed to improve effectiveness.

#### Institution Current Status

- SHS provides a variety of group therapy offerings, primarily in the format of general process type of group therapy which accommodates a variety of different student issues in treatment; additionally, several specific groups such as for certain populations (e.g., Women's group, First-year Students group) are used.
- SHS provides psychoeducational groups that focus on topics relevant to mental health and begin forming mental health skills for individuals. Some of these have been diagnosis specific such as for Attention-Deficit/Hyperactivity Disorder.
- Research and quality control for all of the services provided by Mental Health are ongoing. The utilization of established measures and co-validated measures is used. Continued assessment is ongoing.
- Orientation preparation meetings occur for individuals entering group therapy which increases their utilization and benefit from the service. Implementation of this process has been improved this year and exceeds professional standards. Group attendance and treatment commitment has doubled since last year as a result of pre-group orientation.

Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- UVU meets recommended objective.

#### Lead and Other Collaborators

- Mental Health Services (Lead)
- Women's Success Center
- Mental Health Task Force

Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

**Strategy 3e:** Collaborate with state and local agencies and coalitions that are working to create statewide and institution-based evidence-based stigma reduction campaigns.

Institution Current Status

- Collaboration with student-led groups and special interest organizations such as the student chapter of National Association of the Mentally Ill (NAMI) organization.
- Collaboration with state suicide prevention organizations.

Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- Collaborating with the national organization, the JED Foundation, to become a JED campus.
- The Mental Health Task Force is assessing current mental health awareness campaigns and conducted a survey identifying students, faculty, and staff awareness of campus mental health resources. Based on the data, and a literature review identifying best practices in mental health awareness campaigns, UVU will launch an awareness campaign in spring 2020. This campaign will also focus on stigma reduction.

Lead and Other Collaborators

- Mental Health Task Force (Lead)
- Mental Health Therapy
- Student Health Services
- Medical Services
- Crisis Services
- Associate Vice President of Student Life/Dean of Students

Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

**Strategy 3f:** Support and implement the higher education expansion of the SafeUT mobile app, including personalizing the SafeUT app for each institution and identifying a point of contact at each institution.

Institution Current Status

- UVU currently is utilizing the SafeUT App and has received multiple tips which we have addressed.
- Utilization of the National Suicide Prevention Hotline which includes much of the functionality of the SafeUT app.
- Every student who participates in Orientation receives information on the SafeUT App.

Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- UVU meets recommended objective.

Lead and Other Collaborators

- Mental Health Task Force
- Mental Health Therapy
- Student Health Services
- Medical Services
- Crisis Services (Lead)
- Associate Vice President of Student Life/Dean of Students (Lead)
- First Year Experience

Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

Continue to provide targeted state appropriations specifically for the Safe UT system.

**Strategy 3g:** If supported by institutional data of student mental health needs, work toward the acquisition of therapeutic providers relative to the student body size and unique characteristics of the institution consistent with minimum staffing ratios established by the International Association of Counseling Services (IACS).

Institution Current Status

- UVU currently has a counselor to student ratio of 1 to 2600. We are currently creating space needed to achieve the 1 to 1500 ratio.

Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

- Student Health Services Expansion starting May of 2020
- Targeted increases in compensation to attract and retain therapy staff.
- Continue process of adding mental health therapists in each yearly budgeting cycle.

Lead and Other Collaborators

- VP of Student Affairs
- Associate Vice President of Student Life/Dean of Students (Lead)
- Mental Health Task Force
- Mental Health Therapy
  - Student Health Services (Lead)
  - Medical Services
  - Crisis Services



Required additional resources from external sources (State Board of Regents, State appropriation, etc.)

Allocated funds from the legislature to hire additional therapists and funding to retain current therapists.

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#### **Recommendation #4: Develop Institutional Five-Year Mental Health Implementation Plans**

In order to evaluate systematically whether USHE student mental health services and wellness improve over time, each institution will:

- **Strategy 4a:** Develop a five-year mental health implementation plan that is based on Regent-adopted recommendations and includes measurable institutional goals and assessments. The plan will be due Summer 2019 with subsequent review by the Board of Regents.
- **Strategy 4b:** Prepare an annual report on progress on the institutional implementation plan that will be submitted to the institutional Board of Trustees and the Board of Regents.
- **Strategy 4c:** When an institution hosts the Board of Regents, the institution will present on progress and efforts on mental health issues including mental health services utilization rates and wait times.

#### Board of Regents Meeting Dates and Locations 2019-2020

August 1-2, 2019	Southern Utah University
September 12-13, 2019	Utah State University
November 15, 2019	Utah Valley University
January 24, 2020	University of Utah
March 26-27, 2020	Dixie State University
May 15, 2020	Weber State University

#### Institution Current Status

In April 2019, under the direction of the Associate Vice President of Student Life/Dean of Students, Alexis Palmer, and the Associate Provost of Academic Affairs, Dr. Kathren Brown, Utah Valley University (UVU) initiated its Mental Health Task Force. The Mental Health Task Force is comprised of faculty, staff, and students from throughout the campus community. The purpose of the Mental Health Task Force is to ensure that UVU is meeting the needs of our student populations by providing appropriate mental health support.

During the past six months, the task force has delved into scholarly research including in-depth literature reviews and examined the NACHA ACHA survey data from the past eight years. This includes doing an extensive analysis of the trends identified from NACHA ACHA both nationally and at UVU. Through our research, we have determined that stress, anxiety, and depression are the top three issues facing UVU students. Based on this information, the Mental Health Task Force researched various frameworks to use in addressing stress, anxiety, and depression. We arrived at using the JED Foundation to assist UVU in developing a comprehensive strategic plan that will take four years to implement.

The JED Foundation is a nationally-recognized, non-profit organization that exists to protect emotional and mental health for college students. The JED foundation focuses on a public health approach to addressing mental health which resonates with the UVU community. The Foundation utilizes a comprehensive framework based on peer-reviewed research that identifies and shares best practices for addressing young adult and adult mental health. Importantly, the JED Foundation believes that every person on campus must demonstrate care and compassion and play a role in addressing mental health. These are all principles that UVU ascribes to in its

institutional and divisional strategic plans. The following is an outline of how the plan will be implemented over the next four years:

**Year 1: 2020**

- Expand the task force to ensure representation from all appropriate campus areas.
- Participate in the JED assessment using the JED comprehensive framework.
- Participate in the Healthy Minds survey with additional modules identified by JED.
- Campus visit by JED for a two day in-depth strategic planning session.
- Develop plan with measurable student outcomes to demonstrate impact.

**Year 2 & 3: 2021/2022**

- Implementation of strategic plan.
- End of Year 3: Complete the JED assessment again and the Healthy Minds survey to assess impact.
- Identify changes that need to be made based on findings.

**Year 4: 2023**

- Adjust implementation plan based on feedback and data.
- Create organizational sustainability.
- Become an official JED Campus and JED alumni.

Institution Plan to Meet Recommendation (include required resources, measureable goals, action items, and timeline)

UVU meets the objective.

Lead and Other Collaborators

- Mental Health Task Force
- Student Health Services
- Academic Affairs
- Student Affairs

Required additional resources from external sources (State Board of Regents, State appropriation, etc.)