



MONTANA
UNIVERSITY SYSTEM

MUS Suicide Prevention & Mental Health Task Force Update

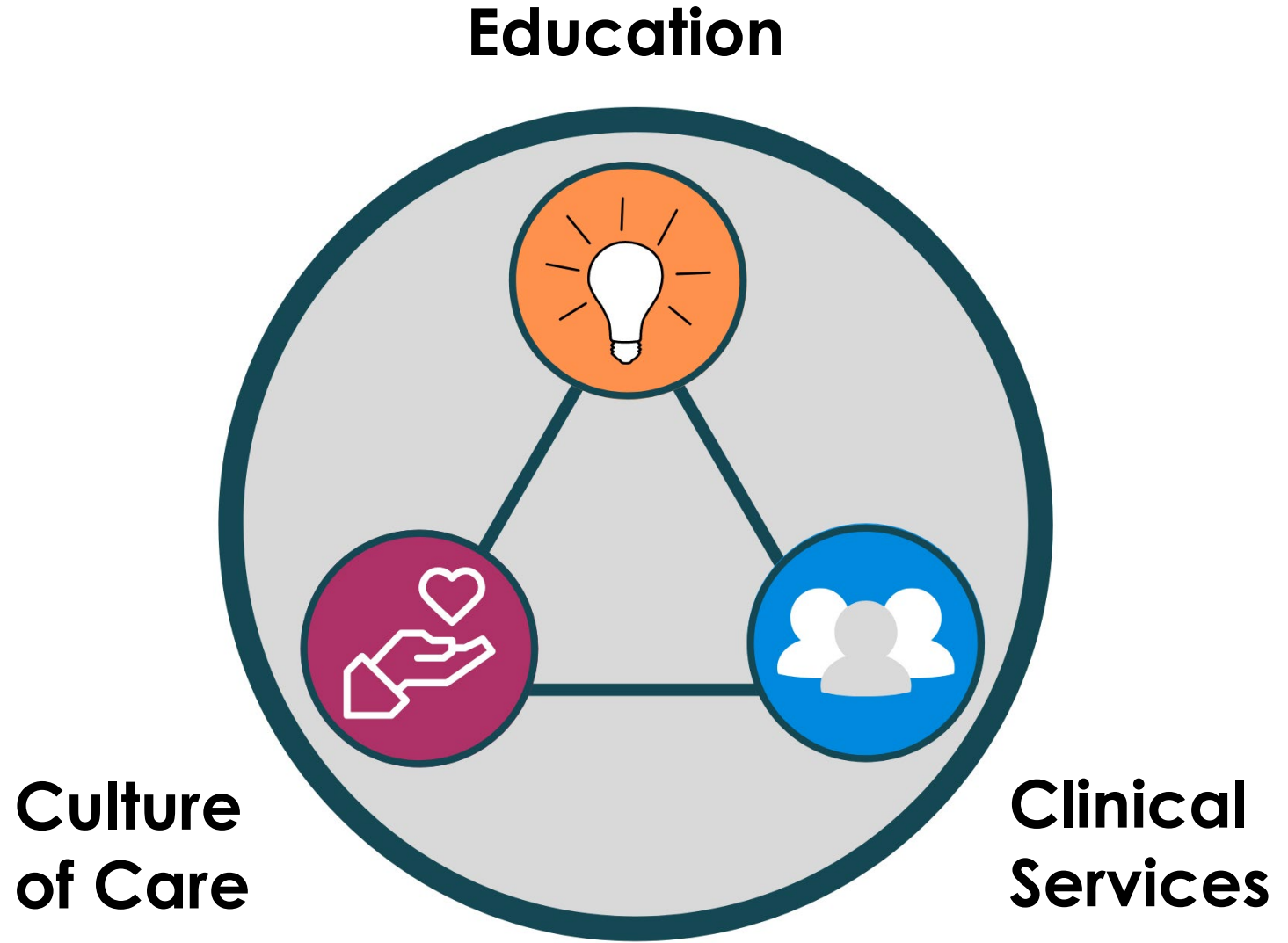
Betsy Asserson, Director Counseling & Psychological Services, MSU

Crystine Miller, Director, Student Affairs & Student Engagement, OCHE



Montana University System

MUS Suicide Prevention & Mental Health Task Force



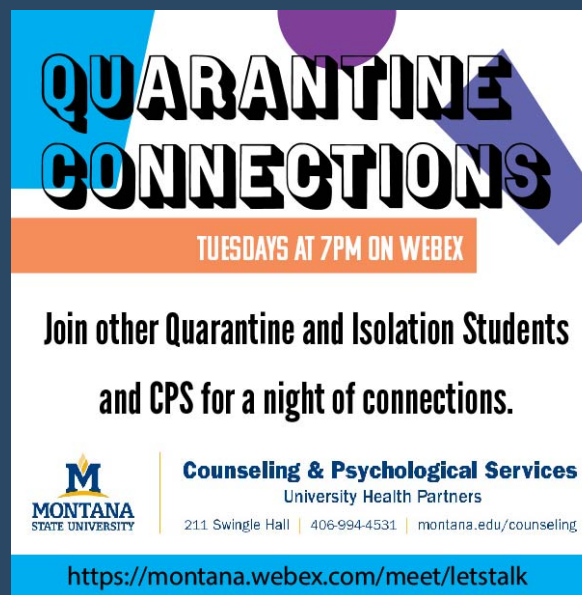
Impact of COVID-19 on College Mental Health

- 85% of college students in counseling reported at least one area of their lives negatively impacted by COVID-19
- Gen Z more likely to report their mental health worsened with the pandemic compared to other generations
- CDC found that 25% of 18-24-year-olds experiencing suicidal ideation as a result of the pandemic




MSU Mental Health and COVID-19

- Approximately 1/3 of clients sought counseling due to the pandemic
- Virtual Connection Spaces and “Let’s Talk”
- Pandemic impact on university staff and faculty



QUARANTINE CONNECTIONS
TUESDAYS AT 7PM ON WEBEX


Join other Quarantine and Isolation Students
and CPS for a night of connections.

 **Counseling & Psychological Services**
University Health Partners
211 Swingle Hall | 406-994-4531 | montana.edu/counseling

<https://montana.webex.com/meet/letstalk>



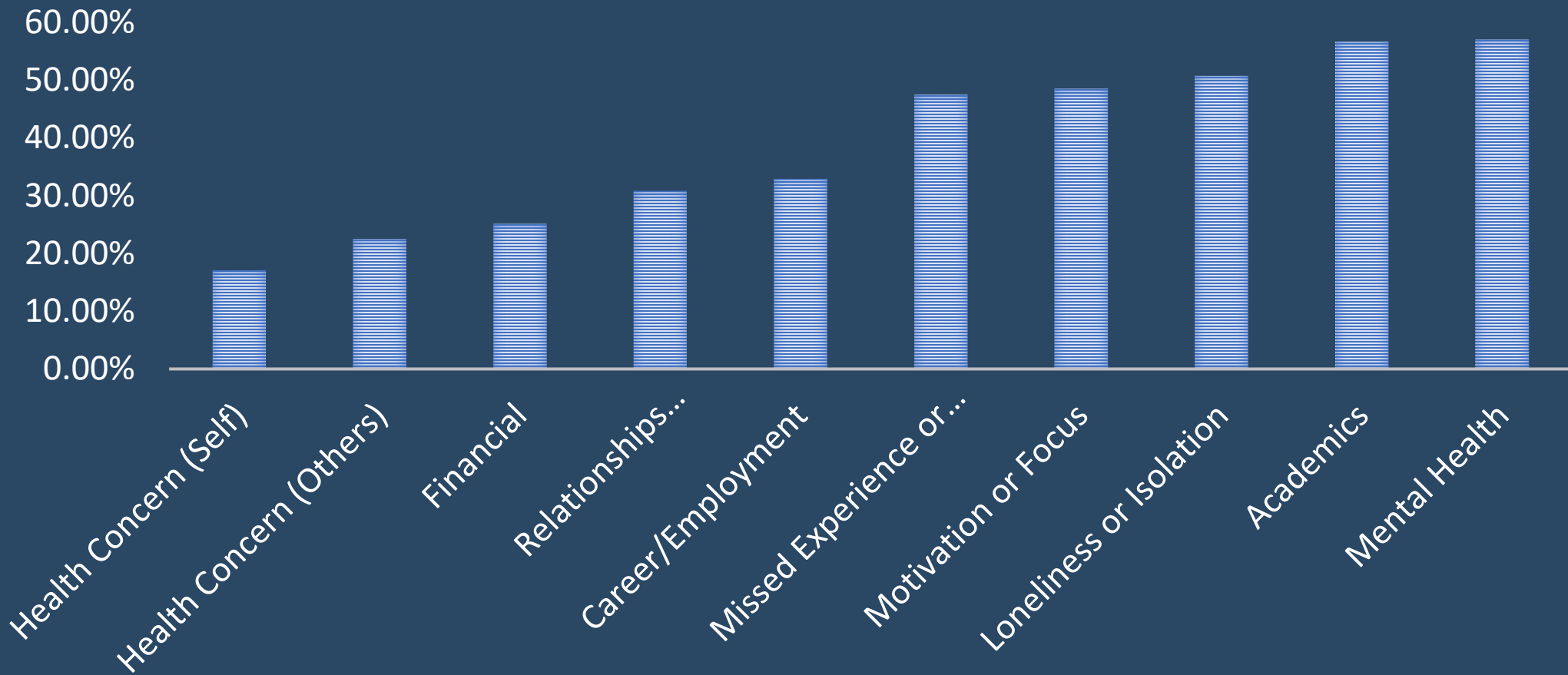
Do you identify as an ethnic minority on campus? Find a sense of community and discuss your experiences with others on campus with shared identities.



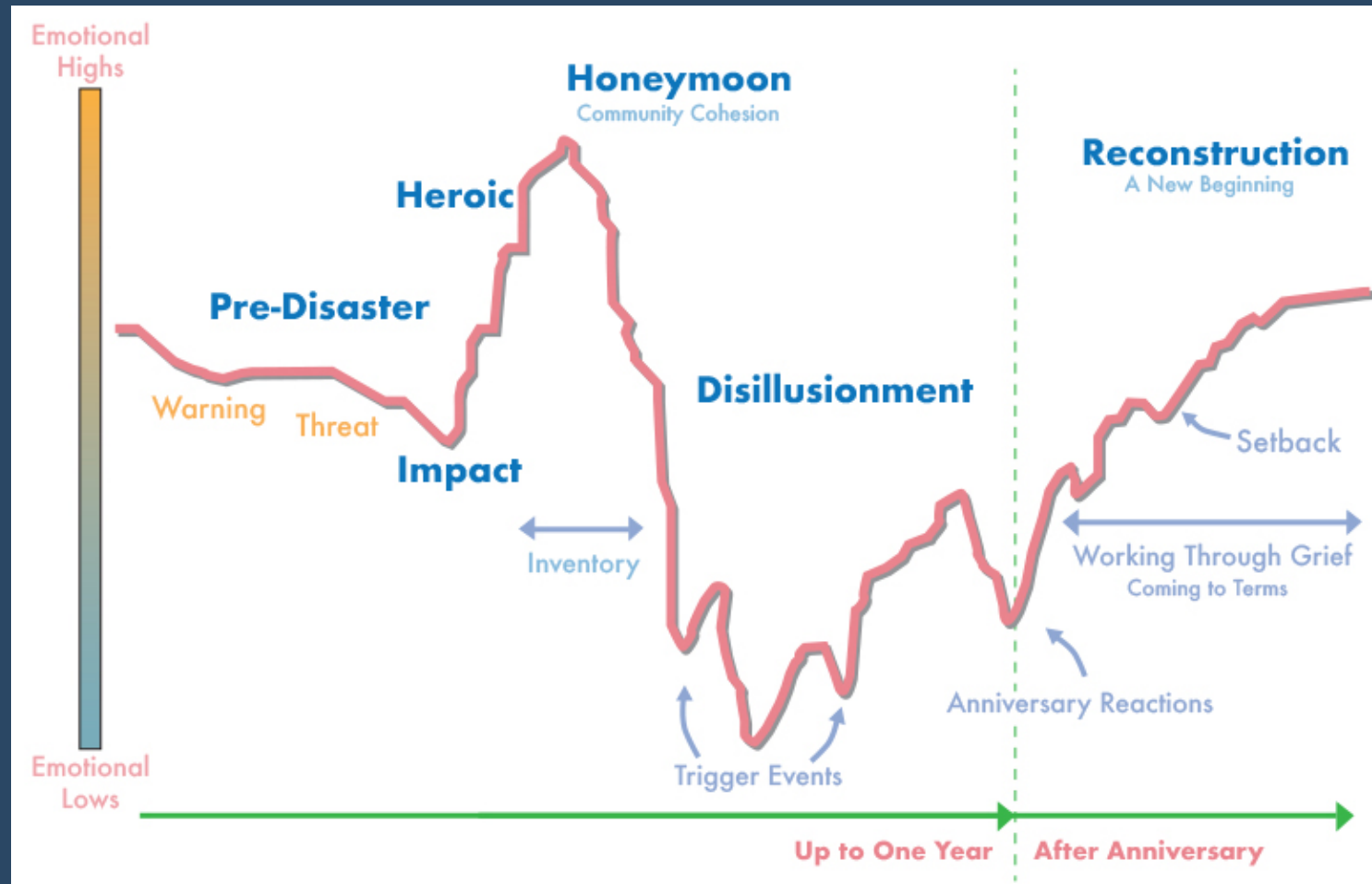
*Racial Connection
and Healing Space*



TOP 10 AREAS OF LIFE NEGATIVELY IMPACTED BY COVID-19 – CPS CLIENTS



SAMHSA – Phases of Disaster Model



Looking Ahead...

- Recognition we are ALL affected and the “rush to normalcy”
- Different groups move differently toward recovery
 - Racial disparities
 - Economic impacts
 - History of trauma or adverse experiences
- Potential for increased demand for mental health treatment



COVID-19 Mental Health Response





You Matter MUS

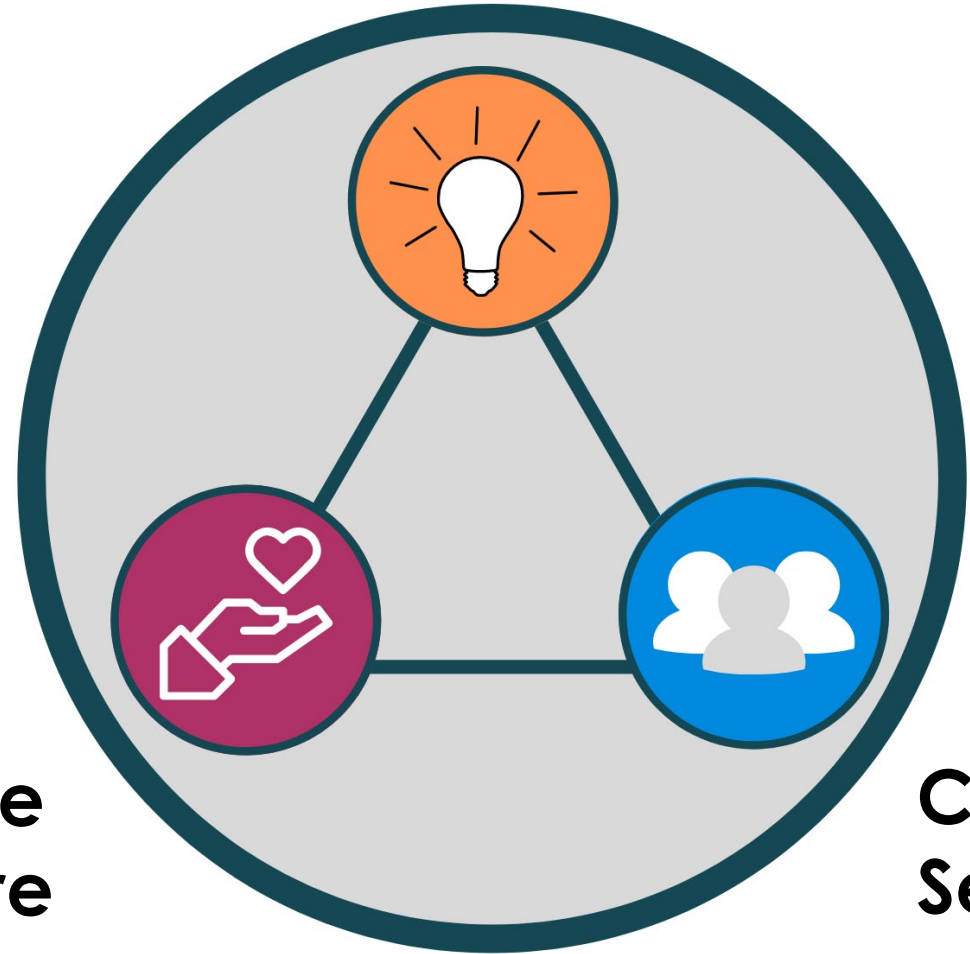
 **Kognito**

thriving campus



YOU^{at} COLLEGE

Education



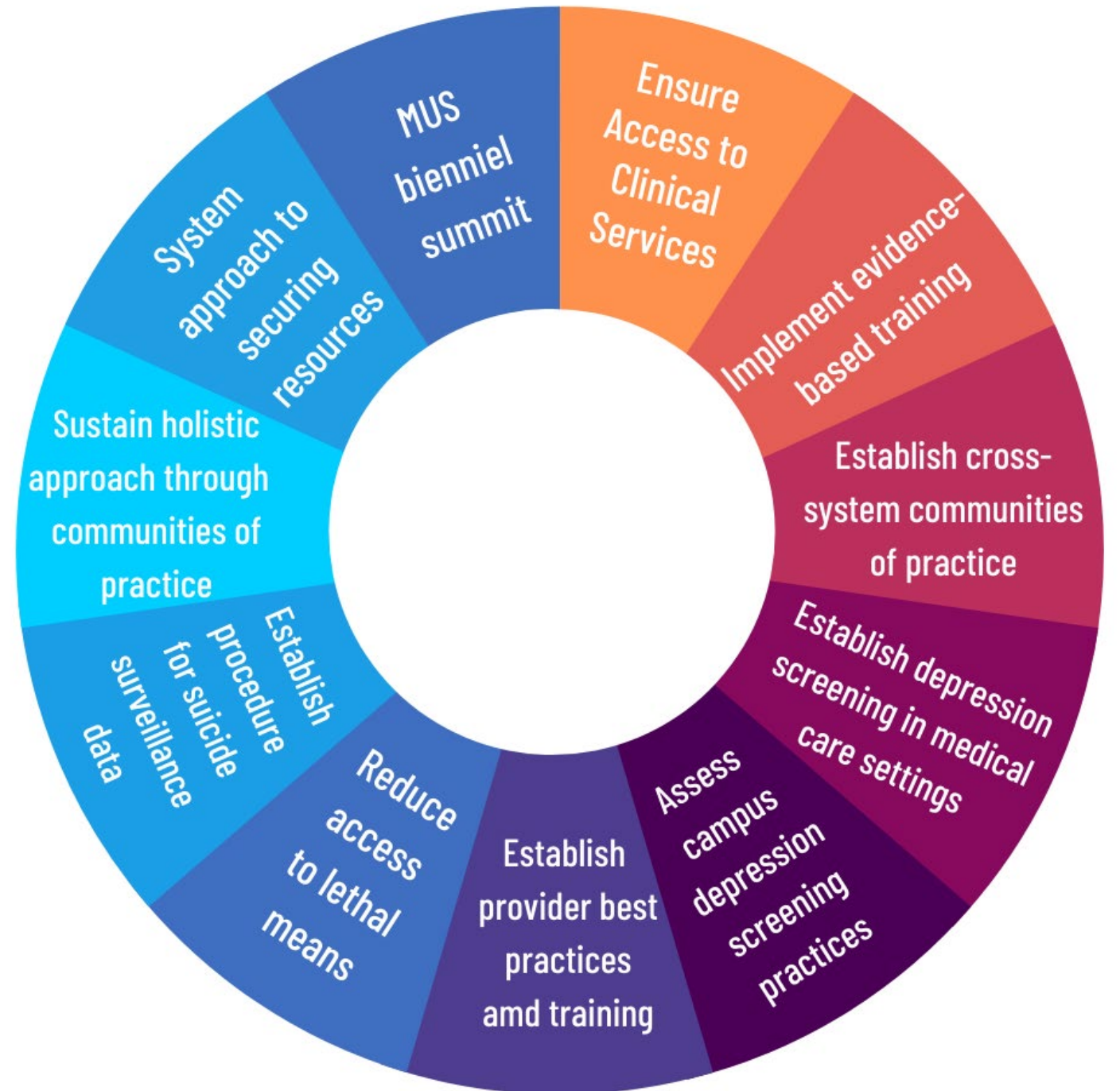
**Culture
of Care**

**Clinical
Services**



MUS Suicide Prevention & Mental Health Task Force

Recommendations



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Key Findings



Increase Access &
Capacity for Clinical
Services



Build Communities of
Practice



Reduce Access to Lethal
Means



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Priority Activities

- 1 Launch You Matter MUS
- 2 System-wide suicide surveillance data
- 3 National College Health Assessment Survey
- 4 Clinical Load Index Assessment





**National Suicide Prevention Lifeline
1-800-273-8255**

National Crisis Text Line 741741

Veteran's Text Line 838255

MUS Mental Health & Wellness Resources
www.mus.edu/che/arsa/mentalhealth/

