



MONTANA
UNIVERSITY SYSTEM

Mental Health in the MUS

Crystine Miller, Director of Student Affairs & Student Engagement
March 2022



MUS Suicide Prevention & Mental Health Task Force

Tracee Anderson, UM, Interim Director and Counselor

Betsy Asserson, MSU, Director of Counseling & Psychological Services

Mary Kay Bonilla, GFC MSU, Chief Student Affairs & Human Resources Officer

Richard DeShields, Miles Community College, Dean of Student Engagement & Auxiliary Services

Jerry Girard, MSUB, Director of the Student Counseling Program

Kayli Julius, UM, Wellness Director

Brian Kassar, MSU, Suicide Prevention Coordinator

Corey Kopp, MSU Northern, Dean of Students

Craig Ogilvie, MSU, Dean of the Graduate School and Associate Vice-President of Research

Heidi Peterson, UM Western, Director of Student Counseling

Emily Schuff, Helena College, Director of Student Life

Amber Spring, MSU Northern, Counselor

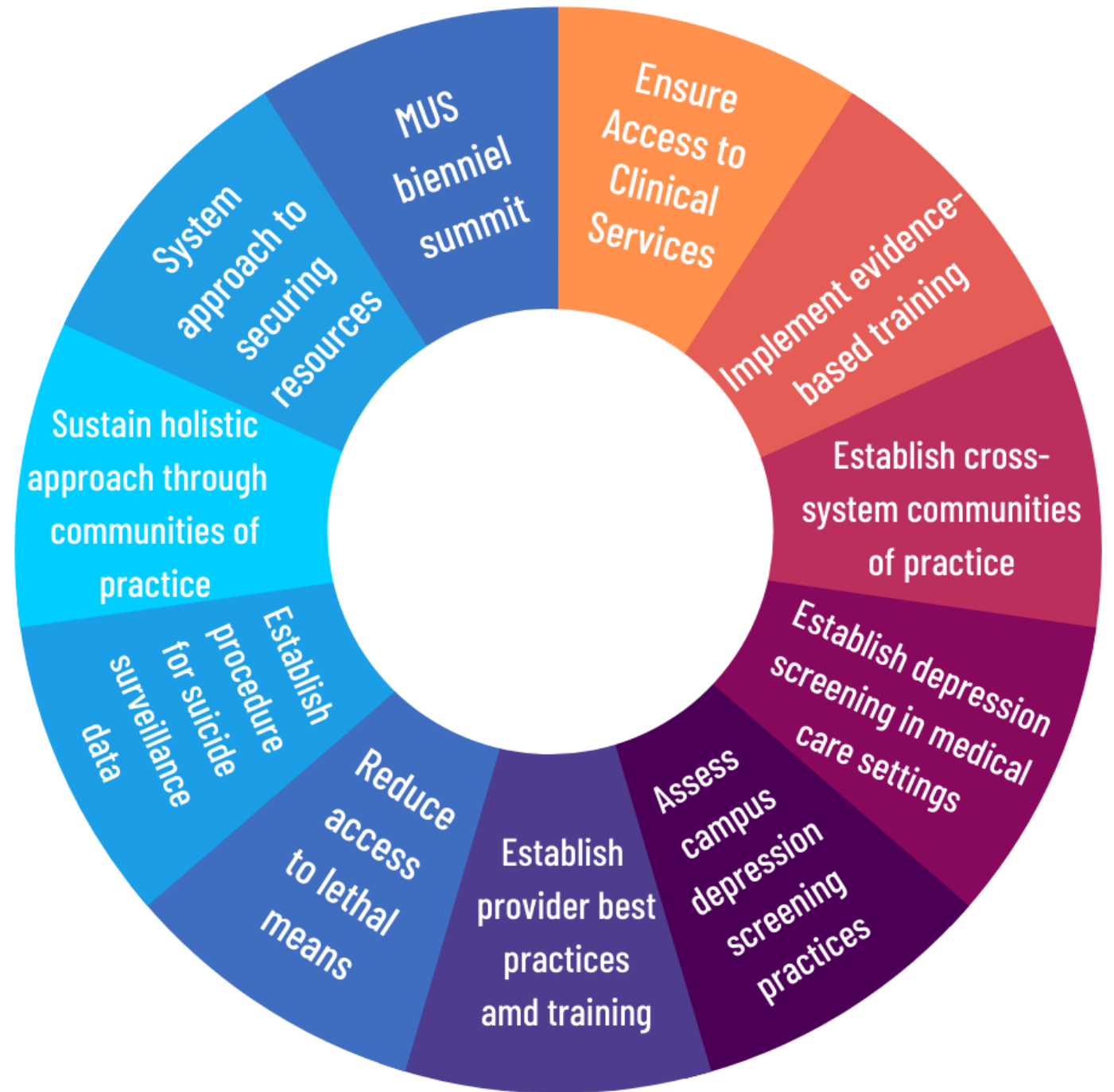
Marci Torres, MSU, Office of Health Advancement Director

Darla Tyler-McSherry, MSUB, Director of Student Health Services

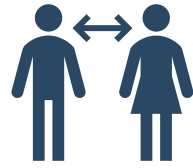


MUS Suicide Prevention & Mental Health Task Force

Recommendations



Student mental health & the COVID pandemic



In-person instruction & campus life



Consistency in delivery mode



Virtual services



MUS Virtual Services

 **Kognito**

 **YOU**
at COLLEGE

thrivingcampus

Montana University System

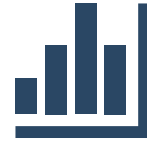


MUS Suicide
Prevention &
Mental Health
Task Force

Key Focus Areas



Increase Access & Capacity for broad spectrum of support including clinical services and health promotion



Strong system-level data & evidence



Expand mental health & wellness literacy



Integrating mental health & wellness into campus and system culture



SAVE THE DATE!

Enriching Community Mental Health and Well-Being

FREE Mental Health & Wellness Summit

All students, faculty & staff welcome

September 20-22, 2022

Montana State University Billings





National Suicide Prevention Lifeline
1-800-273-8255
STARTING JULY 2022—988

National Crisis Text Line 741741

Veteran's Text Line 838255

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





Supporting College Student Mental Health and Wellness

Montana Board of Regents Meeting – March 10, 2022

Dennis F. Mohatt, Vice President for Behavioral Health

Mental Health Affects Academic Success

Pre-Pandemic Challenges

- **64 %** of young adults who leave college for a mental health reason, do not finish their degree (NAMI).
- **31%** percent of college students have felt so depressed in the past year that it was difficult to function.
- More than **50%** have felt overwhelming anxiety, making it hard to succeed academically.
 - <http://healthymindsnetwork.org/research/data-for-researchers>
- Students' utilization of services when they are available varies by student demographics, including race/ethnicity, creating substantial significant equity concerns.

Campus Leaders' Checklist for Student Wellness

- Communicate to and with students often:
 - Policy updates
 - Resources - housing, food assistance, unemployment, mental health crisis lines (where to find in various states)
 - Messages of caring and concern
 - Wellness tips
 - Texting and Instagram
- Establish two-way lines of communication and support for both students and parents
- Facilitate telehealth for existing MH providers (e.g., Counseling Centers) to reach students in need
- Maximize flexibility in learning, grading
- Who's in your situation room?
 - Tap into existing student leaders for student outreach
 - Be inclusive of diversity to reach more students
- Reach out to and utilize community partners, community providers
- Support faculty/staff wellness – They are a vital part of our campuses

What Works?

- ✓ Community Mental Health Centers
 - First Episode Psychosis Programs
- ✓ Federally Qualified Health Centers
 - Medicaid
- ✓ Local and National Advocacy Groups
 - NAMI, Active Minds
- ✓ Private Providers in the community
- ✓ Law Enforcement
 - Help in addressing suicide, sexual assault, psychosis
- ✓ Crisis Systems- state and National

What Else Works?

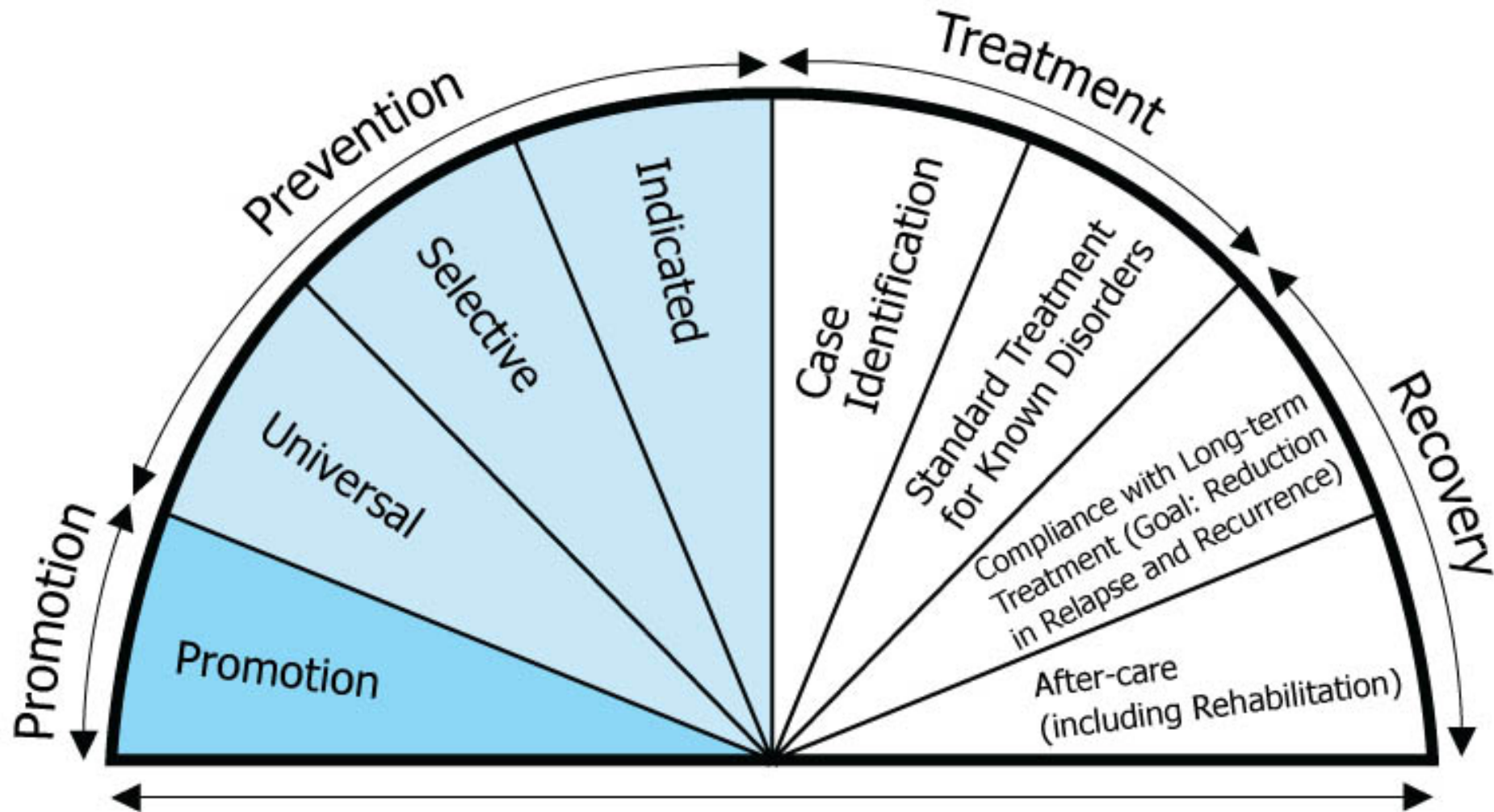
- ✓ There are **apps** for student wellness
 - YOU at College
 - Nod – free app for connecting students <https://www.gritdigitalhealth.com/products/nod>
 -
- ✓ Campus **Support**
 - ACTIVE MINDS
 - Keep working on: Stigma Reduction
 - Keep working on: Campus Culture Change

Success = Comprehensive Attention

- Evaluate your behavioral health services in terms of:
 - **Availability** – The providers and services exist.
 - **Accessibility** – Students are able to understand the need for help, know where to turn, and can get to services and pay for them.
 - **Acceptability** – What is available fits the culture and is evidence-based.

Behavioral Health Continuum of Care

What Should Comprehensive Services Look Like?



Whole Campus Coordination

Activity, support, and coordination across all levels and areas of the institution.

Pandemic-Related Resources to Support Student Mental Health

- www.jedfoundation.org (TAY mental health and suicide prevention)
- www.ActiveMinds.org (college suicide prevention)
- www.thetrevorproject.org (LGBTQI+ support)
- <https://mhttcnetwork.org/centers/mountain-plains-mhttc/covid-19-mental-health-resources>
 - Telehealth Learning and Consultation (TLC) Tuesdays (and many more)
 - Changing the Conversation about Mental Health to Support College Students During a Pandemic
 - HIPAA and FERPA in telehealth
- **State Laws for Telehealth and Reimbursement Policies:**
 - <https://www.telehealthresourcecenter.org/wp-content/uploads/2019/12/50-State-Telehealth-Laws-and-Reimbursement-Policies-Report-Fall-2019-FINAL.pdf>
- **National Suicide Prevention Lifeline: 1-800-273-8255** (hot and warm lines, call and text) **WILL SWITCH TO 988 – July 2022**

Contact Us



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