

Minding College Minds: Applying Universal Support Strategies for Student Wellness and Belonging



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Today's Agenda

- **Welcome & Introductions**
Getting to know one another
- **Background**
Making the case for mental health
- **Minding College Minds**
Introducing the framework
- **Universal Supports**
Supporting wellbeing, belonging, and success in the first year



Welcome & Introductions

Getting to know one another



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Our Team



Tegan Henke

*Senior Vice President of
Community Systems Innovation*



Leilani Lamb

*Director of Cross-System Policy
and Practice*



Jenna Parro

*Director of Cross-System
Strategy and Practice*

Meadows Institute Vision, Mission, Goals

Vision

We envision Texas to be the national leader in treating all people with mental health needs.

Mission

Independent and nonpartisan, the Meadows Mental Health Policy Institute works at the intersection of policy and programs to create equitable systemic changes so all people in Texas, the nation, and the world can obtain the health care they need.

Long-Term Goals

- Be a driving force on policy and implementation best practices designed to get people the mental health care* they need, with Texas serving as a model for the country.
- Nationally, the Meadows Institute is a trusted partner and preferred collaborator as a national mental health organization leading this change.

**Mental health care needs to be accessible, integrated, equitable, responsive, innovative, affordable, and sustainable.*

How We Work

THREE AREAS OF FOCUS



Children and Families



Health Systems



Justice and Health

CROSS CUTTING PRIORITIES

INNOVATION

TRAUMA &
GRIEF

HEALTH
EQUITY

WORKFORCE
DEVELOPMENT

VEHICLES FOR OUR WORK

- **Regional Centers:** Hackett Center (Houston), Paso del Norte (El Paso region), Panhandle (Amarillo)
- **Centers of Expertise:** Center for Child & Family Wellness, Center for Health Systems Integration, Trauma & Grief Center, Center for Justice & Health
- **National Coalitions:** Policy Council, Path Forward, CEO Alliance

Minding College Minds Core Partners



Thank you to the postsecondary institutions, policy partners, and collaborators who have been instrumental in the development of this work.



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Learning Objectives

At the conclusion of this session, attendees will be able to:

- **Recognize** the connection between universal support strategies and student wellness, belonging, and success in the first year;
- **Describe** universal support strategies offered within their own institution;
- **Identify** opportunities for strengthening universal supports to foster first-year wellness, belonging, and success.



How is your role related to campus mental health?

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Background

Making the case for mental health



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Making the Case



Mental health and wellbeing significantly impacts college students.



41% of college students report experiencing depression, and 36% report experiencing anxiety.



Emotional stress & personal mental health reasons are **the top** reasons why students consider stopping their coursework for both Bachelor's & Associate degree students.



40% of college students who reported experiencing depression did not see a mental health professional or use medication in the past year.



Wellbeing and Student Success



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Our Approach to Campus Mental Health



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Underlying Values

Mental health needs can impact anyone.

Mental health care *is* health care.

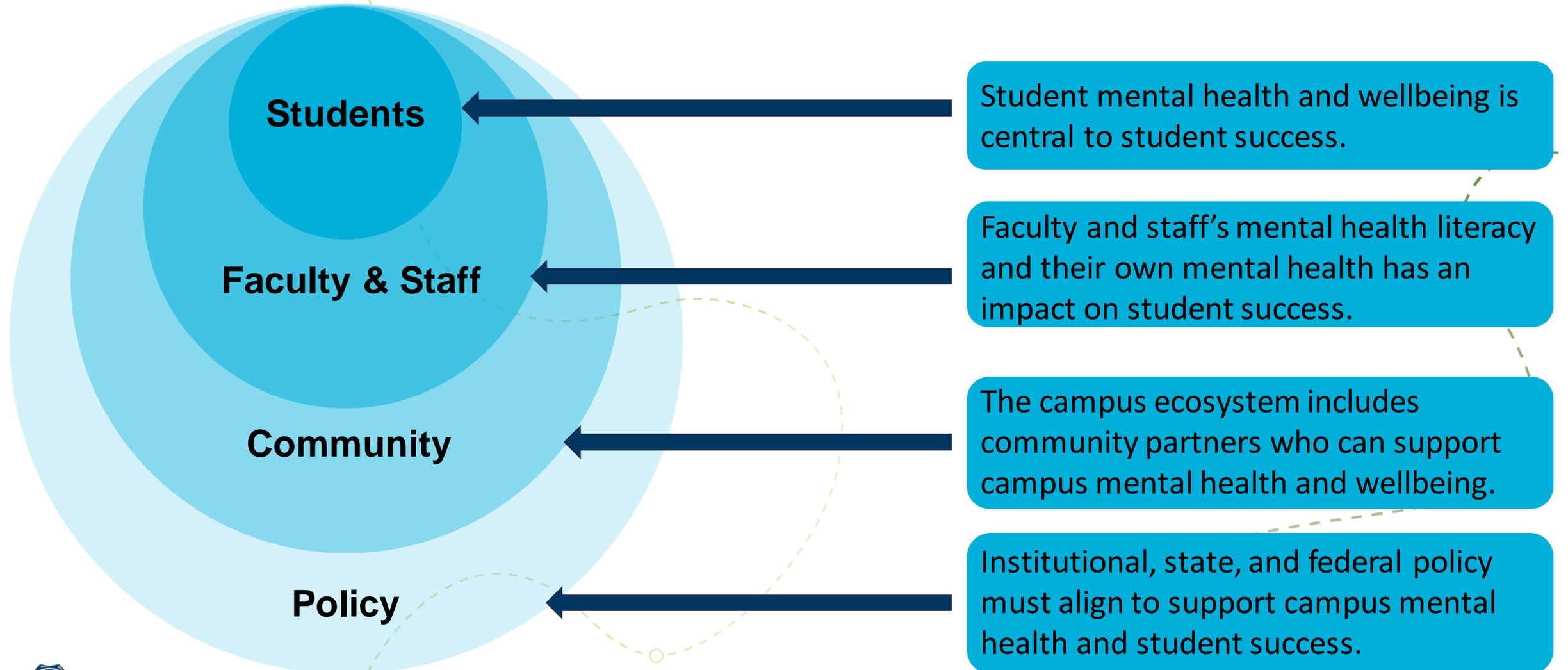
The mental health and wellbeing of students, faculty, and staff is critical to student success.

Postsecondary institutions have a role to play in supporting mental health but there is no 'one size fits all' approach.

Every person on campus can contribute to a culture of care and wellbeing.



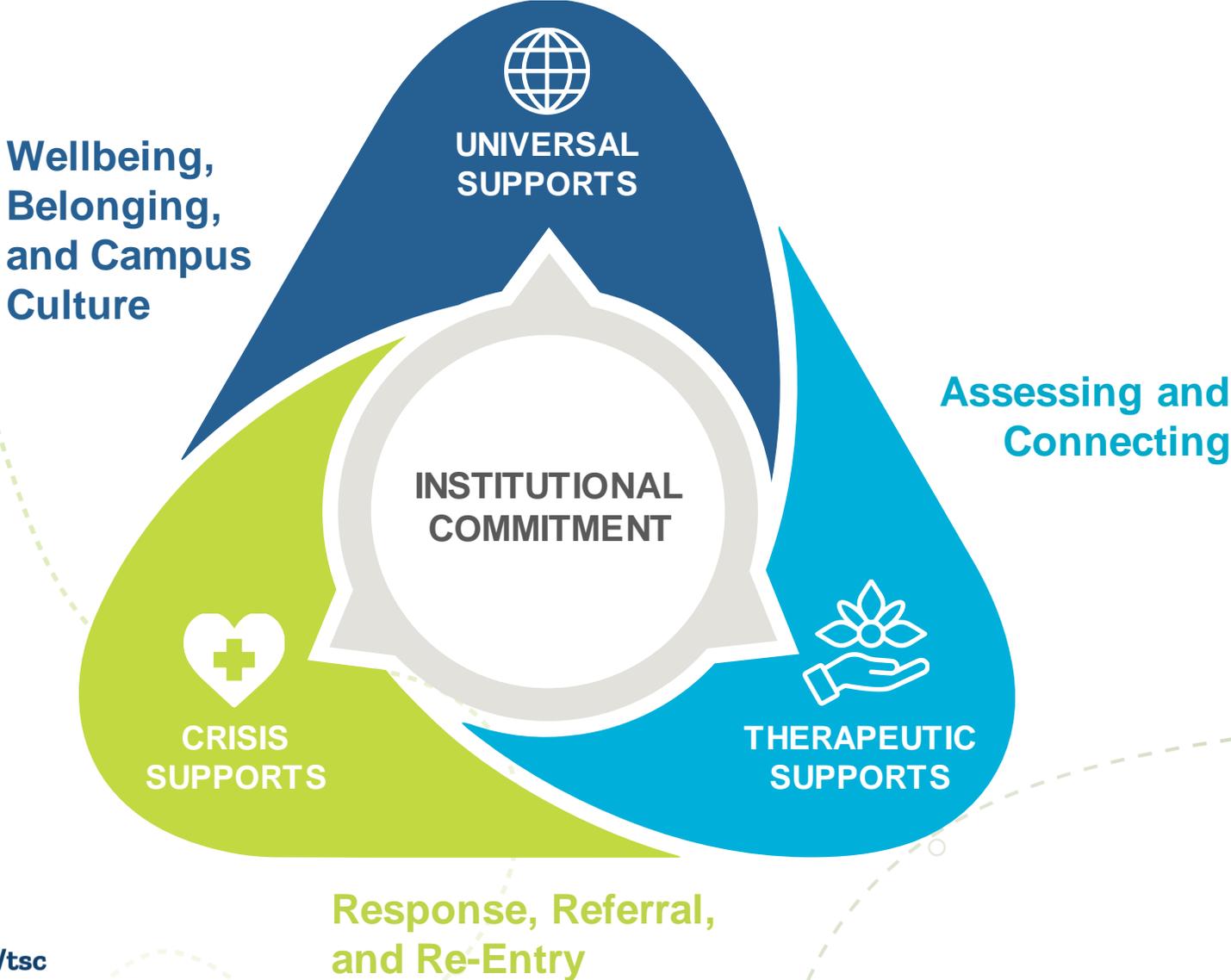
An Ecosystem of Wellbeing and Success





The Minding College Minds **Postsecondary Mental Health Framework**

Minding College Minds Framework



Institutional Commitment at the Foundation

Effective postsecondary mental health strategies uphold student wellbeing and contribute to academic success. These strategies require commitment through an institution's:



People



Policies



Process



Components of the *Minding College Minds* Framework

Universal Supports

Wellbeing, Belonging, and Campus Culture

Promoting belonging and a campus culture supportive of student mental health and wellbeing.

Therapeutic Supports

Assessing and Connecting

Ensuring students have access to services that meet their needs.

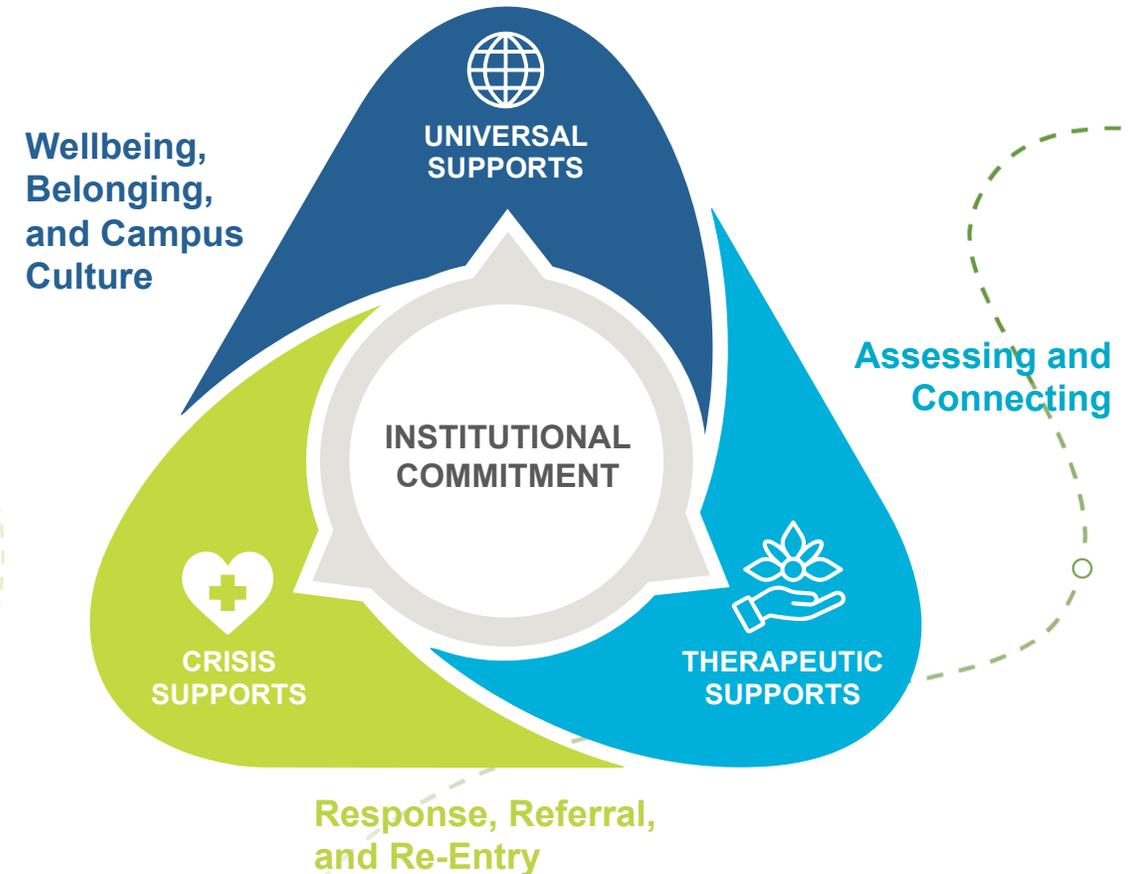
Crisis Supports

Response, Referral, and Re-Entry

The safety net intended to support students who are experiencing a crisis.

Universal Supports: Wellness, Belonging, Campus Culture

- Policies, programs, and interventions that promote **belonging, help-seeking, and a campus culture** supportive of student mental health and wellbeing
- Benefits the whole campus



Strategies for Creating a Campus Culture that Supports Mental Health

Promotion Strategies

- Addressing persistent stigma
- Supporting wellbeing of staff and faculty

- Providing opportunities for training
- Meeting basic needs
- Data and evaluation

- Developing processes that support early identification of potential mental health needs (e.g., screening)

Prevention Strategies



Universal supports are probably already offered on your campus...

Table 4.1. Community Colleges Reporting Efforts to Promote Overall Student Mental Health

Types of Prevention Efforts (Tier 1)	<i>n</i>	Percentage of Sample
Educate students about mental health	8	100
Reduce stigma around perceptions of mental illness or seeking help for mental illness	7	88
Help students learn how to cope with stress and hardship	7	88
Share mental health resources and information with students and faculty staff	7	88
Help students develop healthy identities, manage emotions, establish, and maintain supportive relationships, and responsible and caring decisions (e.g., social emotional learning skills)	6	75
Change institutional culture	5	63
Change institutional policies and practices	3	38



Universal Supports: Who's Involved?

- **Everyone on campus** can contribute to a culture that supports wellbeing and belonging
- Partners that may implement universal strategies include: student services, counseling and health services, faculty, staff, and student leaders



What do you think are some of the factors affecting student mental health in their first year?

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Here's what students say...

- Academic pressure
- Balancing obligations, including family and caregiving
- Social pressures
- Global/societal concerns
- Loneliness
- Finances



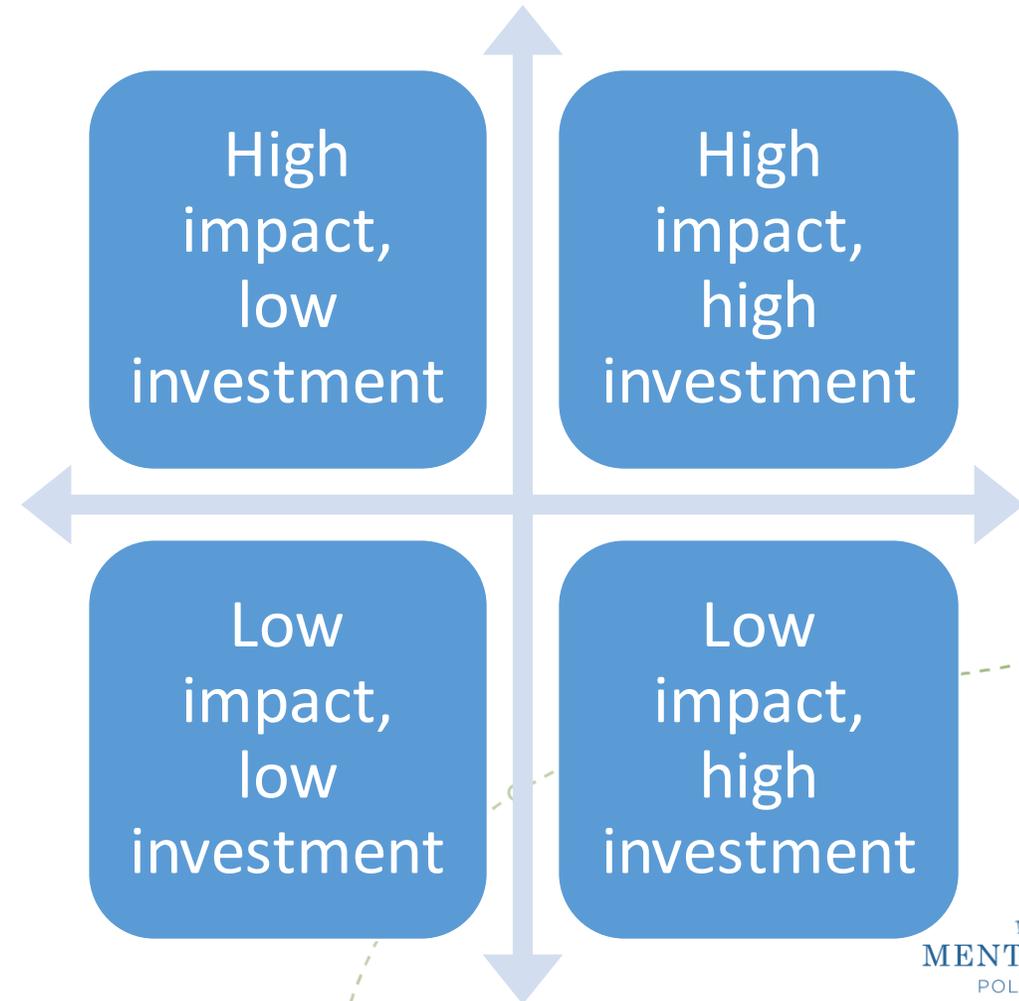
Places to Embed Supports for Wellbeing and Belonging for First Year Students

- Student orientation
- Curricular programming
 - First-year seminar for students teaching skills, stress management, mental health literacy, etc.
 - Weekly check ins with virtual students
- Student advising and/or coaching



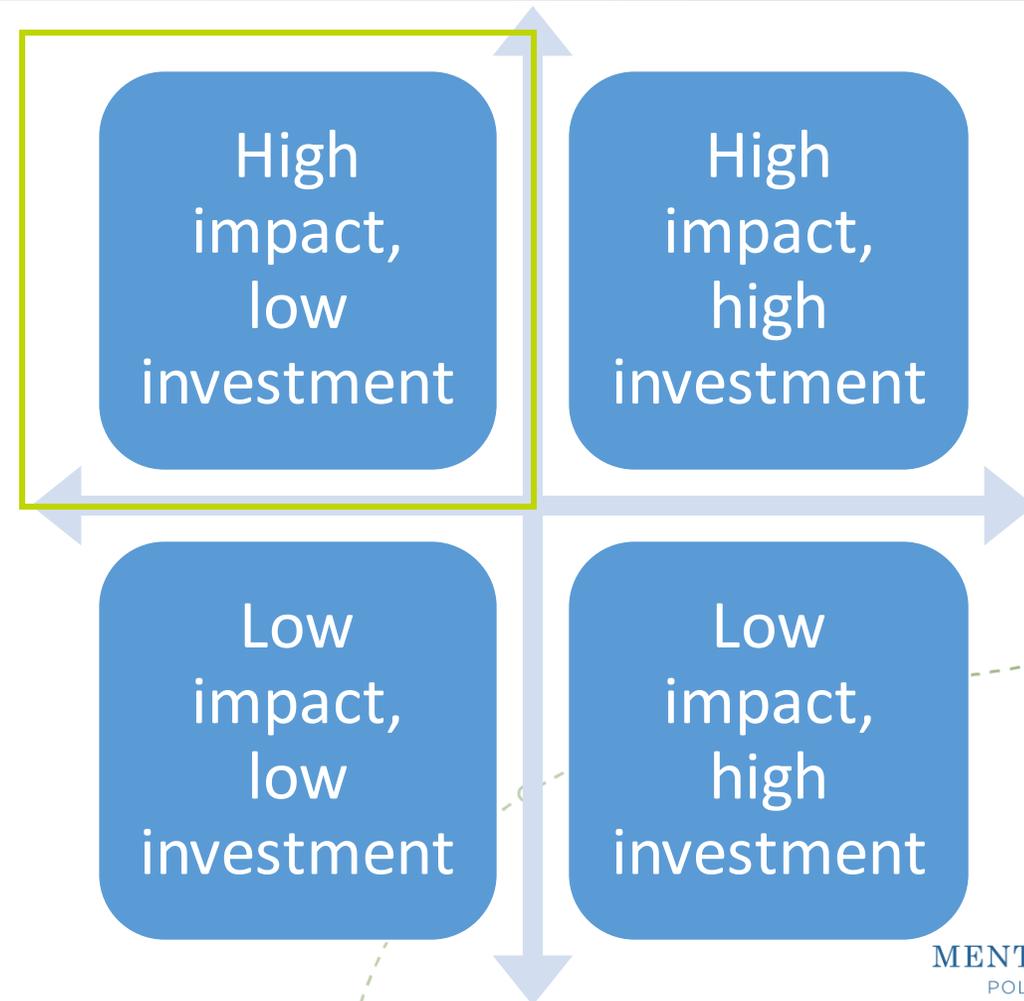
What could your institution prioritize?

- Different strategies require different levels of investment and resulting impact.
- Consider the universal supports strategies you heard today. Which of these might fall into **high impact, low investment**?



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Learning Community Interest Form

If you are interested in joining the Learning Community, please scan this code to complete an online Interest Form!



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Thank you for joining us today!

The TSC team wants to know how we can improve.

Thanks! We appreciate your feedback.



<https://bit.ly/tpi3pre>



Coastal Bend College



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