Student Mental Health Update

Board of Trustees Meeting
April 29, 2016
Mental Health and Well-Being Taskforce

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Campus and Community Crisis Resources

• Campus and Crisis Resources identified
• Working on communication materials
  • Considering a fold up model
• Resource list with Dial Help cards distributed to Resident Advisors and Directors
  • Considering stickers, door hangers, and other strategies
• Placed on website: http://www.nmu.edu/counselingandconsultation
MyNMU

On the following tabs:

• Student Services
• Advisor Services
• Employee Services
• Faculty Services

The link connects to the resources listing on Counseling and Consultation Services website.

For Students:
Mental Health Resources  If you or someone you know is experiencing a crisis, use these resources to get help from mental health professionals.

For Advisers, faculty and employees:
Mental Health Resources  If a student comes to you for help with an emotional crisis or you believe a student needs assistance, use these resources to find information and help.
Counseling and Consultation Services

- Same day appointments for an emotional crisis
- Mental health and developmental concerns addressed
- No concern too big or too small
- Strictly confidential and free for enrolled students
- Brief counseling based on clinical need
- Coordination of care with NMU Health Center, dieticians, community providers, and agencies
Dean of Students Office

- Contacts students with offer to meet and discuss issues
- Referrals to services
- Academic assistance
- Voluntary withdrawals
Database of Community Health and Mental Health Resources

• Accessible, comprehensive, searchable PDF directory
• Facilitate referrals with accurate up-to-date information
• Further enhances coordination of care
• Linked to Counseling and Consultation Services website
• Accessible from any electronic device
• Updated regularly
Recent Campus Events related to Mental Health

• January 26, 2016: Suicide Prevention and Awareness workshop
• March 15, 2016: Community wide Provider/Agency meeting to foster collaboration and referrals
• March 15, 2016: Active Minds “Stress Less” panel
• March 22, 2016: Common Reader selection speaker and discussion groups on Resilience
• April 5, 2016: Sexual Assault on Trial
• April 15, 2016: Pay it Forward, Mental Health event
Awareness and Prevention Training

- Locally Available, Cost Free, Grant Funded
- QPR (Question Persuade and Refer)
  - Counselor and student trainers on campus now
- Mental Health First Aid, to be held May 12, 2016
- ASIST (Applied Suicide Intervention Skills Training)
  - Two day training, later in 2016
Suggestions for Next Steps

• Campus wide structured mental health survey to determine needs
• Create a “Quiet Space” for students (perhaps like the Veteran’s lounge)
• Create a 24/7 campus based “Safety Net” for students in a mental health crisis