

Growing a Campus-Wide Mental Health Task Force From the Ground Up

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SUNY Geneseo

- *Learn strategies for developing a campus-wide mental health task force*
- *Gain ideas for increasing inter-departmental and institutional collaboration*
- *Increase awareness of resources for mental health strategic planning on college campuses*
- *Brainstorm how to build support systems on your own campuses*

What is a Mental Health Task Force?

- Collaborative group that works on goals that cannot be achieved individually
- Opportunity to obtain varied perspectives on campus
- Focus on prevention and wellness, not just treatment and illness

The Landscape

- What does the landscape look like?
- Where is there room to grow?
- How fertile is the soil?
- What nutrients are available?



The Roots

- Student mental health requires a campus-wide approach
 - [Geneseo MHTF](#)
 - [Tufts MHTF](#)

The Trunk

- Composition
 - Open membership or appointed committee?
 - Stakeholders
 - Collaborators
 - Doers
- Organization
 - Co-chairs
 - Expertise in counseling
 - Senior level influence
 - Well-liked and respected
 - Existing engagement across divisions
 - Subcommittees

The Trunk

- Academic Affairs
- Alcohol and Other Drugs
- Athletics
- Career Services
- Campus ministries/clergy
- Campus safety/police
- Community mental health providers
- Counseling Center
- Custodial services
- Dining Services
- Disabilities Services
- Facilities Management
- Faculty
- Greek Life
- Health Education/Promotion
- Health Services
- International Student Services
- Judicial Affairs
- Legal Counsel
- Student Affairs
- Student leaders
- Student Organizations and government
- Other Ideas: Study Abroad, Access Opportunity Programs, Office of Diversity and Equity

The Branches

- Assessment
 - Campus climate surveys
 - Site visit from JED
- Implementation
 - Monthly meetings
 - Focus on selected projects
- Evaluation
 - End of year report (VP)



Image from the Jed Foundation Guide to Mental Health Action Planning

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Campus Climate Assessment

- Student Survey (Fall 2015)
 - 996 respondents (18% of student population)
 - 84% respondents identified friends as support
 - 28% respondents reported embarrassment as the barrier to seeking support
- Faculty/Staff Survey (Spring 2016)
 - Knowledge of available resources and mental health emergency rated lowest
 - 81% agreed “I have a role in supporting student mental health.”
 - 90% agreed “Mental health is a campus-wide issue.”

JED Campus Site Visit

- 128-question self-assessment
- Site visit with expert consultant
- 3 hour meeting with key players
- Strategic plan



Image from the Jed Foundation Website

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Monthly Meetings



- Keep momentum going
- Different people at the table
- Varied voices
- Minutes sent via email and compiled on google drive shared folder

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The Leaves

- Resources
 - Red Folder (2.0)
- Training
 - Kognito
 - Mental Health First Aid
- Promotional Events
 - Mental Health Town Hall
 - Smaller presentations (i.e. Speakers, Professional Development, Academic Departments, etc.)
- Policy Changes
 - Medical Leave of Absence
 - Syllabus Statements
- Strategic Initiatives
 - Environmental Scan

Red Folder

- Adapted from the University of California
- Resource distributed to all faculty/staff to help with referral process
- Emphasizes our roots (mental health support requires a campus-wide approach)
- Followed the data from our survey



Mental Health Gatekeeper Training

- Kognito At-Risk
 - Launched in August 2016
 - 184 Faculty and Staff members (18% of total employees)
 - 689 Students (13% of student body)
- Mental Health First Aid
 - Pilot March 2017
 - Adopted by Student Life and University Police

Mental Health Town Hall



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sunygeneseo Great turnout at our first ever mental health town hall. #JoinTheConversation #GeneseoMentalHealth #geneseo cara.learn.intl I remember that classroom! #nostalgia #geneseoalumni soula514 Finally!



596 likes

MARCH 1

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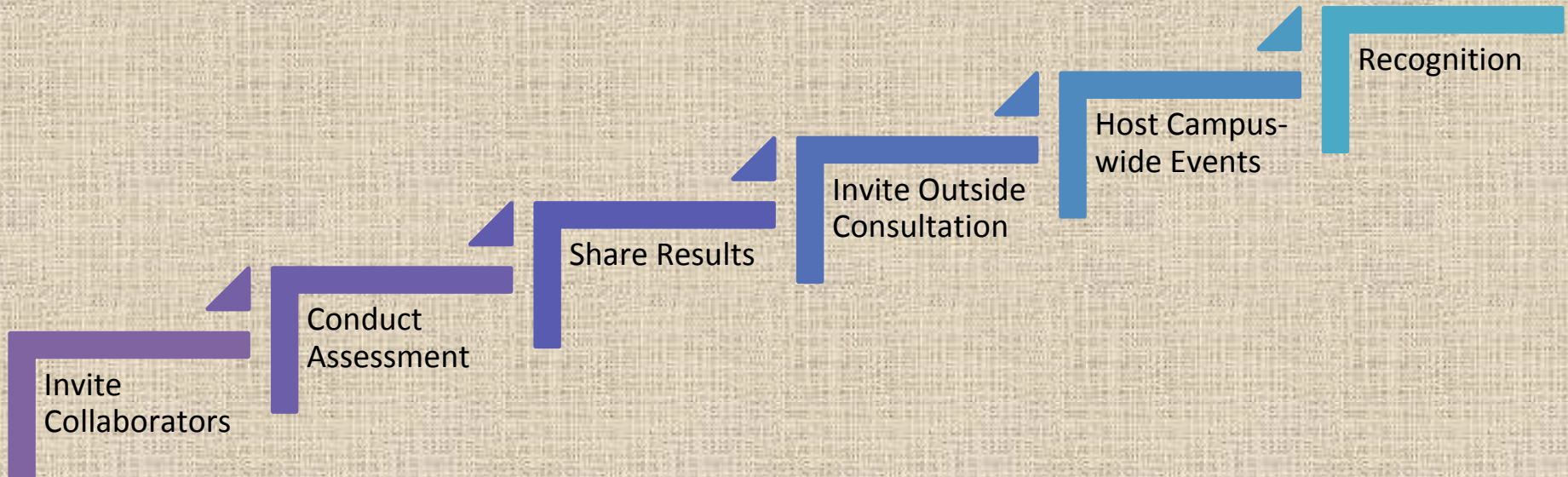
Other Strategic Initiatives

- Medical Leave of Absence Policy
 - Dean of Students, VP, Academic Advising, Financial Aid
- Syllabus Statements
- Student wellbeing and mental health
- Environmental Scan
 - Facilities, SUNY Legal, outside consultant

The Weather

- Environmental factors
 - Unexpected storms
 - Tragedies on campus
 - Changes in personnel
 - Disagreement among administrators
 - Droughts
 - No formal funding source
 - Lack of co-chair
 - Lack of time
 - Sunshine
 - Dedicated members

Summary of Growth at Geneseo



GENESE0

To: Katie Buckley, Director of New Student Programs
Samuel Cardamone, Interim Director of Study Abroad
Beth Cholette, Clinical Director of South Village Counseling Services
Joseph Cope, Interim Associate Provost for Student Success/Professor of History
Sarah Covell, Alcohol and Other Drug Program Coordinator
Melissa Dussault, Director of Student Success Programs, School of Education
Jeremy Hall, Institutional Research Analyst
Beverly Henke-Lofquist, TOP Counselor
Jenny Katz, Professor of Psychology
Megan Kennerknecht, Assistant Director of Financial Aid
Tamara Kenney, Title IX Coordinator
Dana Minton, Coordinator of Health Promotion
Steve Minton, Head Men's Basketball Coach
Harrison Moses, student, Pathways Peer Advocate
Michael Neiderbach, Director of Facilities Planning and Construction
Dave Parfitt, Director of Teaching and Learning Center
Meg Reitz, Associate Director of Student Life for Educational Initiatives
robbie routenberg, Chief Diversity Officer
Flossie Stephens, TOP Counselor

From: Robert A. Bonfiglio
Vice President for Student and Campus Life



Date: October 30, 2018

Re: **Mental Health Committee**

The SUNY Geneseo Mental Health Task Force was established in 2015 to embody and promote a campus-wide approach to supporting the mental health needs of students. As of this fall, the Task Force has been designated a standing committee of the College sponsored by Student and Campus Life.

Broadly speaking, the inter-departmental group is charged with:

- advancing the understanding in the Geneseo community that mental health is a universal human experience, not limited in scope to issues of mental illness;
- promoting and assessing the broad array of campus policies, procedures, programs and services related to student mental health;
- assessing the campus climate and culture as it relates to mental health, and acting on the understanding that community mental health is a shared responsibility at Geneseo;
- developing and implementing the College's Mental Health Strategic Plan based on the JED Campus assessment of the College's mental health services.

For the 2018-2019 Academic Year, the Committee is charged with focusing on the following specific tasks:

Takeaways

- Slow growth is still growth
- May go through seasonal shifts
- Identifying stakeholders and obtaining buy-in early is best, but it can be added incrementally if needed
- Outside consultants can lend expertise
- Removal of barriers will allow for growth

What will your tree look like?



Resources

- Centre for Innovation in Campus Mental Health (2018). *Evaluation Toolkit*. <https://campusmentalhealth.ca/wp-content/uploads/2018/04/CICMH-Evaluation-Toolkit-Apr-23.pdf>
- Douce, L.A. & Keeling, R.P. (2014). *A Strategic Primer on College Student Mental Health*. American Council on Education. <http://www.apa.org/pubs/newsletters/access/2014/10-14/college-mental-health.pdf>
- Horne, L., Kent, D., et al. (2017). *Moving Towards a Wellness Paradigm*. <http://healthymindsnetwork.org/research/whitepapers-briefs>
- The Jed Foundation and Education Development Center, Inc. (2011). *A Guide to Campus Mental Health Action Planning*. New York: The Jed Foundation. <https://www.jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf>