



MUS Suicide Prevention & Mental Health Task Force

Enriching Community Mental Health & Wellbeing Summit and Task Force Next Steps

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enriching community mental health & wellbeing



SUMMIT ON COLLEGE STUDENT
MENTAL HEALTH

Frame student mental health and wellbeing as a **public health** issue that is connected to all parts of campus life.

Develop models that support mental health and wellbeing on a **continuum from thriving to crisis**.

Better understand the connection between student **mental health & wellbeing** and **academic mission** of colleges and universities.

Identify the mental health and wellbeing needs of the **diverse student populations** across the state.

Enriching Community Mental Health & Wellbeing



By the Numbers

185

Registered
Attendees

25

Students
certified as
Peer Health
Educators

9

Suicide
Prevention &
Mental Health
Trainings

4

Task Force
Action Steps



Enriching Community Mental Health & Wellbeing Speakers Highlights

“Mental Health in US Higher Education”

Sasha Zhou, PhD and Co-PI Health Minds Network

“American Indian Mental Health in Montana: Seeking Solutions in our Strengths as People of this Land”

Annie Belcourt, PhD, Professor & Native American Studies Chair

”Designing for Well-being: A New Framework for Higher Education”

David Arnold, Assistant Vice President Health, Safety & Wellbeing, NASPA

“Suicide Prevention in Montana”

Karl Rosston, State of Montana Suicide Prevention Coordinator

“State of Montana’s Behavioral Health Workforce”

Beth Ann Carter, Assistant Director Behavioral Health Programs, AHEC



Student Mental Health on a Continuum



NATIONAL COLLEGE HEALTH ASSESSMENT



Within the last 12 months, have you had problems or challenges with any of the following:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Academics	42.4	46.2	53.7	44.8
Career	31.2	36.0	40.9	33.9
Finances	42.3	52.6	58.3	48.4
Procrastination	71.2	75.5	80.1	73.7
Faculty	11.7	13.6	13.5	13.0
Family	23.4	40.1	56.5	33.6
Intimate relationships	34.7	38.5	40.9	36.9
Roommate/housemate	21.2	26.6	22.8	24.0
Peers	17.0	21.5	23.7	19.6
Personal appearance	32.3	55.7	64.6	45.8
Health of someone close to me	30.8	43.9	45.9	38.1
Death of a family member, friend, or someone close to me	23.7	29.6	25.0	26.8
Bullying	4.4	7.6	6.2	6.2
Cyberbullying	2.7	3.9	6.5	3.4
Hazing	1.0	1.1	0.0	1.0
Microaggression	9.5	14.9	41.5	13.6
Sexual Harassment	1.7	12.1	12.0	7.7
Discrimination	9.6	8.9	19.8	9.6
<i>Students reporting none of the above</i>	12.5	6.5	5.1	9.2
<i>Students reporting only one of the above</i>	9.8	6.8	5.3	7.9
<i>Students reporting 2 of the above</i>	12.7	9.5	6.5	10.8
<i>Students reporting 3 or more of the above</i>	65.0	77.1	83.1	72.1

*Of those reporting this issue, it caused moderate or high distress

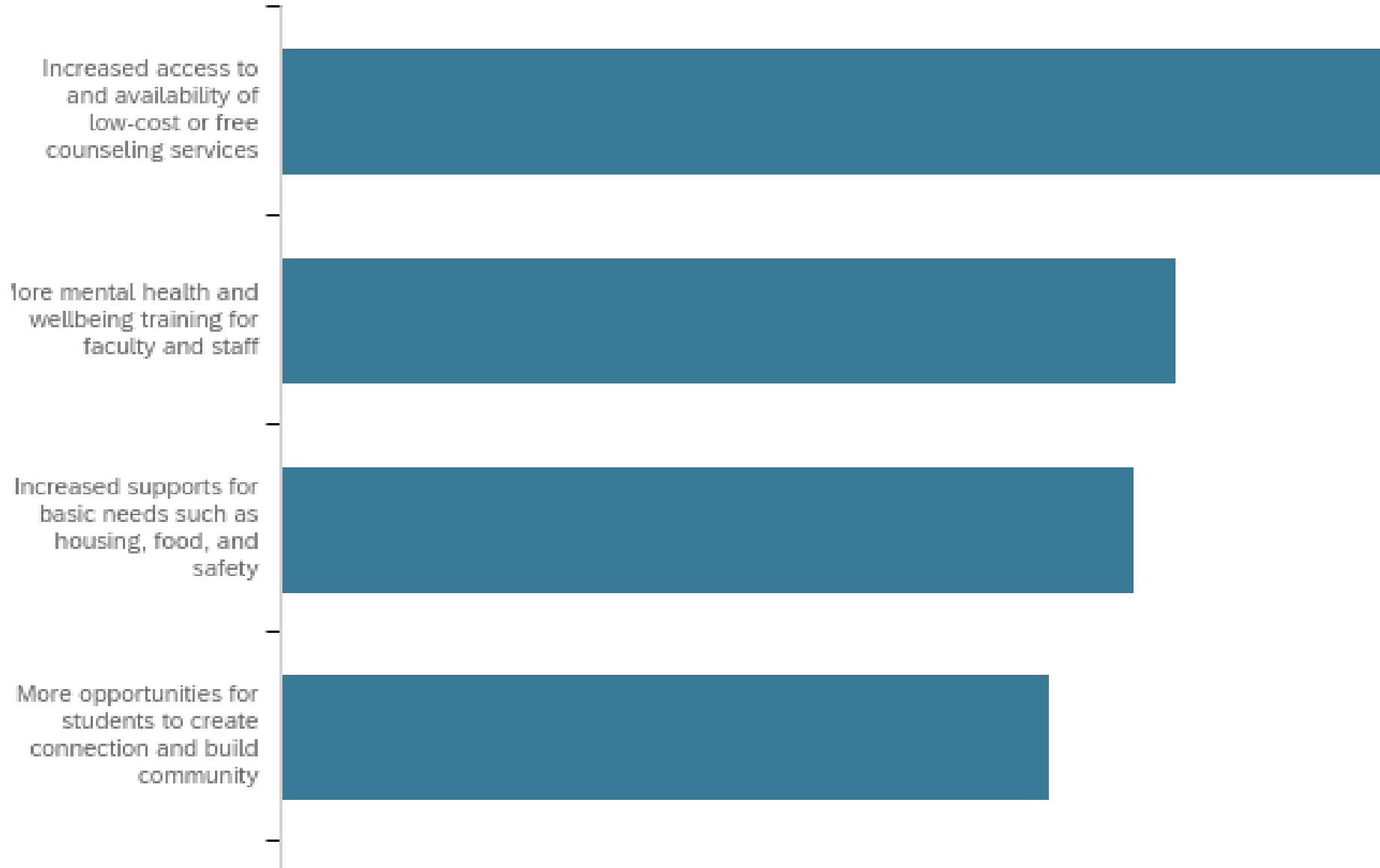
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
84.1	90.0	89.6	87.4
75.1	73.3	81.3	74.4
74.6	80.0	80.3	77.9
58.3	65.7	70.5	62.7
59.9	57.7	63.8	58.5
57.8	71.7	78.0	67.7
62.9	63.9	66.1	63.4
53.3	60.4	57.3	57.5
38.5	47.8	39.5	43.8
42.6	58.4	72.8	54.3
58.6	69.6	64.4	65.5
72.6	80.6	77.6	77.3
43.6	61.3	32.2	54.9
35.6	51.4	10.9	43.9
54.7	44.1	0.0	48.8
38.8	42.5	36.5	40.7
38.8	56.0	64.9	54.3
50.8	59.3	42.3	54.1

*Only students who reported a problem or challenge in the last 12 months were asked about level of distress.

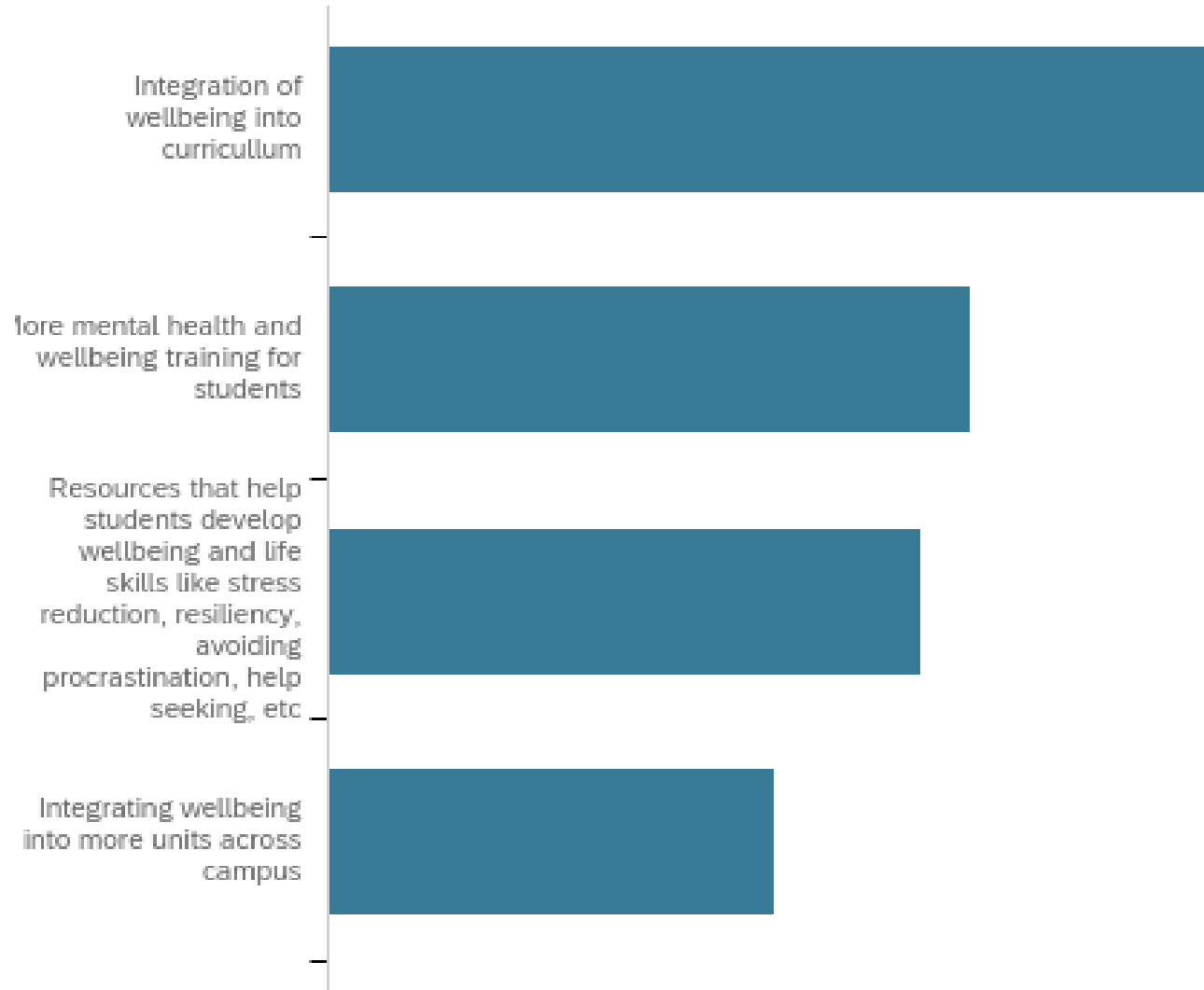
What does it look like when your students are thriving?



BUILDING A CONTINUUM OF CARE



BUILDING A CONTINUUM OF CARE



MUS Suicide Prevention & Mental Health Task Force



Action Steps



CLINICAL SERVICES

Increase access to clinical services for students and mental and behavior health workforce for state by 1) exploring system strategies for clinical staff retention/recruitment and 2) planning expansion of clinical supervision and campus-based placement of graduate students in clinical and sub-clinical fields.



USE EXISTING RESOURCES

Leverage existing resources and collaborate with campus leaders to promote resources, especially evidence-based mental health literacy training (Kognito) for students, faculty, and staff.



HEALTHY MINDS

All campuses participate in the Healthy Minds Study for students and faculty and staff. Survey will be administrated in spring 2023 and findings will inform campus, system, and task force efforts.



CONTINUUM OF CARE

Enhance mental health and wellbeing literacy across campuses by through education, by informing strategic planning processes, and developing strategies, tools, and resources available to all campuses.