

Taking it to the Campus Level

August 2024

Session Road Map

- 1 What Our Students are Telling Us
- 2 Stepped Care and Campus Resources
- 3 Care Hub Demonstration
- 4 Moving to Action

What Our Students Are Telling Us

Student Distress

(Kessler Psychology distress scale)

Reported serious psychological distress

CIS Men	18.6 %
CIS Women	29.2 %
Trans/Gender non-conforming	65.0 %

Loneliness

(UCLA Loneliness scale)

Positive for Loneliness

CIS Men	55.1 %
CIS Women	49.4 %
Trans/Gender non-conforming	79.9 %

Source: American College Health Association – National College Health Assessment III Spring 2024

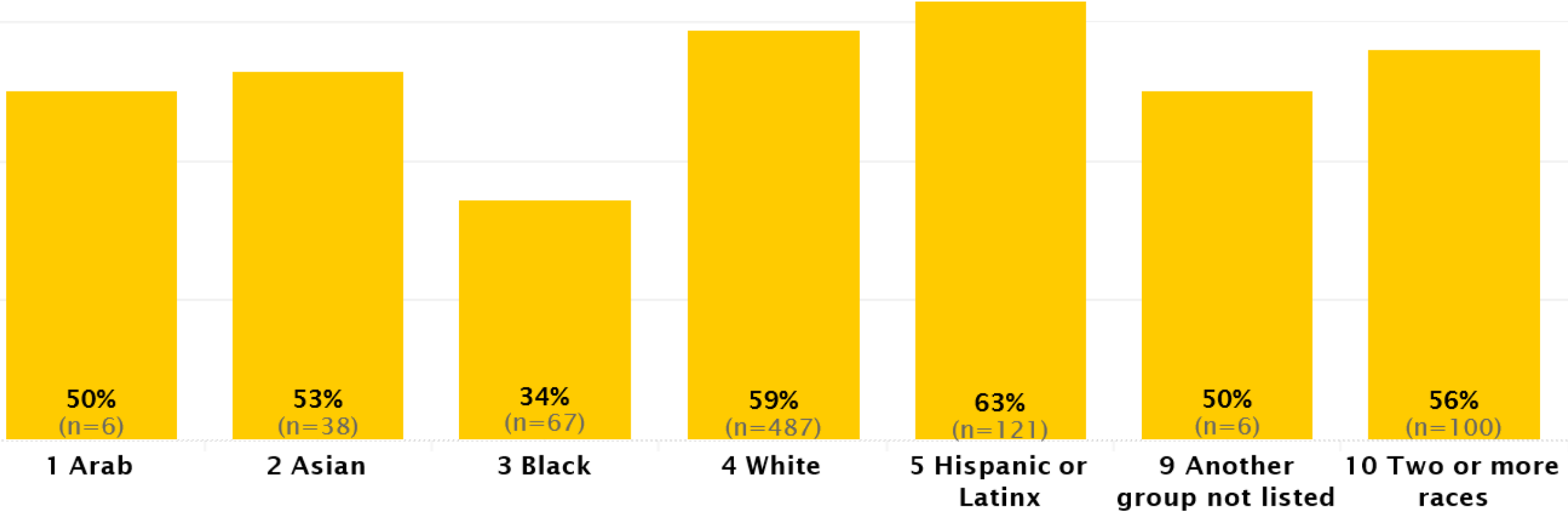
Academic Impact

Reported Negative impact on academic performance who experienced the issue

Stress	53.0 %
Depression	52.2 %
Anxiety	49.7 %
Work/Career	41.4 %
Sleep Difficulties	41.2 %
Finances	36.8 %
Family	32.4 %

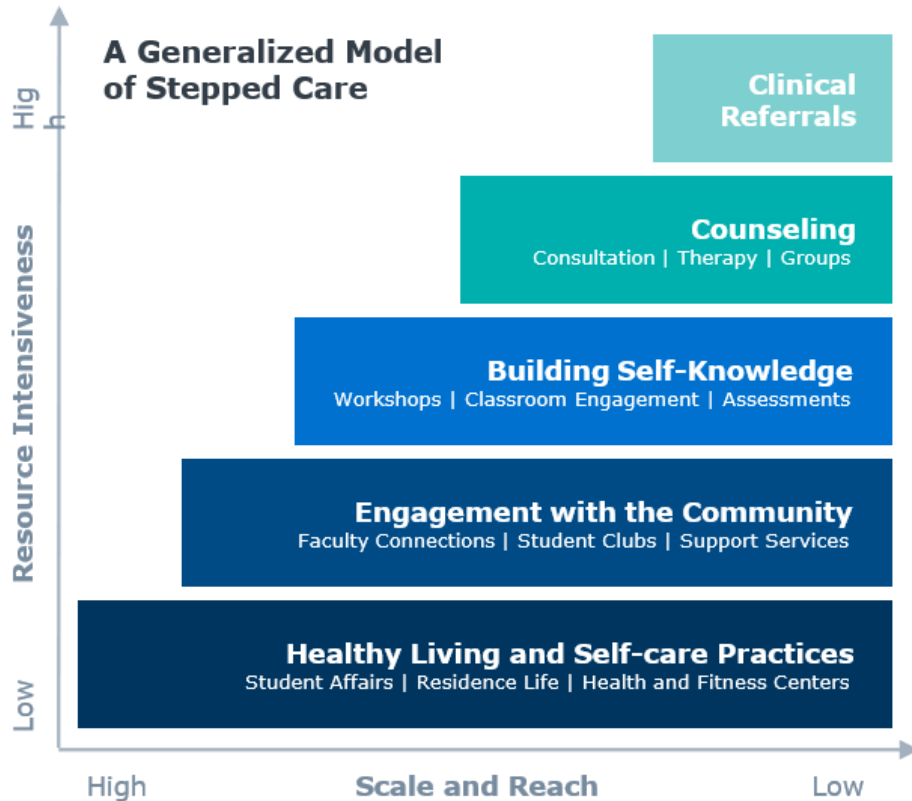
Source: American College Health Association – National College Health Assessment III Spring 2024

% of students who reported they mostly matter or strongly matter



Source: NACCC Fall 2021

Mental Health, Wellness and Sense of Belonging as a Student Success Strategy



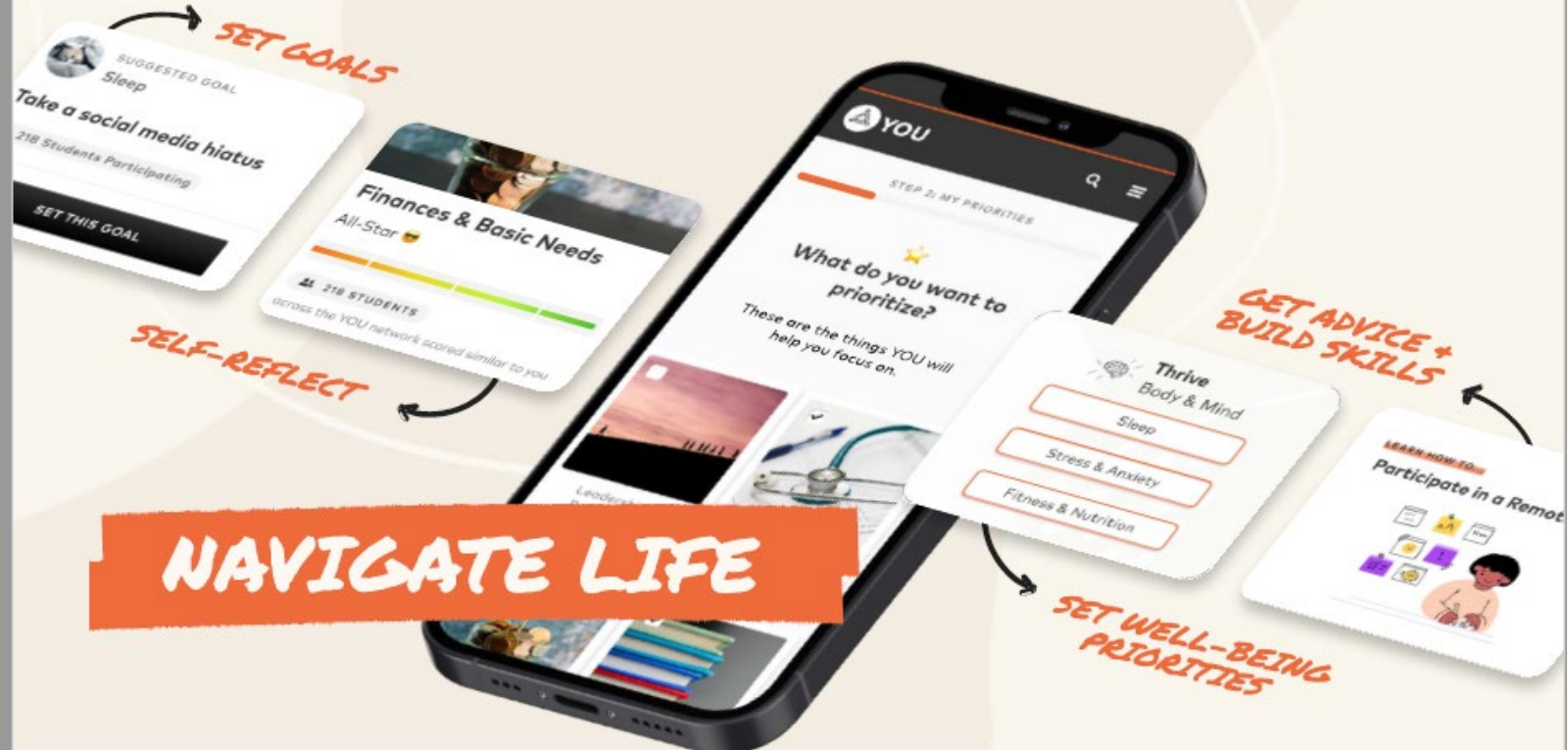
Opportunities for improving wellness beyond clinical care

- You@UWP you.uwp.edu
- TogetherAll
- Care Hub by Mantra
- Navigate Hand raise feature
- New and improved website



HELPS STUDENTS

EXPLORE NOW



How can I find the link?

uwp.edu/selfhelp

Logins page

Canvas- Left Navigation

Navigate Resources

Use your UWP credentials



Free Online Mental Health Peer Community: Togetherall

Togetherall is a safe, anonymous, online community for mental health support.

16+

How can I find the link?

uwp.edu/selfhelp
Logins page
Navigate Resources

togetherall.com

The Care Hub by Mantra Demonstration

Dr. Liz Jodoin, Mantra Health

Mantra's Care Hub

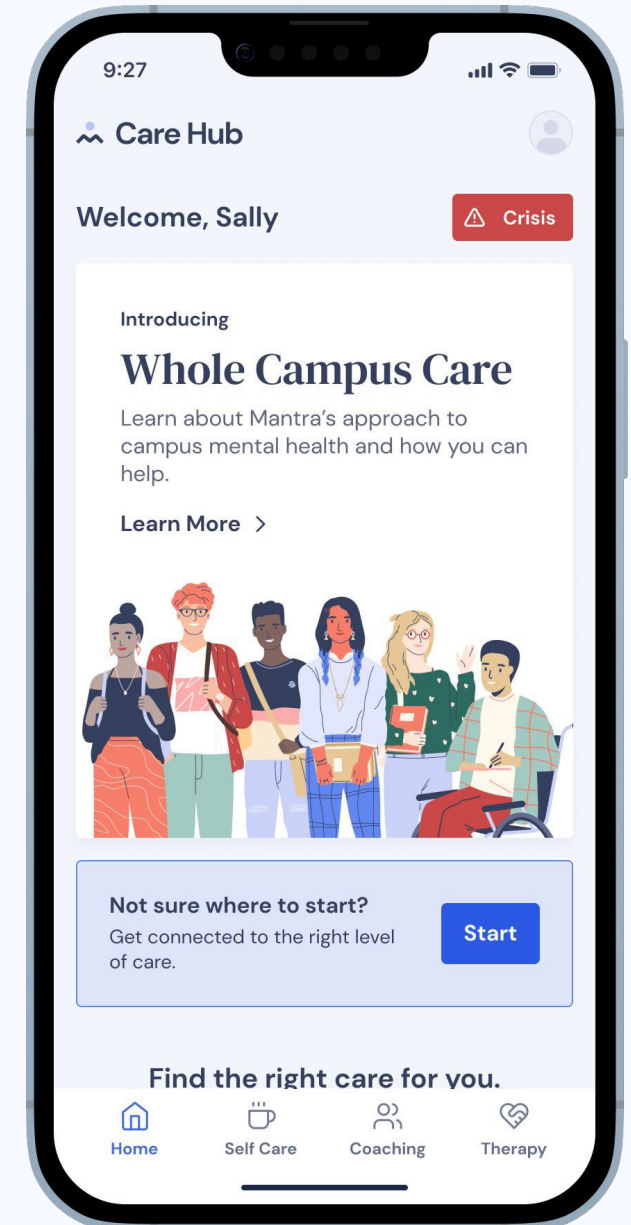
The Care Hub is the digital entry point for students accessible via desktop or mobile app.

Multiple access points:


1. uwp.edu/selfhelp
2. Logins page
3. Canvas- Left Navigation
4. Navigate App


*use your UWP credentials


Students may download the Mantra Health app via [Apple](#) or [Android](#) using their .edu email address to get started.





PROMOTE WELLNESS

 **Evidence-Based Content & Connection to Resources**
 Helping students get advice, take action and connect to navigate college on their terms





 **Self Care**
 Self-guided, evidence-based skills, designed to support transition and resilience.


 **Peer Support**
 Anonymous, online, 24/7 peer-to-peer mental health support community





PREVENT ESCALATION


 **Coaching**
 Eight week 11 wellness coaching for students seeking individualized care.

 **ConnectNow**
 Trained behavioral health professionals available on-demand for students' in-the-moment needs.

Therapy 
 Diverse, specialized providers are trained to work with the student population.

Psychiatry 
 Quality assessments, diagnoses, and treatments provided by psychiatric providers.

Specialty Care 
 Intensive outpatient programming (IOP) for students with complex and acute needs.

24/7 Crisis 
 Crisis providers available 24/7 via ConnectNow to provide immediate care to students.

EXPAND CARE

MANAGE CRISES

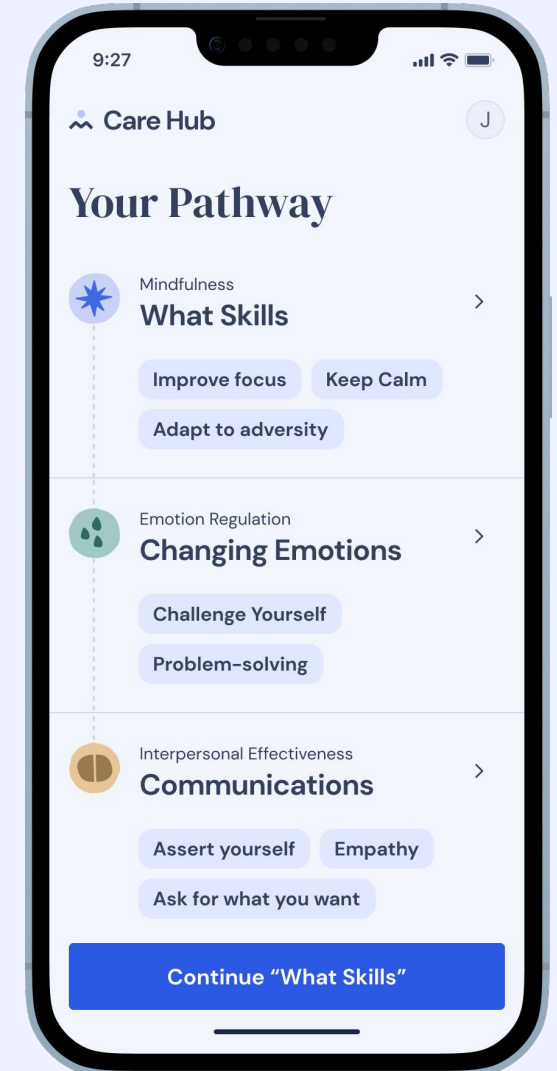
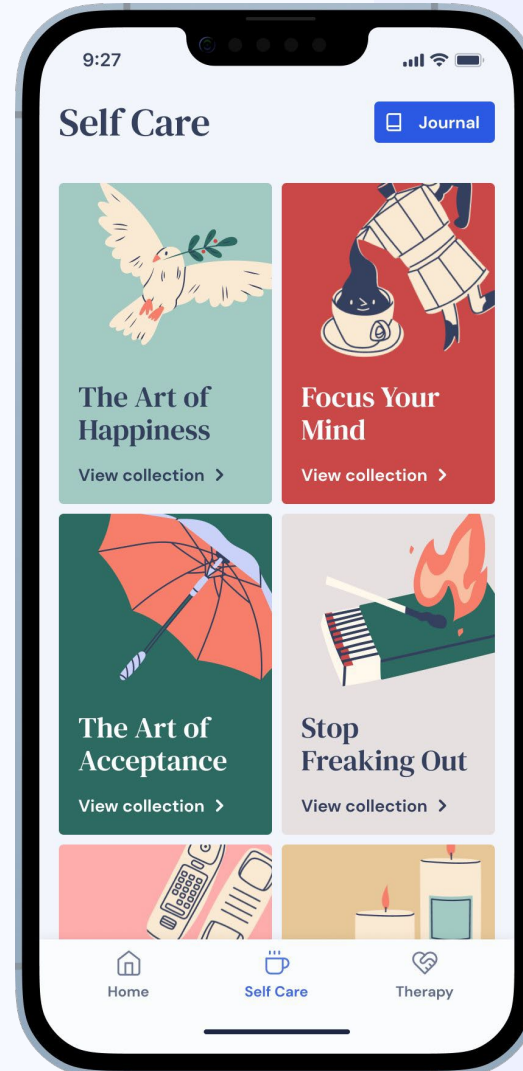
What's Included

Self Care

Self-guided, evidence-based life skills, designed to support transition and resilience.

Topics:

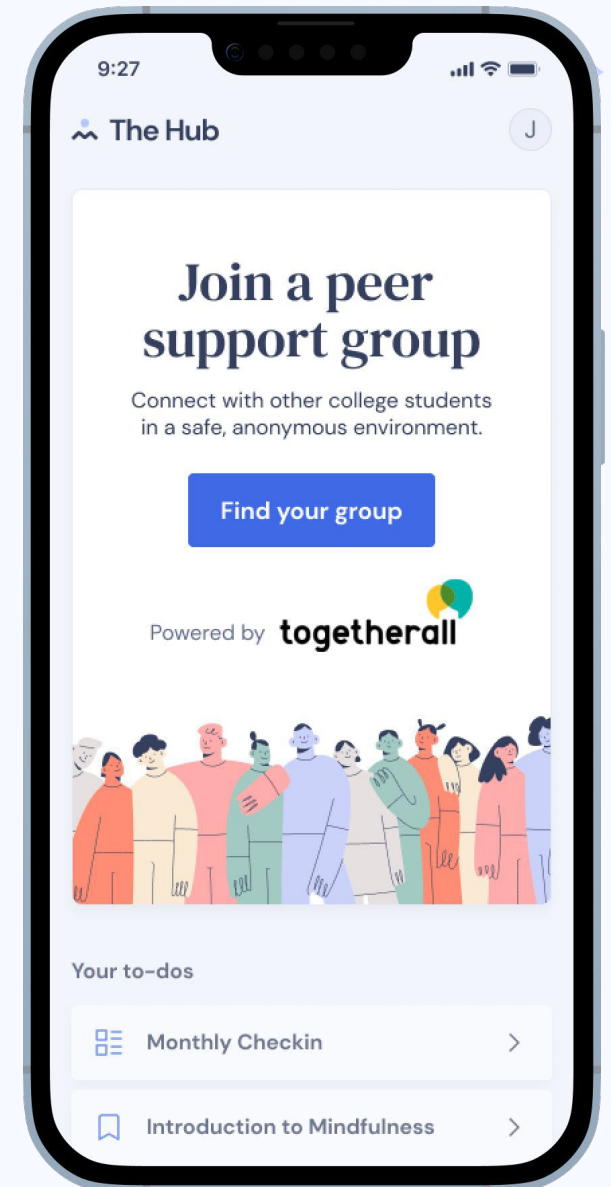
- ▶ Mindfulness
- ▶ Emotion Regulation
- ▶ Distress Tolerance
- ▶ Interpersonal Effectiveness.



Peer Support

An online peer-to-peer mental health support community powered by Togetherall, for students to seek and provide support in a welcoming, safe environment.

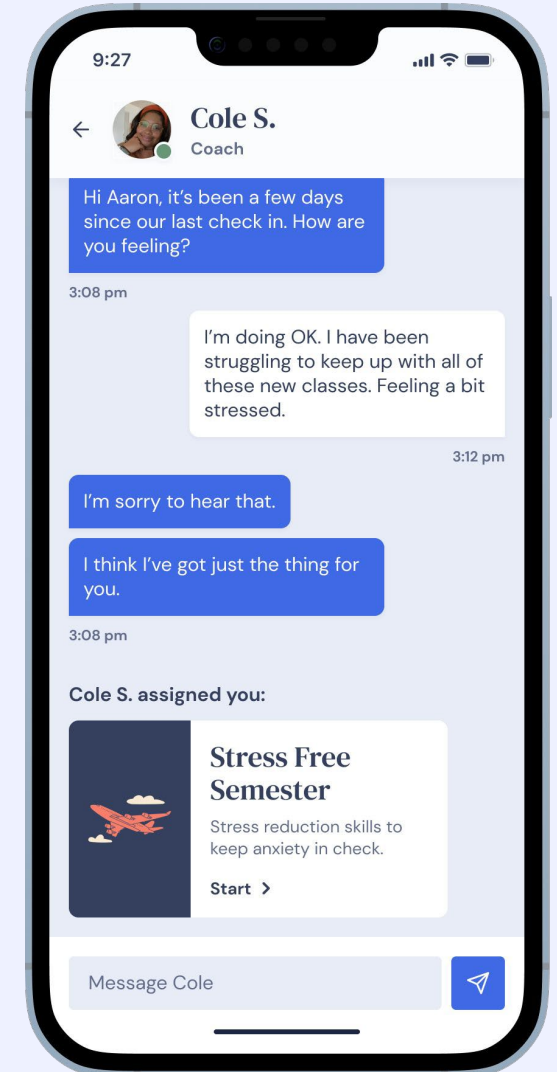
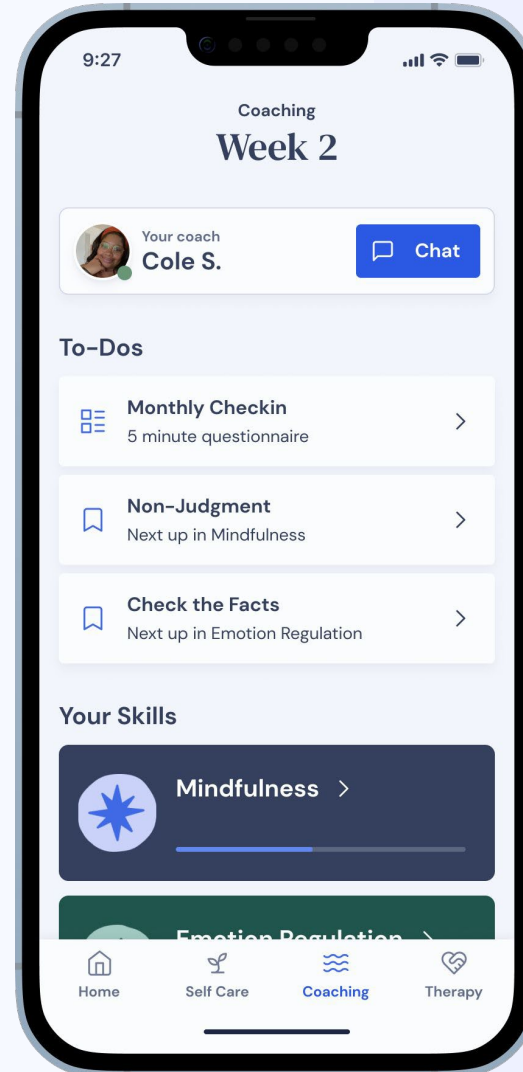
- Online, 24/7, and completely confidential
- Reach traditionally underserved and marginalized students
- Safely monitored by licensed and registered mental health practitioners
- Immediate risk-detection and clinical intervention, if needed



Coaching

A new paradigm in low acuity intervention building upon Self-Guided DBT Modules.

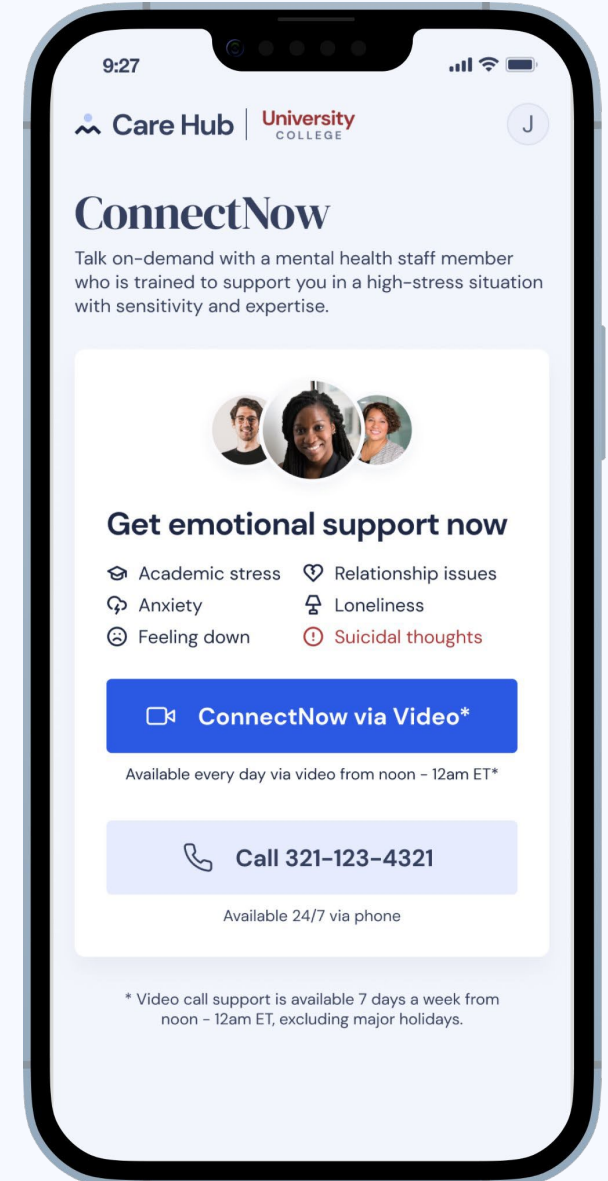
- ▶ 8 week, short term, goal-oriented experience
- ▶ Provides additional support and guidance to set and reach student's goals
- ▶ Reserving therapist availability for those who need it



ConnectNow

Trained behavioral health professionals available 24/7 for students' in-the-moment emotional needs and to de-escalate crisis situations.

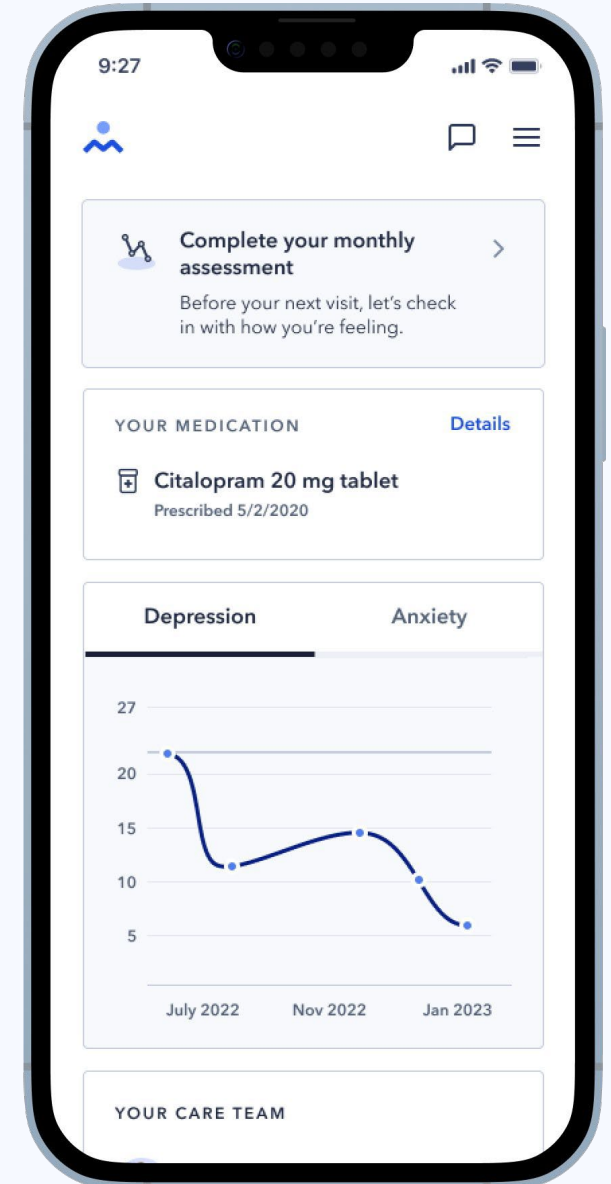
- Available by phone 24/7 in 30 seconds or less, and by video 12/7 in 10 minutes or less.
- Faculty and staff support for a student in need of services
- Reports are available for download in the Collaboration Portal within an hour of the session



Clinical Care

Therapy & Psychiatric telehealth providers extend the capacity and reach of your counseling center.

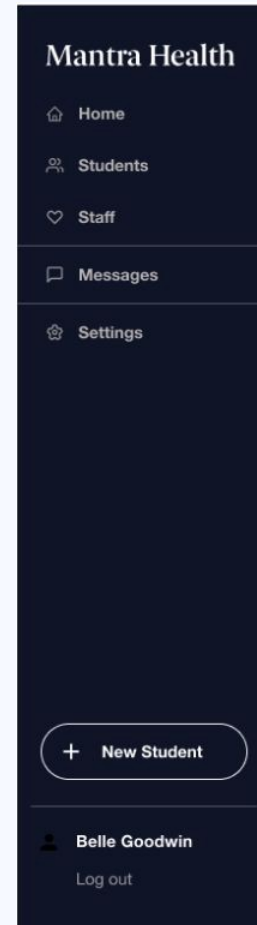
- 60 minute intake sessions
- 45 minute bi-weekly therapy sessions
- 12 therapy sessions per year
- Uncapped short-term psychiatry
- After hours and weekend appointments



Specialty Care

6-10 week virtual intensive outpatient program (IOP) includes 11 hours / week of evidence-based treatment

- Accessible from campus any time of day, including weekends
- No cost to school; services covered by student insurance



ENROLL NEW STUDENT

Select Referral Type

Virtual Therapy and/or Psychiatry

MANTRA HEALTH

Select

Virtual Intensive Outpatient Program

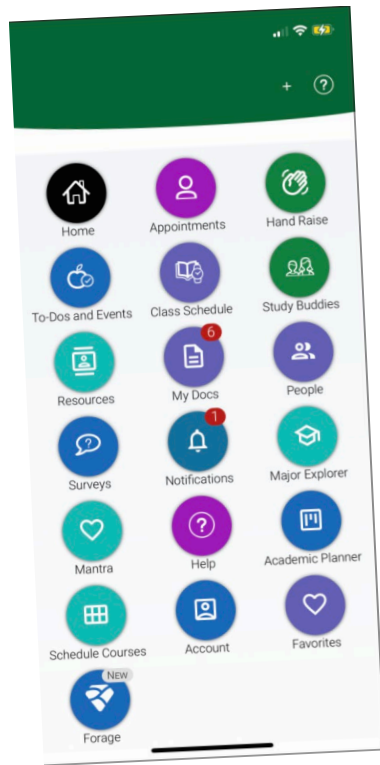
IN PARTNERSHIP WITH CHARLIE HEALTH

Evidence-based programs for young people in need of a higher level of support, with comprehensive, personalized treatment plans alongside peers with common goals. 100% virtual.

Select



Navigate App



- Hand Raise
- Mantra Health
- Campus and Community Resources

Faculty/Staff Resources



RED FOLDER

[Home](#) > [Live/University Life](#) > [Services](#) > [Student Health and Counseling Center](#) > Red Folder

| Translate |

Responding to students in distress

The *Red Folder* initiative is a guide to help faculty, staff and others who interact with students to recognize, respond effectively to, and refer a student as necessary.

<https://www.uwp.edu/live/services/studenthealth/red-folder.cfm>

**RECOGNIZE
RESPOND
REFER**

Suicide Prevention Training
for Faculty and Staff

[Recognize, Respond, Refer: Suicid...](#)
[Recognize, Respond, Refer: Su...](#)

A banner for suicide prevention training. It features a blue background with a green ribbon on the right. The text 'RECOGNIZE', 'RESPOND', and 'REFER' is stacked vertically in large, bold, sans-serif font. Below this, it says 'Suicide Prevention Training for Faculty and Staff'. At the bottom, there are two truncated links: 'Recognize, Respond, Refer: Suicid...' and 'Recognize, Respond, Refer: Su...'.
<https://uwpks.instructure.com/enroll/D3W6B4>

Navigate Adhoc Report

Turn to your Neighbor

What is one or two things you can do in your practice or classroom to increase awareness or encourage use of resources?

Questions?

Up Next

- 2:45 – 3:15 p.m. Refreshments and Tour the New Reflection & Multifaith Rooms, Molinaro D131-133
- 3:15 – 4:00 p.m. How to Encourage Belonging in the Classroom, Molinaro D-132 (all faculty and teaching staff)
- 4:00 – 4:30 p.m. First-Year Student Belonging Initiative Kick Off, Molinaro D-132
- 5:00 – ? p.m. PEAG biergarten event