Wellness, Resilience and Grit: A Comprehensive, Approach to Supporting Student Well-being

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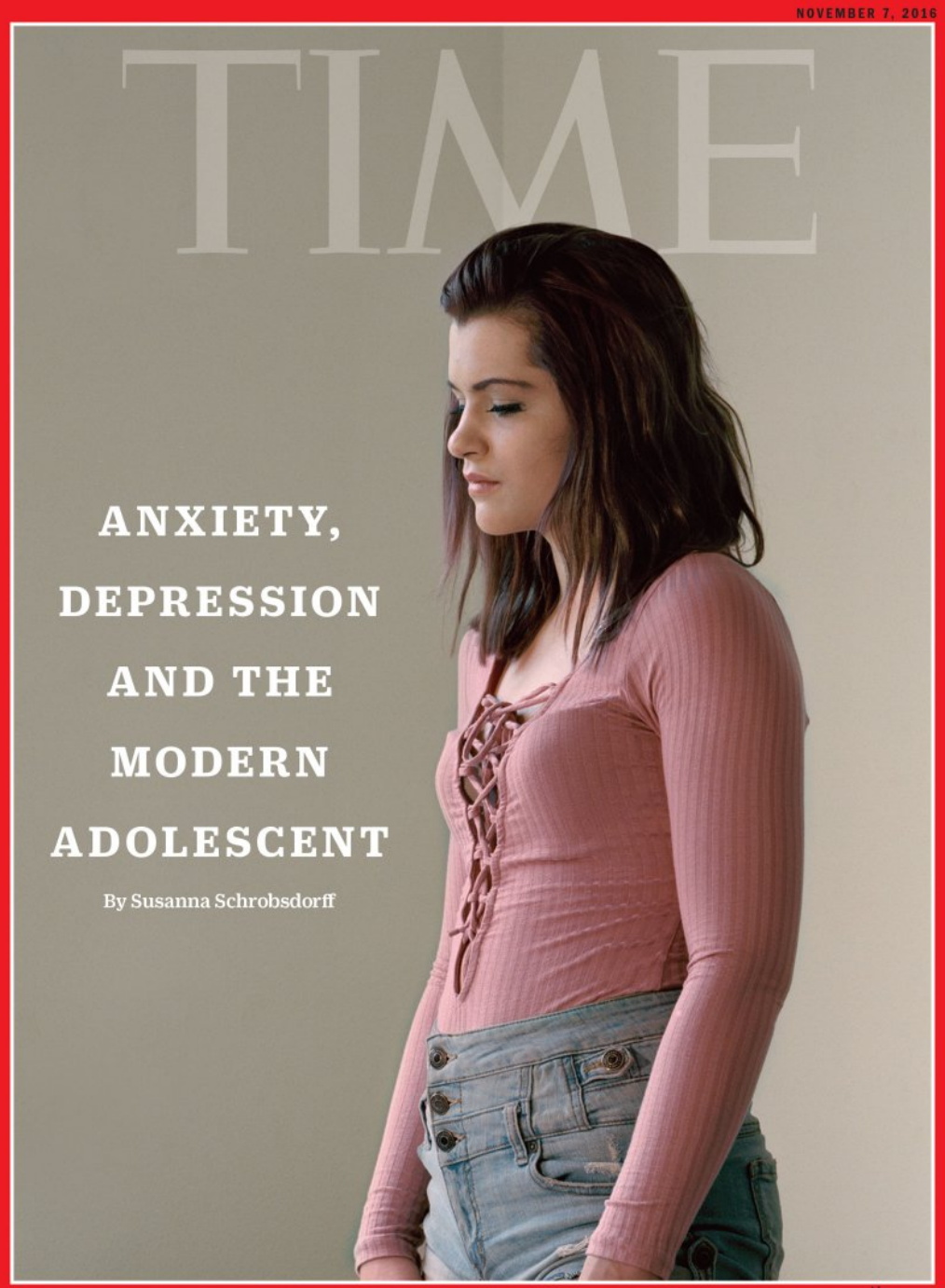
JED CAMPUS

Who We Are

- History

- The Jed Foundation is one of the leading nonprofits working to **protect the emotional health of teenagers and college students**. The goal of our programs is to inspire a **new national dialogue on mental health**, encouraging millions of young people to **speak up and take action**, and changing the way academic institutions **create healthier campus communities** and prevent substance abuse and self-harm.

The issue



The forecast for America's youth is bleaker than it should be

- Drug/alcohol accidents and suicide are the leading causes of death
- 1 in 5 have a mental health condition
- 46% did not receive treatment or counseling last year
- 1 in 8 young adults is disconnected – not working or going to school
- 76% turn to a peer for support when they are in distress

Sources: NAMI, SAMHSA, JED Harris Poll, 2017 County Health Rankings

Among our 21 million college students . . .

. . . at some point this year:

3 out of 5 felt overwhelming anxiety

1 out of 3 felt too depressed to function

1 out of 3 found their appearance traumatic

1 out of 3 binge drank regularly

1 out of 8 abused prescription drugs

2,205,000 had serious thoughts of suicide

1,533,000 cut or burnt themselves

336,000 attempted suicide

1,400 died by suicide

Source: ACHA-NCHA Survey 2016

Impact on Health & Safety

- 35% did something they later regretted
- 20% had unprotected sex and 2.5% non-consensual sexual contact
- 14% physically injured themselves
- 79% felt physically exhausted-not from exercise
- 6% engaged in non-suicidal self injury

Source: ACHA-NCHA Survey 2016

Campus Capacity

- Average of 10% of students seen at campus services
- Many very symptomatic students do not see themselves as having “psychiatric problems” (less likely to seek treatment)
- Many with adjustment issues and developmental issues may not need classic “treatment”
- Many in most serious risk may not present on their own anyway (e.g., isolated, early psychosis)
- 20% of campus suicides were seen at CC/80% no contact (A. Schwartz)

romoting Student Well-being

Wellness

- Emotional and physical health

Resilience

- The ability to face and overcome challenges, disappointments and setbacks

Grit

- Courage and resolve

JED's approach

JED'S Comprehensive Framework

We believe in a **comprehensive, public health approach** to **promoting emotional well-being and preventing suicide and serious substance abuse**.

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Develop and Support Life Skills

- Current students seem to lack resilience
- Groups/Workshops/On-line platforms taught by variety of faculty/staff:
  - Communication, relationship skills
  - Conflict resolution
  - Financial planning
  - Academic Skills – study skills/test anxiety/time management
- Sleep, hygiene, nutrition, exercise, general health and connection between wellness and academic performance

Connectedness and Support

- Loneliness single most reported struggle among first years
- Students turn to peers first
- Peer mentoring system
- wellness ambassadors
- Promoting connections with religious/cultural resources
- Intentional programming to promote connections among typically disconnected populations
- Programs to promote tolerance/inclusiveness
- Adequate spaces for students to gather organically/informally

Identify Students at Risk

- Collecting mental health and substance history from incoming students
- Connecting students with positive history to services
- Wellness/screening days conducted across campus by many
- Training on how to identify, reach out to and if needed, refer students who may be struggling
- Wide, targeted, strategic
- Behavioral Intervention/Care Teams
- (Electronic) reporting system
- Online resources for mental health and substance abuse screening, online CBT

Increase Help-seeking

- “No wrong door” for support – access across campus
- CC, HS, Health Promotion websites easy to find, resources cross-referenced
- Campus culture is open about mental health and value of help-seeking
- Online screening tools
- Peer mental health and substance education programs – designed and delivered by students
- Campaigns to combat stigma
- Student clubs and student involvement in promotion of mental health

Mental Health and Substance Abuse Services

- Access to broad array of services: mental health, health, substance abuse, health education
- Health services routinely screens for and treats mental health and substance issues
- Collaboration/close communication between CC and HS
- Medication management
- Emergency services coordinated with local resources, MOU's
- Naloxone policies: security, local EMTs, res life staff, known users
- Policy for prescribing opiates
- Education re: danger of combining opiates and alcohol

Crisis Management

- Policies to address:
  - LOA's – medical leaves, mandatory leaves, return from leave, AOD – clear and transparent, well publicized
  - Insurance
    - Health insurance
    - Tuition insurance
  - Parental notification
  - Medical amnesty
  - Postvention protocols – HEMHA Postvention Guide

Means Restrictions and Environmental Safety

- Environmental scanning done
- Roof, windows, balconies, atriums, closet rod safety
- Firearms policy
- Prescription drug monitoring and return
- Lab safety
- ‘Means Matters’: www.hsph.harvard.edu/means-matter

JED Campus

Empowering schools to enhance student mental health, substance abuse and suicide prevention efforts

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Critical Elements for Successful Outcomes

- Support of senior leadership
- Commitment to long-term strategic planning for sustainability
- A shared vision that student well-being is everyone's responsibility
- Diverse voices from various campus partners participating in the process

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JED Campus Journey

- 4 year program
- Campus wide team with support from senior leaders
- Pre-post JED Campus assessment and Healthy Minds Study
- Comprehensive Feedback Report
- Campus visit with JED subject matter expert
- Development of a strategic plan
- Ongoing technical assistance from a dedicated Campus Advisor
- Participation in the JED Campus Learning Community
- Data Analytic at post assessment measuring systems change via participation in JED Campus and the impact of that systems change on student outcomes
- Focus on sustainability to maintain gains made through the program

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JED CAMPUS Theory of Change: Mapping with Healthy Minds Survey

JED Campus DOMAIN	JED Campus Student Attitude		HMS Item	HMS Section	HMS Module
trategic Planning: crease in perceived ulture of care on ampus and help-giving behavior	1	Students experience a culture of caring and compassion on their campus	How much do you agree with the following statement? At my school, I feel that students' mental and emotional well-being is a priority.	Perception of campus climate	11
			How much do you agree with the following statement? At my school, I feel that the campus climate encourages free and open discussion about mental and emotional health.	Perception of campus climate	11
			How much do you agree with the following statement? At my school, students are working to promote mental health on campus.	Perception of campus climate	11
			How much do you agree with the following statement? At my school, the administration is listening to the concerns of students when it comes to health and wellness.	Perception of campus climate	11
			How much do you agree with the following statement? At my school, I feel that the campus environment has a negative impact on students' mental and emotional health.	Perception of campus climate	11
			How much do you agree with the following statement? There is a good support system on campus for students going through difficult times.	Knowledge and perceptions of campus services	9
	2	Students are more likely to give help when they see someone in distress	In the past year, I have intervened (by trying to help) in the following situations on my campus: (Select all that apply)	Upstanding	10
			How much do you agree with the following statement? When I intervened, I was able to make the situation better. (If you intervened in multiple situations, please consider them as a whole.)	Upstanding	10
			In the past year, I witnessed the following risky or difficult situations on my campus but did not intervene: (Select all that apply)	Bystanding	10
			I decided not to intervene because… (Select all that apply)	Bystanding	10

JED Campus Schools

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Pennsylvania College of Technology
Pitzer College
Pomona College
Princeton University
Radford University
Red Rocks Community College
Roger Williams University
Saginaw Valley State University
Saint Cloud University
Saint Francis University
Saint John's University
Saint Joseph's University
Saint Mary's College
Saint Peter's University
San Diego Mesa College
Santa Clara University
Savannah State University
School of the Art Institute of Chicago
Scripps College
Seattle Central College
Seattle University
Shawnee State University
Skidmore College
Southeastern Oklahoma State University
Springfield College
Stevens Institute of Technology
Stony Brook University
SUNY Albany
SUNY Binghamton
SUNY Cortland
SUNY Geneseo
The College of New Jersey
The New School
The Ohio State University
Tulane University
University of California, Davis
University of California, Los Angeles
University of California, Santa Barbara
University of Central Oklahoma
University of Detroit Mercy
University of Lethbridge
University of Massachusetts, Boston
University of Michigan Dearborn
University of Michigan Flint
University of Minnesota
University of Nevada, Las Vegas
University of New Hampshire
University of New Mexico
University of North Texas
University of Pennsylvania
University of Pittsburgh
University of Portland
University of Puget Sound
University of South Carolina
University of Science and Arts of Oklahoma
University of Tennessee Health Science Center
University of the Sciences
University of Vermont
University of Washington Bothell
University of Washington Seattle
University of Washington Tacoma
University of West Georgia
University of Wisconsin Madison
Virginia Commonwealth University
Virginia Military Institute
Virginia State University
Viterbo University
Wake Forest University
Walsh University
Washington College
Washington State University
Washington University in St. Louis
Wayne State University
Wentworth Institute of Technology
Western Washington University
Whatcom Community College
Wheaton College
Whitworth University
Wofford College
Xavier University
Yeshiva University

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Alfred University
Appalachian State University
Augusta University
Austin Peay
Azusa Pacific University
Barnard College
Boston University
Brandeis University
Butler University
California Institute of Technology
California Polytechnic, San Luis Obispo
California State University - Chico
Cameron University
Carleton College
Carnegie Mellon University
Case Western Reserve University
Central Michigan University - College of Medicine
Central Washington University
Chestnut Hill College
Claremont Graduate University
Claremont McKenna College
Cleveland Institute of Art
Cleveland Institute of Music
Cleveland State University
Colburn School
College of Charleston
College of William and Mary
Colorado College
Columbia University
Columbia University Medical Center
Connecticut College
Cornell University
Davidson College
Defiance College
Denison University
Drexel University
Fordham University
Fort Hays State University
George Mason University
George Washington University
Gonzaga University
Goucher College
Grand Rapids Community College
Hamilton College
Harvard University
Harvey Mudd College
Hocking College
Humboldt State University
Illinois State University
Juilliard
Kalamazoo
Keck Graduate Institute
Kent State (Main)
Kent State - Ashtabula
Kent State Geauga
Kent State - Salem
Kent State - East Liverpool
Kent State Tuscarawas
Kent State University at Stark
Kent State - College of Podiatric Medicine
Kent State - Trumbull
Laguardia Community College
Lake Washington Institute of Technology
Lakeland Community College
Loyola University New Orleans
Manhattan School of Music
Marygrove College
Massachusetts College of Art and Design
Massachusetts Institute of Technology
Monmouth University
Montana State University
Mott Community College
New York University
Northeast Ohio Medical University
Northern Arizona University
Northern Michigan University
Northwestern University
Notre Dame
Oakland Community College
Oklahoma State University Institute of Technology
Old Dominion University
Pace University
Pacific Lutheran University
Penn State Altoona

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Thank you.

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