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## State University System of Florida

### Student Mental Well-being: A Status Update

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# Evidence-Informed Campus Mental Health

*Campus Mental Health Action Planning Guide*\* recommends inclusion of evidence-informed strategies along a continuum of care.

1. **Universal Prevention:** Policies, protocols, environmental supports that support overall health & well-being
2. **Primary Prevention:** Reducing risk factors/building protective factors for all students
3. **Secondary Prevention:** Early identification, referral to care, & treatment; increase help-seeking behaviors
4. **Tertiary Prevention:** When continued care is indicated, reducing relapse & recurrence, & provision of after-care

\*The Jed Foundation & EDC Inc.; Institute of Medicine, 1994; National Research Council, 2009



# SUS Universal Prevention Strategies

Policies, protocols, environmental supports that support overall health & well-being

- Institutionalization of National College Health Assessment
- Creation of ACHA Healthy Campus Cross-Functional Task Forces  
---ACHA Healthy Campus Partners: FAU, FSU, UNF, USF
- Institutionalization of Mental Health Literacy Training for incoming students (USF)
- Relaxation Stations with biofeedback, meditation, yoga, group coaching
- Open Studio Art Therapy (UNF)



# SUS Primary Prevention Strategies

Reducing risk factors/building protective factors for all students

- FSU's Student Resilience Project
- Group counseling
- Health & wellness coaching (USF, FGCU)
- Easy access to confidential on-line self-help modules (TAO)
- Social marketing campaigns to target populations
- Signature events co-developed & sponsored by Student Government & other student organizations (UCF)
- Greater social media marketing of resources (e.g., apps)



# SUS Secondary Prevention Strategies

Early identification, referral to care, & treatment; increase help-seeking behaviors

- Literacy Training for faculty, staff & students
- First Aid Trainings
- Institutionalization of Behavioral Intervention Teams
- Extended hours & satellite wellness centers (USF)
- “WALK-IN” or crisis visits
- Single session therapy (FGCU)
- ProtoCall or other live phone counseling services outside normal business hours



# SUS Tertiary Prevention Strategies

When continued care is indicated, reducing relapse & recurrence, & provision of after care

- Care Coordinators to provide wrap-around care
- TAO as part of therapy & other on-line applications & services
- Intensive treatment programs:
  - Eating Disorders
  - UNF's THRIVE program for students with Autistic Spectrum Disorder
  - Group Success & Wellness Coaching for students with ADHD
  - Campus Recovery Groups



# Lessons Learned & Next Steps

- Systems-thinking, addressing a continuum of care is paramount
- Cross-functional teams with faculty, staff, & students promotes success
- Continuous monitoring of services & needs are integral for establishing & maintaining the most efficient & effective services, resources, & programming for students
- Key administrators, staff, & students from all campuses should meet to share programming, research, new initiatives, & collaborate
- Address the co-morbidity of mental health issues with AOD use



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