



Mental Health Enhancement Plan Final Update

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Need to Expand Counseling Services



The percent of college students reporting experiencing anxiety & depression continues to **increase**

	2014	2019	% change
Anxiety	54%	66%	+82%
Depression	33%	45%	+72%

Source: American College Health Association National College Health Assessment, Spring 2014 and 2019 Reference Group Executive Summaries

Timeline



2015 Information Brief to the Board

Board Legislative Budget Request #1

2016 Mental Health Overview to Board

Board Legislative Budget Request #2

2017 Mental Health Enhancement Plans

Mental Health Enhancements: Achieved



Additional Staff Hired

- Case Managers
- Counselors
- Health & Wellness Coaches
- Outreach Specialist
- Psychiatrists
- Psychologists
- Social Workers

Increased Access to Services

- Extended hours
- Community providers
- Online services

Enhanced Mental Health Training

- Kognito
- Clinical training
- RESPOND
- Mental Health-First Aid
- Social Marketing

Expanded Services

- Coaching services
- Biofeedback stations
- Hypnotherapy
- On-line self help modules
- Specialized programs e.g., Let's Talk

Additional Counseling Staff



2017

**Projected New Staff Hires in Mental Health
Plans by 2020-21**

105

2019

**Number of
Staff Hired
85**

**Hires in
progress
22**

Total Staff Hired or Projected by 2020-21

107



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