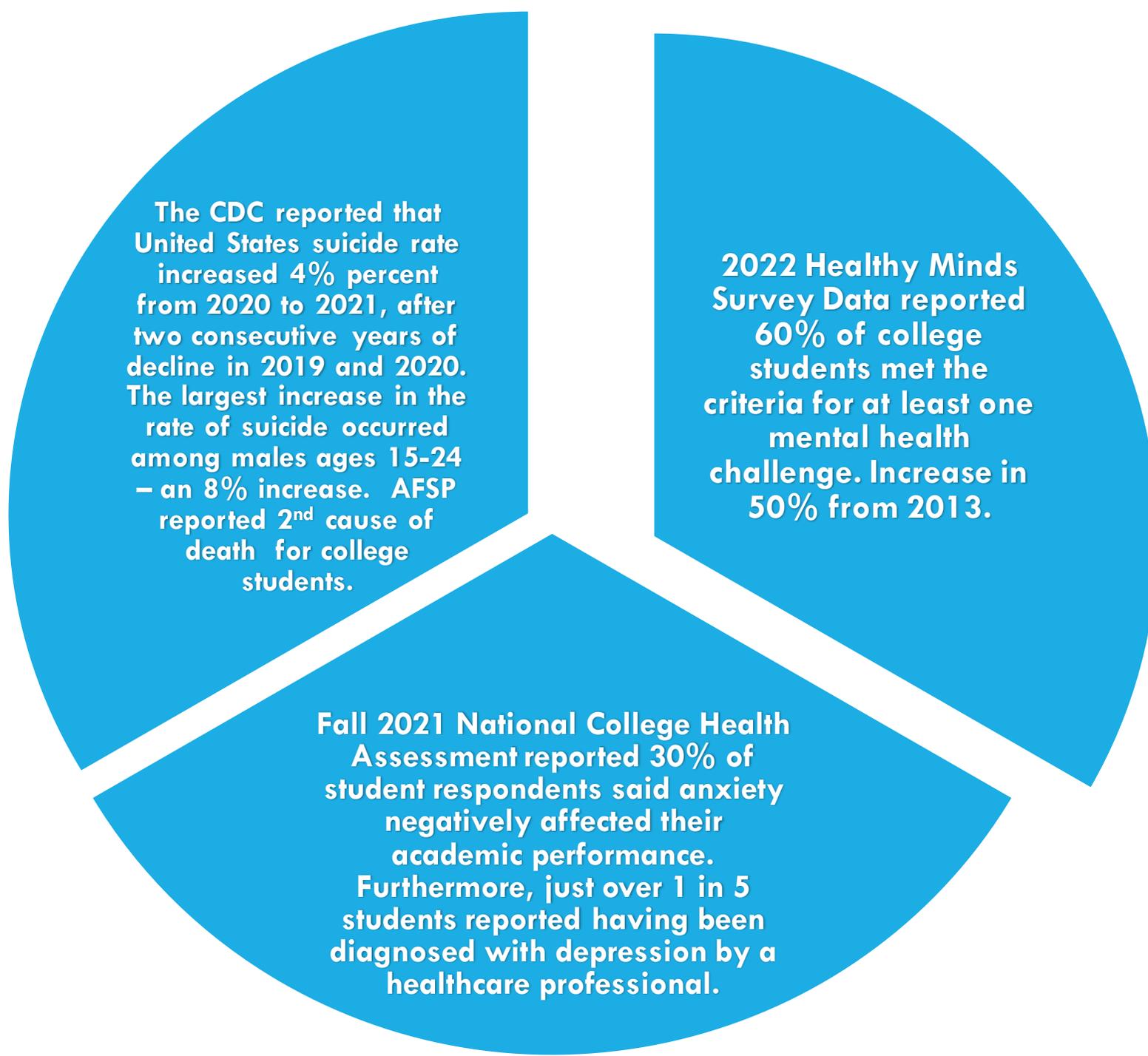


Meredith Yuhas, PhD, LPC, NCC, ACS
Director of Mental Health & Wellness
February 21, 2023



MENTAL HEALTH AND WELLNESS

MENTAL HEALTH NEEDS



FIRST 6 MONTHS

AUGUST 2022 - PRESENT

Review of all existing Mental Health and Wellness services and resources of each campus

Timely Care Services and Data

Counselor Collaborative: Counselor Handbook and ERS

Vision and Plan

Campus Visits

Mental Health and Wellness: Mission, Vision, Values, Goals and Strategic Plan Drafted

JED Strategic Plans

Healthy Minds Data

Workgroups to implement recommendations

MENTAL HEALTH AND WELLNESS VISION AND PLAN

Meredith L. Yuhas, PhD, LPC, NCC, ACS



Campuses that are already in alignment will continue their existing services.

Each campus will progress with their own timetable based on resources.

Consistent and equitable mental health services across all 12 campuses.

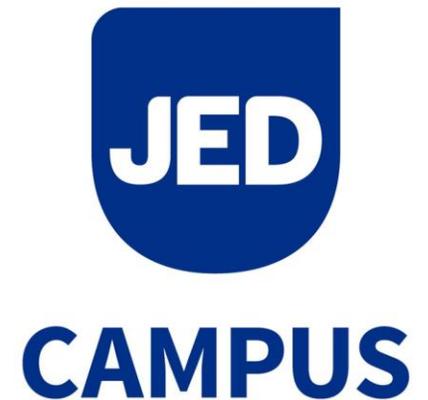
CSCU SYSTEM-WIDE INITIATIVE

An intensive 4-year collaboration between JED and key stakeholders from across the CT State campus community to assess and strengthen mental health, substance abuse and suicide prevention systems on campus.

1. Campus Self-Assessment
2. Health Minds Survey (1st year)
3. Campus Visits
4. Strategic Plans Recommendations
5. Implementing the plans
6. Second Healthy Minds Survey (3rd year)



68% CT State students needed mental health support in the past year

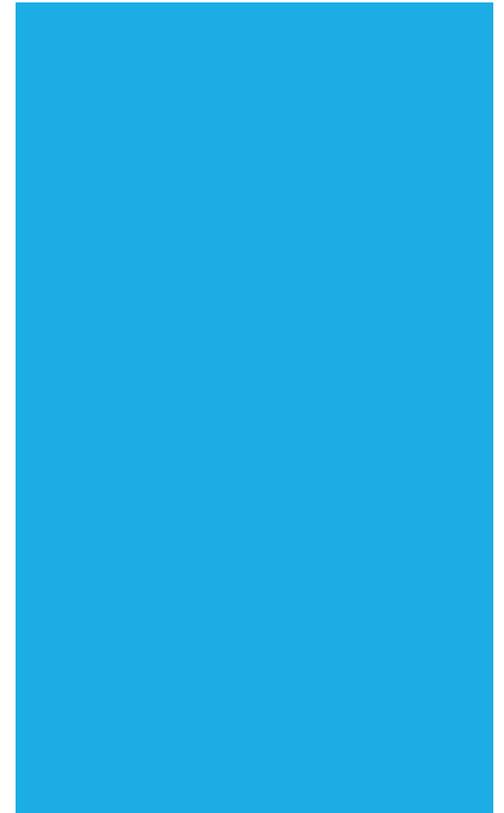


INCREASING STAFF

1. Hiring a Director to oversee efforts across all campuses
2. Every campus will have 1-2 full-time Licensed Mental Health Counselors
3. Hiring 7 new Mental Health Counselors by July 2023

Counselors will:

- Coordinate all mental health and wellness efforts on their campus
- Provide short-term on-campus treatment
- Crises response
- Preventative Wellness Programming
- Training for Employees
 - 5 Counselors Became Train the Trainers for MHFA Training
- Oversee Peer Education program
- Supervise Graduate Trainees



TIMELY CARE

- 47% of CT State students who accessed Timely care were between the hours of 5:00 p.m. and 9:00 a.m.
- Talk Now (on demand support) is the most used service



timelycare.com/ctstate

Download the TimelyCare App:



It's for Students.

FOR FREE.

 @timelycare

 @timelycare

 @timely_care

24/7 Mental Health Care

- 12 (45 Minute) Scheduled Counseling Sessions
- Talk Now on-demand access
- Self-Care Journeys

24/7 Medical Care

- Medical Now
- Scheduled Medical Appointments
- Health Coaching
 - Nutrition
 - Meal planning
 - Healthy eating behaviors
 - Healthy body image
 - Weight management
 - Sleep habits
 - Positive thinking
 - Resiliency

RESOURCES

WEB PAGE

- Students
- Screenings  MindWise
INNOVATIONS
- Custom Direct Referral Resources
 thrivingcampus
- Comprehensive, Campus, Local, State and Federal Resources List



FACULTY AND STAFF



- Responding to Students in Distress
- Understanding BIT Teams and the Use of Tell Somebody Reports
- **FAMILY AND FRIENDS**



50% of CT State students feel
disconnected from campus life
Healthy Minds Survey



PEER COMMUNITIES

GRADUATE TRAINING PROGRAM





QUESTIONS
