



Caring for the Well-Being Needs of your Campus Community

Emily Pettit
The Virtual Care Group
Vice President of Strategic
Partnerships



THE VIRTUAL
CARE
GROUP

**Telehealth Made
Easy for Higher Ed**



Understanding the Problem

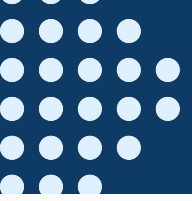
Campus Well-Being Issues

- **Living a Curated Life:** social media saturation, 24-7 access, news, Tik Tok
- **Polarization of Societal Opinions:** economics, gender issues (overturning of Roe), climate change, political divisiveness, racial justice
- **Violence:** Increase in witnessed traumatic events, mass shootings
- **Marginalized Populations:** oppression and greater rates for victimization
- **Financial Stressors:** equity gaps in pay, education, housing, health care, inflation
- **Sexual Harassment & Sexual Assault, Me Too Movement**

Contributes to an increase in high-risk behaviors as coping mechanisms: substance misuse, poor nutrition, sleep disruptions, anxiety, self-harm



Student Well-Being and the Impact from the Pandemic



Education Secretary Dr. Miguel Cardona

University of California, Riverside 5/19/2022

“The pandemic has exposed students from all ages to **trauma, from the loss of loved ones to financial hardships to social isolation and learning disruptions.**

In discussions with students across the country, they’ve been honest with me: **they need better mental health resources on campus.”**

UNC Takes Day Off to Mourn Student Suicides

The Chapel Hill chancellor declared Tuesday a “wellness day” following the deaths of two students. But some say the administration must do more to improve mental health on campus.

By [Maria Carrasco](#) // October 13, 2021

‘An Assault on Many Fronts’

Students, parents, employees and administrators at historically Black colleges and universities are wrestling with the mental health challenges caused by repeated bomb threats.

By [Sara Weissman](#) // April 8, 2022

1/31/22, 12:34 PM

U.S. Surgeon General Issues Advisory on Youth Mental Health Crisis Further Exposed by COVID-19 Pandemic | HHS.gov

HHS.gov

U.S. Department of Health & Human Services

Home > About > News > U.S. Surgeon General Issues Advisory on Youth Mental Health Crisis Further Exposed by COVID-19 Pandemic

FOR IMMEDIATE RELEASE

December 7, 2021

Contact: HHS Press Office

202-690-6343

media@hhs.gov (mailto:media@hhs.gov)

U.S. Surgeon General Issues Advisory on Youth Mental Health Crisis Further Exposed by COVID-19 Pandemic

STUDENT MENTAL HEALTH

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Katie Meyer’s Suicide Put the Spotlight on Student Discipline. Experts Say Mental Health Is the Larger Issue.

By [Kate Hidalgo Bellows](#) | MARCH 11, 2022

INSIDE HIGHER ED

Published on *Inside Higher Ed* (<https://www.insidehighered.com>)

Home > Care Suffers at Counseling Centers With High Caseloads

Care Suffers at Counseling Centers With High Caseloads

Submitted by Maria Carrasco on January 27, 2022 - 3:00am

Campus counseling centers with lower student caseloads provided more mental health care to students across the board than high-caseload centers, according to a [new report](#) [1] from the Center for Collegiate Mental Health at Pennsylvania State University.

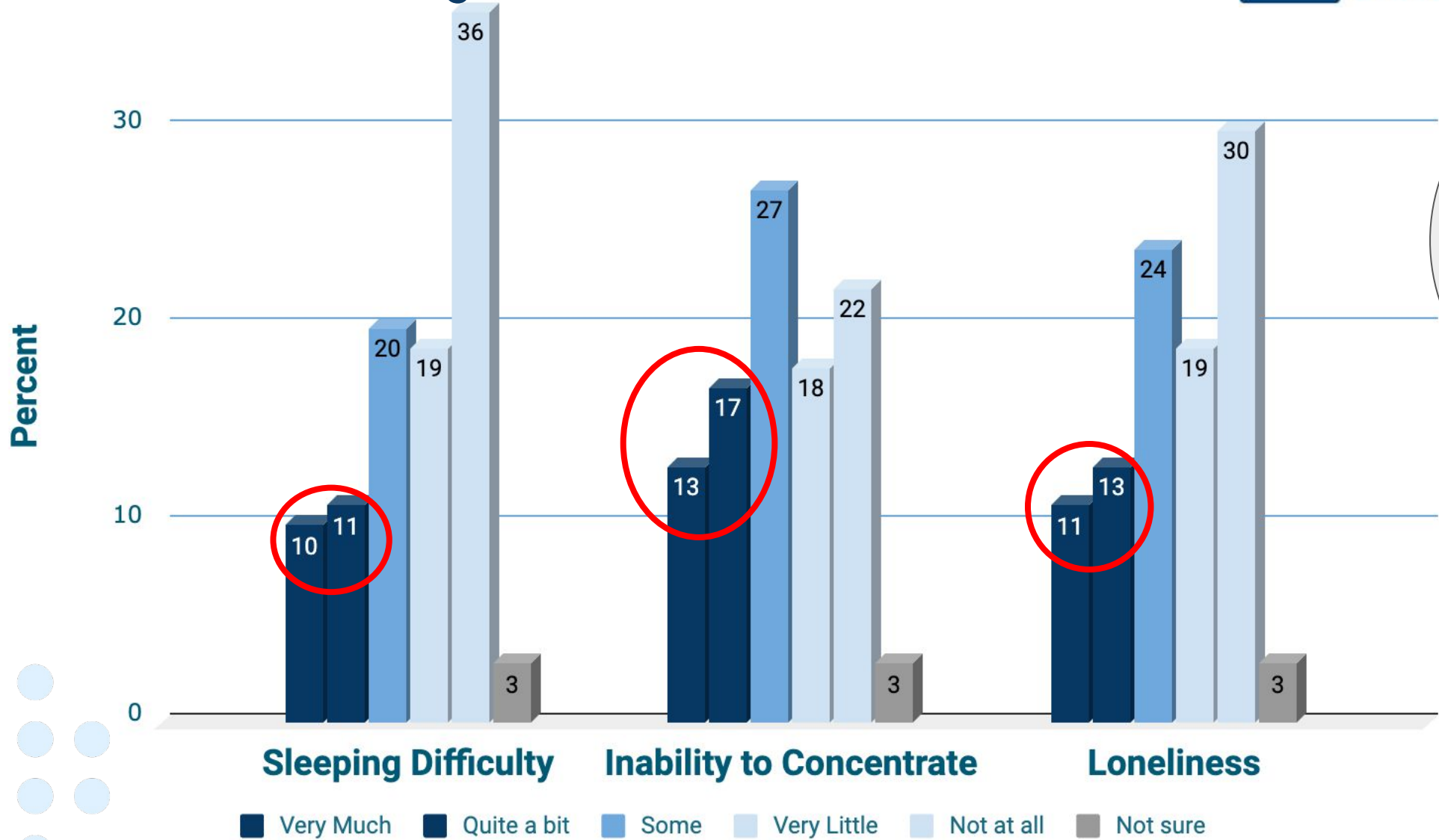
#News

Accommodating Mental Health

The national mental health crisis plaguing colleges is stretching disability support offices, where more students are registering psychological disorders to receive classroom accommodations.

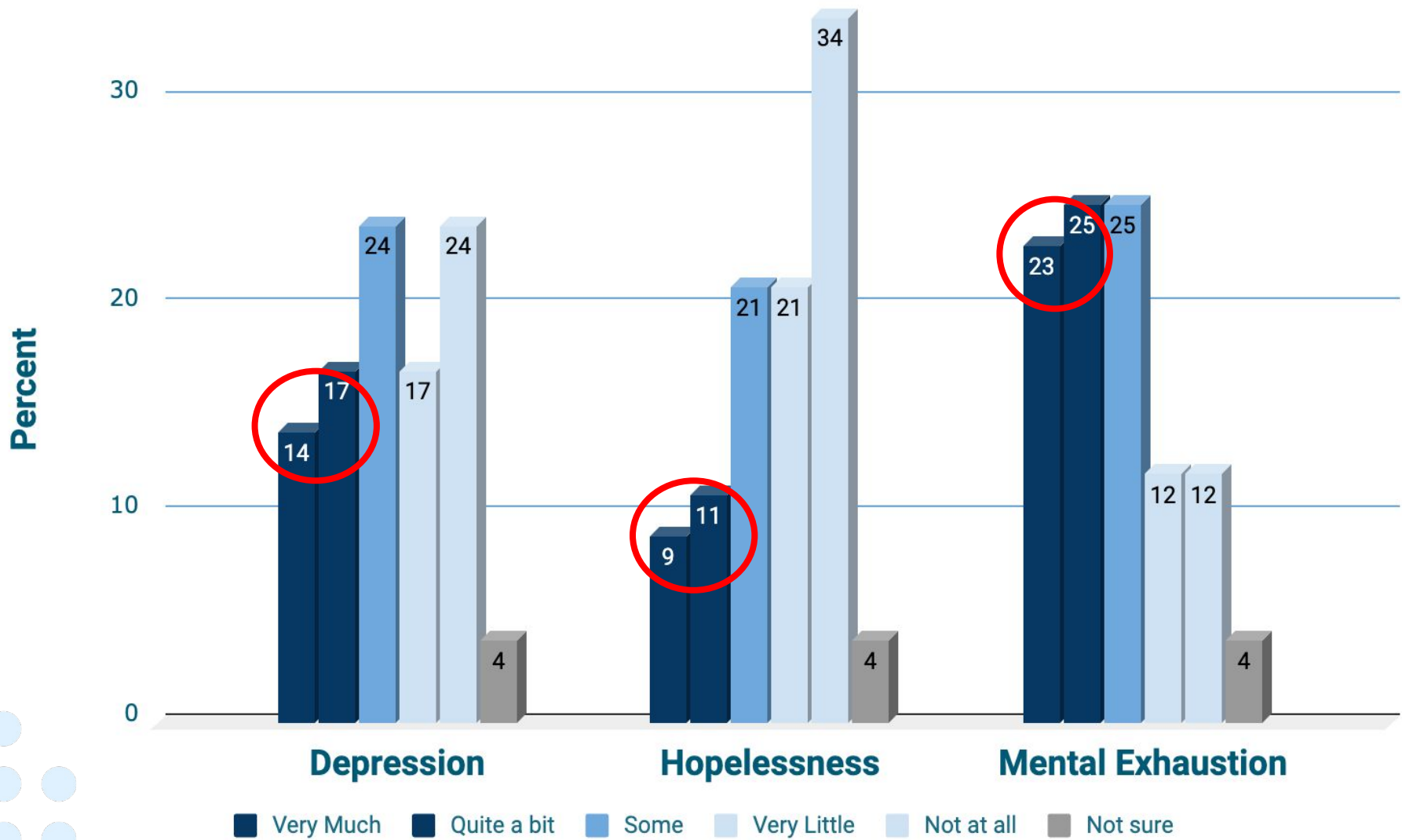
By [Susan H. Greenberg](#) // May 3, 2022

FA2022: As a result of the Covid 19 pandemic, to what extent, if any, have you experienced an increase in the following?

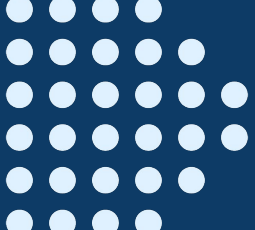


> 45,000
students
completed the
survey
(8/22-10/22)

FA2022: As a result of the Covid 19 pandemic, to what extent, if any, have you experienced an increase in the following?



> 45,000
students
completed the
survey
(8/22-10/22)



*What student well-being concerns
are you seeing on your campus?*



Faculty and Staff Wellbeing

THE ROLE OF FACULTY IN STUDENT MENTAL HEALTH

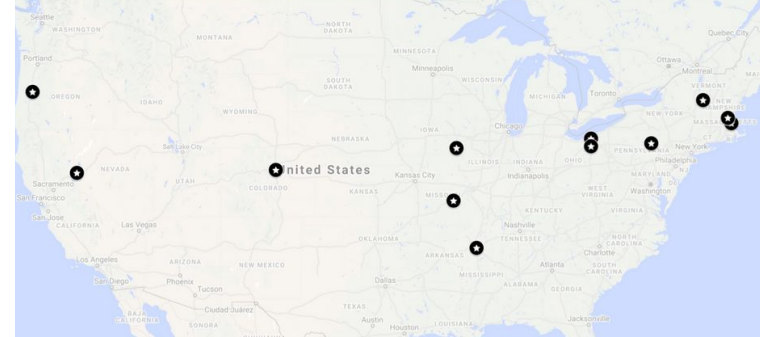


Boston University School of Public Health



Pilot study

- 1,685 faculty at 12 institutions



Data collected through Qualtrics:

- January - March 2021

Four survey sections

- Faculty characteristics
- Faculty knowledge and attitudes
- Faculty experiences related to student mental health
- Faculty mental health and wellbeing

<https://marychristiefoundation.org/resources/first-of-its-kind-survey-on-facultys-response-to-student-mental-health-provides-key-takeaways-for-colleges-in-addressing-campus-mental-health-crisis>

Faculty – Mental Health and Well-Being

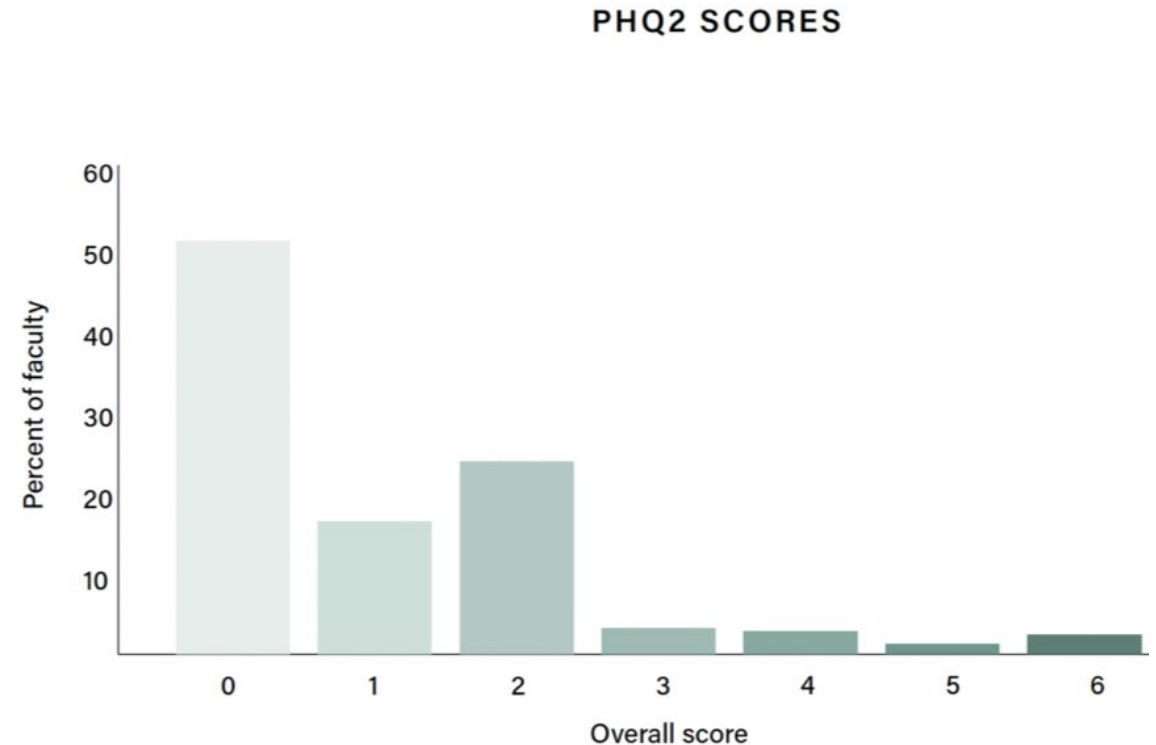
- 79.3% of faculty report having 1:1 conversations (phone, video or email) with students regarding mental health in the past 12 months
- 21% Strongly Agree/ Agree that supporting students in mental/emotional distress has taken toll on their own mental health

Credit : Presentation by Dr. Sarah Ketchen Lipson, Assistant Professor, Boston University School of Public Health; Principal Investigator, The Healthy Minds Network; TICUA Mental Health Summit, 2022

<https://morychristiefoundation.org/resources/first-of-its-kind-survey-on-facultys-response-to-student-mental-health-provides-key-takeaways-for-colleges-in-addressing-campus-mental-health-crisis>

Faculty – Mental Health and Well-Being

- 50% of faculty report at least one symptom of major depression. (PHQ2 screening)
- Only 30% Strongly Agree/ Agree that they know what mental health resources are available for faculty at their institutions
- 46% Strongly Agree/ Agree their institution should invest more in supporting faculty mental health and wellbeing



Credit : Presentation by Dr. Sarah Ketchen Lipson, Assistant Professor, Boston University School of Public Health; Principal Investigator, The Healthy Minds Network; TICUA Mental Health Summit, 2022



Our Nation's Current Workplace Landscape

Recent surveys suggest...

76%

of U.S. workers reported at least one symptom of a mental health condition.

Source:

[Mind Share Partners' 2021 Mental Health at Work Report](#)

84%

of respondents said their workplace conditions had contributed to at least one mental health challenge.

Source:

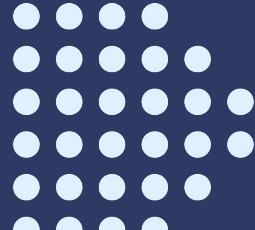
[Mind Share Partners' 2021 Mental Health at Work Report](#)

81%

of workers reported that they will be looking for workplaces that support mental health in the future.

Source:

[APA's 2022 Work and Well-being Survey results](#)



*What well-being concerns are you
seeing among faculty and staff?*



Getting Started; Free Resources

Where To Start?

- Simply start the conversation!
- Identify campus partners
- Start small
- Access Free Resources

30 day Self Care Wellness Challenge

GO FOR A WALK	SLEPT IN	HAD COFFEE WITH FRIENDS	UNFOLLOW NEGATIVE SOCIAL MEDIA ACCOUNTS	MEDITATED
TOOK A YOGA CLASS	TRIED A NEW RESTAURANT	CANCELLED PLANS/MADE PLANS	GOT A MASSAGE	TOOK A BATH
TOOK A MENTAL HEALTH DAY	DRANK WATER	STARTED A NEW BOOK	WENT TO BED EARLY	CLEANED OUT YOUR CLOSET
COMPLIMENT-ED SOMEONE	GOT 8 HOURS OF SLEEP	WATCHED YOUR FAVORITE MOVIE	TOOK A NAP	TRIED A NEW WORKOUT CLASS
TOOK A MENTAL HEALTH DAY	WROTE DOWN YOUR GOALS	LISTEN TO A NEW PODCAST	STARTED A GRATITUDE JOURNAL	PUT YOUR PHONE ON SILENT
SAID NO	SET A NEW BOUNDARY	BUY YOURSELF FLOWERS	WATCH A SUNRISE	SCHEDULE A DATE NIGHT



Our Stories



Shannon McCreesh

21 years old



It may seem like everyone knows exactly what they're doing in college, but the reality is, no one does. Once you start accepting the fact that you do not have to have anything figured out, the burden you're carrying gets lighter.



Imaan Siddiqi

20 years old



College is what you make of it... there is no cookie cutter experience. Do things in a way that makes sense to you and if someone thinks you won't succeed, prove them wrong.



Brian Thomas

24 years old



Stressing out over assignments and exams drove me to isolate myself and not ask for help. If I could do it over, I would tell myself to ask for help and collaborate with others as much as possible to feel less alone and supported during those anxious college years.



Bruny Kenou

24 years old



My advice is to take note and find what makes you feel more centered, and combine it with mental health resources that are available to you to maximize your wellness when you feel off-balanced. Once you are centered, the good academic performance is likely to follow.



Lalima Saini

19 years old



College was a terrifying new adjustment, but it was also the place that gave me opportunities to better my mental health. Coming from an environment where discussions of seeking professional help were frowned upon, taking advantage of on campus counseling resources opened up new avenues for me and my self-advocacy.



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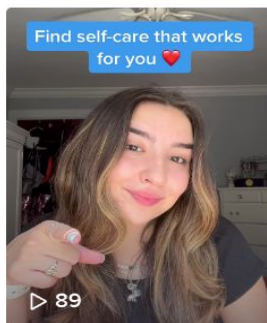
Protecting emotional health & preventing suicide

Visit jedfoundation.org/help

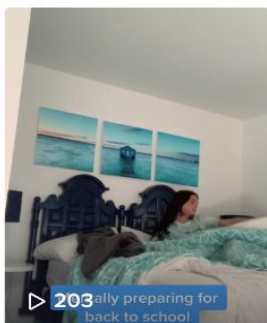
jedfoundation.org

Videos

Liked



You are not alone if you...



Get #schoolready with ...



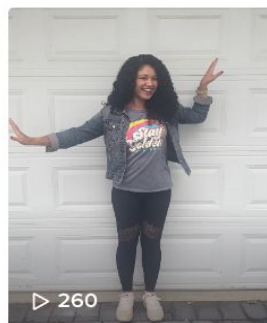
What's your go to activit...



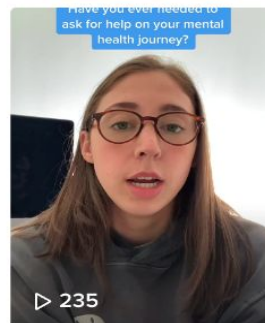
What do you do when y...



How have you found joy...



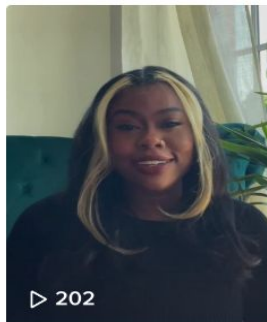
For ...



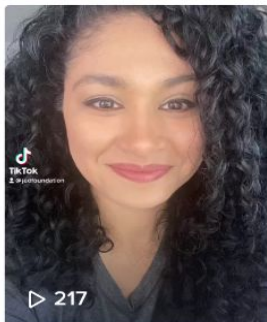
Reaching out for help fo...



Connecting with others ...



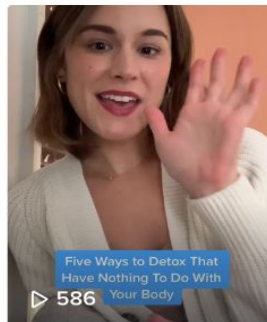
May is #MHAM! Some y...



It's ...



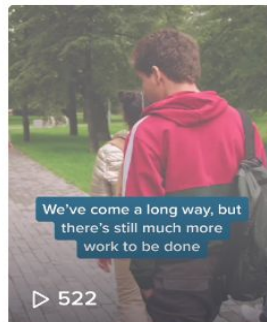
Practice ...



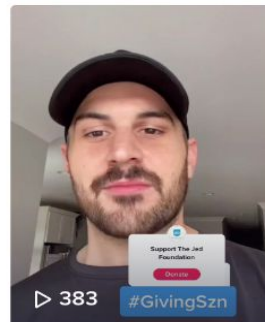
Mental health detox > Di...



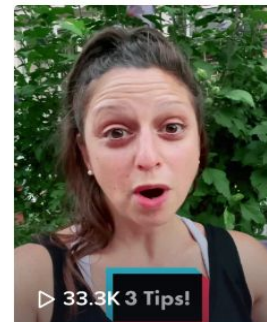
Find #community in you...



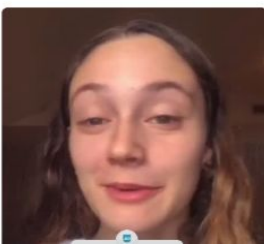
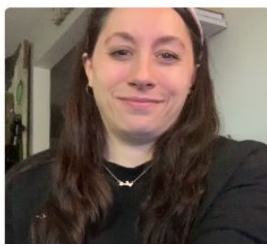
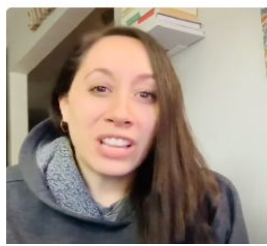
We're on a mission to h...



Thank you @rod for usin...



Check out these 3 great...





Our Work ▾

Get Involved ▾

Support Us ▾

About Us ▾

Hope for young LGBTQ lives starts here.

We believe LGBTQ young people deserve a welcoming, loving world. And we wake up every day dedicated to making that a reality.

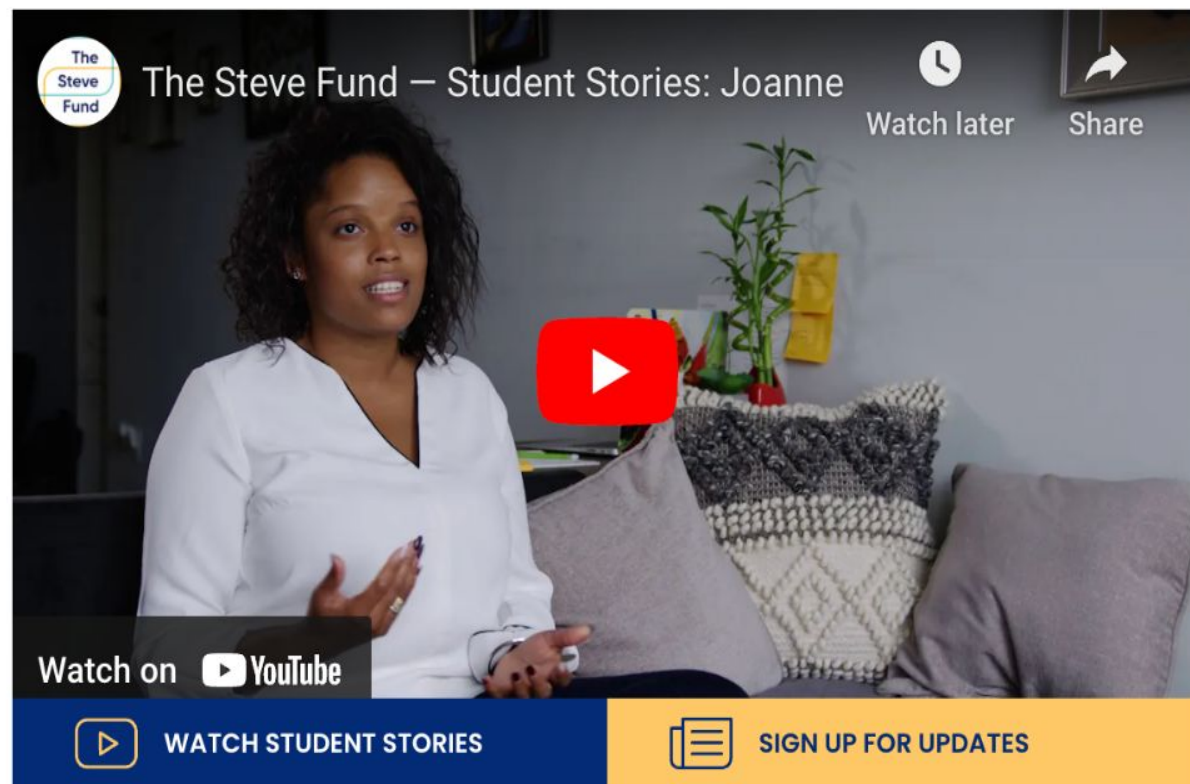


About the Steve Fund

The Steve Fund is dedicated to supporting the mental health and emotional well-being of young people of color.

Right at this moment, there are young people of color who are failing academically, suffering emotionally, and/or in some cases are facing serious risk, because population-specific factors influencing mental health are too poorly understood and not acted upon. We are taking action.

[LEARN MORE →](#)



Faculty Guide to Supporting Student Mental Health

How to create a culture of care on campus



FIVE THINGS TO SAY TO A STRUGGLING STUDENT

- ◆ "I noticed you missed class a few times. What's going on for you?"
- ◆ "You seem really tired in class lately. How are you doing these days?"
- ◆ "I'm so glad you told me about this. Let's brainstorm how we can get you support."
- ◆ "That sounds really hard. It makes sense that you are struggling. Let's figure out what on-campus supports can help you right now."
- ◆ "I've worked with the counseling center, and I think they could help. Let's walk over together."



The Jed Foundation

HOW TO REACH OUT TO A STUDENT WHO MAY BE STRUGGLING

- ◆ Find a way to speak privately.
- ◆ Tell them what you are observing that concerns you.
- ◆ Ask open-ended questions about how they are doing.
- ◆ Let them know you are here to listen and connect them to support if they need it.
- ◆ Share campus resources and ask if they need help accessing them.



The Jed Foundation

HOW YOU CAN SUPPORT STUDENTS THROUGH END-OF-YEAR STRESS

- ◆ **Acknowledge** that the end of the year can be a stressful time.
- ◆ **Tell students they can come to you** if they are struggling or just want to talk.
- ◆ **Assign self-care** such as going for a walk, getting eight hours of sleep, spending time in nature, sitting down with a cup of tea, or talking to a friend.
- ◆ **Model self-care** by sharing what you are doing to manage end-of-year stress.
- ◆ **Check in** with a student you're worried about.



The Jed Foundation

A STUDENT IN YOUR CLASS MAY NEED MENTAL HEALTH SUPPORT IF THEY ARE:

- ◆ Missing assignments.
- ◆ Repeatedly absent.
- ◆ Not doing as well academically.
- ◆ Participating in class less.
- ◆ Excessively fatigued.
- ◆ Showing poor personal hygiene.
- ◆ Behaving inappropriately or in an exaggerated way.
- ◆ Turning in assignments with alarming or worrisome content.



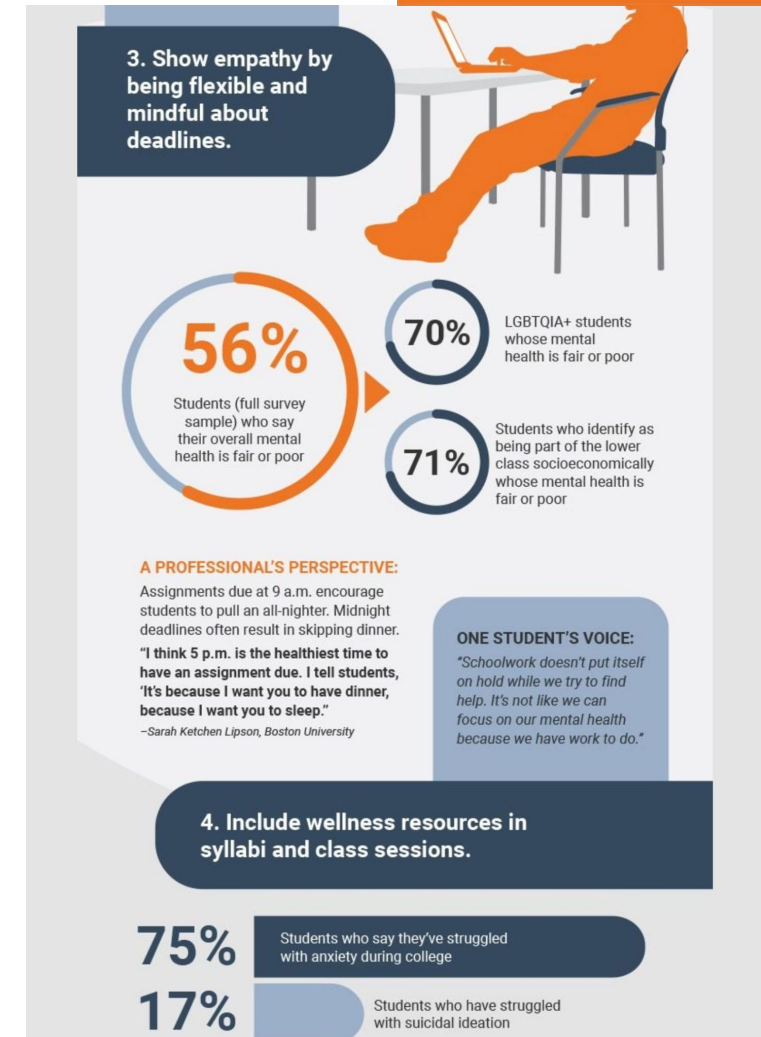
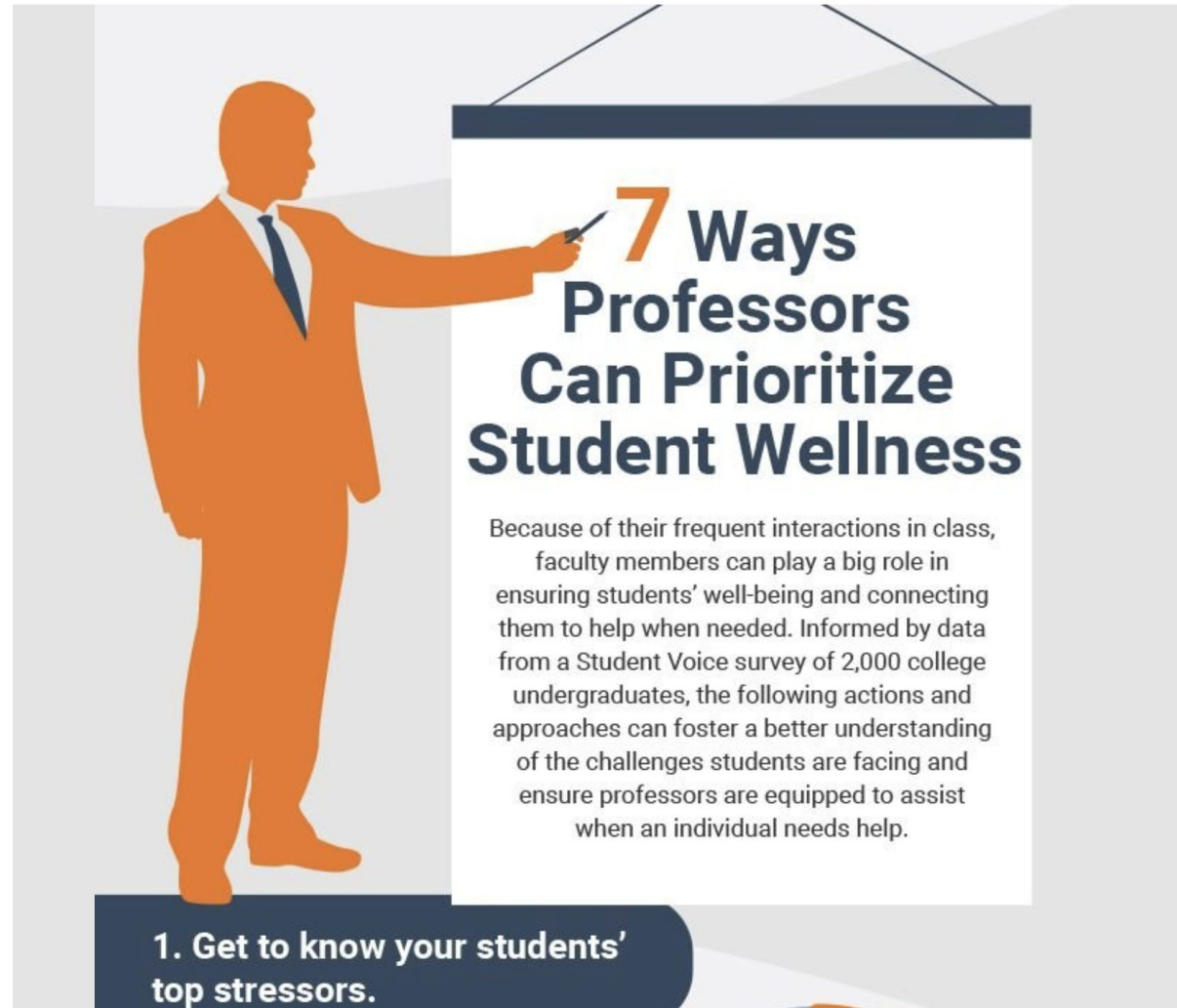
The Jed Foundation

Professors' Part in Maintaining Student Mental Health

Melissa Ezarik

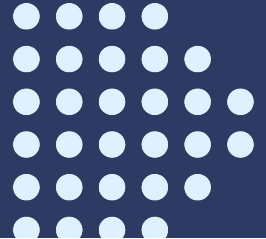
May 17, 2022

INSIDE HIGHER ED





Sustainable Campus Well-Being



Getting Started

- Multifaceted approach
- Should address mental health crisis (current) and promote positive well-being (future)



Addressing the Crisis

Establish Partnerships

- Can no longer staff your way out of mental health crisis
- Equity - (diversity, over 200 languages including ASL)
- Access - (24/7, unlimited services, no barriers)
- Reaching those who may not seek on campus help



Student Impact

KEY INSIGHTS - national aggregated data from our partner schools

- **68%** of contacts are occurring between 4:00 p.m. and 8:00 a.m., indicating a need for support outside of traditional business hours.
- **58%** of participants indicated an improved ability to remain enrolled in school, post single session intervention.
- **84%** of students using our behavioral health service have never sought support of any kind on campus.



Promoting Campus Well-Being

- Multidisciplinary responsibility
- Establish a culture of care - embedded in all aspects of campus culture
- Join a movement or adopt a theoretical framework

U.S. Health Promoting Campuses Network

U.S. Health Promoting Campuses Network is guided by the Okanagan Charter: An International Charter for Health Promoting Universities and Colleges, which calls on post-secondary schools to embed health into all aspects of campus culture; and to lead health promotion action and collaboration, locally and globally. Created in June 2015, the Charter provides institutions with a common language, principles, and a vision for wellbeing in person, place and planet.

<http://ushpcn.org/>

Okanagan Charter: The Okanagan Charter is a guiding and aspirational document that was developed as an outcome of the 2015 International Conference on Health Promoting Universities and Colleges. Health promotion scholars and professionals from around the world gathered to create this document.

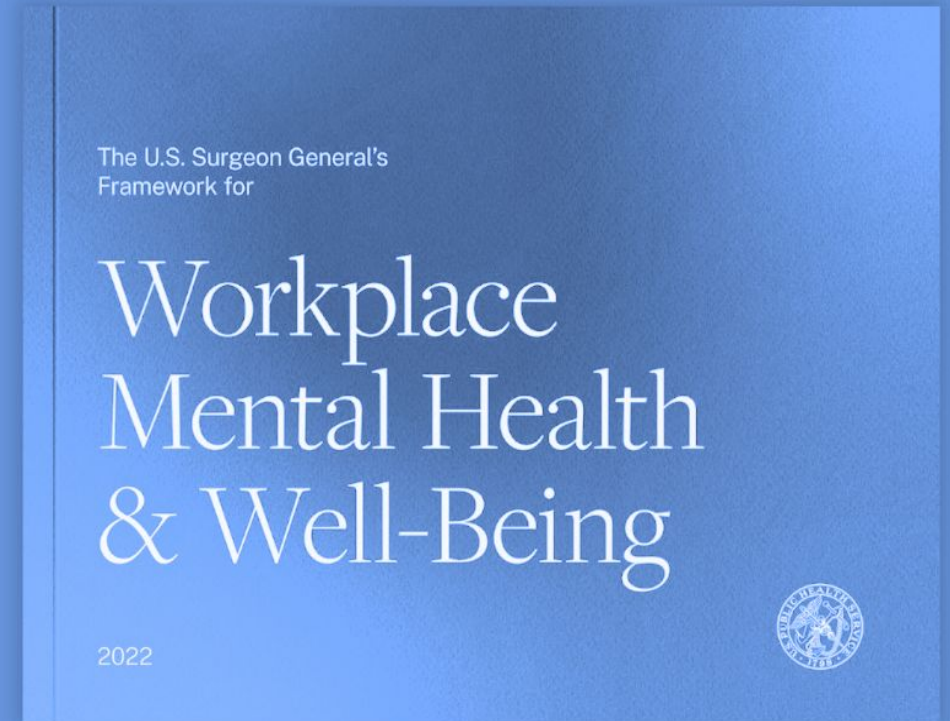
Its purpose is to guide colleges and universities, using their unique positions and roles in research, teaching and service to their communities, to be leaders for the world in developing and modeling health-promoting strategies in their campus settings. Local communities could then learn from their example and modeling, thus influencing global health and wellbeing strategy.

The key is moving beyond traditional approaches of influencing individual behavior, and moving upstream to systems level and environmental strategies that influence the health and wellbeing of person, place and planet.

Written Document on Workplace Well-Being

We can build workplaces that are engines of well-being, showing workers that they matter, that their work matters, and that they have the workplace resources and support necessary to flourish.

This 30-page **Surgeon General's Framework for Workplace Mental Health and Well-Being** offers a foundation that workplaces can build upon. Download the document PDF or continue scrolling to learn more.

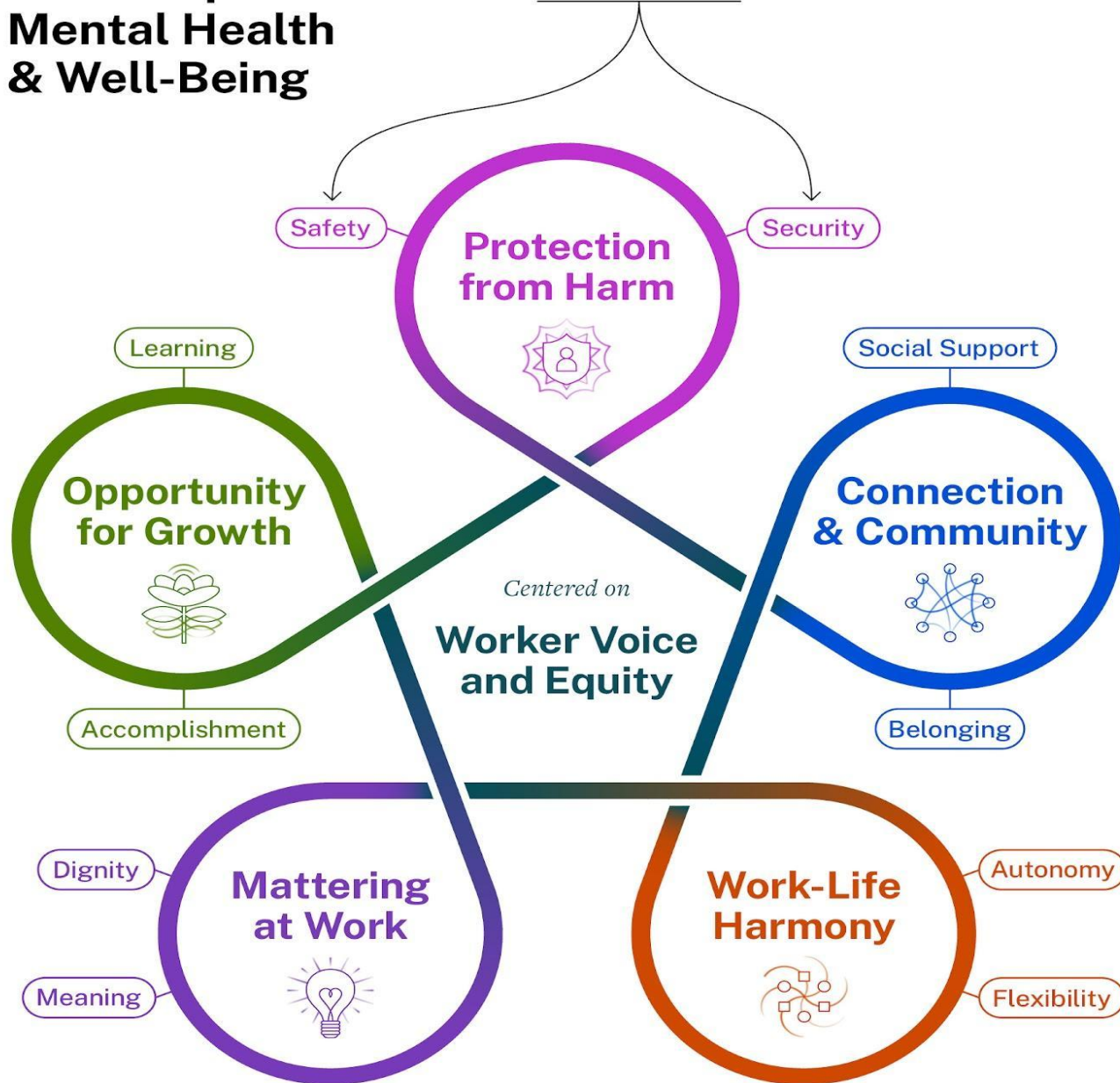


Download PDF 

[PDF, 3.2MB]

Five Essentials for Workplace Mental Health & Well-Being

Centered on the worker voice and equity, these five Essentials support workplaces as engines of well-being. Each Essential is grounded in two human needs, shared across industries and roles.



Components

Creating a plan with all workers to enact these components can help reimagine workplaces as engines of well-being.

Protection from Harm

- Prioritize workplace physical and psychological safety
- Enable adequate rest
- Normalize and support mental health
- Operationalize DEIA* norms, policies, and programs

Connection & Community

- Create cultures of inclusion and belonging
- Cultivate trusted relationships
- Foster collaboration and teamwork

Work-Life Harmony

- Provide more autonomy over how work is done
- Make schedules as flexible and predictable as possible
- Increase access to paid leave
- Respect boundaries between work and non-work time

Mattering at Work

- Provide a living wage
- Engage workers in workplace decisions
- Build a culture of gratitude and recognition
- Connect individual work with organizational mission

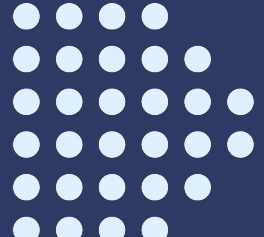
Opportunity for Growth

- Offer quality training, education, and mentoring
- Foster clear, equitable pathways for career advancement
- Ensure relevant, reciprocal feedback

**Diversity, Equity,
Inclusion & Accessibility*

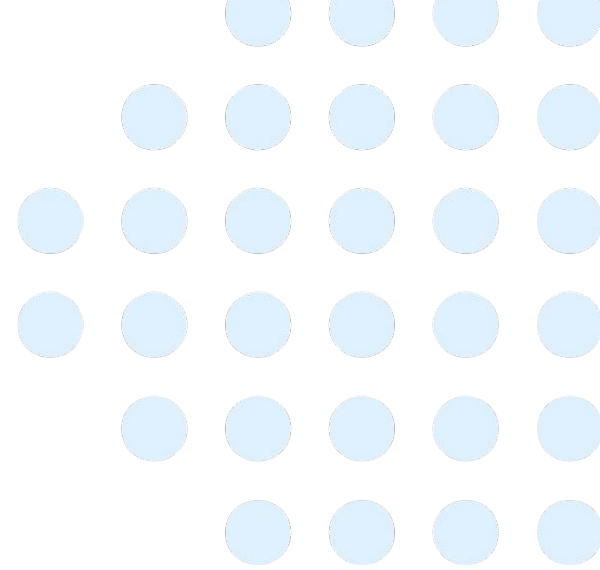
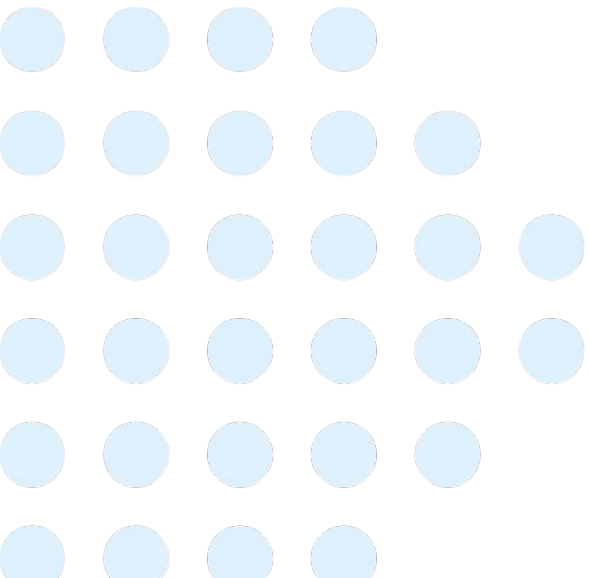


**Office of the
U.S. Surgeon General**



*Has your campus implemented a
well-being initiative?*

Additional Resources





FLEXIBILITY

Flexible instructors provide students with multiple avenues for engaging with the course in order to offer students control over their learning experiences. Personal agency helps students feel empowered and supported, which contributes to their well-being and overall success.

SUGGESTIONS

COURSE DESIGN

- Offer students the option to choose their "best two out of three" for assignments or quizzes.
- Offer opportunities for students to receive feedback on writing assignments before the deadline or allow for revisions of graded writing.
- Offer students choice in assignments and opportunities to set their own deadlines or percentage of final grade for assignments.
- Seek feedback from students throughout the semester. This could be done through web-survey or an anonymous in class comment card.
- Use interactive tools like iClicker to promote class input and participation.
- Reward students for demonstrating consistent investment in the course (asking questions, being timely, and being a positive, productive member of the class.)

ACCESSIBILITY

- In your syllabus, offer a variety of ways for students to contact you with questions or concerns.
- Consider providing students with lecture notes or power point slides ahead of class, and providing lecture recordings (particularly helpful for EASL students whereby they have more opportunities to work through the rate of speech during lectures.)
- Consider alternative forms of office hours (for example skype, webconferencing, group office hours.)
- Upload slides and lecture notes to Moodle to allow easier access to the material.
- Incorporate principles of Universal Design for Learning to help accommodate diverse learners.
- Consider using Open Educational Resources (online texts that are free, adaptable and a flexible alternative to traditional text books.)

RESOURCES

OPEN EDUCATIONAL RESOURCES
UNIVERSAL DESIGN FOR LEARNING
UMOnline 243-4999

<https://www.umt.edu/curry-health-center/wellness/student-wellness-advocate/faculty-toolkit-book-final-oct-2018-v2-linked-small-updated-updated.pdf>

VDH

VIRGINIA DEPARTMENT OF HEALTH

To protect the health and promote the well-being of all people in Virginia

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Virginia Department of Health > Workforce Wellness > Helping Yourself

Home

Wellness Topics

Self Care


Frontline Support

★ Wisdom and Wellbeing Program Series

Crisis Resources

Helping Yourself

Maximize these protective factors to optimize your ability to care for yourself during these uncertain times!



No matter your role, you can help yourself by maximizing your resiliency protective factors.

Realistic Expectations	+
Active Optimism	+
Self-Efficacy	+
Self-Acceptance	+
Religious/Spiritual Involvement	+
Strong Interpersonal Relationships	+
Physical Wellbeing	+
Get Enough Rest	+
Positive Self-Fulfilling Prophecy	+
Know When and How to Get Help	+

PARTNERSHIP

Virginia Department of Health

and

Wisdom and Wellbeing Team of the University of Virginia's Health System

Virginia Department of Health > Workforce Wellness > Wisdom and Wellbeing Program Series

Home

Wellness Topics

Self Care


Frontline Support

★ Wisdom and Wellbeing Program Series

Crisis Resources

Wisdom and Wellbeing Program Series


The Virginia Department of Health collaborated with the Wisdom and Wellbeing Team of the University of Virginia's Health System to developed a lecture series that introduces a model for understanding occupational stress and strategies to enhance individual and team resilience. One of the phrases that this model uses is "Growing the Green" to identify strategies that can be used to address stress demands in the workplace and build resilience capacity. The "Grow the Green" Series has 5 modules that are focused on increasing resilience using evidence-based practices that foster mindfulness, positive emotions, and improved communication skills. Session topics include:




Module 1: Stress Awareness and Compassion



Module 2: Mindfulness: Fostering Wellbeing During Stressful Times



Module 3: Positive Practices for Teams



Module 4: Mindful Communication Skills



Module 5: Positive Practices for Personal Wellbeing

<https://www.vdh.virginia.gov/workforce-wellness/helping-yourself/>

WE Wellbeing Tools and Resources

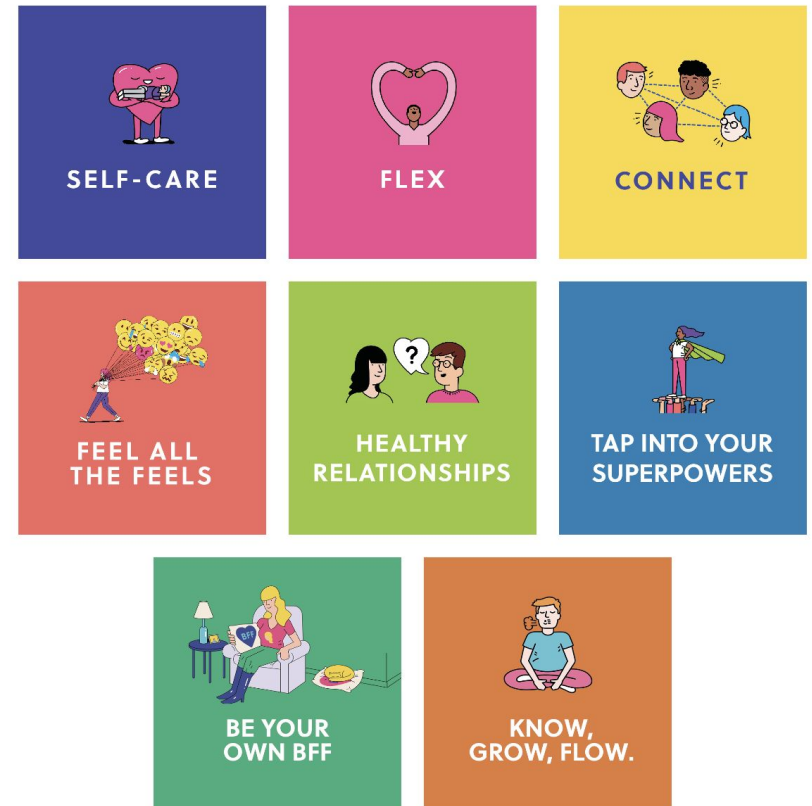
An easy-to-use digital toolkit to support employees in their well-being journey

Whether you are on the frontlines providing an essential service or working remotely, workplaces have dramatically shifted, and employee mental well-being is more important than ever. When an employee has a healthy mind and body, their overall performance will improve because they'll be better equipped to be their best selves at work each day. WE Well-being is a program that empowers people of all ages with tools and resources to promote their own well-being and the well-being of their communities. Developed in collaboration with leading mental health professionals, it's designed to focus on prevention and promotion to help build a foundation of understanding around mental well-being.

In this toolkit, you'll find downloadable resources to equip employees with information and tools to support their well-being. Get started below. There will be 10 in all, so make sure you check back as we will be updating this page frequently.

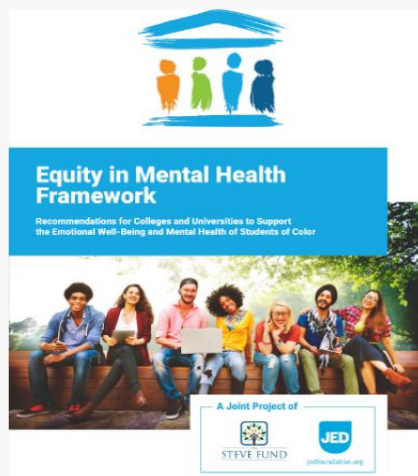
Downloadable resources

Each theme includes an email template to share information on the program with your team, posters and social media graphics to spread the word and worksheets to support well-being in the workplace. We're all in this together and we hope this information can help cultivate perspective and curb anxiety.





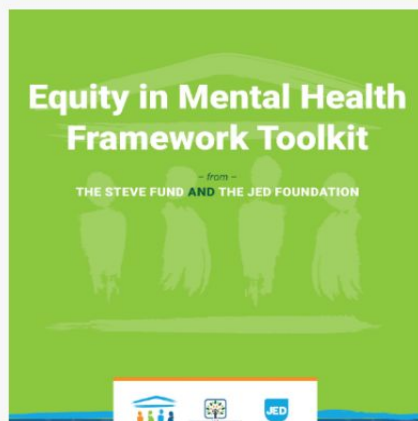
Thank you! Here are your files available for download:



Equity in Mental Health Framework

Recommendations for colleges and universities to support the emotional well-being and mental health of students of color.

Save PDF



Implementation Toolkit

Additional resources, tips, and support in implementing the recommendations outlined in the EMH Framework.

Save PDF

<https://equityinmentalhealth.org/downloads/>

Mental Health and Wellbeing for Diverse College Student Populations

- [COVID-19 disrupting mental health services in most countries, WHO survey](#)
- [Lumina Foundation data on demographics of today's college students](#)
- [2022 National Survey on LGBTQ Youth Mental Health](#)
- [COVID-19-Related Discrimination Among Racial/Ethnic Minorities and Other Marginalized Communities in the United States](#)
- [Mental Health Care Provider Representation Matters - Psychology's workforce is becoming more diverse](#)
- The [Steve Fund Knowledge Center](#) is a resource for expert information about the mental health and emotional well-being of young people of color.
- The [Equity in Mental Health Framework](#) provides colleges and universities with ten recommendations and implementation strategies to help inform and strengthen their mental health support and programs for students of color.
- [Improving Mental Health of Student Parents \(.pdf\)](#)
- [A framework to develop and strengthen mental health support for LGBTQ+ students across the country.](#)
- The JED Foundation has put together this resource list to assist in locating therapy resources, podcasts, helplines, non-profits, and social media pages that are targeted toward particular identity affiliations.

Staff and Faculty Resources

- [Healthy People 2030](#) sets data-driven national objectives to improve health and well-being over the next decade.
- [The Healthy Campus Framework](#) is focused on providing tools and resources to help campuses progress toward becoming health-promoting colleges and universities.
- [National Consortium for Building Healthy Academic Communities](#) connects health and wellness professionals from academic institutions in pursuit of healthier campuses.
- [Collective impact](#) brings people together in a structured way to achieve social change.
- [Jed's Comprehensive Approach to Mental Health Promotion and Suicide Prevention for Colleges and Universities](#) (.pdf)
- [Council for the Advancement of Standards in Higher Education](#)- Founded in 1979, the Council for the Advancement of Standards in Higher Education (CAS) is the pre-eminent force for promoting standards in student affairs, student services, and student development programs.
- [Socio-Ecological Model](#)-This model was created to visually illustrate the individual, family, organization, community and societal factors that influence mental health and well-being.
- [US Health Promoting Campuses Network](#)
- [Active Minds](#) has become the premier organization impacting young adults and mental health. Now in more than 1,000 campuses and communities, they directly reach more than 1.9 million people each year through awareness campaigns, events, advocacy, outreach, and more.
- Campus Example of Health Promotion- [U of British Columbia](#)

List Compiled by: Dr. Dolores Cimini, Director, Center for Behavioral Health Promotion and Applied Research, Division of Counseling Psychology, University of Albany



Thank You

for all you do to care for the
well-being of those on your campus!



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