

WMU Healthy Campus 2020 Action Plan

Priority Goal 1: Improve mental health among WMU students

Objectives	Outcomes	2011	2013	2015	2017	Target 2020	Measured Change	Items	Observations/Major Changes	Strategies 2012-17	Progress 2012-17	Strategies 2018-20	Progress 2018-19
1A. Increase utilization of mental health resources.	1A1. Increase the proportion of students who indicate receiving treatment within the last 12 months if diagnosed with depression.	87.3%	85.4%	84.8%	80.7%	90.0%	8% change from 2011 to 2017 (decline)	HC2020 MHMD-6a, NCHA item	Fall 2018- new start date, shorter Fall Welcome period, new fall break, WMU became a JED Campus, new position at WMU: Mental Health Outreach Coordinator	1A-a. Evaluate the process and outcomes regarding student concern form submissions (Dean of Students Office). 1A-b. Explore collaboration with academic affairs on early intervention efforts (SHC). 1A-c. Identify barriers to seeking treatment among students. 1A-d. Develop, implement, and evaluate a training program for student employee supervisors to recognize mental health needs and make referrals.	1A-a. Improved the process for monitoring form submissions. Increased marketing. 1A-b. Added mental health presentations for FYS 2017. Served on Success at WMU Task Forces. 1A-c. Postponed but need to revisit for HC2030. 1A-d. No new program developed.	1A-e. Continue to promote awareness of the student concern form process. 1A-f. Evaluate gaps in awareness/follow-up with the student concern form vs. student academic concern form. 1A-g. Collaborate with Success at WMU to infuse mental health education for mentees and referral training for peer mentors. 1A-h. Collaborate with the JED Campus Committee to implement their recommendations.	1A-e. Meeting set for January 2019 to address closing the loop/following up with those who submit student concern forms (Traynor, Nagel, Martin). 1A-f. Not started. 1A-g. Developed and delivered new mental health training for Success at WMU mentors (Traynor). 1A-h. JED committee met to advance work on four priority areas: gatekeeper training, postvention, access to care and emergency response, and leave policy (Traynor, Nagel, Robertson, Fuller, and other JED committee members).
	1A2. Increase the proportion of students who indicate receiving treatment within the last 12 months if diagnosed with anxiety.	84.9%	81.9%	76.6%	76.7%	85.0%	10% change from 2011 to 2017 (decline)	HC2020 MHMD-6b, NCHA item 31A2					
	1A3. Improve access to Counseling Services at Sincuse Health Center; proportion of students that came in for an intake/crisis appointment and were seen that day.	N/A	N/A	N/A	94.0%	93.0%	2017 established a baseline; increased to 97% in 2018	PnC data from CS; acad. year		1A3-a. Adjust scheduling practices for individual and group counseling to be more student-centered (CS).	1A3-a. Reduced backup intake/crisis appt hours. Adjusted backup intake/crisis appts to highly utilized times of day. Increased available direct service hours to highly utilized times of day. Established new guidelines for group counseling.	1A3-b. Explore a stepped-care approach. 1A3-c. Improve utilization of counseling services for students who identify as transgender.	1A3-b. Explored options for building a stepped-care approach in Counseling Services. Approved by Student Affairs to move forward with goal to launch fall 2019 (Fuller, Ruggiero). 1A3-c. In progress as a priority for the SHC Diversity and Inclusion Work Group (Good, Fuller).

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Objectives	Outcomes	2011	2013	2015	2017	Target 2020	Measured Change	Notes	Observations/ Noted Changes	Strategies 2012-2017	Progress 2012-17	Strategies 2018-2020	Progress 2018-19
<u>1B.</u> Increase resiliency.	<u>1B1.</u> Reduce the proportion of students who indicate that their academic performance was adversely affected by stress in the last 12 months.	31.1%	31.4%	29.1%	30.9%	25.0%	1% change from 2011 to 2015 (improvement)	HC2020 AI-1.1, NCHA item 45D5	Fall 2018- new start date, shorter Fall Welcome period, new fall break, WMU became a JED Campus, new position at WMU: Mental Health Outreach Coordinator' Spring 2019- unusual number of snow days	<u>1B-a.</u> Develop, implement, and evaluate a campus-wide student resiliency program (SHC).	<u>1B-a.</u> Submitted a proposal to the President's Transformational Initiative Fund for a new resiliency program; not funded.	<u>1B-a.</u> Continue to advocate for resources for a new resiliency program. <u>1B-b.</u> Refine outcome measure to include several existing WMU programs.	<u>1B-a.</u> Researched gatekeep training programs and launched pilot testing with WMU audiences; launched Mental Health First Aid training facilitated by Kalamazoo County Mental Health. (Traynor, Robertson, Fuller). <u>1B-b.</u> Completed an inventory of current coping/mental health outreach programs at WMU and how they are tracked/assessed (Traynor).
	<u>1B2.</u> Increase the number of students who participate in programs on healthy coping skills. <i>(in development)</i>												

Percent change= ((y2-y1)/y1)*100

Developed 9/16/14; Updated 1/30/15, 2/19/15, 3/19/15, 4/16/15, 6/25/15, 7/28/15, 8/25/15, 12/21/17, 2/22/18, 5/29/18, 6/8/18, 12/10/18, 7/11/19



For questions about this action plan or data please contact the Director of Health Promotion and Education at 269-387-3263.