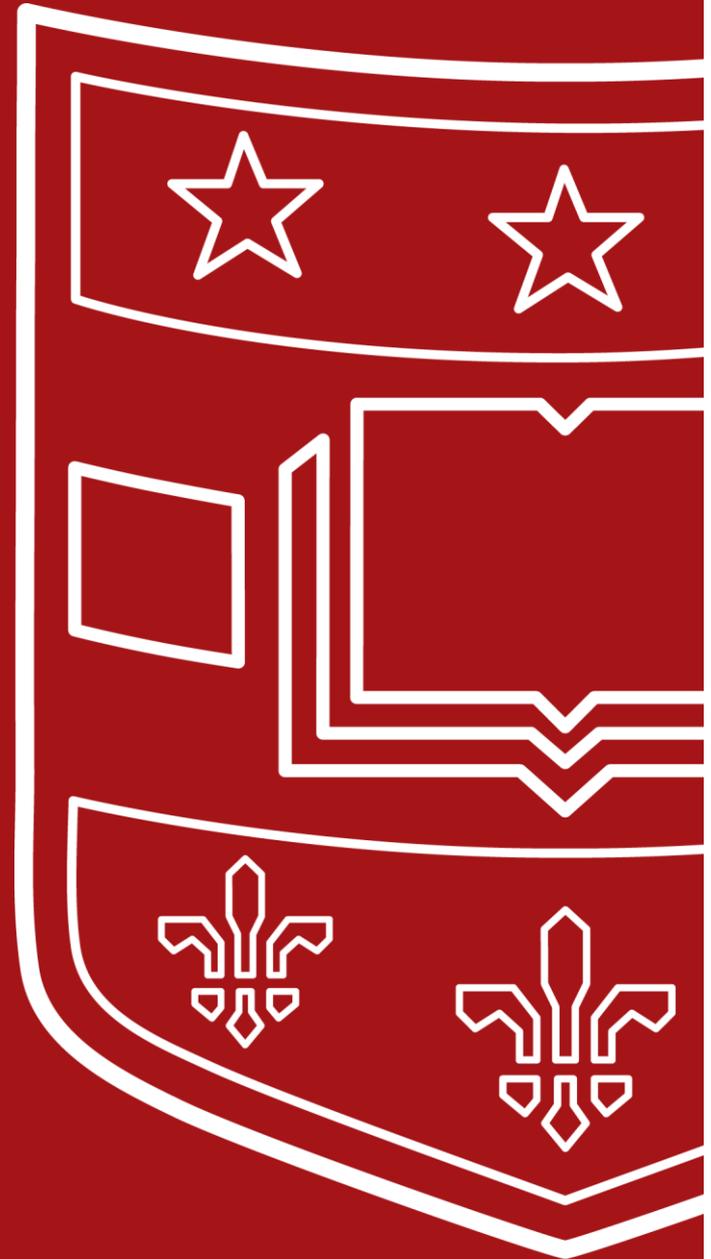


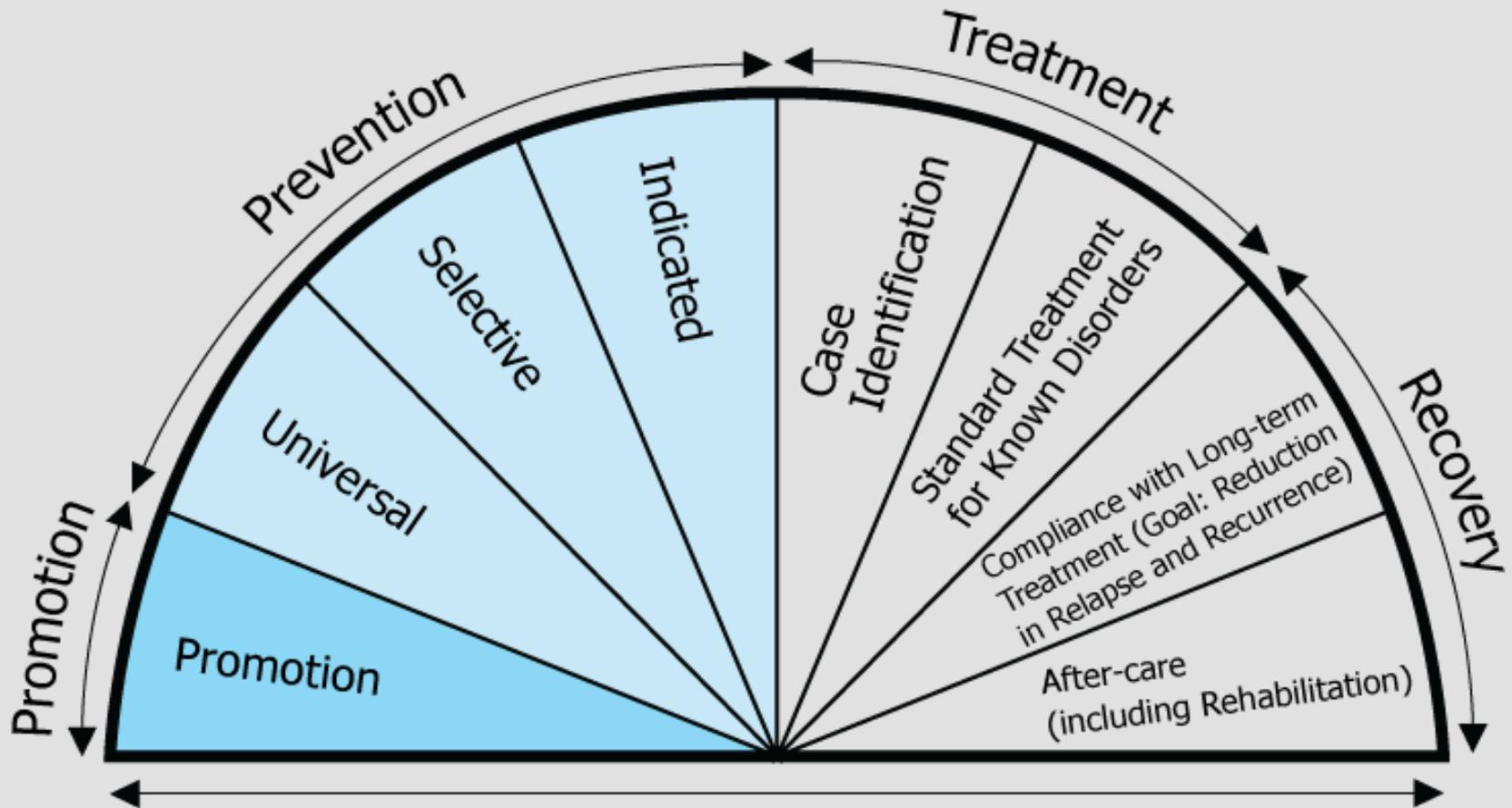
Mental Health, Well-being and Partnership

Rob Wild, Interim Vice Chancellor, Student Affairs
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 Washington University in St. Louis



Continuum of Care





Mental Health Services Staff

**2.1 FTE
Psychiatry**

**3.0 FTE
Support**

**Administrative/Counseling
3.0 FTE**

**Counseling
11.6 FTE
(when fully staffed)**

Mental Health Services Staffing

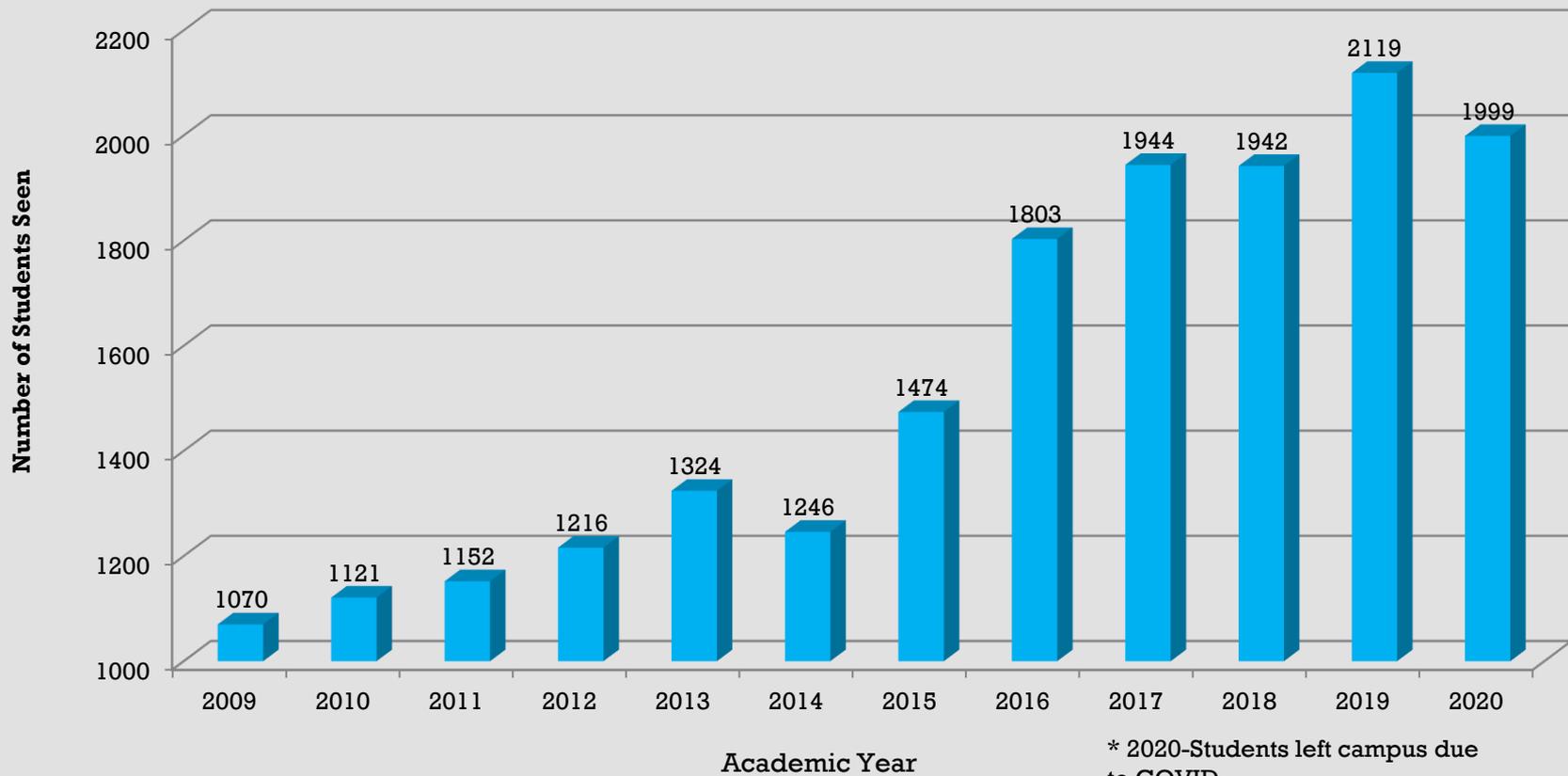


- 11.6 Counseling
- 2.1 Psychiatry
- 3.0 Administrative (.9 is direct counseling)
- 1.0 Care Manager
- 1.0 Mental Health Nurse
- 1.0 Mental Health Coordinator
- 19.7 FTE
 - (23 headcount-when fully staffed, currently searching for two positions)

- Since January 2019 we have added
 - 3.0 Counseling Staff
 - 1.0 Mental Health Nurse



Number of Students Seen in Counseling Services for Academic Years AY 2009-2020

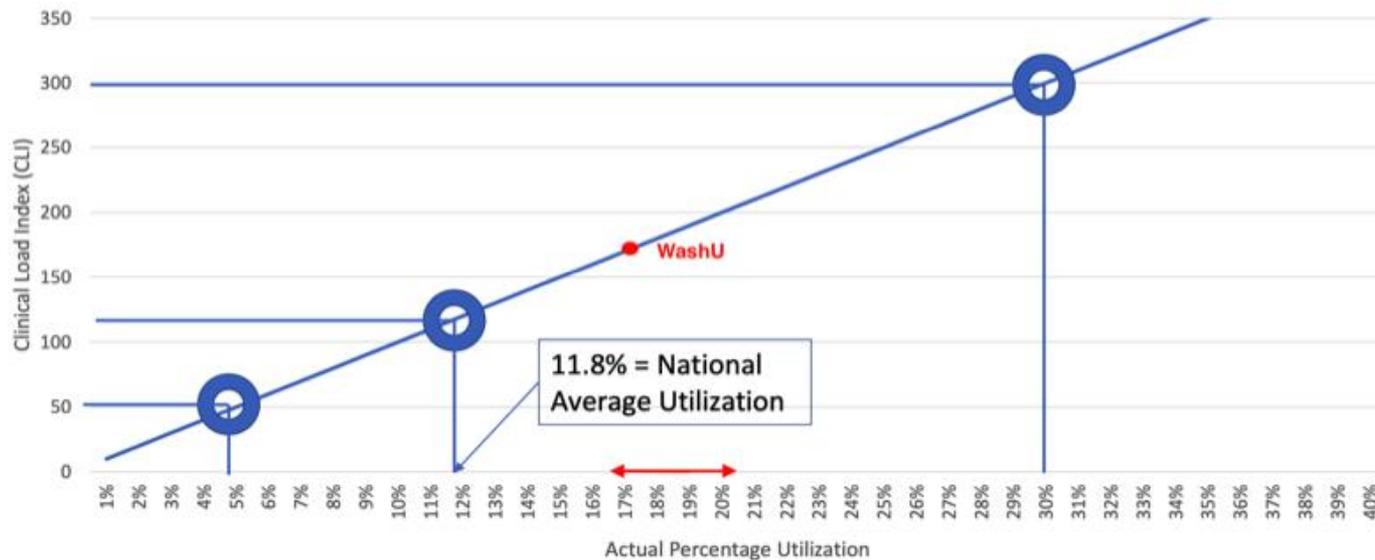


Clinical Load Index (CLI)



Visualizing CLI and Utilization

(1 staff member for 1000 enrolled students with varying levels of utilization)



Mental Health Services Changes



- Need to Add Six Therapists Managing Expectations
- Move from 1-1 weekly counseling as the default/expectation
- Engage in regular assessment to determine what delivery methods, educational and promotion strategies, and interventions, are actually working.

WashU Cares



- Provides support, guidance, and resources connections to students.
- Create a culture of caring
- Provide consultation for faculty and staff to identify, support and refer students who may be having a hard time.
- Partner closely with the Associate Dean for Student Services in each college

Health Promotion: Systemic Well-being



- Everything that students experience impacts their mental health in one way or another.
- Both the age range of onset and the stress pressure of the context drive mental health issues.
- Make identifying, understanding, and responding to mental health issues a priority for **everyone** on-campus who interacts with students.

Student Well-being



- We want to think of student health and well-being more comprehensively—with a focus on an integrated and strategic approach to student well-being.
- Emphasize health education and health promotion; and the development of coping and resiliency skills.
- Educate students, partner with faculty, and staff on relevant information including resilience, empathy, mindfulness, and practices consistent with the empirical literature.

Collaboration



- Faculty have the most frequent, longest, and most intense contact with students at Washington University.
- Any attempts to improve mental health without a faculty partnership, and leaning towards systemic change, is unlikely to succeed.

Discussion/Collaboration Questions



- How do we partner with faculty, across academic units, to assist with their support of students mental health?
- What specific strategies would allow us to reach more faculty to provide information and training to support student mental health?
- What are the concerns you are hearing from faculty about engaging with students and their overt mental health needs?



- <https://studentaffairs.wustl.edu/resources/staff-resources/kognito-at-risk-faculty-staff/>

Health Promotion



○ *Prevention Climate Campaign:*

- Current student mental health focus is downstream (time, attention and resources responding to students in crisis) not upstream (addressing issues that impact student mental health; emphasizing health education and health promotion and the development of coping and resiliency skills)

Campus Partnerships



○ *Improve Campus Mental Health Literacy*

- Not all students need to see a counselor. Sometimes a student needs an empathic listening ear, not always counseling.
- Make identifying, understanding and responding to mental health issues a priority for **everyone** on-campus who interacts with students.
- Kognito: Strongly recommend for faculty and staff; additional training when possible



Question/Discussion