



Academic and Student Affairs  
November 2022

## Mental Health Services and Resources Initiative Update

**Strategic Objective(s):** Equity 2030

**Focus Area:** Student Success and Equity

### Description/Goal/Intended Outcomes:

- Minnesota State has made the commitment to advance strategies to increase our collective capacity to support student mental health.
- System level strategies will be pursued that support and compliment campus level work and will be informed by a broad range of stakeholders including campus based clinical providers, cross-functional non-clinical professionals, and community partners.
- Efforts to enhance support for student mental health will focus on advancing the ability to provide equitable services, support, and resources that are culturally relevant, trauma informed, and accessible to all students.

### Background/Previous Work/Outcomes:

- The mental health cross functional community of practice was established in November of 2021 and currently consists of 90 clinical and non-clinical members. The community of practice contains a wide range of resources and toolkits, provides space for the sharing of effective practices, and serves as a primary platform for ongoing communication focused on mental health initiatives.
- Mental health resources, including resources and effective practices for discussing mental health during orientation sessions were distributed to colleges and universities for implementation.
- Funding was distributed to each college and university to enhance campus based mental health education and promotion initiatives. Resources were provided to inform strategies that could be pursued at the campus level.

- An RFP process was designed and implemented to establish mental health peer support pilot programs. Six Minnesota State colleges and universities were awarded funding and will be supported in their implementation of the pilot programs.
- A contract was signed with Mental Health First Aid USA to establish a mental health first aid instructor training program that will train up to four individuals from each college and university to become mental health first aid instructors. This initiative will enable significant training opportunities for students, faculty, and staff to become trained in mental health first aid.
- Created the “You’ve got this. We’ve got you.” communication plan designed to raise awareness of mental health resources, reduce stigma, and create positive campus climates. This culturally relevant and trauma informed communication plan will serve as the broader campaign focused on all basic needs work.

## Activities for all 3 Year and Progression Measures

### FY2023

- Provide resources to assist colleges and universities with meeting statutory requirements for mental health awareness.
- Implement mental health first aid train the trainer initiative.
- Pilot mental health peer to peer programs.
- Provide information on mental health awareness as part of the biennial budget request.

### FY2024

### FY2025

## Board of Trustees Engagement

*New actions in bold*

- Update to the Academic and Student Affairs Committee in January 2022.
- Board approved contract with United Way 211 in April 2022.
- **Planned update to the board in March 2023.**

## Expected Campus Engagement

- Ongoing support for community of practice.

## Staff Lead Contact(s)

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## Monitoring Framework

- All colleges and universities are in compliance with mental health awareness statutory requirements as measured by website reviews and follow up.
- Reports of student engagement, satisfaction and perceived impact for the United Way 211 resource hub are created and used for evaluation of this tool.
- Report from Mental Health First Aid USA on number of professionals successfully completing the instructor training and follow up on number of trainings implemented at colleges and universities.
- Follow up reporting on implementation of the 8 peer support pilot programs.