Addressing Student Mental Health at CU Denver

THE STRATEGIC PLANNING PROCESS IS UNDERWAY, CHECK BACK REGULARLY FOR UPDATES

FACTS ABOUT STUDENT MENTAL HEALTH

45% of CU Denver students experienced more than average stress in the last 12 months

18% of CU Denver students self reported feeling both depression and anxiety in the last 12 months

ACADEMICS, FINANCES AND SLEEP DIFFICULTY CAUSE THE MOST STRESS

61% of CU Denver students reported feeling lonely within the last 12 months

OUR VISION

A campus community that values, supports and cultivates the mental well-being of all CU Denver students, faculty and staff by providing a caring, welcoming and accepting environment.

OUR VALUES

Integrated Wellness: Holistic strategies to improve mental and emotional health
Collaboration: Sharing knowledge, experience, expertise and efforts
Caring environment: Belonging, connection, and supportive community
Inclusivity and Accessibility: Safety, comprehensive care practices, and reducing stigmatization

THE CU DENVER MENTAL HEALTH ACTION ADVISORY BOARD

A team of CU Denver students, staff and faculty are working diligently to develop a strategic plan to address student mental health at CU Denver. The mental health strategic planning process is being facilitated by the Assistant Vice Chancellor of Health and Wellness.

OUR FRAMEWORK

Adapted from the Canadian Mental Health Association, 2015

STRATEGIC PRIORITIES

STRATEGIC PRIORITY 1
A THRIVING CAMPUS COMMUNITY

STRATEGIC PRIORITY 2
PROACTIVE MENTAL HEALTH EDUCATION & RESILIENCE SKILL BUILDING

STRATEGIC PRIORITY 3
CARING AND RESPONSIVE CAMPUS FOR MENTAL HEALTH SUPPORT & CRISIS INTERVENTION
Proposed Goals

1.) THRIVING CAMPUS COMMUNITY
Year 1 focus:
- Campus-wide communication plan around mental health
- Establish a long-term campus mental health advisory board with representation from students, faculty and staff
- Create a wellness and mental health web presence to ensure resources are easily accessible
- Facilitate campus trainings on the topic of mental health

2.) PROACTIVE MENTAL HEALTH EDUCATION & RESILIENCE SKILL BUILDING
Year 1 focus:
- Campus-wide use of early alert systems such as Navigate to proactively refer at-risk students
- Provide a variety of training opportunities in various formats, for all students, faculty and staff
- Identify gaps in trainings offered
- Identify campus constituents who need training, focus efforts there first

3.) CARING AND RESPONSIVE CAMPUS FOR MENTAL HEALTH SUPPORT & CRISIS INTERVENTION
Year 1 focus:
- Shared approach to mental health treatment, involve community partners
- Review and manage client intake process at the counseling center, implement a triage model
- Establish a robust Group Therapy treatment program
- Train students, faculty and staff in responding to mental health concerns as well as responding to crisis

FOR MORE INFORMATION
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REFERENCES
American College Health Association, National College Health Assessment II, administered at CU Denver, March 2019