Mental Health Support Strategies for Diverse Populations

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Presentation Overview

• JED and college student mental health
• JED’s comprehensive approach
• How JED supports higher education institutions
• Equity in Mental Health Framework
• Tips for action planning
• Strengths and challenges
• Discussion and small group work on domain areas
• Set goals, share out, and final Q & A
JED Overview
Our nation’s youth are struggling with their mental health.

- One in four young people experiences a mental illness each year.
- **Suicide rates have continued to rise** over the past 15 years and the rates of suicide among young people in the U.S. are increasing more quickly than rates among older adults. Accidental overdose and suicide continue to be the leading causes of death for young adults in the U.S.
- **Students of color, LGBTQ+ youth, international students, first-generation students, and other potentially marginalized populations, face additional mental health stressors** that can place them at incremental risk for adverse outcomes.
Mission and Vision

**Mission:** The Jed Foundation works to protect emotional health and prevent suicide for our nation's teens and young adults.

**Vision:** At JED, we envision a future where:

- All teens and young adults are equipped to navigate mental health challenges, to seek and give help, and emotionally prepared to enter adulthood and fulfill their potential.
- Every high school and college has a comprehensive system that supports emotional health and reduces the risks of substance abuse and suicide.
- Our communities support the emotional well-being and mental health of teens and young adults.
- Mental health is recognized as part of general health and wellness and is not associated with shame, secrecy, prejudice or uncertainty.
JED’s Comprehensive Approach

- Drawn primarily from the overall strategic direction of the United States Air Force (USAF) Suicide Prevention Program
- Based on what’s known about decreasing risk factors and increasing protective factors for mental health/suicide among young people
- Used to assess efforts currently underway on campuses and identify existing strengths and areas for improvement
About JED Campus
300+ schools and growing!
Our Comprehensive Approach for promoting mental health and creating sustainable change guides our work.

Develop independent living skills, social and emotional skills, and resilience

Identify and limit access to dangerous means

Ensure the right policies and protocols are in place to manage crises

Foster connectedness and belonging

Create opportunities and systems to notice someone who may be struggling

Reduce shame, secrecy, and stigma so people will reach out for help

Ensure high quality, accessible services

Source: JED / SPRC Comprehensive Approach to Mental Health Promotion and Suicide Prevention
JED Campus Process: An Overview

Preparation
- Build campus team
- JED initial self-assessment
- Healthy Minds Study

Strategic Planning
- JED feedback report
- In-person campus visit with JED Campus team
- Develop strategic plan

Implementation
- Ongoing technical assistance from JED Campus Advisor
- Access to the JED Campus Learning Community

Sustainability
- JED post-assessment
- Healthy Minds Study
- Institution becomes JED Campus Alumni

Year 1

Year 2-3

Year 4
Equity in Mental Health Framework
We recognize that a one-size-fits-all approach to promoting positive mental health and preventing suicide is ineffective, culturally insensitive and ignores the impact of trauma on well-being.

We are dedicated to raising awareness and continuing to identify unique barriers of how we can best support students of color and other marginalized student populations.

We are committed to helping colleges and universities strategically support students of color through the Equity in Mental Health Framework and are continually working to develop new resources to better assist schools in their work around diversity, equity, and inclusion.
Equity in Mental Health Framework
The college experience is rated less favorably by students of color.

*all differences are statistically significant

Source: JED, Steve Fund, Nielsen survey of 1,000 college students
Mental health support strategies need to address gaps in seeking and receiving help.

- Among African American students with a mental health problem, 21% had received a diagnosis, compared to 48% of their white peers.
- Among Asian and Asian American students with a mental health problem, 23% reported receiving treatment, compared to 46% of their white peers. Among international Asian students, that percentage dropped to 19%.
- Only 47% of Asian American students who have a mental health problem believe they need help, compared to 64% of their white peers.
- Among Arab and Arab American students, 52% report they know where to go for mental health services, compared to 70% of their white peers.

Source: HMS, 2012-2015 (over 43,000 students from 60 institutions)
Equity in Mental Health Framework for supporting students of color

1. Identify and promote the mental health and well-being of students of color as a campus-wide priority.
2. Engage students to provide guidance/feedback on matters of student mental health and emotional well-being.
3. Actively recruit, train, and retain a diverse and culturally competent faculty and professional staff.
4. Create opportunities to engage around national and international issues/events.
5. Create dedicated roles to support well-being and success of students of color.
6. Support/promote accessible, safe communication with campus administration and an effective response system.
7. Offer a range of supportive programs and services in varied formats.
8. Help students learn about programs and services by advertising and promoting through multiple channels.
9. Identify and utilize culturally relevant and promising programs and practices, and collect data on effectiveness.
10. Participate in resource and information sharing (within and between schools).
Domain Considerations for Diverse Students

**Promote Social Connectedness**
- Campus climate may not be welcoming
- Marginalization/isolation

**Develop Life Skills**
- Distractions due to microaggressions
- Unique life circumstances

**Increase Help-seeking Behavior**
- Cultural/religious stigma
- Access to/trust of medical and mental health care

- Northeastern Junior College started a Diverse Student Forum and identify affinity groups for select populations
- Kalamazoo College’s Counseling Center co-developing a life skills series in partnership with their Intercultural Center
- Western Michigan hired a GA to promote wellness among historically marginalized student populations
Domain Considerations for Diverse Students

Identify Students at Risk
- Signs of distress may show up in different ways
- Diverse faculty/staff

Provide Mental Health/Substance Use Services
- Culturally responsive care may not be available
- Relatable language

Follow Crisis Management Procedures
- There may be perceptions of unequal treatment
- Diverse crisis resources

Western Michigan added content to faculty/staff training on how to identify/support struggling students

Penn College of Tech conducted focus groups to identify ways to better provide/market mental health support resources to students of color

Training for BIT/CARE teams on cultural humility and working with diverse students
Effective Components of Action Planning
Case Study

• X University is a large and siloed institution. Communication across departments rarely happens, and no one knows what else is going on on campus.

• Students don’t feel like their administration is listening to their needs, especially students of color.

• The campus community isn’t aware of the range of resources available to students.

You’re in your current role, but at X University. Where do you start?
Kickstarting Your Action Planning Process

Building momentum and infrastructure

• Engage and educate key stakeholders
• Build a mental health/suicide prevention task force
• Build capacity across campus
• Be intentional with timing
Kickstarting Your Action Planning Process

Engaging in a strategic planning process

- Identify priority problems and set goals
- Identify/develop strategies and approaches
- Implement interventions and make improvements
- Data is essential--qualitative and quantitative
Activity: Strengths & Challenges Related to Mental Health on Your Campus

5 minutes
Our Comprehensive Approach for promoting mental health and creating sustainable change guides our work.

Develop independent living skills, social and emotional skills, and resilience

Identify and limit access to dangerous means

Ensure the right policies and protocols are in place to manage crises

Foster connectedness and belonging

Create opportunities and systems to notice someone who may be struggling

Reduce shame, secrecy, and stigma so people will reach out for help

Ensure high quality, accessible services
Activity: Action Planning
Worksheet Domain One

10 minutes
Our Comprehensive Approach for promoting mental health and creating sustainable change guides our work.

- Foster connectedness and belonging
- Create opportunities and systems to notice someone who may be struggling
- Reduce shame, secrecy, and stigma so people will reach out for help
- Ensure high quality, accessible services
- Develop independent living skills, social and emotional skills, and resilience
- Identify and limit access to dangerous means
- Ensure the right policies and protocols are in place to manage crises

Source: JED / SPRC Comprehensive Approach to Mental Health Promotion and Suicide Prevention
Activity: Action Planning Worksheet Domain Two

10 minutes
Our Comprehensive Approach for promoting mental health and creating sustainable change guides our work.

- Develop independent living skills, social and emotional skills, and resilience
- Identify and limit access to dangerous means
- Ensure the right policies and protocols are in place to manage crises
- Foster connectedness and belonging
- Create opportunities and systems to notice someone who may be struggling
- Reduce shame, secrecy, and stigma so people will reach out for help
- Ensure high quality, accessible services

Source: JED / SPRC Comprehensive Approach to Mental Health Promotion and Suicide Prevention
Activity: Goals, Resources

10 minutes
Activity: Share Out
Thank You!

jedcampus.org
jedfoundation.org
equityinmentalhealth.org