Call to Order/Roll Call. .......................................................... Greg Britton, Chair

Greeting .......................................................... Greg Britton

Action Items:

Information Items:
1. Update on UWF’s Mental Health Enhancement Plan

Other Committee Business:

Adjournment
UWF Board of Trustees Meeting  
Student Affairs Committee  
November 1, 2018

**Issue/Agenda Recommendation:** Update on UWF’s Mental Health Enhancement Plan

**Proposed Action:** Informational

**Background Information:**
At the June 22, 2017 Board of Governors Meeting, BOG Chair, Tom Kuntz, requested a BOT approved plan to increase current staffing levels at each of the SUS Counseling and Psychological Services as requested in the two prior Mental Health LBRs. UWF’s four-year plan was approved by the UWF BOT September 26, 2017 and was submitted to the BOG November, 2017.

**Implementation Plan:**
An update on UWF’s mental health plan was submitted to the Board of Trustees Finance and Facilities Committee in November 2017 and the plan was reviewed by the BOT Student Affairs Committee in January 2018. This update included 2018-2019 projected staff ratio, data on student mental health from the National College Health Assessment, an overview of programs and services to students, including online and commuter students and counseling center utilization.

**Fiscal Implications:** None.

**Supporting documents:** PowerPoint Presentation

**Prepared by:** Michele Manassah, Executive Director for Counseling and Health Services  
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**Facilitator/Presenter:** Michele Manassah, Executive Director
Counseling & Psychological Services

• Short-Term Care Model
  • 12 individual therapy sessions per academic year
• “Coordinated Care Network”
  • Counseling & Psychological Services
  • Office of Case Management
  • Accessibility Services
  • Student Health Services
  • Academic Advising
• Therapy Services
  • Individual Therapy
  • Group Therapy
  • Biofeedback

• Psychiatric Services
• Gatekeeper Mental Health Training
• Located in Pensacola and in Fort Walton Beach
• ProtoCall 24/7 for crisis counseling
• Online mental health screenings
American College Health Association (ACHA) ACHA-National College Health Assessment II

**UWF’s Spring 2017 Data**

Students reported experiencing the following within the last 12 months:

<table>
<thead>
<tr>
<th>Feeling</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt things were hopeless</td>
<td>49.9%</td>
</tr>
<tr>
<td>Felt overwhelmed by all you had to do</td>
<td>82.3%</td>
</tr>
<tr>
<td>Felt very lonely</td>
<td>53.5%</td>
</tr>
<tr>
<td>Felt so depressed that it was difficult to function</td>
<td>37.9%</td>
</tr>
<tr>
<td>Felt overwhelming anxiety</td>
<td>59.9%</td>
</tr>
<tr>
<td>Seriously considered suicide</td>
<td>10.6%</td>
</tr>
</tbody>
</table>
17% of student population served

- 1769 students - individual counseling
- 418 students - psychiatric services
- 309 students - participated in groups
- 4534 through 155 outreach activities
  - 197 trained in QPR gatekeeping
  - 497 participants in the online screening
|----------------------|--------------------|--------------------------|---------------------------------|---------------------------------------------|
| 1:1,181              | 2020-21            | 1:1,000                  | • 2017-18- Hired 2 additional licensed mental health counselors  
• 2018-19- Hired 2 full time clinical social workers  
• 2018-19 - Hire 1 full time psychologist | • Expanding space to accommodate program growth  
• Let’s Talk  
• Biofeedback Stations  
• Healthy Campus 2020  
• Purchased Kognito  
• Mental Health First Aid Training |