

Student Mental Health Innovative Approaches Review Committee  
Town Hall Meetings with Constituent Groups  
Winter, 2021



**Associate Deans (ADP)**  
**April 9, 2021**

# Committee Charge

The Student Mental Health Innovative Approaches Review Committee was charged by Provost Susan Collins and Vice President for Student Life, Martino Harmon to:

- (1) To explore and recommend innovative approaches to addressing student mental health and well-being; and,
- (2) To examine the current resources at the University of Michigan and provide recommendations on how these may be improved, expanded, measured for effectiveness, and communicated.

The Review Committee is Co-Chaired by:

- Laura Blake Jones, Dean of Students
- Amy Dittmar, Senior Vice Provost for Academic and Budgetary Affairs

# Committee Membership

## Student Life

- Rob Ernst, Associate Vice President for Health and Wellness
- Todd Sevig, Director of Counseling and Psychological Services (CAPS)
- Mary Jo Desprez, Director of Wolverine Wellness
- Sarah Jukaku, Psychiatrist, University Health Services
- Kaaren Williamsen, Director, SAPAC

## Academic Affairs

- Mark Moldwin, Professor, College of Engineering
- Mike Solomon, Dean, Rackham School of Graduate Studies & Vice Provost for Academic Affairs – Graduate Studies
- Mark West, Dean, Law School
- Ram Mahalingam, Professor, LSA
- John Piette, Professor, School of Public Health

# Constituent Group Input Sessions

Town hall sessions have been designed to gather feedback on improving student mental health resources seeking direct input from students, staff and faculty in 14 sessions offered during March and April 2021.

## **Targeted Constituent Groups for Outreach Include:**

- Student Governance Structures (Grad/Professional and Undergraduate)
- Student Advisory Boards
- Student Identity-Based Organizations
- Student Employees
- Staff Members
- Faculty Members

# Areas Currently Under Consideration by the Review Committee

1. **Adopt a strategic framework** for our campus-wide approach to student mental health prioritizing identity and sustainability as central to the health and well-being of the U-M community. Utilize an **expanded collective impact team** to ensure seamless implementation across campus.
2. Provide a **comprehensive inventory and roadmap of student mental health resources** provided on campus identifying gaps and ensuring that the needs of diverse populations are central to what is available.
3. Provide a strategic approach to **fostering connections/engagement** for incoming new undergraduate and graduate/professional students by implementing a Resource Navigator program in Fall 2021 featuring a comprehensive Resources Roadmap.
4. Gather and publicize information about **health and wellbeing courses** available on campus.

## Areas Currently Under Consideration by the Review Committee

5. Enhance the availability, awareness and use of **health and wellbeing technology tools and applications** (ie. CAPS App, Silver Cloud, Calm) and utilize other technology for connecting students to identifying friends, study partners and study spaces on campus.
6. Utilize tools/metrics and **innovative approaches to improve the delivery of counseling services.**
7. **Expand the capacity of Wellness Coaching resources** on campus utilizing new and existing staff and student peer coaches to supplement counseling services provided.
8. Take actions to **reduce sources of academic and other types of stress on campus.**

# Your Input on These Areas Under Consideration

- 1. Adopt a strategic framework** for our campus-wide approach to student mental health prioritizing identity and sustainability as central to the health and well-being of the U- M community. Utilize an **expanded collective impact team** to ensure seamless implementation across campus.
- 2. Provide a comprehensive inventory and roadmap of student mental health resources** provided on campus identifying gaps and ensuring that the needs of diverse populations are central to what is available.
- 3. Provide a strategic approach to fostering connections/engagement** for incoming new undergraduate and graduate/professional students by implementing a Resource Navigator program in Fall 2021 featuring a comprehensive Resources Roadmap.
- 4. Gather and publicize information about health and wellbeing courses** available on campus.
- 5. Enhance the availability, awareness and use of health and wellbeing technology tools and applications** (ie. CAPS App, Silver Cloud, Calm) and utilize other technology for connecting students to identifying friends, study partners and study spaces on campus.
- 6. Utilize tools/metrics and innovative approaches to improve the delivery of counseling services.**
- 7. Expand the capacity of Wellness Coaching resources** on campus utilizing new and existing staff and student peer coaches to supplement counseling services provided.
- 8. Take actions to reduce sources of academic and other types of stress on campus.**

# Additional Ideas/Feedback?

What additional ideas or feedback do you have for improving student mental health and wellbeing at U-M?

*Please note: we will also be sending you an electronic feedback poll via email to capture additional ideas you may have. Please feel free to share this with other students who were not able to join us for this session.*