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# Updates on Student Health and Wellness

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# Our Time Today

- Outline ongoing, upcoming, and newly completed work
- **Hear your ideas, questions, needs, approaches!**



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# Student Telecounseling Network

- Provides telepsychiatry, telecounseling, and behavioral assessments
- Care is provided in an online chat platform
- Consultative services for on-campus providers
- Care during regular hours—not a crisis or after hours service



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# Student Telecounseling Network

- Clinical care provided by Upstate
- Students are first seen in the counseling center at their campus
- Referred for care—optional, dependent on campus protocol
- Seen until in a stable treatment protocol and referred back to campus for management



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# Student Telecounseling Network

- \$500K legislative appropriation for the fiscal year
- 10 campuses participating in 2019-20
- Campuses were selected based on:
  - projected need for mental health services
  - availability of a prescriber on campus to manage medication for telepsychiatry patients



# Student Telecounseling Network

- In the 2018-19 academic year
  - 171 students referred
  - 619 appointments provided
  - Majority were telepsychiatry
- About 42% of student participants hadn't previously received mental health care on campus.
- STCN participants were much more likely than college students in general to identify as gender/sexual minorities—almost 40% of participants.



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# Student Telecounseling Network

- Not billing to insurance—challenges with out of network providers
- Next steps – scale to System?
- Address campuses that don't have counseling services—how to ensure student safety?
- Year to year appropriation makes hiring/staffing a challenge—are there other ways to fund supplemental clinical care?

- **Garrett Lee Smith Grant – State/Tribal Award**
  - Focus on suicide prevention among youth
  - SUNY is the designated institution of higher education
  - Open to all SUNY institutions and affiliated individuals
  - \$45K subaward per year, 5 year commitment



- Garrett Lee Smith Grant – Training
  - Question, Persuade, Refer (QPR)
  - Gatekeeper training
  - Identify someone in crisis and get them to resources
  - Seek to enroll students, faculty, and staff
  - In person and online

- Garrett Lee Smith Grant – Crisis Text Line
  - Free 24/7 resource
  - Move someone from crisis to a cool calm
  - New York keyword partnership “Got5”
  - Develop and implement SUNY-branded Crisis Text Line materials starting in 2020
  - Subgroups of interest—GLBTQ students, veterans



# IN DISTRESS?

We're here to listen

TEXT "**Got5**" TO 741741  
TO START A CONVERSATION



NEW  
YORK  
STATE

Office of  
Mental Health

CRISIS TEXT LINE |

Free, 24/7, Confidential Crisis Support

- Garrett Lee Smith Grant – Postvention protocol
  - *Postvention is an organized response to a suicide to facilitate healing and prevent suicides among individuals who are high risk*
  - Understand current postvention protocols across SUNY
  - Implement uniform standards for postvention using best practices

# OMH Subaward

- Garrett Lee Smith Grant – Convening
  - Bringing together students, faculty, and staff
  - At least once across the grant period; probably in Fall 2020 and Spring 2022
  - Share innovative practice, research from the field, and facilitate connections
  - *College track at NYS Suicide Prevention Conference, Fall 2020*



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# OMH Focus Groups – Help Seeking

- What are students' expectations re: availability and quality of mental health services and support?
- What factors make students more or less likely to utilize mental health services?
- How can a campus improve awareness of, access to, and utilization of campus mental health services?



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# OMH Focus Groups – Help Seeking

- Phase 1: UAlbany undergraduates, SPH students (spring 2019)
- Phase 2: UAlbany student-athletes, LGBTQ students (current)
- Phase 3: Upstate medical students (planned)







# Student Mental Health and Wellness Task Force

- Convened by the Provost's Office
- First meeting was 9/27/2019
- Representatives from campuses, SUNY System, state government, external experts
- Expect to have recommendations for the Board by late 2019 or early 2020







# Student Mental Health and Wellness Task Force

- Develop a menu of universal-level public health-informed mental health best practices and evidence-based programs
- Establish guidelines for mental health service delivery that are response to diverse needs
- Identify avenues to provide technical assistance and seek additional funding opportunities



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# National Work on Mental Health

- American College Health Association
  - Convening a Faculty and Staff Resiliency Task Force
  - Request for participation sent to members 10/10
- New national guidelines for workplace suicide prevention
  - American Association of Suicidology, American Foundation for Suicide Prevention, United Suicide Survivors International

# Campus Innovation

- Cobleskill: wellness coaching
  - Serves as opt in/opt out for counseling
  - Certified coach, public health background
- Oswego: referral app for off-campus care
  - Thriving Campus: supported through STCN funds
  - Launched late in spring 2019—reporting out on utilization in the 19-20 AY

# Food Access Survey

- Assessment was part of the charge of the Food Insecurity Task Force
- Current work nationwide focuses on detailed analysis of food and housing insecurity (Hope Center)
- Wanted to include program evaluation—  
understanding the impact of the Governor's  
mandate for food pantry access

# Assessment: Our Approach

- Survey Monkey online survey
- 6 questions for community colleges, 7 for state-operated
- One time administration, no reminders
- Bracketed by VPs for student affairs and Provost direction

Survey Question	State Operated	Community Colleges
What school do you attend?		
Are you an undergraduate or graduate student?	86.3% undergraduate 13.7% graduate	N/A
<b>Think about your experiences <u>this semester</u>:</b>		
1. Were you ever hungry but didn't eat because you didn't have enough money for food?	Yes: 40.5% No: 59.5%	Yes: 54.7% No: 45.3%
1. Have you ever been unable to study or focus because you were hungry, and could not afford food?	Yes: 32.9% No: 67.1%	Yes: 45.2% No: 54.8%
<b>Think about a food pantry on your campus or in your community as you answer the next three questions.</b>		
1. I know how to receive assistance at my campus or community food pantry.	Yes: 33.8% No: 66.2%	Yes: 39% No: 61%
1. I feel comfortable going to a food pantry and receiving assistance.	True: 16.2% Somewhat true: 40% Not true: 43.8%	True: 19.4% Somewhat true: 38.9% Not true: 41.7%
1. I have received food or other items from a pantry on campus or in the community.	Yes: 14.1% No: 85.9%	Yes: 20.7% No: 79.3%

# Food Access: Next Steps

- Focus groups with students around food insecurity—addressing knowledge/comfort using campus pantries
- Identifying other supportive strategies for addressing food insecurity
- Seeking other resources to support student food access

# Your Turn

- How can System more effectively support mental health among all students? Wellness more broadly?
- How comfortable do you feel identifying students in crisis? Students in distress (but not immediate danger)?
- What next steps for food insecurity would support your students?





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**Reach out anytime!**

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