

Health & Wellness Task Force Annual Report 2024



WRIGHT STATE
UNIVERSITY

Table of Contents

02 A Letter from
the President

03 Overview

04 Highlights

05 Next Steps



A LETTER FROM THE PRESIDENT

Wright State University is committed to a culture that promotes positive mental health and well-being. In recent years, the mental health of our young people has been impacted in dramatic ways. National surveys report that emotional stress and mental health challenges are both significant factors that contribute to students considering leaving a university. We know that mental health doesn't just impact our students' academic performance, it impacts all other aspects of their lives also.

Wright State University is committed to providing a comprehensive approach to support the needs of students. I am delighted to share with you the accomplishments of the University in our Health and Wellness Annual Report. It has been a remarkable year, marked by several milestone achievements that fill us with joy and pride for our institution.

In 2023, Wright State launched the Mental Health Task Force to spread awareness of mental health support and resources on campus, bolster current student services, and prioritize student mental health and well-being across the University.

In addition, Wright State has embarked on a four-year partnership with The Jed Foundation, a nonprofit organization that protects mental health and prevents suicide among the nation's teens and young adults. The Jed Task Force, on campus, was responsible for this initial partnership. As we near the end of our first year with The

Jed Foundation, it is time to look at the progress we've made thus far, as well as examine the road ahead.

In early 2024, we combined the efforts of the Mental Health Task Forces and Jed group to form the Health and Wellness Task Force. The Health and Wellness Task Force comprises a comprehensive and collaborative group of students, staff, and faculty across Wright State University who will implement policy, systems, and environmental change to promote positive mental health, and holistic well-being for students and employees.

I would like to extend my gratitude to all of the committed and passionate members of the Health & Wellness Task Force, without which this work would not be possible. Particularly, I'd like to thank all of the students who have been involved in this process, which has been critical to our success.

As we move forward, we will continue to prioritize mental health and well-being within our academic community. Together, we can create an environment that supports the holistic growth and success of our students and employees.

Best wishes,



Susan Edwards, Ph.D.
President, Wright State University

OVERVIEW

The 2022-2023 Healthy Minds Study, administered nationally to over 76,000 college students, revealed that more than 40% of students experience symptoms of depression, 36% experience symptoms of anxiety, and 61% report feeling isolated from others.

OUR WRIGHT STATE STUDENTS PARTICIPATED IN THIS SURVEY IN 2023, AND THE RESULTS REFLECTED SIMILAR CONCERNS:



38% of Wright State respondents reported moderate to severe symptoms of depression.



32% of Wright State respondents reported moderate to severe symptoms of anxiety.



Nearly 2 out of every 3 Wright State students reported feeling left out, isolated from others, or lacking in companionship.

In response to the increasing mental health challenges among college populations, Wright State University partnered with The Jed Foundation to become a JED Campus. This initiative includes an evidence-based approach to creating a supportive campus environment for students' mental health and well-being.

Over several months, Wright State worked with The Jed Foundation to evaluate current student support systems and identify areas for improvement. This process involved student focus groups, a baseline assessment, and a campus visit. All activities informed a comprehensive strategic plan that will be implemented over the next three years.

To implement the strategic plan, Wright State merged two existing working groups to form the Health and Wellness Task Force. The Health and Wellness Task Force includes over 70 faculty, staff and student members from more than 30 departments and programs. The Task Force is comprised of six subcommittees that will lead the implementation of the strategic plan objectives. All are dedicated to supporting the mental health and holistic well-being of students, faculty, and staff.

JED INITIATIVES TIMELINE



**Fall
2022**

Mental Health Task Force Created

Began JED Campus process

**Summer
2023**



**October
2023**

Healthy Minds Survey administered to students, staff, and faculty

JED Foundation site visit at Dayton campus

**January
2024**



**Spring
2024**

Final Strategic plan received from The Jed Foundation

Reorganization to become the Health & Wellness Task Force, including development of six subcommittees.

**June
2024**



HIGHLIGHTS: JULY 1, 2023 - JUNE 30, 2024

183 Individuals Certified in Mental Health First Aid

In Spring 2024, Wright State announced that all employees will be required to become certified in Mental Health First Aid. Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid will equip Wright State staff and faculty to assist and support others who may be experiencing a mental health or substance use challenge.

691 Individuals QPR Trained

Wright State University's Department of Public Safety hosts regular QPR Trainings – Question, Persuade, Refer – open to all staff, faculty, and students. These evidence-based training courses equip participants with the skills needed to respond in a mental health emergency to save lives.

1st Annual World Mental Health Day Celebration Held

Wright State held its first annual celebration of World Mental Health Day on October 10th, a day of self-care and compassion. The day included a series of events, discussions, and activities designed to inspire, educate, and uplift.

45 Mental Health Peer Mentors Trained in Pilot Program

In January 2024, The Raider Pack Mental Health Peer Mentors Pilot Program launched with the support of the Wright State Foundation Students First Fund. The program aims to reduce mental health stigma, increase access to campus resources, increase help-seeking behaviors, and promote a supportive campus community.

699 Completed Naloxone Training

The Public Safety Department offers ongoing naloxone trainings, open to all students, staff, and faculty. This training teaches individuals to recognize the signs of an overdose, how to respond, and how to administer naloxone during an emergency.

18 Certified Veteran and Military Center Student Champions

Veteran and Military Student Champions are advocates for our veterans and military-connected students. The Champion training objectives include understanding military culture, positively engaging with veteran and military-connected students, all grounded with a focus on mental health.

NEXT STEPS

The Wright State Health & Wellness Task Force has created a digital dashboard to provide updates on the latest progress of the strategic plan. The dashboard, as well as additional information on the Task Force, can be found at the QR code below:



Are you a student in need of support?

Visit Counseling & Wellness Services in 053 Student Union, call 937-775-3407, or schedule an appointment online at wright.edu/cws.

The Student Advocacy and Wellness Center can also support students. Schedule an appointment with an advocate at www.wright.edu/sawc.

For crisis support after hours, call Raider Cares on 937-775-4567.

Anyone that needs crisis support can call or text the
National Suicide and Crisis Lifeline at 988.

Get involved!

Are you a student, staff or faculty member at Wright State University?
Do you want to get involved with the Health and Wellness Task Force?
Email cws@wright.edu to get connected!