

Health & Wellness Task Force

Bi-Annual Report

July 1, 2024 to December 31, 2024



WRIGHT STATE
UNIVERSITY



TASK FORCE OVERVIEW

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. A comprehensive strategic plan was created and 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 90 faculty, staff, and student members from over 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.

Subcommittees

Develop Life Skills

Responsible for developing life skills programming that fosters student emotional and physical well-being, cultivating a sense of purpose which help increase the likelihood of academic success and student retention.

Promote Social Connectedness and Increase Help-Seeking Behavior

Responsible for offering programs that promote inclusiveness on campus and increasing partnerships with student groups to enhance inclusion.

Identify Students at Risk

Responsible for strengthening the mental health safety net for students at risk: supporting the transition to college for incoming students, providing robust screening opportunities at diverse touchpoints in the student experience, and training the campus community to identify, reach out to, and refer students at risk.

Crisis Management and Means Safety

Responsible for outlined emergency and postvention policies and protocols that will assist in responding to a crisis with coordinated, sensitive interventions during potential instability. Clear protocols will help guide the university when a student is struggling, experiencing an overdose, or inhibiting suicidal behaviors. This group will also promote readily accessible emergency information, including crisis phone numbers, chat, and text services.

Provide Mental Health and Substance Use Services

Responsible for providing adequate on-campus access to ongoing mental health and substance misuse and abuse support, prevention, and direct services that are the backbone of any college mental health system.

Employee Health and Wellness

Responsible for employee policy and wellness initiatives. The group may collaborate with other subcommittees to include students and employees in specific initiatives.

Subcommittee Updates

Develop Life Skills

ACCOMPLISHMENTS TO DATE:

- Launched the Life Skills Inventory
- Areas have been identified as gaps as resources and gaps in services

NEXT STEPS:

- Review gaps in life skills training.
- Identify life skills programming.
- Implement life skills campaigns that address the link between physical and emotional health.



Identifying Students at Risk

ACCOMPLISHMENTS TO DATE:

- Mental health education was provided to students and family members at orientation
- The Center for Collegiate Mental Health screening tool was implemented and one screening event was completed
- 736 employees have been trained in Mental Health First Aid
- Seven staff are now Mental Health First Aid trainers

NEXT STEPS:

- Implement additional online resources from other organizations
- Support and expand mental health training opportunities for students





Subcommittee Updates

Crisis Management & Means Safety

ACCOMPLISHMENTS TO DATE:

- The national suicide crisis line 988 as well as Raider Cares have been promoted and widely disseminated across campus
- Student Advocacy and Wellness has increased personnel from 3 to 4 employees to support care coordination for students
- Student Success resource navigator page has been developed
- Current campus-wide emergency notification system was updated
- The first Prescription Take Back Day was held October 25, 2024
- Agreements signed with local police departments to partner on community prescription drop off locations.
- Stop the Bleed training now offered
- 18 QPR instructors have now been trained
- Public Safety has hired an Emergency Manager

NEXT STEPS:

- Further develop the crisis response team
- Complete environmental scan
- Implement a prescription drug drop box in Public Safety
- Write postvention plan
- Implement Prescription Drug Box

Social Connectedness & Help-Seeking Behavior

ACCOMPLISHMENTS TO DATE:

- Over 200 peer mentors have been trained
- Care and Concern Team meets weekly that focuses on students at risk
- Counseling and Wellness webpage was revised and is easily findable
- Over 400 students attended World Mental Health Day events on both campuses
- NAMI on Campus held its first meeting
- New social connectedness programming implemented to target specific student populations including international students

NEXT STEPS:

- Implement new online resources including Talk Campus and SOS Mental Health training
- Implement Families of Addicts student group





Subcommittee Updates

Mental Health & Substance Use Services

ACCOMPLISHMENTS TO DATE:

- Student health insurance policies were reviewed to ensure that mental health and substance use disorder treatment was covered
- Counseling and Wellness Services (CWS) continues to provide immediate services for students and students can be seen for appointments within days of scheduling
- Telehealth services are offered through CWS
- Referral process between Student Health and CWS has been defined
- CWS therapy groups were held in alternative locations on campus
- CWS will provide substance use assessments as needed
- Naloxone training continues on campus

NEXT STEPS:

- Develop and refine policies that ensure safe and effective prescription of opiates and stimulants
- Increase messaging about substance use
- Develop substance use programming in CWS

Employee Health & Wellness

ACCOMPLISHMENTS TO DATE:

- Strategic planning completed between Summer and Fall 2024. Identified priority areas included a needs assessment, increasing visibility of resources, educational and community building events, regular healthcare opportunities on campus, and examining policy related to employee health and well-being.
- Implemented the Making Strides campaign on campus which included a campus mini-walk and pickleball tournament. 142 participants engaged with the campaign.
- Began Needs Assessment process for Employee Health & Wellness on campus.

NEXT STEPS:

- Complete Needs Assessment, including survey of employees.
- Implement the We Heart Wright State campaign to promote physical activity and community connection in January - March 2025.
- Implement wellness opportunities and community building events on campus.

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 cwsewright.edu to get connected!**