

Standing Committee Annual Report

Name of Committee or Council:

Mental Health and Wellness

Chair

Mary Fran Davis

Meeting Dates in Current Year:

Oct 2, 2015, Oct 16, 2015, Nov 13, 2015, Jan 22, 2016, Feb 26, 2016, March 27, 2016,

Major Actions or Accomplishments:

This year the committee met to discuss how the issues of mental health awareness and suicide awareness could be addressed on campus. We wanted to provide information and support to all departments on these issues and help them to be prepared to address issues within their department. We also wanted to raise awareness among the student body. However, we believed that "piecemeal" efforts across campus would not be meet the broad need and address the issue over time.

We studied responses from numerous campuses and found that the Jed Foundation seemed to have the most comprehensive approach to helping campuses identify areas that needed focus and the one that seemed most in keeping with our needs and goals. An internal needs assessment was completed by Dr. Jeff Rutter of the Counseling Center. We then talked with people who had worked with the Jed Foundation. It was our conclusion that a project with the Jed Foundation would provide the information, resources and support for our joint goal of addressing the mental health of students and the challenge of suicide prevention among the student population.