

# Student Mental Health and Wellness Learning Community

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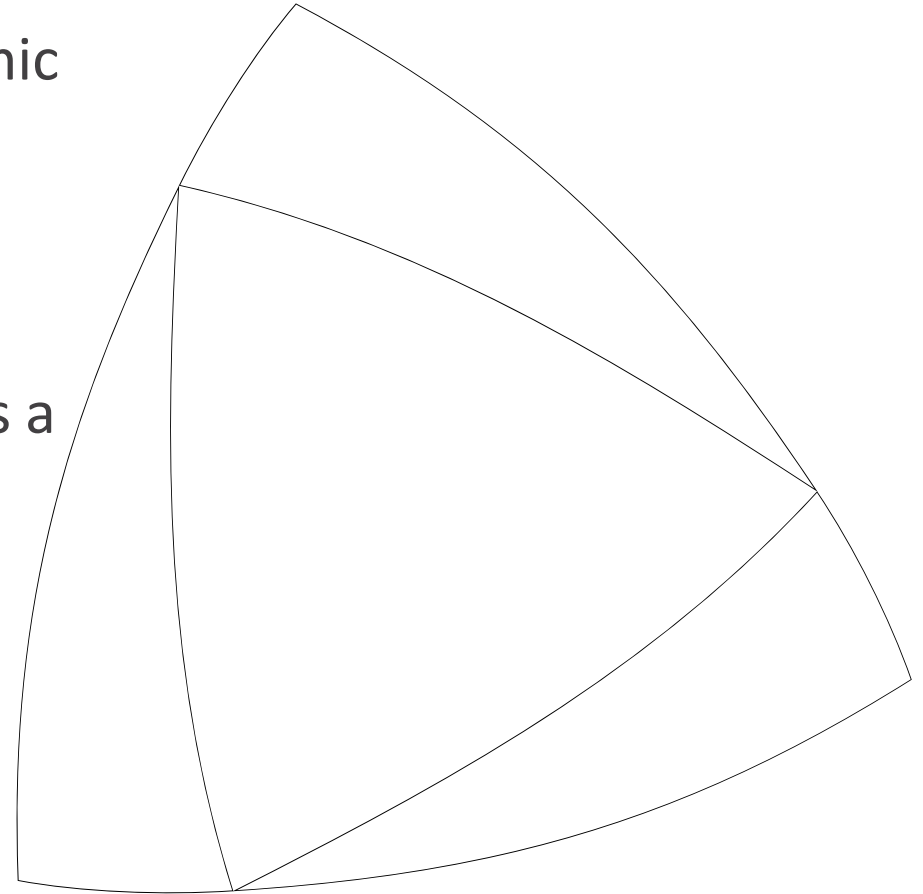
STATE HIGHER EDUCATION EXECUTIVE OFFICERS ASSOCIATION [The Jed Foundation](#)



*We gratefully thank the Lumina Foundation for support of the SHEEO-JED Student Mental Health and Wellness Learning Community.*

# Agenda

- The Mental Health Epidemic
- SHEEO-JED Partnership
- Mental Health as a State Priority
- The Mental Health Crisis is a Student Success Crisis
- Inaugural Learning Community
- RFP Process and Rubric
- Federal Momentum
- Questions

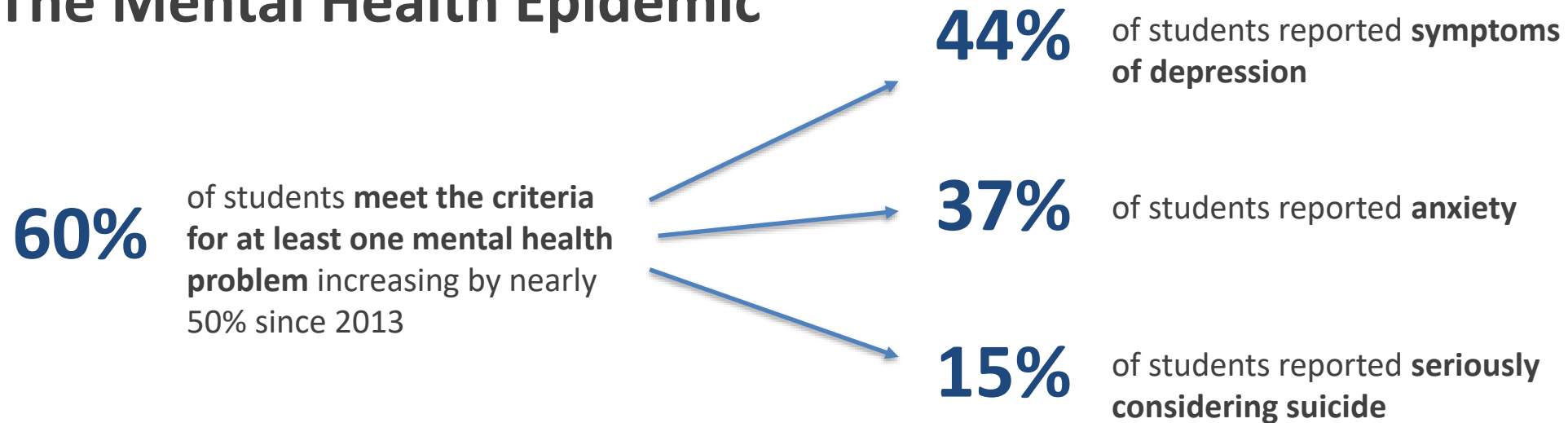


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## The Mental Health Epidemic



- Inadequate campus support for mental health is a challenge that predates the COVID-19 pandemic
- The pandemic, however, unveiled and exacerbated preexisting conditions that failed to adequately support students

## Mental Health Care Access Disparities Persist for Underserved Students

- While the mental health crisis affects students of all races, students of color and students from low-income circumstances face barriers in access to mental health care
- 47% percent of white students sought mental health treatment compared to 23% of Asian students, 26% of Black students, and 33% of Latino students
- Among adults earning less than \$24,000 in household income, 39% cite emotional stress and 37% cite personal mental health reasons for not enrolling in a degree or certificate program

# The SHEEO-JED Foundation’s Commitment to Protect Emotional Health

- JED, SHEEO's partner in this project, advocates for emotional health and prevents suicide among the nation’s teens and young adults by giving them the skills and support they need to thrive
- The learning community will offer technical assistance to state-level key stakeholders in designing and implementing mental health strategies and solutions
- JED Campus program and impact framework will be used as an anchoring guide to effectively disseminate the JED Campus program to the SHEEO membership and state policymakers

JED’s Comprehensive Approach



## Mental Health Must be a State Priority

- Historically, public health agencies, alongside K-12 and higher ed institutions have worked to strengthen youth mental health. The growing mental health crisis, however, is too complex for any organization to solve on its own and requires engagement from states, policymakers, and cross-sector stakeholders
- It is imperative that states develop and implement system-wide strategies and solutions that enhance higher ed institutions' capacity to support student mental health and wellness
- No two states are alike but collaboration across states can enable the sharing of best practices so states can adapt solutions to their unique contexts

## The Mental Health Crisis is a Student Success Crisis

**69%** of bachelor's degree students report **emotional stress as a reason for considering stopping out**

**53%** of students report **emotional or mental difficulties hurting their academic performance on 3 or more days**

**36%** of students considering stopping out say that **support from a mental health professional is important to remaining enrolled**

- Traditionally, student affairs has supported student mental wellbeing
- Outsized demand for mental health care, however, contributes to demand spilling over to other areas on campus including faculty and staff, academic advising, residential life, and accessibility services
- Studies show that 30% of depressed college students will drop out. With treatment, 6% of these dropouts can be averted. If a counseling center works with 500 students, this investment will generate more than \$3M in tuition revenue and lifetime economic productivity

## Inaugural Mental Health and Wellness Learning Community

- New learning community for state higher education leaders committed to implementing whole student support
- Five states will be selected for \$25,000 planning grants
- Activities will focus on the development and implementation of state- and system-wide policy recommendations
- Design and implement innovative strategies aimed at bolstering institutions' ability to effectively promote and support student mental well-being and therefore fostering educational success and life fulfillment



## Inaugural Mental Health and Wellness Learning Community

- State teams will name equity gaps and plan for state- and system-wide policy recommendations that enhance institutions' capacity to support student mental health for educational and life success
- Teams will mitigate mental health inequities and promote a just design that recognizes historic minoritization and alleviates systemic bias
- Communities will identify strategies that specifically support students of color and students from low-income circumstances who face systemic inequities and experience disparities in access to mental health care

## Inaugural Mental Health and Wellness Learning Community

- Launch five-part webinar series that disseminates mental health resources and implementable policy strategies and offers the opportunity for states to learn with and from cross-sector stakeholders
- Develop and deliver technical assistance through weekly interactions with state leaders as well as multi-state convenings and the 2024 SHEEO Policy Conference
- JED and SHEEO will co-author a student mental health policy white paper that highlights actionable recommendations

## Request for Proposals (RFP) Process and Rubric

- RFP opened today (8/31)
- RFP is due on 9/26 at 4 pm ET
- Selected states will be announced the following week (before or on 9/29)
- The RFP seeks and assesses responses on the four topic areas that will inform learning community activities
  - Coalition building and making the ROI case for investments in mental health
  - Aligning student mental health to state higher ed priorities
  - Planning for equity-based, system-scaled student mental health projects, and
  - Sustainable budgeting and productive funding models
- RFP will also ask state teams to propose a budget for their planning grant

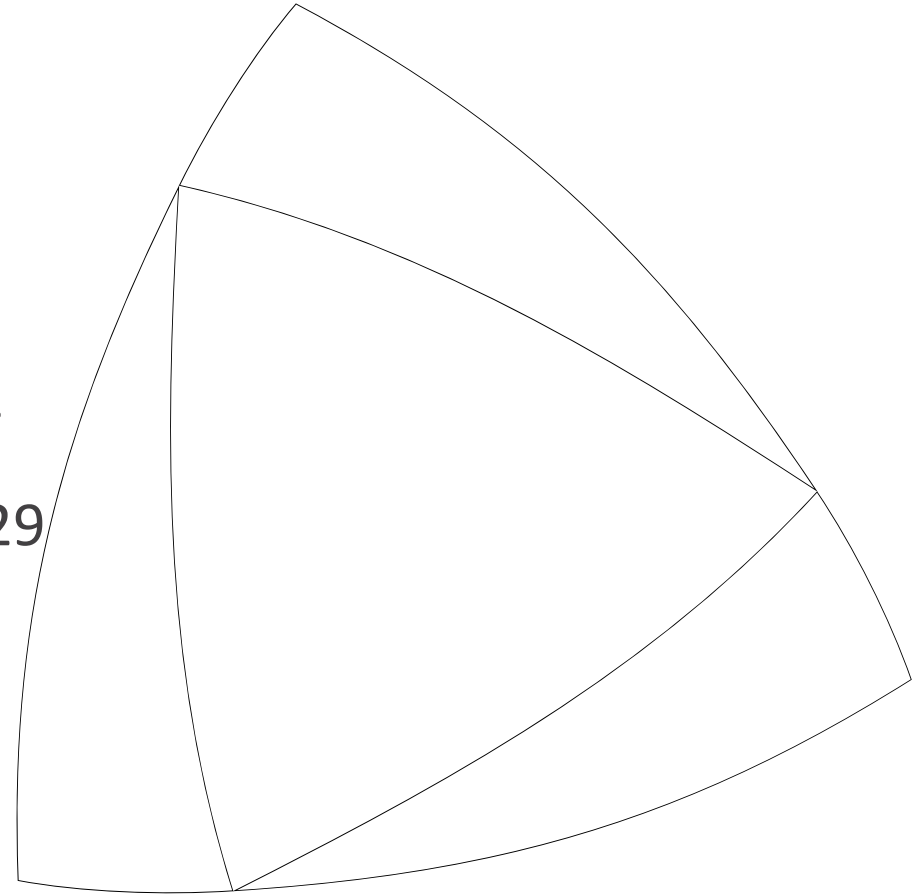
## Federal Momentum on Student Mental Health

- The Biden administration, including Sec. of Education Miguel Cardona, Surgeon General Vivek Murthy, and HHS Secretary Xavier Becerra, has used its platform to highlight student mental health challenges in higher education
- They see mental health as a student basic needs issue and encourage campuses to hire more counselors and make sustained investments in mental health
- Policy Changes:
  - The Bipartisan Safer Communities Act (BSCA) included funding for mental health, including competitive grants to institutions of higher education to increase the number and diversity of high-quality, trained providers (Department of Education)
  - The Department of HHS will be launching the 988 Suicide and Crisis Lifeline
  - The Department of HHS awarded funds to colleges under the Garrett Lee Smith Campus Suicide Prevention Program and called for program funding increases, along with a range of other programs in the Substance Abuse and Mental Health Administration

# Questions?

## SAVE THE DATES

- RFP Opened: 8/31
- RFP Due: 9/26 at 4 pm ET
- State Announcement: 9/29



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