

EWU Strategic Plan for Mental Wellbeing, Suicide Prevention and Substance Use Prevention

Completed	In Progress	Not Started
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Domain	Action Step/Strategy
Strategic Planning	Implement campus wide educational campaigns that promote shared responsibility for student emotional well-being
	Collect data on student utilization and incidents on campus related to mental health/substance use
	Annually analyze data that is collected by demographic groups to inform strategic planning
	Share/utilize data analysis to inform current and future mental health and substance use initiatives
Develop Life Skills	Offer or enhance programming and/or groups on (communication skills, identifying and regulating emotions/promoting resilience, managing finances, conflict resolution, bystander training programs, relationship skills, sexual harassment/relationship violence, stalking bullying, and/or hazing)
	Offer or enhance programming and/or services targeting academic skills in the following areas (study skills, test anxiety, stress management and time management)
	Offer or enhance comprehensive programming on the effects of lifestyles choices on wellness (e.g. adequate sleep, exercise, nutrition, etc.)
	Implement campaigns to educate the campus community about the links between physical and emotional health and academic success
Social Connectedness	Develop peer mentoring services
	Offer or enhance programs, activities, and campaigns that promote connections to community-based, cultural, religious or national groups
	Offer or enhance programs, activities, and trainings to promote diversity and inclusiveness on campus.
	Develop proactive Action Steps to help identify disconnected/isolated students
	Develop or enhance programs and activities to promote inclusion of disconnected/isolated students on campus
	Develop hiring practices that promote the recruitment and retention of diverse faculty and staff
Identify Students At-Risk	Educate families of incoming students regarding mental health and substance use resources and services on campus
	Implement screening/wellness days focused on substance use and common mental health issues on a regular basis
	Develop, expand, or strengthen gatekeeper-training program for relevant campus faculty and staff in identifying, reaching out to, and referring students who may be struggling

Help-Seeking Behavior	Implement campaigns/programs to encourage help-seeking by de-stigmatizing mental health and substance use problems on campus
	Develop or enhance peer support programs
Substance use/Misuse	Develop or enhance clinical services for mental health and substance use
	Evaluate the staff to student ratio to adequately address the clinical needs of students
	Coordinate care with off-campus services
	Offer clinical services outside of typical business hours
	Provide counseling services in alternative locations on campus
	Implement Action Steps to limit wait lists/wait times
	Provide resources to manage after-hours care/emergency situations
	Implement action steps to encourage utilization of health services by students of diverse and underserved backgrounds
	Develop/refine a medical amnesty policy that is consistent with JED Campus recommendations
	Establish or expand recovery community and/or support programs on campus
	Implement strategically timed messaging campaigns to remind students about the risks and consequences of substance use/misuse
	Implement messaging campaigns designed to educate students about the risks and dangers of opiate misuse, including the effects with other substance
	Emergency Naloxone available to first responders and doses to those at risk for overdose (as permitted by local law)
Policies and Procedures	Develop or refine postvention protocol to be consistent with the HEMHA guide
	Develop At Risk or Behavioral Intervention Team to collect and respond to reports of students of concern
	Promote information about how to report/get help for an emergency for both daytime and after-hours
	Implement a case management system to help assure clinical follow up and continuity of care for students of concern
	Develop/refine a family notification policy to be used in emergency situations
	Develop and implement a protocol and process for responding to violations of the campus' non-discrimination policy
Means Restriction	Conduct an annual campus environmental scan to identify and mitigate access to lethal means
	Implement drug collection/drug return programs for prescription medications on campus