MTSU Mental Health First Aid
Vision

The Center for Health and Human Services will improve the health and well-being of Tennesseans.

Mission:

The Center for Health and Human Services, through collaborative affiliations and partnerships, facilitates projects, programs, and research activities in public health issues of importance to Tennessee and to that of the nation, consistent with the mission and purpose of MTSU. Through collaboration with the Adams Chair of Excellence in Health Care Services, CHHS supports efforts to initiate and strengthen academic programs in health and human services to support workforce development and promote healthy communities.
Center for Health and Human Services

Collaborative Projects and Community-Based Research

• Since 1992 and in conjunction with the Adams Chair through 2015, the Center has received over $7.9 million in grants and contracts to conduct or facilitate research, communications, education, and training across the spectrum of public health issues of importance to Tennessee.

• Many CHHS projects reach all 95 counties in the state of Tennessee.
Mental Health First Aid Grant
October 2018 – October 2021

**Principal Investigator:** Cindy Chafin, M.Ed., MCHES ®

**CHHS Grants Coordinator:** Sarah Gwinn

**Program Coordinator:** Linda Williams

**Program Evaluator:** Dr. Angela Bowman

**Trainers (4):** Angela Mueller, Dr. Seth Marshall, Haley Sudbury, Jamie Riccitelli

**Graduate Project Assistant:** Angela Mueller

Additional members will be added April 2019 and beyond as program implementation begins

3/6/2019
Mental Health First Aid Grant Advisory Board

Dr. Mary Kaye Anderson, Director of MTSU Counseling Services

Dr. Vickie Hardin, Lecturer, MTSU Department of Social Work and College of Behavioral and Health Sciences

Lisa Schrader, MPH, CHES, Health Educator, MTSU Student Health Services

Dr. Robin Lee, Professional Counseling Program Coordinator & Clinical Director of the MTSU Center for Counseling & Psychological Services

Dr. Hilary Miller, Director Charlie and Hazel Daniels Veterans and Military Family Center

3/6/2019
Mental Health First Aid

• Evidence-based program with more than 1 million in U.S. trained;

• Teaches how to identify, understand and respond to signs of mental illnesses and substance use disorders and skills to support individuals experiencing mental health crises or issues;

• Goal for the MTSU project is to create a culture of mental health awareness and promote access to mental health services on and off campus for the MTSU student community;

• Partners: MTSU College of Behavioral and Health Sciences’ Social Work department, Student Health Services, the Center for Counseling and Psychological Resources, Charlie and Hazel Daniels Veterans and Family Center, and other on- and off-campus partners to create a culture of mental health awareness and promote access to mental health services on and off campus for the MTSU community;

• Will train multiple individuals on the MTSU campus: faculty, academic advisors, campus health services, clerical staff, coaches, academic advisors, campus health services, veteran’s services, and resident directors, among others.
Mental Health First Aid

- Multiple quarterly training sessions on campus with up to 20 participants at each session.
- Will reach over 880 participants in 44 training sessions over the 3-year grant term;
- Special emphasis on our student-veteran population and their families;
- Sessions will include working a 5-step action plan (ALGEE) to address a variety of situations, including when someone is experiencing:
  - Panic attacks
  - Suicidal thoughts or behaviors
  - Non-suicidal self-injury
  - Acute psychosis (e.g., hallucinations or delusions)
  - Overdose or withdrawal from alcohol or drug use
  - Reaction to a traumatic event
Partnerships

MTSU Student Health Services
MTSU Counseling Services
MTSU Center for Counseling and Psychological Services
MTSU Charlie and Hazel Daniels Veterans and Military Family Center
Community Partners

3/6/2019
Student Health Services

• Located at Campus Rec Center

• The mission of MTSU Student Health Services is to ensure delivery of affordable, accessible and high quality health care integrated with the promotion of lifelong wellness for MTSU students.

• Student Health Services provides MTSU students with a wide variety of services including:
  • health education
  • outpatient services
  • health screenings
  • treatment
  • travel, allergy & immunization clinic
Student Health Services

- Onsite laboratory
  - Diagnostic testing, screenings and analysis

- Campus Pharmacy
  - Many of the most commonly prescribed medications are dispensed at a minimal cost to the students
  - If the appropriate medication is unavailable from our pharmacy, the doctor will write a prescription that can be filled at any retail pharmacy.
  - Students have access to crutches, splints, and slings

- Student Health Services Specialists
  - Although Student Health Services can handle most needs, some illnesses or injuries require additional or specialized services. Student Health Services will help students obtain referral to the appropriate provider or services.
MTSU Counseling Services

Services Provided:
• Short-term Counseling
• Referral Services
• Crisis Services
• Short-term Psychiatric Services
• L.I.F.E. Workshops
• Outreach & Programming Services
• Consultation Services

Keathley University Center (KUC)
326-S
Office Hours:
8:00am - 4:30pm
Monday-Friday

3/6/2019
MTSU Counseling Services

Short Term Counseling Model

• MTSU Counseling Services provides free, short-term services to all currently enrolled students.

• At the first appointment, the student will meet with a licensed mental health professional who will gather information regarding their presenting issue, and relevant personal and family health history, and then make treatment recommendations.

• A student may receive counseling at our Center if their needs will be addressed utilizing a solution-focused, brief treatment model.

• Short-term counseling consists of meeting with a licensed counselor for 50-minute sessions on a weekly basis over the course of a semester.

• Using this model allows us to serve a greater number of students with our available resources.
MTSU Counseling Services

Referral services are provided to student’s whose requests or treatment needs are beyond our scope of care. This includes:

- Documentation for an emotional support animal
- Students presenting with a specific disorder that requires specialized treatment, such as eating disorders, substance use, or chronic self-injury
- Treatment requiring long-term psychotherapy or long-term medication management
- Family, marriage, or couples counseling
- Psychological evaluation for ADHD or ongoing medication management for ADHD
- Mandated counseling or to provide testimony or documentation in any legal matters
- Any type of psychological evaluations or assessments, including Fitness for Duty
MTSU Counseling Services

Referral Services assist students by helping them:

- determine which local providers accept the student’s insurance
- navigate health insurance coverage, such as understanding co-pays and deductibles
- find low-cost providers if the student is uninsured
- consider which therapist may be a good fit
- refer based on proximity if transportation is a challenge
MTSU Counseling Services

Crisis Services

• Any student who is experiencing suicidal thoughts and is not sure they can keep themselves safe is strongly encouraged to come directly to Counseling Services for help.

• Students will be worked into the schedule for immediate assistance in the following circumstances:
  • currently thinking about attempting suicide
  • has a strong desire to harm someone else
  • having strange experiences such as hearing voices or seeing things other people do not
  • has been physically or sexually assaulted within the past two weeks

• A counselor will work with the student regarding safety planning and assist in procuring the most appropriate level of treatment care.
The MTSU Center for Counseling and Psychological Services is a not-for-profit training facility affiliated with the Professional Counseling Program at MTSU.

- It is located in the Miller Education Center at 503 East Bell Street.

The Center provides supervised training experiences to Professional Counseling graduate students.

- It serves as a professional counseling and educational resource to residents and professionals of the middle Tennessee region.
Center for Counseling and Psychological Services

- Office hours are Monday, Tuesday and Thursday 11:00 am to 7:00 pm.
- The Center currently operates from August through May.
- The facility includes three individual/family counseling rooms, and a child therapy room.
- The counseling offices are equipped with a state-of-the-art audio/video recording system
  - All sessions are recorded for supervision purposes only.
Center for Counseling and Psychological Services
The goal of our center is to assist current military, veterans, and family members move from military to college, then from college to a successful career.

To accomplish this goal, we have developed the "E" Mission:
- Enroll military-connected students
- Encourage them while here
- Help find employment
- Educate the MTSU community
- Expand the veteran-education knowledge base
MTSU Charlie and Hazel Daniels Veterans and Military Family Center

• Our center has a strong connection to the VA:
  • 2 full time VA counselors including one mental health counselor and one vocational rehabilitation counselor
  • Another VA employee is on campus every Wednesday to assist veteran students

• The center is open to all military-connected individuals regardless of whether or not they attend MTSU.
MTSU Charlie and Hazel Daniels Veterans and Military Family Center

• The 3,200-square foot center is located in rooms 124 and 316 of Keathley University Center
• The main suite is on the first floor, next to the campus post office
• The Daniels Center is the largest and most comprehensive veterans center on any Tennessee higher education campus.
• It enables the 1,000+ plus military-connected student population on campus to have a one-stop shop to meet a variety of academic needs.
• It is a place for our military-connected students to study, to gather, and to get help from fellow veterans, who will serve as peer advisors and sponsors.
Role of Community Partners and Advocates

• Agree to help students if referred (more on referral process);
• Collected limited data for us (more on data from Dr. Bowman);
• Contribute content for posting on full-scale social media campaign;
Evaluation Component

• In order to demonstrate program effectiveness we will need to collect a small amount of data from each of our community partners.
  • Short non-intrusive survey
    • 3 demographic items
    • 4 referral items
  • All data will be collected through an anonymous online survey sent to the primary contacts email.
  • First data collection will begin within the next few weeks
  • Data collection will continue every once every 90 days for the duration of the program.

3/6/2019
Evaluation Component

• Referral items
  • Have you seen an increase in referrals in the past 90 days?
  • Number of referrals from MTSU Center for Counseling and Psychological Services?
  • Number of referrals from MTSU Counseling and Testing Center?
  • Number of referrals from all sources?

• Demographics items (for the primary service provider)
  • Age
  • Sex
  • Race

• https://mtsu.ca1.qualtrics.com/jfe/form/SV_879KNwylscVYmQB
Contact Us!

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