Stevens Mental Health and Suicide Prevention Plan

This plan is based on best practices and benefits from the guidance of the JED Foundation, a non-profit organization whose mission is “to guide schools through a collaborative process of comprehensive systems, program and policy development with customized support to build upon existing student mental health, substance use and suicide prevention efforts.” [https://www.jedfoundation.org](https://www.jedfoundation.org). In 2013, Stevens was one of the first universities in the country to receive the JED Seal and, since that time, Stevens has worked closely with the JED Foundation to enhance our services and programs as new research and best practices are developed. Stevens has developed action items for each of the seven objectives and below is a summary of our progress thus far in meeting those objectives.
Promote Social Connectedness - No Duck Left Behind

- Stevens restructured its support for residential students and created the Office of Residential Education (August 2018), with a new director. There is now enhanced programming with a greater emphasis on meaningful connections between students and staff.
- In addition to the campus-wide Club Fair held each fall, 3 additional days of specialized involvement fairs were initiated (January 28-30, 2019) to provide more opportunities for students to be engaged in campus life.
- Two student-led initiatives brought attention to mental health. A traveling exhibit, “Send Silence Packing” was brought to the center of campus on Palmer Lawn in September 2018. The exhibit was designed to end the silence that surrounds mental health and suicide. The “Out of Darkness” walk was held on October 28, 2018 and brought 625 members of the Stevens and Hoboken community together to raise awareness about suicide prevention. In addition, on February 7, 2019, 350 students viewed a film, “What Made Maddy Run,” hosted by Athletics, about the struggles of Madison Holleran, a University of Pennsylvania student-athlete who took her life.
- A small group has been formed to implement a survey designed to assess the health and well-being of our students, which we are planning to implement during the 2019-2020 academic year.

Identify Students at Risk - Weave a Tighter Safety Net

- A faculty-focused webinar on mental health has been developed and is available to all faculty on Canvas, Stevens’ learning platform. (March-April 2019).
- Each August, new faculty meet with staff from Counseling, Disability Services and representatives from the CARE team to learn about wellness resources at Stevens; we will be emailing these training slides to all faculty and ensuring that training is provided to faculty in multiple ways.
- In-person presentations for faculty and staff on the warning signs of emotional distress and suicidality are held at least twice a year.
- The Dean of Students and Director of Counseling attend faculty meetings to discuss mental health warning signs and the availability of the CARE team.
- QPR (Question Persuade Refer) is a research-supported suicide prevention training program. Four Stevens staff members (one fluent in Mandarin) have been trained as QPR instructors as of March 2019. These staff members will train additional Stevens faculty and staff in the coming months.

Increase Help-Seeking Behavior - Make Seeking Help Our Strength

- The scope and goals of the President’s Task Force on Mental Health have been developed and invitations will be sent to committee members by May 1. Faculty, staff and students will be invited to join the Task Force.
- Stevens opened a new Student Wellness Center in March 2019 to bring together four key areas of student well-being: Health Services, Counseling and Psychological Services, Disability Services and Wellness Education. The Center has dedicated space for workshops, peer educators, group therapy and other new initiatives.
Provide mental health and substance abuse services - Extend More Helping Hands
• In October 2018, Stevens hired a new full-time Wellness Educator and a new full-time staff psychologist who is fluent in Mandarin. In addition, a new part-time drug and alcohol specialist was hired in February 2019.

Follow Crisis Management Procedures
• Stevens has a well-developed Emergency Operations Plan that addresses crisis management on campus. This plan is reviewed and approved by the Board of Trustees and filed with the State of New Jersey. The plan is reviewed each year and revisions and improvements are made.

Restrict Access to Potentially Lethal Means - Install Impulsivity Speed Bumps
• In February 2019, Stevens’ Risk and Compliance Steering Committee approved the commissioning of an environmental safety scan of the campus. A working group has been established to oversee this project.

Develop Life Skills - Teach our Ducks to Swim
• Counseling and Psychological Services, the Career Center, the Office of Residential Education and the Academic Support Center have hosted workshops to help students cope with the setbacks and challenges of college life. Some examples are training on resiliency, grief and loss, test anxiety, an “Adulting” series to develop life skills, fostering a good relationship with your advisor, managing stress, developing organizational, time management and study skills, and academic success strategies.

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