Mental Health Ongoing Efforts

Current & Long-Standing Work:

- Green Dot Bystander Training
- Booze, Sex and Reality Checks Training
- Adopted a triage model at Counseling and Psychological Services
- Expanded Gatekeeper Training including Mental Health First Aid Program
- Grant-supported efforts including Campus Suicide Prevention Grant (Garrett Lee Smith) and the JED Foundation Campus Program

WSU faculty and staff from across the system participated in the Green Dot Institute in July 2018
Pullman Initiatives

Speaker Series – raising awareness & stigma reduction
• Planning group includes staff, students, and faculty

Enhanced Outreach Efforts
• Faculty & staff: expanded training opportunities such as Mental Health First Aid training
• Resources available to students
  - Ensuring faculty & staff awareness of these resources is key!

Under Development: “Step-Up” and “Behind Happy Faces”
• Integrated mental health awareness and bystander intervention program
• Target audience = athletes
• NCAA interest
A System-Wide Priority

Tri-Cities
- Enhanced messaging program to raise awareness of available community resources: print materials, stickers in restrooms

Everett
- First-ever all-staff and faculty suicide prevention training in September
- Adding stress management workshop during orientation, spring 2019

Global
- Live-streaming mental health speakers

Spokane
- Gatekeeper training for faculty and staff using QPR (Question, Persuade, Refer)

Vancouver
- Developed drop-in group to teach self-care strategies
- October launch of Let’s Talk: informal, confidential consultation with counselor
Questions?