

# MUS Student Well-being Updates

Jayci Hacker, Director of Student Well-being  
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# Student Training Update



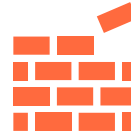
## Montana Centered

*Care for yourself, care for others, work hard, and be kind*



## Advisory Committees

*Professional Staff & Students*



## Authentic Content

*Real students & real experiences*



## Bystander Intervention

*Safe & healthy communities*  
*Lifelong skills*

- Content meets Title IX, VAWA, Clery, and DFSCA requirements
- Addresses the topics in a holistic way and provides information on consent, harm reduction, well-being, and mental health
- Training will be ready to pilot by October 2024

# Advisory Committees

## Professional Staff:

- Aislinn Addington (UM)
  - o Student Advocacy Resource Center Director
- Brittany Garden (MSUN)
  - o Educational Developer & Instructional Designer
- Jessica Weltman (UM)
  - o Director of Institutional Compliance & Public Records
- Kathy Kotecki (MSUB)
  - o Dean of Student Engagement
- Nicole Hazelbaker (UMW)
  - o Dean of Students
- Steven Swinford (MSU)
  - o Vice President for Student Success

## Students:

- Regent Garret Yeager (UMW)
- Katherine Delker (MSU)
- Jack Stephens (MSU)
- Kaylee Fritz (UMW)
- Kaiya Doney (MSUN)
- Richard Sprau (Helena College)
- Stephanie Kowal (UM)



**SAVE THE DATE!**

# **2024 ANNUAL MUS BEHAVIORAL INTERVENTION TEAM TRAINING**

***MAY 22nd & 23rd  
at the UNIVERSITY OF MONTANA***

*In collaboration with NaBITA, we will host a 2-day certification course in the Structured Interview for Violence Risk Assessment (SIVRA-35), as well as a chance to gather as state partners to discuss trends and resources in the field of behavioral intervention and assessment!*

**ESTIMATED COST PER ATTENDEE:**

*\$285 (typical cost for the SIVRA-35 training is \$1,375) and includes lunch and snacks!*

**HOTEL INFORMATION:**

*Comfort Inn Missoula - University  
May 21st - 23rd  
\$126 per night plus tax (406)-549-7600*

**PLEASE REACH OUT TO JESS ROBBINS, UM BIT CASE  
MANAGER, WITH QUESTIONS. MORE DETAILS TO FOLLOW!**

Professional  
Development



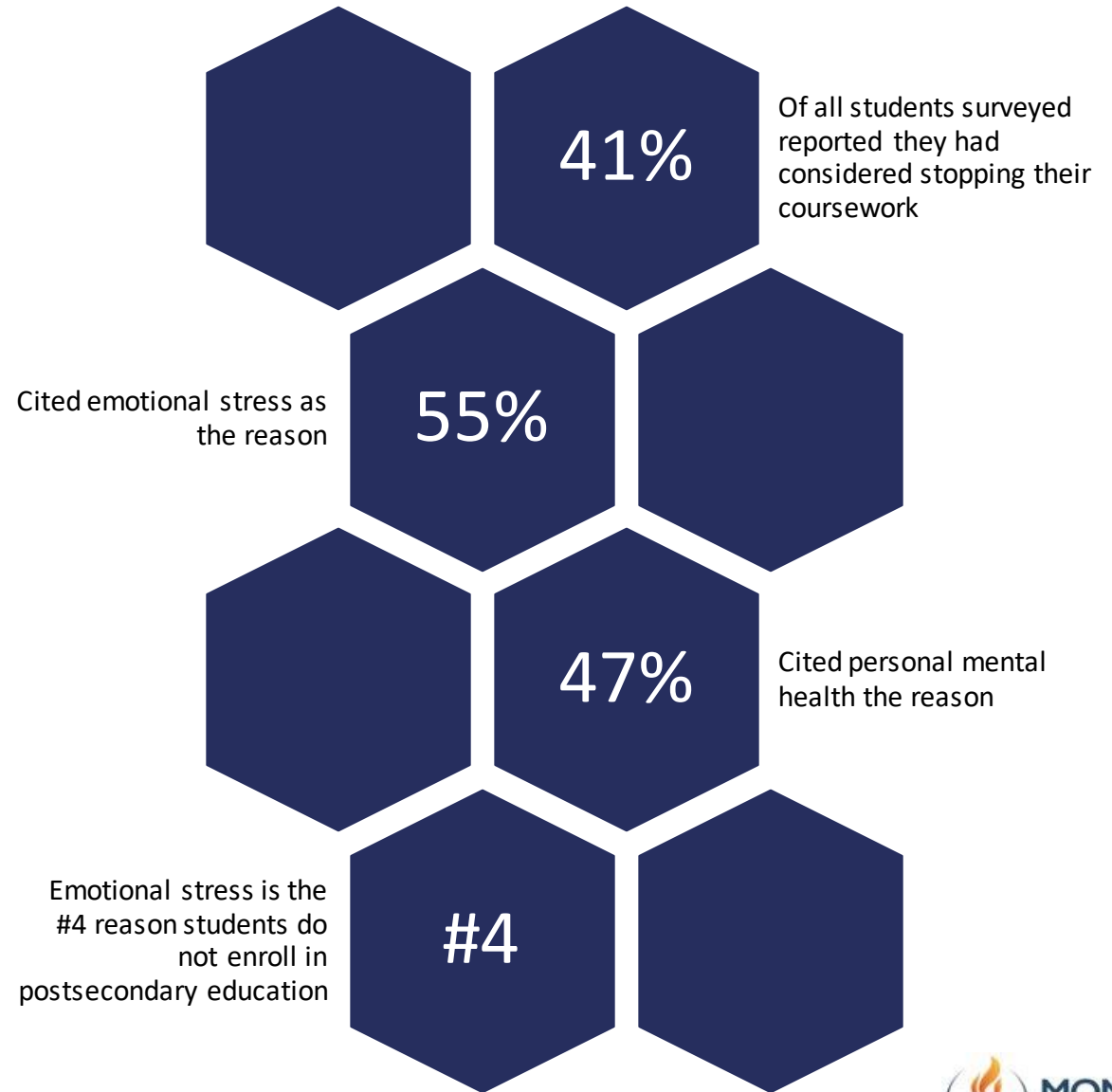
# Campus Visits and Feedback

- Campuses are innovating and finding solutions to important problems
  - A few examples:
    - Interns in counseling centers
    - Embedded peer wellness advocates
    - Employee wellness & training
    - Basic needs resources
- Employees and students are asking for more resources to support mental health including training, policies, counseling, and early intervention programs.

# 2023 Gallup Report

Emotional stress and personal mental health challenges disproportionately affect female students, students from low-income families, and students from minority racial groups.

Students who feel supported by faculty, mentors and peers are less likely to experience emotional stress.



# A Call for Assessment and Planning

There is a widespread demand for increased resources to bolster student well-being across the entire system

Mental health challenges are a leading driver of student attrition

A comprehensive strategic plan will position the system to capitalize on funding and partnership opportunities as they arise

Implementing a system-level strategic plan will empower campuses to optimize their capacity by crafting or refining their student well-being strategies

The findings from the Healthy Minds Study and NCHA Survey will provide a solid foundation for conducting a more thorough needs assessment

# We will seek a thorough understanding of:

## Strengths

- What is working effectively
- Practices, initiatives, and areas of excellence to build upon

## Opportunities

- Scalable practices for broader impact
- Replicable strategies that capitalize on the potential for innovation

## Weaknesses

- Common gaps and areas for improvement
- Challenges, barriers, and critical needs

## Resources

- Programs, infrastructure, systems, and partnerships
- Additional resources needed



# Moving Forward

Summer 2024

Fall 2025

## Actions:

- Collaborate with the Mental Health & Suicide Prevention Task force to designate a working group to guide and inform the process
- Define goals, objectives, and the scope of the needs assessment
- Conduct a system-wide needs assessment
- Set system-wide goals
- Draft the strategic plan
- Submit the strategic plan for review, feedback, and approval
- Implement the strategic plan
- Evaluate & assess progress