

The Mental Health Roundtable and University ADHD Team

Campus Coalitions to Offer Enhanced Safety and Better Services

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What Is a Campus Coalition?



WHY Do We Need a Coalition?



Hint #1



Hint #2



Hint #3



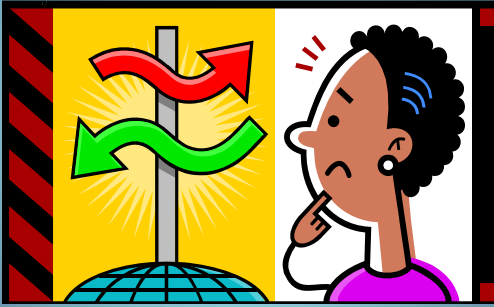
...and the corollary:



Hint #4



Hint #5



History and Concept

- 2007: BU
- Big place
- Dedicated staff
- Decentralized campus
- Little direct communication
- Minimal coordination of helping resources



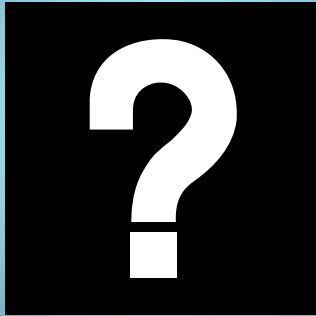
Central Problem



The Roundtable is Born



The First Roundtable



The Invitation List



Whom to Include?

- Dean of Students Office (grad and undergrad)
- Residence Life
- Student Health and Behavioral Medicine
- International Students Office
- Educational Resources
- Disability Services
- Academic Advising

Whom to Invite?

- University Service Center
- Campus Media (electronic, paper)
- General Counsel
- Study Abroad
- BU Police
- Undergrad and Grad Student Representatives
- Financial Aid

Whom to Invite?

- Career Counseling Services
- Other Mental Health Organizations on Campus or Nearby (Center for Psychiatric Rehabilitation, Center for Anxiety and Related Disorders, Danielsen Institute)
- SARP (Sexual Assault Response and Prevention)
- Chaplaincy
- Athletics

Whom to Invite

- Anyone else you think might be interested enough to come
- Invite MORE people than you think you want



Send Multiple Reminders

- Plan it for a “quiet” time of the year
- Allot 2-3 hours
- Send out an initial invitation at least six weeks before the event
- Ask people to RSVP with
 - *Intention to attend*
 - *What they want to hear*
 - *What problems they have identified that need attention*



“The theme this year will be Forming a Campus Wide Coalition for Mental Health.

We would like to hear your ideas about how the Roundtable can be used most productively. From prior gatherings, we have produced the mental health website, www.bu.edu/mentalhealth, and put together a meeting designed specifically to address needs of graduate students.

We would like each of you, or perhaps each department, to submit one or more idea to us before the Roundtable, about how you would like to see mental health supported on campus and what the Roundtable can do to this end.”

FOOD!

- Send an enthusiastic reminder 1 week before, including info that you will serve food!



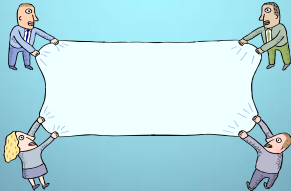
What to Do

- Keep a list of attendees with email addresses
- Serve Food!
- Have each person introduce him/herself
- Take Notes
- Have an agenda that includes items submitted by others
- Include multiple speakers to stress importance of collaboration



Theme: Forming a Campus Wide Coalition for Mental Health

- Looking at collaborative efforts
- Forming a Safety Net:
“Tell Someone. BU Listens.”
- Resiliency, Retention, Flourishing



Sample Agenda Items

- Mental Health and Study Abroad
- Healthy Minds Study data
- Updates of Leave of Absence Process
- ADHD Task Force
- Bystander Intervention Training
- Campus Safety Net

Agenda Items

- Psychological First Aid Training and Response Preparation
- Grad Student Issues
- “Flourishing” and Resiliency and Retention
- Student Support Network
- Cutting
- Transgender Issues (and other LGBTQ)

Mental Health Roundtable

Wednesday January 9 2013 Fit REC Center 9:30-11:45 AM
 9:30-9:40 AM Breakfast, the Plan for the Morning--:
 BU as model (SSN, websites, resiliency and collaborations as theme. “Tell Someone. BU Listens.”)
 9:40 AM-9:50 AM SARP, Bystander Training
 9:50-10 AM Transgender Students and Issues at BU
 10-10:20 AM Collaborations: ADHD project, BUSA ;
 Psychological first aid training, emergency response training
 10:20-10:30 AM Cutting
 10:30-10:45 AM LOA changes
 10:45-11:05 AM Introductions
 11:10-11:30 AM Flourishing, Resiliency in students and institutions—Healthy Minds Summary, NAMI report. National Depression Screening Day campus-wide
 Review of where we were last year and how we have moved on
 11:30- AM Q and A, directions for next year (transgender issues? Grad student issues?)
 How to continue enhancing the safety net for students and families? Committee review of SHS services

Stay in Touch

- After the event, send out the list of attendees and minutes of the meeting
- Include a bulleted list of plans and projects coming out of the meeting
- Maintain the “Roundtable” listserv for updates through the year



Outcomes

- Graduate Student Mini-Roundtable
- Mental Health Website: www.bu.edu/mentalhealth
- National Depression Screening Day
- BU Study Abroad and Mental Health
- Student Support Network
- Psychological First Aid Training

Outcomes

- Linkages and working relationships throughout the campus



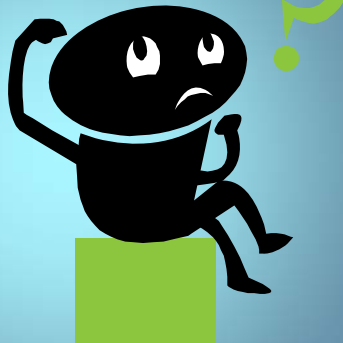
- Spring 2013: Tested in Real Time
 - Response to the Marathon Bombing
 - Fatal fire off campus

Boston University Safety Net

- Student Health Services
- Center for Psychiatric Rehabilitation
- BUPD
- Center for Anxiety and Related Disorders
- Danielsen Institute
- Chaplaincy
- Deans Offices and Residence Life

ADHD Task Force

Why?



ADHD Task Force

- Similar concept, with many stakeholders on campus
- Behavioral Medicine (Student Health Services)
 - Psychologists
 - Therapists
 - Psychiatrists and Clinical Nurse Specialists
- Disability Services
- Educational Resource Center
- Wellness and Prevention Services

Results

- Quick Clips on website
www.bu.edu/shs/resources/quickclips/ADHD
- www.bu.edu/shs/resources/factsheets/ADHD (or www.bu.edu/shs and put ADHD in the searchbox)
- “Letter”
- Orientation
- Outreach to students who identify with ADHD
- Impact on Assessment and Treatment

Eating Disorders Team

- Student Health Services
- Behavioral Medicine
- Nutrition
- Athletics
- University Service Center, occasionally

Why Create a Campus Coalition?

- Creating and reinforcing a collaborative work culture
- Decreasing sense of isolation among mental health clinicians and organizations
- Expanding perspectives on university issues
- Coordinating and integrating support services for students
- Increasing capacity for response to campus-wide crises
- Targeting projects that meet student and university needs

Just Do It!



Thank you!

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