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# Mental Health and Well-being: An Introduction to the Jed Campus Program

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Texas A&M  
University Health Services

# HOWDY! Plan for our Time Together

- Mental Health and Well-being Thoughts
- Overview of the JED Foundation and the JED Campus Program
- Introduction to the Healthy Minds Study (students, faculty/staff)
- Strategic planning for mental health and well-being
- Questions

# Let's Talk About Mental Health & Well-being

- What are we observing?
- Why do we care?
- What can we do?





The Jed Foundation

# The JED Foundation



# JED Campus Program



- A four-year collaboration between JED and key stakeholders from across the campus community to assess and strengthen mental health, substance misuse, and suicide prevention systems
- JED provides assessment tools, expert guidance, and customized technical assistance to support implementation of recommended practices
- A critical element of success is a shared vision that student well-being is everyone's responsibility and linked to student and institutional success

# JED Campus Theory of Change

College systems support students

JED supports development of programs, policies, & processes to support student mental health through a 4-yr partnership

Student attitudes & behaviors improve

Mental health and access to care improves among students at these universities

Life outcomes for students improve

Lower likelihood of death due to alcohol, drugs & suicide  
Student flourishing improves  
Academic success improves

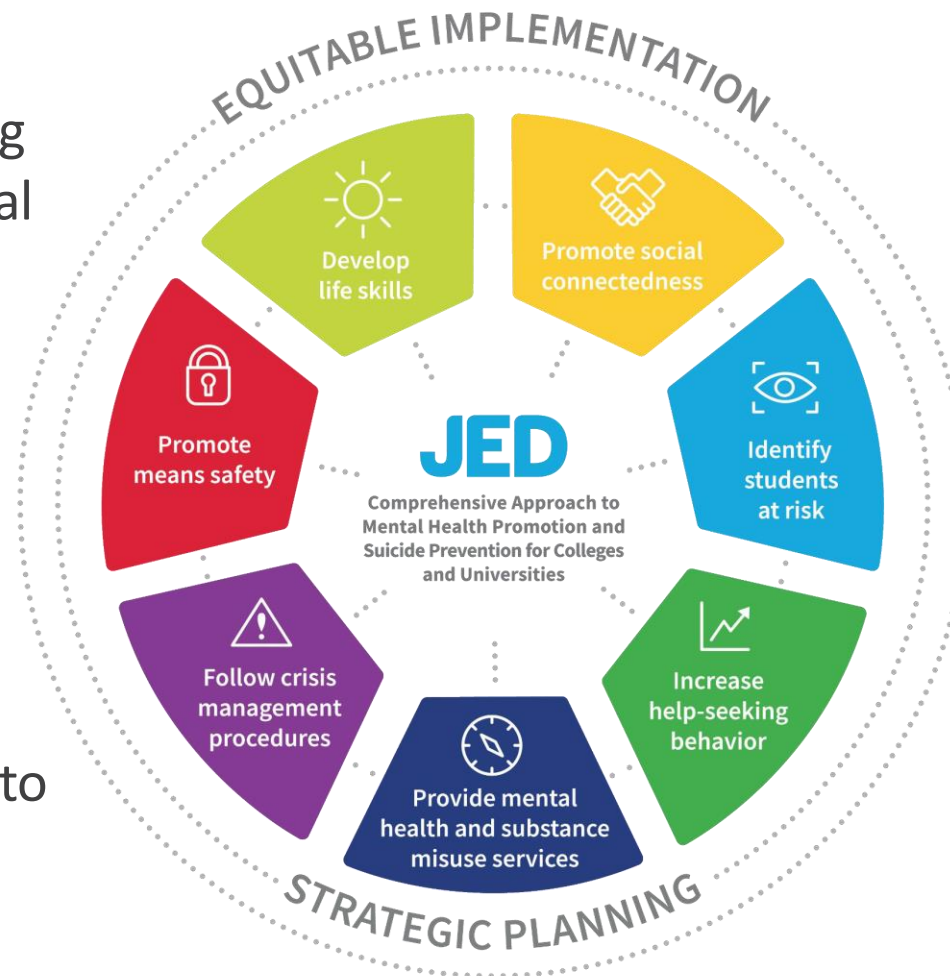


# Comprehensive approach to promoting mental health and creating sustainable change

Develop independent living skills, social and emotional skills, and resilience

Identify and limit access to dangerous means

Ensure the right policies and protocols are in place to manage crises

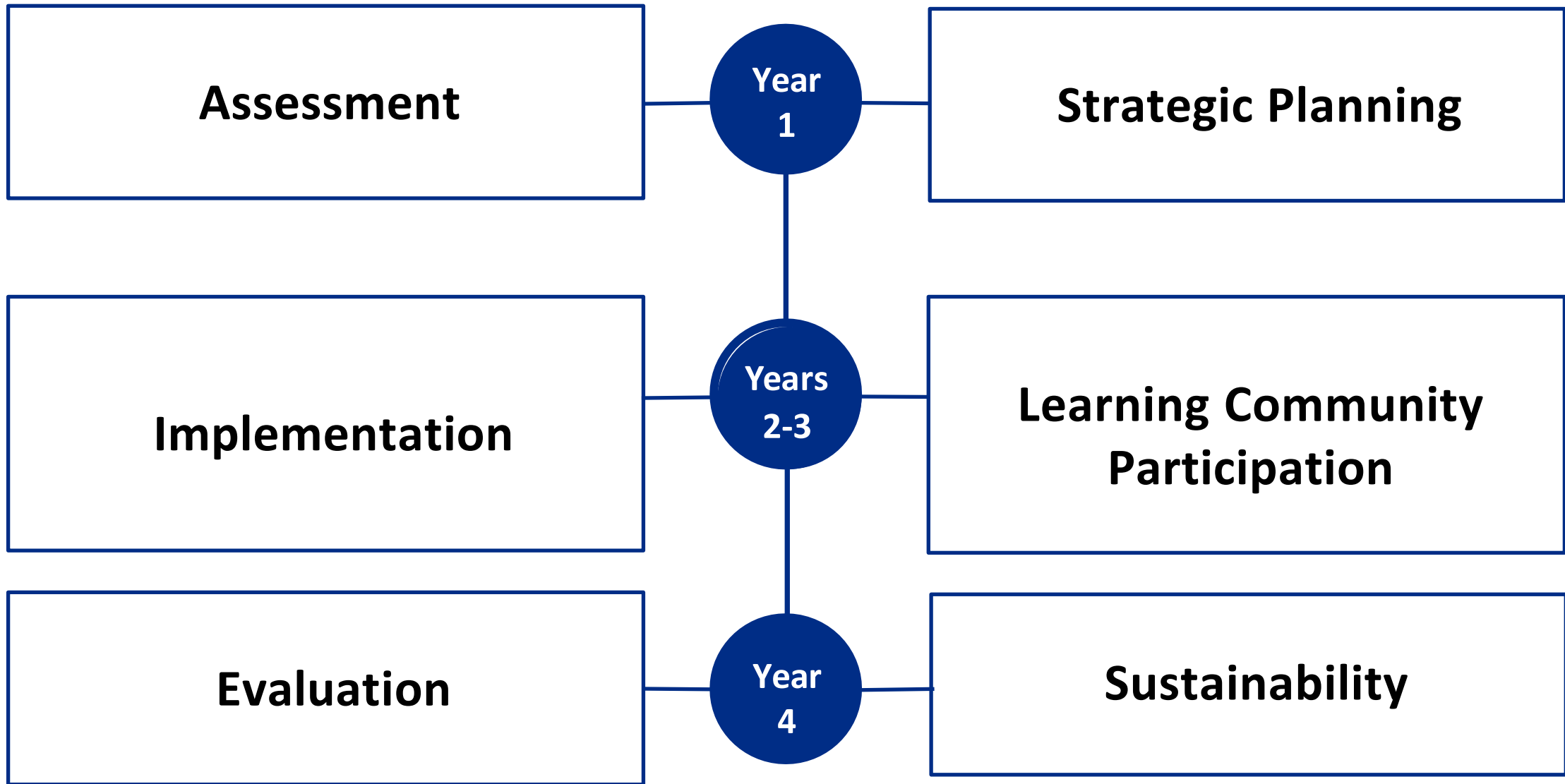


Foster connectedness and belonging

Create opportunities & systems to notice someone who may be struggling

Reduce shame, secrecy, and stigma so people will reach out for help

Ensure high quality, accessible services





# Healthy Minds Study



## What is the Healthy Minds Study?

- Largest survey of student mental health in the US
  - 550,000+ respondents
  - 450+ campuses
- Provides customized data reports summarizing student needs and outcomes
- Administered at the beginning and end of JED Campus
- Comparisons to national data
- Survey takes **15** minutes

## Main Topics

- Mental health (depression, anxiety, self-injury, suicidality)
- Lifestyle/health behaviors (substance use, exercise, sleep)
- Attitudes/awareness
- Service utilization
- Academic/social environment
- Demographics and up to 10 custom questions

## Our Timeline

### HMS

- **12,000 students**
- **12,000 faculty/staff**
- **Galveston (all)**

### Launch

- **April 2, 2024**

# HMS Student Survey



## Core Modules

Demographics

Mental Health Status

Mental Health Service Use, Help-Seeking

## Elective Modules

Knowledge & Attitudes

Upstander/ Bystander

Mental Health Climate

Resilience and Coping

# HMS Faculty/Staff Survey



**Demographics**

**Faculty/Staff  
Well-being**

**Mental Health Service  
Use, Support, Help-  
Seeking**

**Supporting  
Students**

**Campus  
Climate**

## Critical Elements for Successful Outcomes

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- Support and engagement from senior leadership
- Commitment to long-term strategic planning for sustainability
- A shared vision that student well-being is everyone's responsibility and linked to student and institutional success
- Diverse voices from various campus partners participating in the process

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# Questions Next Steps



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