

# Recommended Reading



A guide for mental health professionals and mental health and promotion outreach staff to assist during mental health prevention and intervention strategic planning.

## A Guide to Campus Mental Health Action Planning

Missouri Partners in Prevention is proud to be Missouri's higher education substance abuse prevention and mental health consortium. In order to see measurable change in the health, safety, and well-being on campus, campus prevention practitioners must employ evidence-based strategies and models. This series provides a brief synopsis of the publications, articles, and resource documents available to campuses to assist in their substance abuse prevention and mental health intervention efforts. These documents provide a great deal of technical assistance and support. Browse our recommended reading synopsis to learn more about these publications.

'A Guide to Campus Mental Health Action Planning' is a document published by the JED Foundation and EDC Inc. in 2011 that aims to assist campuses through the process of designing a plan for prevention, promotion, and interventions for mental health concerns and suicidal ideation among college students. The guide includes an introduction and conclusion, a resource listing\*, and 3 main sections: 1) Building momentum and infrastructure, 2) engaging in a strategic planning process, and 3) strategies for promoting mental health and preventing suicide.

### Introduction

The introduction highlights a movement of campus work to expand efforts beyond providing treatment services to preventing mental health problems from occurring and promoting mental health among all students using a public health approach. It is noted that to do so includes enhancing and promoting the health of all, reducing risk

factors and promote protective factors (primary prevention), implementing processes for early detection and intervention, providing treatment, providing maintenance care, and developing strategies for postvention in the event of a crisis or traumatic event. Page 3 includes important principles for designing effective campus mental health promotion and suicide prevention efforts.

### Building Momentum and Infrastructure

This guide notes that widespread commitment using a public health approach is key for sustainability and recommends doing the following:

- Obtaining senior administrator support
- Engaging key stakeholders in a mental health and suicide prevention taskforce
- Building capacity

Tips for gaining senior administrator support and engaging key stakeholders can be found on

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page 4. An in-depth list of possible task force members and other necessary elements for task force success (leadership, communication, etc.) are discussed on pages 5-6. Finally, information on capacity building and advice for coalitions and task forces are outlined on page 7. The guide also notes that during this phase of organizing, it is important to plan ahead and increase knowledge and skills related to data collection, selecting best practices, and evaluation planning.

## Engaging in a Strategic Planning Process

In order to have an effective campus response, efforts must be comprehensive, strategic, and well-planned. The social ecological model is referenced and emphasis is placed on addressing multiple levels of influence with a variety of interventions. The guide also highlights that programs should not be developed without a thorough understanding of campus problems and how interventions will help achieve specific goals. A systematic, data-driven process will help achieve the best results, and the strategic action planning process steps should be utilized:

### 1. Describe the problem and its context

- Collect and examine sources of data
- Assess existing resources
- Assess the climate for campus-wide change

### 2. Identify priority problems and set long-range goals

### 3. Consult the science and identify strategies

### 4. Select or develop interventions

- Create a logic model and program plan

### 5. Develop an evaluation plan

### 6. Create an action plan

### 7. Implement interventions, evaluate, and make improvements

Each of these steps are discussed in greater detail on pages 9-15. To assist in understanding the problem and its context, page 10 includes a table on general factors that contribute to mental health problems and suicide at various levels of the social ecological model. Page 11 also outlines risk and protective factors relevant to college students for mental health and suicidality. To help with goal-setting, page 12 includes some sample campus goals that are common priorities. To aid in selecting interventions, page 14 includes a sample logic model and discusses each section of the model with examples. Finally, to provide some assistance with evaluation, page 15 includes examples of outcome and process evaluations.

## Strategies for Promoting Mental Health and Preventing Suicide

The final section of the guide focuses on specific strategies to implement in a comprehensive plan, and notes that a combination of activities, policies, and interventions working together is more likely to produce results. Below are the main strategies that used for a comprehensive approach:

- Promote social networks
- Develop life skills
- Identify students at risk
- Increase help-seeking behavior
- Provide mental health services
- Follow crisis management procedures
- Restrict access to lethal means

Examples of each of these and research supporting them as evidence-based strategies are included on pages 17-22. These are overall strategies and do not necessarily point to one specific program or intervention. Focus is placed in many of these strategies on reducing barriers for students (e.g. reducing stigma to increase help-seeking, using a stepped care model to increase access to services).

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## Conclusion

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The guide concludes by reiterating that this is a long-term process that takes time. It also highlights that understanding the unique needs of your campus is vital to success. Additional resources are included on pages 24 -25.

*Note: Some of the webinars, link, websites, and resources referenced in this document are no longer active or have moved.*

### **Read 'A Guide to Campus Mental Health Action Planning' here!**

[jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf](http://jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf)

### **Citations**

1. JED Foundation and EDC Inc, A Guide to Campus Mental Health Action Planning (2011).

Written by Margo Leitschuh, Communications Coordinator.  
Published April 2020.

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