

SHWB Mental Health Services

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Agenda

- Introductions
- Feedback from GSA
- Overview of SHWB resources for mental health
- Upcoming goals
- Questions and additional feedback

Student and Learner Feedback is *Important and Valued*

- What are some of the strengths of the current mental health services available to students?
- What is missing? What do students need more or less of?
- Any challenges you have heard of or had with access or experience at UHS and JHSAP?

SHWB Mental Health Services

East Baltimore

- University Health Services – Mental Health
- Johns Hopkins Student Assistance Program (JHSAP)
 - JHEAP for post-grad (residents, fellows)
- Behavioral Health Crisis Support Team (BHCST)
 - Service area expansion planned for 2023
 - East Baltimore learners eligible if they reside/are located within Charles Village or Mt. Vernon public safety footprint

University Health Services - MH

- Serves students from SOM, SON, BSPH; residents and fellows
- Provides routine outpatient individual therapy and psychiatric care
- Staffed by psychiatrists, social workers, psychologists
- First step: Phone triage appointment (15-20min)
 - If appropriate for care at UHS-MH clinic: first psychiatry and/or therapy appointment within about 2 weeks
 - If a student/learner needs or desires weekly therapy, more intensive or specialized care, UHS-MH will provide referrals to community providers

JHSAP – Johns Hopkins Student Assistance Program

- Serves students from SOM, SON, BSPH, AAP, EP, SAIS, CBS, SOE
- Provides short-term counseling for stressors,
- Staffed by social workers and professional counselors
- First step:
 - Call JHSAP or send an appointment request via website
- Depending on the nature of the presenting concern, will refer:
 - Chat with a Counselor (CWAC)
 - Intake appointment
 - UHS-MH
 - Community referral

Well-being and Drop-In Groups and Workshops

<https://wellbeing.jhu.edu>

- [Health Promotion and Well-being resources](#)
 - Out of the Darkness walk
 - QPR Suicide Prevention Training
 - Wellness programs, stress management, physical and sexual well-being, stress management, alcohol and other drugs, gender-based violence prevention
- [Workshops and Drop-In Groups hosted by Homewood Counseling Center](#)
 - Anxiety management, impostor phenomenon, KORU mindfulness, mindful yoga, regulating emotions,

TimelyCare

- TalkNow: 24/7 on-demand mental health support
 - Available in all 50 states, internationally in locations with unrestricted web access
- Scheduled Counseling: up to 12 sessions per year of individual counseling with a licensed provider
 - Available in all 50 states
 - Choose provider based on preferences (gender, specialty)
- Sign up at timelycare.com/jhu with your JH email address

SilverCloud

- Online cognitive-behavioral therapy modules available to all full-time students
 - Self-paced
 - Track progress through online assessments and skill-building tools
 - Interact with a coach for asynchronous feedback
- Modules
 - Stress, Depression, Anxiety, Sleep
- Sign up at jhu.silvercloudhealth.com/signup with your JH email address

BHCST – Behavioral Health Crisis Support Team

- BHCST clinicians partner with Crisis Intervention Team (CIT) trained Johns Hopkins Public Safety officers to co-respond to people in distress in and around the Homewood and Peabody campuses (plan to expand to East Baltimore in 2023).
- BHCST clinicians offer support primarily to students/learners but will respond to anyone in distress within the patrol footprint, including JHU faculty, staff, and students, as well as community members.
 - The vast majority of responses are to JHU students.
- BHCST clinicians respond to crises 24/7/365
- After a mobile crisis response, BHCST clinicians follow up to support recovery and bridge folks to the next level of care.

Future Directions

Mental Health Services Integration

Develop a comprehensive system of mental health service delivery

- Accessible to all learners across the University
- Leverages the strengths of each unit's programs and staff
- Fosters collaboration and staff development
- Operates with a cohesive philosophy of care and scope of service
- Prioritizes values of diversity, equity, inclusion and belonging
- Utilizes consistent data management and record-keeping to ground decision-making and track successes and opportunities for growth

Upcoming Goals

- Organizational structure
 - 6-8 months
- Unified electronic medical record (EMR) system
- Recruitment, hiring and retention
 - Identity-based coordinator positions
 - Increase range of specialty areas
 - Expand embedded counselor program
- Establish MHS-wide policies and procedures
 - Intersection between MHS, student affairs, campus partners
- Build data management system based on key performance indicators

Questions, Comments, Concerns, Feedback?