



Northwest Mental Health Playbook Overview

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What is
Mental
Health at
Northwest?



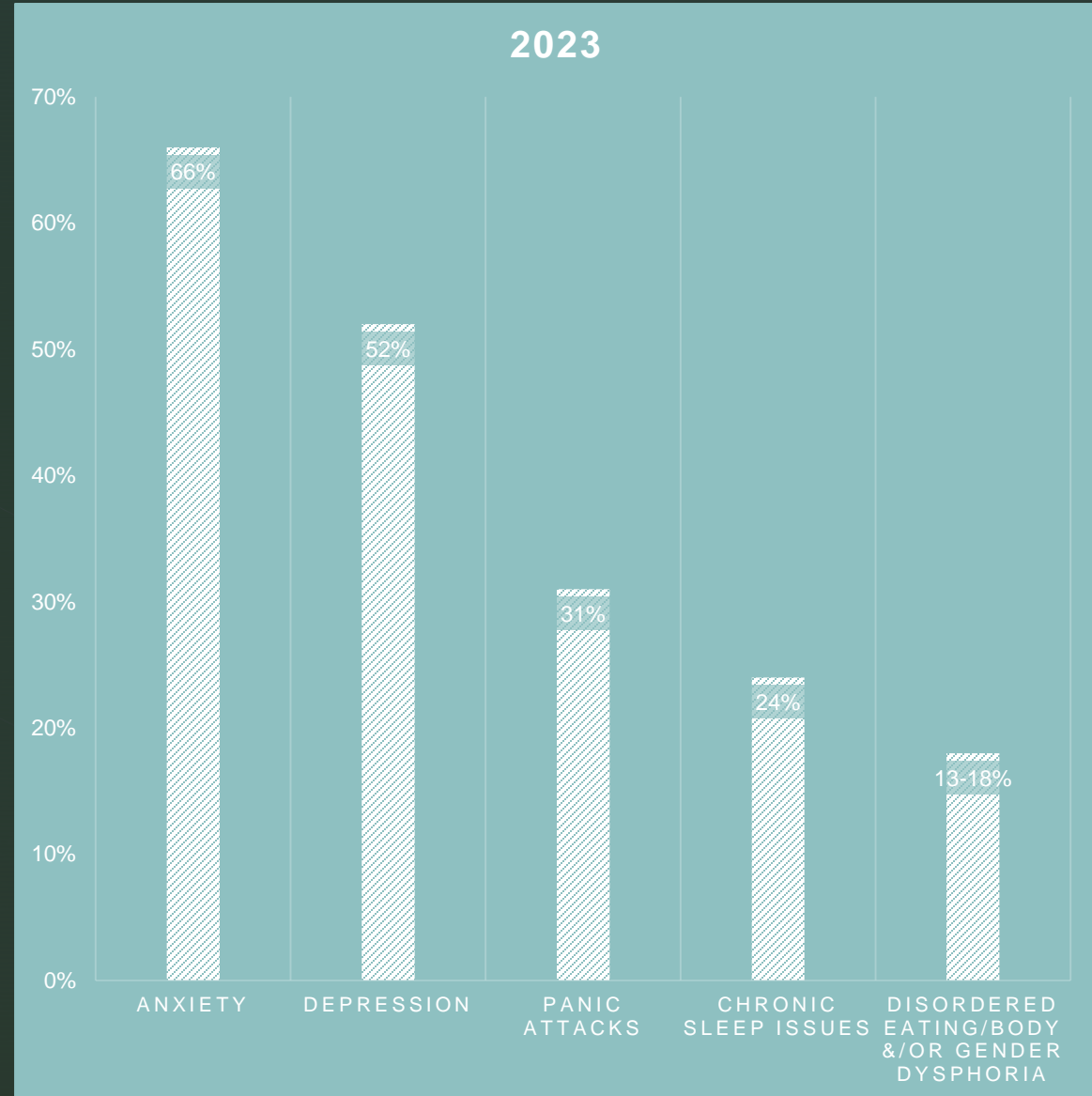


Missouri Assessment of College Health Behaviors (MACHB)

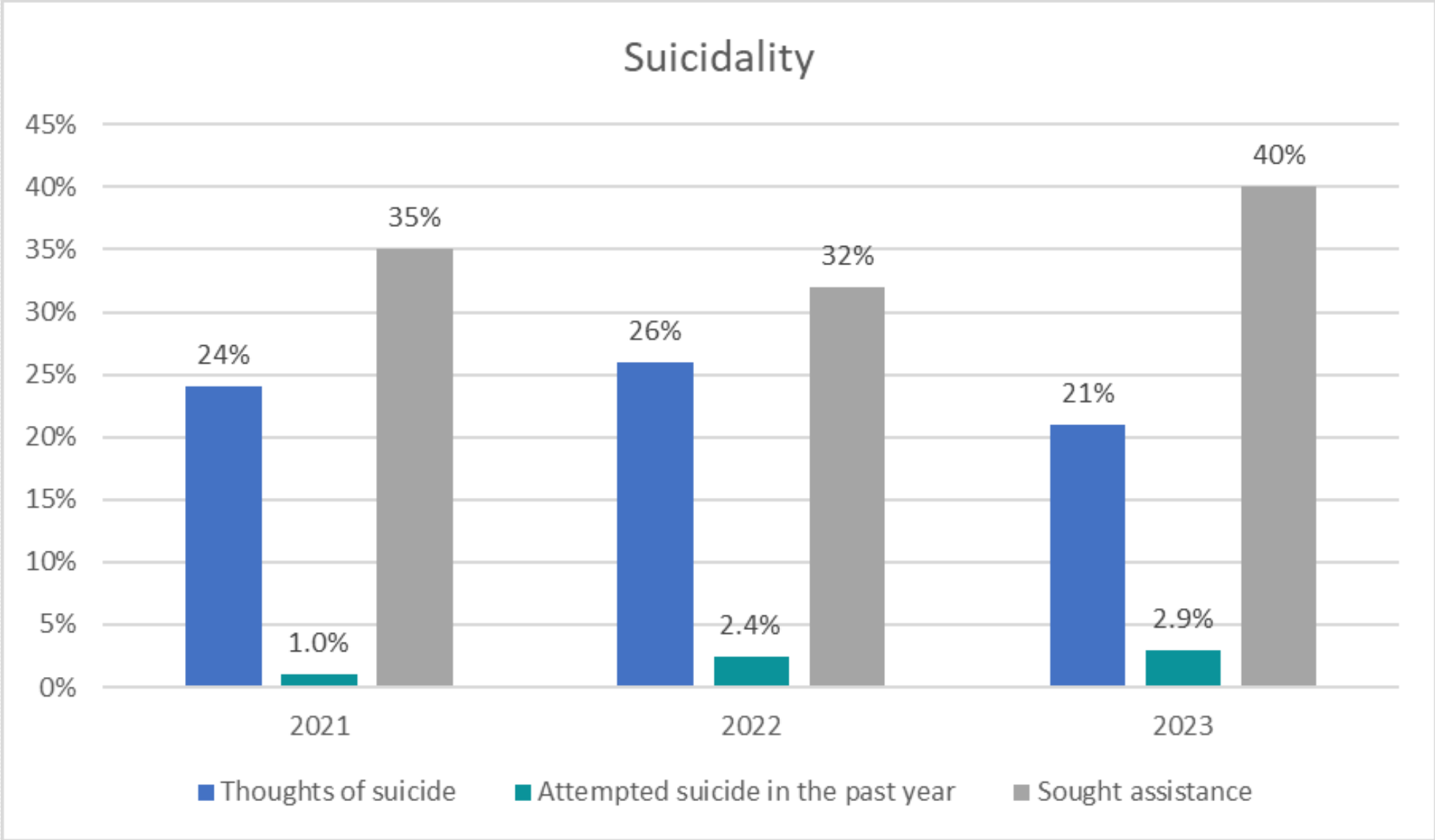
- Coalition of Missouri public and private colleges administer this survey to college students
- Data focus:
 - Substance abuse/use
 - Mental health issues
 - Personal Violence

Northwest MACHB

Mental Health distress reported
by Northwest students



Northwest MACHB Suicidality Data



2023 EDITION

NORTHWEST MISSOURI STATE UNIVERSITY

MENTAL HEALTH PLAYBOOK



HA

4 Keys to Wellbeing

Social Connection

Compassion & Stress Reduction

Belonging & Growth Mindset

Gratitude & Purpose

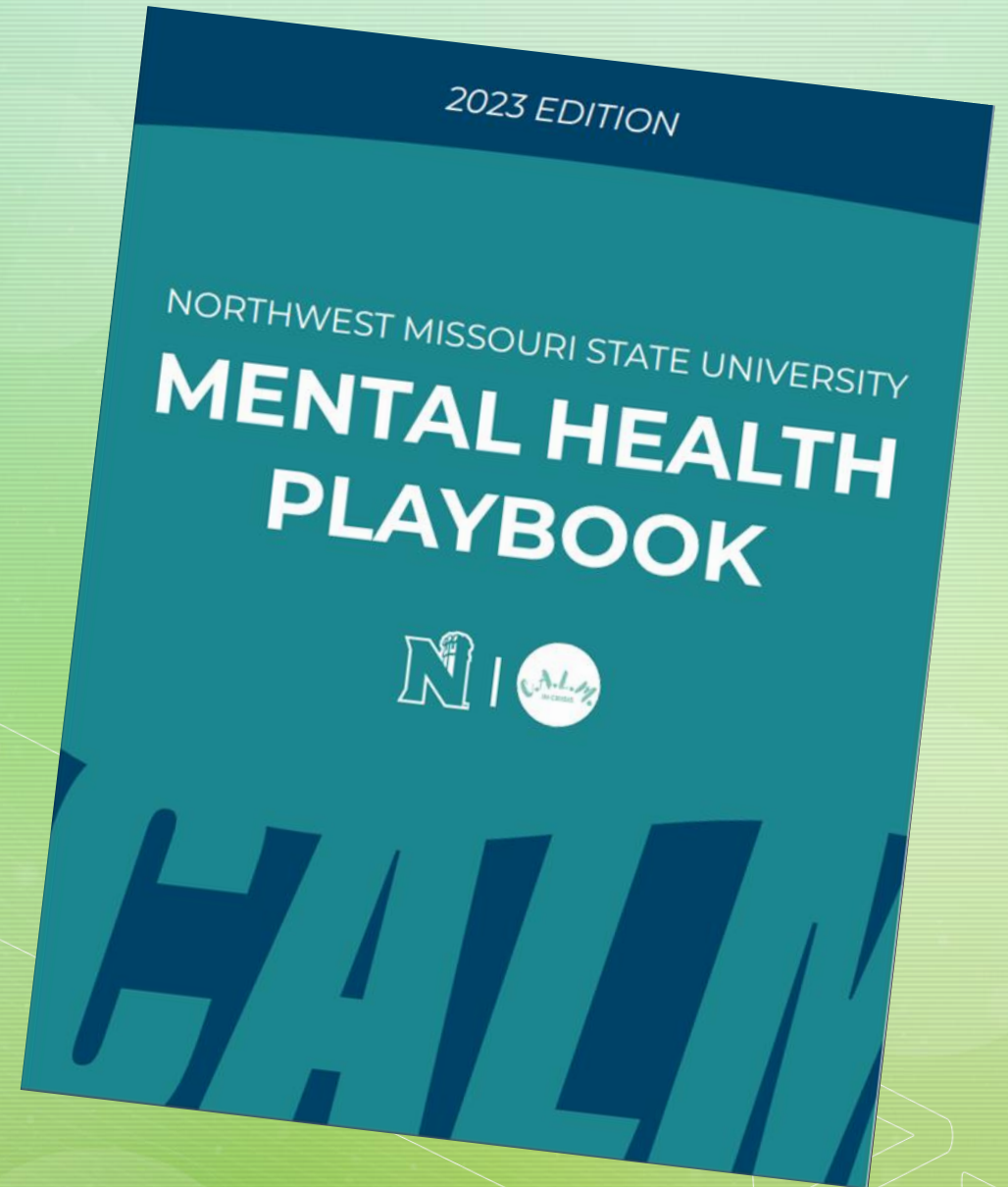
How it works

Each Section

- Course Design
- Syllabus
- Adaptations for larger classes
- First Weeks
- Throughout the Semester

Additional resources

- Ways to practice mindfulness in the classroom
- Supporting students in distress
- Dos and don'ts of communicating with students





Ways to show compassion & support a sense of belonging

- Consider students' perspective
- Utilize positive language
- Implement deadlines that support healthy work-life balance
- Articulate your commitment to supporting student mental health and wellbeing
- Utilize active listening when engaging with students
- Curate advice from past students about what worked in your class to be shared with future classes
- Offer opportunities for students to submit corrections on homework, exams, etc.

Supporting Students in Distress: Warning Signs

- Sudden increase or decrease in weight
- Lack of energy
- Falling asleep in class
- Frequent illness

Physical

- Irritability
- Emotional outburst
- Apathy/hopelessness
- Work expressing despair or rage
- Changes in concentration/motivation

Cognitive & Emotional

- Poor hygiene
- Withdrawal from interactions
- Disjointed/incoherent speech
- Procrastination

Behavioral

- Large changes in academic performance
- Increased tardiness
- Missed assignments
- Repeated requests for special consideration

Academic

C.A.L.M.

C - CREATE AWARENESS
A - ASK QUESTIONS
L - LEARN RESOURCES
M - MANAGE YOUR WELLNESS

OVERALL COURSE EVALUATION

**GOALS CLEARLY
COMMUNICATED:**

4.4 avg

**GOALS & OBJECTIVES
ACHIEVED:**

4.37 avg

*5 point scale (1-Strongly Disagree to 5 Strongly Agree)

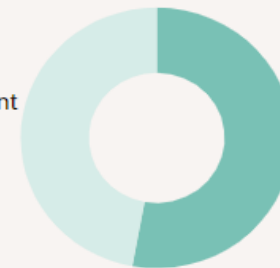
WOULD YOU RECOMMEND THIS TRAINING?

4.35 avg

*5 point scale (1-Strongly Disagree to 5 Strongly Agree)

**CONFIDENCE TO TALK
DIRECTLY ABOUT SUICIDE**

Pre-Assessment
3.84



Post-Assessment
4.31



*5 point scale (1-Strongly Disagree to 5 Strongly Agree)

Meet the Team



**Kristen Peltz, LPC
Counselor**



**Dana Mallet, LCSW
Counselor**



**Rachel Mayfield, LPC
Counselor**



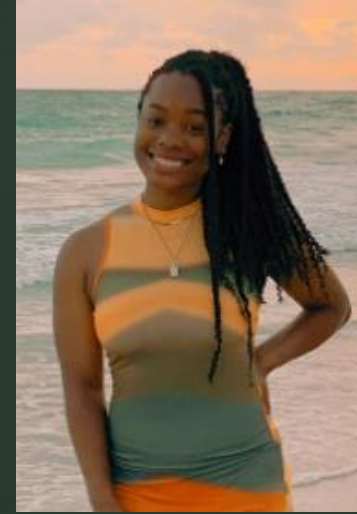
**Justice Mang'anda, PLPC
Counselor**



**Kendra Long, LCSW
Counselor**



**Terra Feick, M.S., PLPC
MH Outreach Coordinator & Counselor**



**Sy'Maih Smith, B.S.
Wellness GA/Case Management**



**Don't Cancel
that Class**

