

# Courage to Collaborate:

---

Implementing a Stepped Care Mental Health Model for College Mental Health

# Land Acknowledgement

---

South Dakota State University acknowledges the land it occupies across South Dakota is the ancestral, traditional and contemporary lands of the Oceti Sakowin (oh-CHEH-tee shaw-KOH-we) meaning Seven Council Fires, which is the proper name for the people referred to as Sioux. We acknowledge that before these sites were named South Dakota State University, they were called home by people of American Indian Nations indigenous to this region.

The tribal alliance made up of individual bands of the Seven Council Fires is based on kinship, location and dialects: Santee-Dakota, Yankton-Nakota and Teton- Lakota. We acknowledge the sovereignty of the nine federally recognized Native Nations in South Dakota: Cheyenne River, Crow Creek, Flandreau Santee, Lower Brule, Oglala, Rosebud, Sisseton-Wahpeton, Standing Rock and Yankton Sioux Tribes.

As a land-grant university, it is our mission to provide access to higher education to all. We are committed to building respectful and positive relationships with indigenous communities through academic pursuits, partnerships, historical recognitions, extension programs and enrollment efforts.

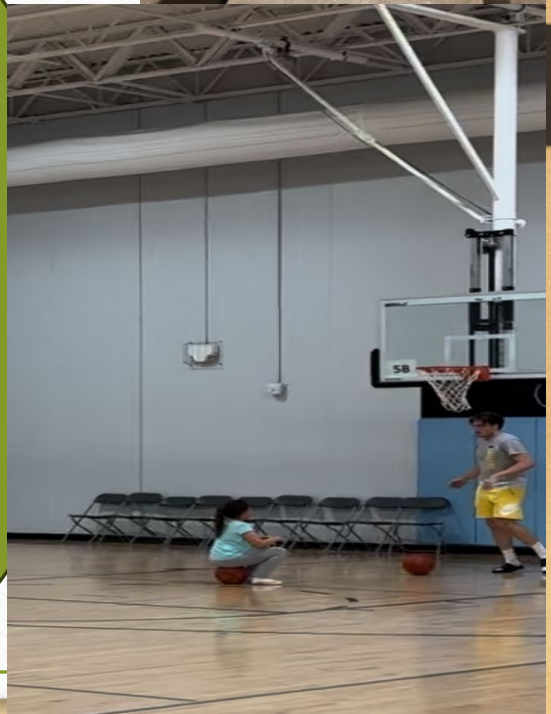








# SOUTH DAKOTA STATE UNIVERSITY STUDENT HEALTH CLINIC AND COUNSELING SERVICES



RECLAIMING YOUTH AT RISK SEMINARS  
RESPONSE ABILITY PATHWAYS - RAP



# Thoughts

---



# Mental Health Services

---

- Everything referred to counselors
  - Conduct
  - Homesick
  - Roommate issues/conflict management
- Prior to Covid seeing increase of requests for services (Ideas of why)
- Issues increase in severity
- Common theme
  - Lack sense of belonging
  - Anxiety
  - Depression
  - Self Esteem
- Wait list in community services, private practice, and other entities



# Counselors

---

EXHAUSTED

- Current model offered traditional 50-minute counseling sessions and two closed groups (DND and grief)
- Students have a long wait time to get into a counseling appointment – whether counseling services in higher ed, community counseling, or private practice
- Reactionary rather than promoting a culture of wellness

- 1. What's one thing that always brings a smile to your face, no matter how tough your day has been?**
- 2. Share one self-care practice or activity that helps you relax and recharge.**
- 3. What's one small step you've taken recently to prioritize your mental well-being?**
- 4. Share a book, movie, or song that has had a positive impact on your mental health and explain why.**
- 5. What's one thing you're grateful for today, no matter how big or small?**
- 6. If you could give one piece of advice to your younger self about mental health, what would it be?**
- 7. Share a personal mantra or affirmation that helps you stay positive during challenging times.**
- 8. What supports do you need?**



It Takes a Village





# Stepped Care

---

- A wellness model of delivering mental health support in a way that the most effective, yet least resource intensive option for treatment is utilized first.
- Treatment options can be more or less of a commitment based on each student's needs.
- Founded on the beliefs that...
  - people should not have to wait for mental health support;
  - care can be “episodic” meaning that students receive exactly the level of care they need when it's needed;
  - and mental health support does not have to be one-size-fits-all.



- Students should not have to wait for mental health services
- One size doesn't fit all – students require different levels of care
- Recognizes student responsibility, motivation, and resilience
- Steps are based on student readiness to change – not linear, can move up, down, and around the holistic options



# What Should Students Expect

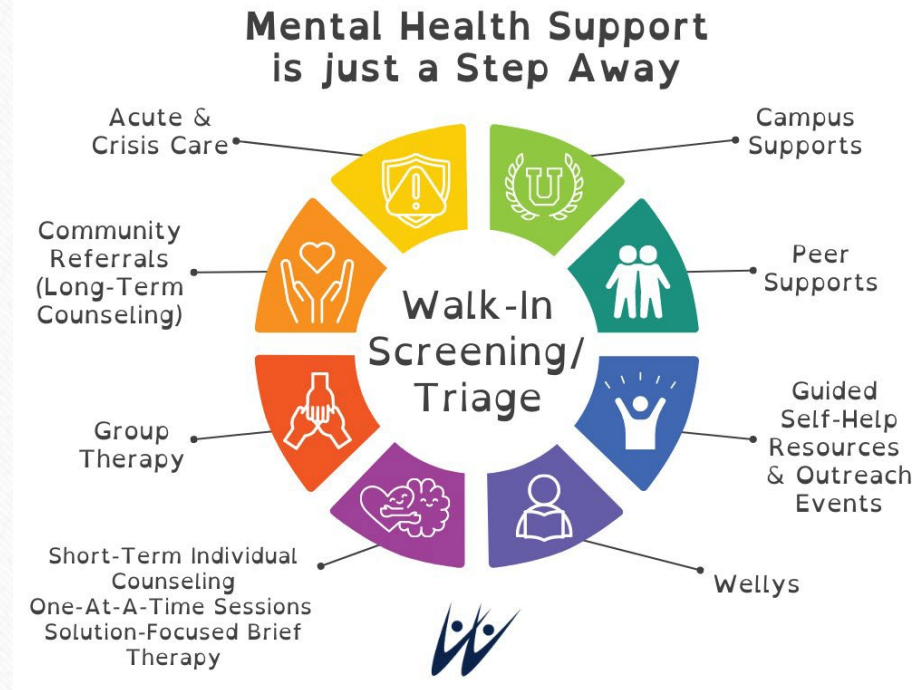
---



- The Stepped Care Model will allow us to...
- Provide access to mental health support and education in a time-sensitive manner
- Collaborate with students to provide a specific and unique care plan before leaving the clinic
- Utilize an approach focused on student strengths, motivation, and autonomy
- Encourage connections with other campus entities and supports, as well as connections between students
- Increase the number of students served while reducing wait lists
- Provide mental health support in a variety of methods in order to accommodate and secure access to as many students as p



# Example of Care Cards



## Next Steps:

Scan here to get to the Counseling Services webpage for more info & resources



### Appt Info: (Reception Only)

Day:

Time:

Counselor:

### Referred To:

- Campus
- Peer
- Self-Guided
- Welly
- Individual
- Group
- Community
- Other



# Counselors

---





# Stepped Care Feedback

---

- *Hey there,! Just wanted to let you know the head coaches gave props to the counseling center for the stepped care model today in our meeting. The student-athletes are using the services, and the coaches are thankful that they are getting seen so quickly. You and your team ROCK! (Holly Van Vlymen, Senior Associate Athletic Director)*

-



- *When considering the change to the Stepped Care model, I personally find it to be a very successful and welcome change from the counselor's perspective. Before stepped care, a student could walk in for urgent care and counseling staff would have to cancel scheduled appointments or move around to accommodate students in crisis. We're able to see more students in total and those students are meeting with a counselor the same day meaning students are meeting with a counselor the same day meaning students don't have the chance to fall between the cracks. This is a significant improvement and it's a relief to know the students walking in will receive a level of mental health support, guaranteed... Thanks to Stepped Care, we didn't have a waitlist for services, and I feel that surprised some students. For many years, students were used to calling to make an appointment in July and August to ensure they would be seen by a counselor in the fall. Campus tours and NSO staff used to warn incoming students of the waitlist, as well. It's a breath of fresh air to see that student's that need counseling services, can now easily access them, and I feel proud that our reputation on campus is improving. Since students are receiving the support they need and there isn't pressure to continue seeing students after they met their treatment goals, we counselors usually have a few hours each week in our schedules that we now use to liaison to different areas on campus. I think our liaison roles have also helped the transition to Stepped Care across campus because big campus partners like Residential Life, Wintrode Student Success and Opportunity Center, Office of ... (Julia Walker, Counselor)*

# Collaborations

---

## Community Resources

- Can you envision a Stepped Care Model Working in Your Areas
  - K-12
  - Residential Programs
  - Boys and Girls Clubs
  - After School Programs