



Behavioral and Mental Health Grants & Opportunities for Public Higher Education Institutions

Executive Office of Education

Department of Higher Education

Executive Office of Health and Human Services

Department of Public Health

Department of Mental Health



Agenda

- Welcome and Overview
- Grant Information and Application (10 min)
- DMH Resources available to Higher Ed (10 min)
- DPH Resources available to Higher Ed (10 min)
- National Organization Engagement Highlight (10 min)
- Q & A



Welcome and Overview

- Nationwide crisis of anxiety and isolation has taken a particular toll on young people enrolled in higher education institutions
- \$5M in grant funding is one step towards raising awareness and supporting additional services and training to address this crisis
- DPH and DMH programs and training can also be valuable resources
- Ongoing communication and coordination is critical across state agencies, individual institutions, students, staff and faculty to inform next steps



Grant Information

- **GOAL:** Increase awareness of and access to behavioral health resources for students at public higher education institutions
- **ALLOCATION:** Funding has been allocated formulaically based on institution headcount. For the University of Massachusetts, a single allocation was made for all undergraduate campuses combined.
- **ALLOWABLE USES:** Grants should be used to improve and expand behavioral health services and training through one or more of the following categories:
 1. Campus community training and support programs
 2. Suicide prevention and substance use disorder trainings
 3. Engagement with National Organizations Focused on Behavioral Health in Higher Education
 4. Technology-based Behavioral Health Services

Please review "**Attachment A**" in [COMMBUYS - Bid Solicitation](#) for more details



Grant Application: "FY22 Behavioral and Mental Health Budget workbook"

Part I: Attestation and Terms

Public Higher Education Institutions Behavioral and Mental Health Needs Grant Application
Part 1: Institution Information, Attestation and Terms of Agreement
Institution name (select from the drop-down menu):
Full Name of primary contact:
Title of primary contact:
Email address of primary contact:
Attestation:
By submitting this application, I am confirming that my institution:
a. Will use these funds to support student mental health and well-being and address the heightened need for behavioral health services resulting from the COVID-19 pandemic;
b. Will use these funds on one or more of the allowable uses listed below;
c. Will maintain supporting documentation and provide required details on the use of all expenditures under this grant
d. Will provide data and documentation requested by the Department of Higher Education during and after the grant period for reporting and other compliance purposes, including submitting data on the number of students reached, etc.
e. Will comply with all applicable requirements related to state procurement laws;
f. Will participate in events and webinars convened by the Department of Higher Education related to this grant opportunity.
Terms of Agreement:
By submitting this application, I am confirming that my institution agrees to the following terms:
a. All documentation and data will be submitted on a timely basis.
b. If the grant award is not expended by the reporting deadlines, the grant period may be extended or the balance may be returned to the Department of Higher Education (DHE), depending on the circumstances that prevented timely expenditure and as agreed to and determined by DHE
c. Failure to comply with any state or federal reporting requirements, requests or the terms of the attestation may result in an obligation to promptly return the funds to the Commonwealth



Grant Application: "FY22 Behavioral and Mental Health Budget workbook"

Part 2: Budget Details

- Each institution's grant award will prepopulate and track to the budget details being entered
- Provide details related to each planned area of expenditure by Allowable Use category
 - Activity name (e.g. Mental Health First Aid, JED Campus)
 - Unit name (e.g. license, training, stipend, workshop) and Cost per unit
 - Details related to the number of students, staff and faculty projected to be reached
 - Projected date by which funding will be expended
 - Comments and Notes (e.g. implementation plan, expected outcomes)

Part 2- Budget Details: Please complete the budget table below.									
					Institution Name:	Roxbury Community College			
					GRANT AWARD:	\$	94,794.00		
					TOTAL BUDGET:	\$	500.00		
					VARIANCE:	\$	94,294.00		
Allowable Use Category (Select from dropdown)	Activity (e.g. Mental Health First Aid)	Unit Name (e.g. license, training, stipend, workshop)	# of Units	Cost per unit	Total	# of students served	# of students, staff or faculty trained	Projected date by which funding will be expended	Comments and Notes
Engagement with National Organizations Focused on Behavioral Health in Higher Education			1	\$ 500	\$ 500	500			
					\$ -	-			
					\$ -	-			



Submission Instructions and Timeline

- Review the information and grant application form at [COMMBUYS - Bid Solicitation](#)
- Submit questions by Monday, May 9
- Review responses to questions (posted by May 11)
- Complete the "FY22 Behavioral and Mental Health Budget workbook" form and upload it to COMMBUYS
- There is NO narrative to submit
- Expend funds as quickly as possible, ideally by 12/31/2022

The Massachusetts Department of Mental Health



The DMH has three main roles:

1. Delivering **supplemental services** for adults and children with the **most serious behavioral health needs**,
2. Providing **mental health promotion and prevention services** for the general population
3. Serving as the Commonwealth's Mental Health Authority
 - ▶ **Licensing** inpatient psychiatric services and DMH purchased or provided community-based services
 - ▶ **Providing expert consultation** across state government and;
 - ▶ **Creating capacity-building initiatives** in the mental health provider sector.

Service Authorization: Clinical Criteria

CYF-Under age 22, Adult-18 & over

Qualifying Diagnostic Categories

- Schizophrenia and other psychotic disorders,
- Mood Disorders,
- Anxiety Disorders,
- Dissociative Disorders,
- Eating Disorders,
- Borderline Personality

Functional impairment in multiple domains as a result of qualifying diagnosis

Primary cause of the functional impairment is the mental illness

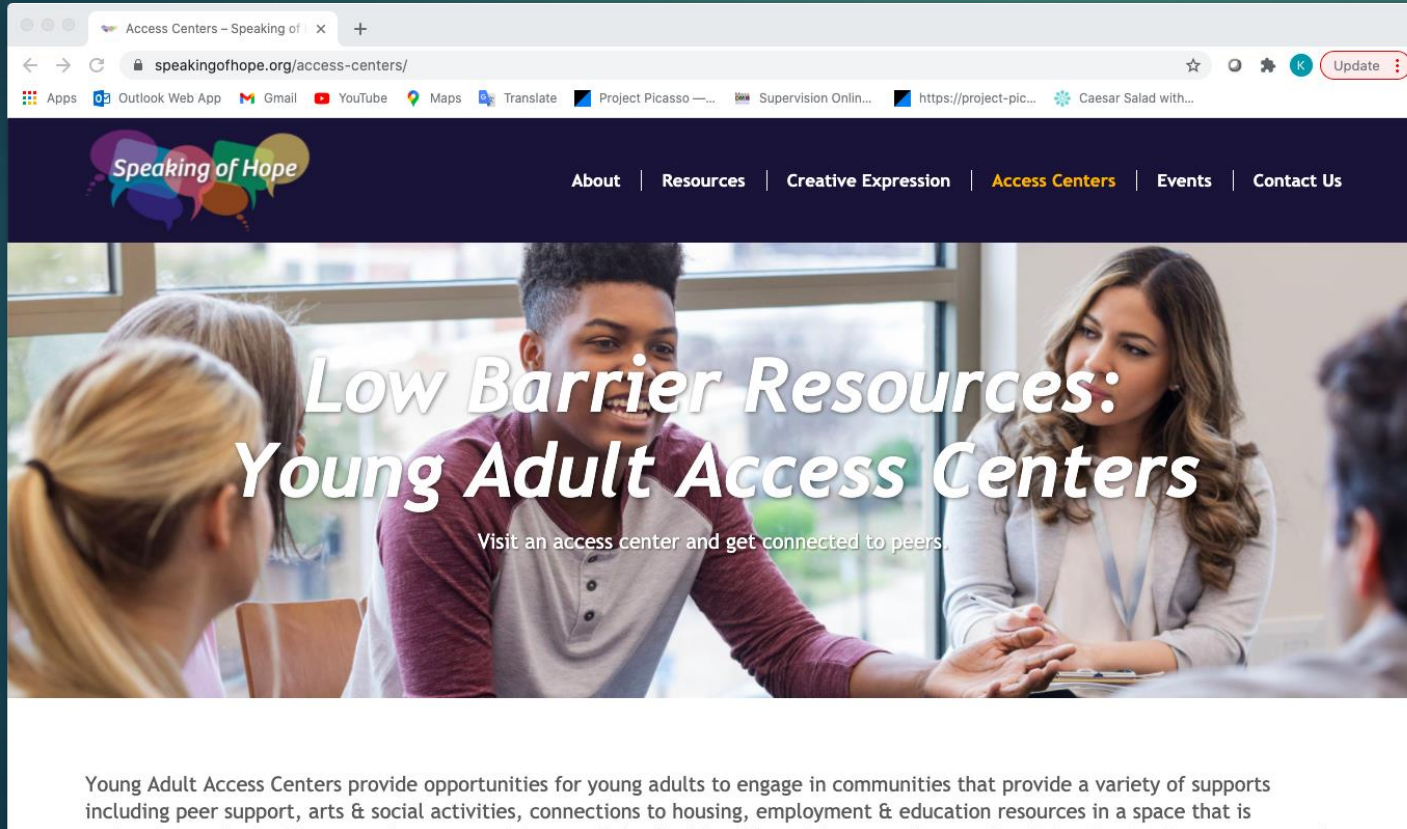
Duration-has lasted for at least one year or is expected to last one year

The Massachusetts Department of Mental Health

Key Resources for College Students & Young Adults

- ***24 hour Crisis Services-** <https://www.mass.gov/emergencycrisis-services>
- **Application for Department of Mental Health Services**
<https://www.mass.gov/info-details/applications-for-dmh-services>
- ***Contacts at the DMH Area Offices**
<https://www.mass.gov/dmh-offices-facilities-and-staff-directory>
- ***Resources for Early Psychosis treatment**
<https://www.mapnet.online/>
- ***Low-Barrier Drop in & Peer Support for Young Adults**
<https://www.speakingofhope.org/access-centers/>

Young adult access centers



Speaking of Hope

About | Resources | Creative Expression | **Access Centers** | Events | Contact Us

*Low Barrier Resources:
Young Adult Access Centers*

Visit an access center and get connected to peers.

Young Adult Access Centers provide opportunities for young adults to engage in communities that provide a variety of supports including peer support, arts & social activities, connections to housing, employment & education resources in a space that is

- ▶ Low Barrier- no appointments, no eligibility requirements
- ▶ Safe for all & welcoming to diversity
- ▶ Supports for employment, education & housing
- ▶ Recreation, access to laundry, showers, computers
- ▶ Supportive referrals for clinical services
- ▶ Staffed by young adult peers along with others focused on positive youth development
- ▶ To find an Access Center near you visit:
<https://www.speakingofhope.org/access-centers/>

Contact

Heidi Holland, Director of Young Adult Transition Services

heidi.holland@mass.gov

617-386-6738





150 YEARS
OF ADVANCING
PUBLIC
HEALTH

Massachusetts Department of Public Health

Suicide Prevention Resources in MA

May 9, 2022

Kelley Cunningham

Director, Suicide Prevention Program

Who we are / What we do

Our goal is to reduce the number of suicides and suicide attempts and promote the mental health and well-being among Massachusetts residents.

- raise awareness of suicide as a public health problem
- educate and train professionals and gatekeepers
- fund programs working with youth, veterans and older adults
- statewide, regional and local coalition building
- use data to identify populations and geographic areas of the state the need assistance

Training thru DPH

www.mass.gov/dph/suicideprevention



MASSACHUSETTS DEPARTMENT OF PUBLIC HEALTH
Suicide Prevention Training Calendar

21 Annual Massachusetts Suicide Prevention Conference
May 18, 2022 & May 19, 2022
Virtual Event
[Click here to download the Save the Date](#)

Keyword Date

April 2022

(#368) Fundamentals of Collaborative Safety Planning - Virtual Training
🕒 April 12, 2022 at 12:00 PM – 3:00 PM ET • Registration Closed
[More Details](#)

May 2022

Suicide Prevention: (#783) QPR Workshop
🕒 May 06, 2022 at 10:00 AM – 11:30 AM ET
📍 Virtual Zoom Training
[More Details](#)

(#505) Understanding Trauma and Trauma-Informed Care - Virtual Training
🕒 May 26, 2022 at 9:30 AM – 4:30 PM ET

SUICIDE FOCUSED TRAININGS	AIM	AUDIENCE	COST OF TRAINING
Question, Persuade, Refer (QPR)	Decrease stigma/identification	Gatekeepers	Free-\$25/person
QPR Certification	Train Trainers to spread QPR model	Trainers	DPH offers at no charge (usually \$500/person)
Mental Health First Aid (MHFA)	Decrease stigma/identification	Gatekeepers (RAs, faculty, admin)	\$700 Per Trainer/\$25 per participant
Assessing & Managing Suicide Risk	Assessment and care planning	Behavioral health clinicians	\$11,000
Safety Planning Intervention (SPI)	Brief intervention	Behavioral health clinicians, care team members	\$500 per trainer 1 trainer for Basic 2 trainers for Intermediate
Non-Suicidal Self-Injury (NSSI)	Understand the difference between NSSI and suicide	Behavioral health clinicians, care team members, RAs	\$2,000
Postvention	Response to suicide death	Community & organizational leaders, policy influencers, and response team	Currently \$3,500 FY24 \$4,500
Toll of Trauma	Covers the scope and impact of trauma and provides an in-depth understanding of how it impacts those who work with people who have experienced	Anyone exposed to trauma through their work	\$600

Additional Resources – MindWise Innovations

OFFERING	DESCRIPTION	AUDIENCE	COST OF TRAINING
Crisis Protocol Work	<p>Process includes - Meeting with campus team to understand the campus culture, organizational structure, past incidents, etc. Review the existing crisis management protocol or plan. Provide best practices guidance or where it should be updated. Provided with a plan including practice drills for the team for both a natural disaster and a death by suicide</p>	Campus leadership, Counseling Office	Billed hourly – ranges from \$3K-\$6K
<i>MindWise on Campus</i>	<p>One-hour digital learning program that students can take by themselves or can be facilitated in a peer group (Student Wellness Teams, Greek Life, RA, etc) <i>Release date for later this spring</i></p>	students	\$995 (12 month license, unlimited users, \$800 renewal fee)

Contact: Becky Blackler, Director of Growth, Mindwise Innovations, A services of Riverside Community Care, Inc., rblackler@mindwise.org

What is 988?

- Federal law, passed in November 2020 creating 988 as the dedicated 3-digit number for callers looking for mental health or suicidal crisis support
- NSPL (1-800-273-8255) = 988
- MA has 5 call centers who are part of the NSPL network
- Calls are distributed to the closest local center based on the caller's area code
- You do not need to be suicidal to call this number
- **This number will go live nationally on July 16, 2022**

VISION FOR 988 INTEGRATED CRISIS CARE SERVICES: *ANYONE, ANYWHERE, ANYTIME*

Crisis Call Center
Someone To Talk To
(DPH)

- Regional 24/7 clinically staffed hub/crisis call center that provides crisis intervention capabilities (phone, text & chat). Should meet NSPL standards for risk assessment and engagement of individuals at imminent risk of suicide and offer air traffic control (ATC) – quality of crisis care in real-time.

Mobile Crisis
Someone To Respond
(DMH)

- Mobile crisis teams available to reach any person in the service area in their home, workplace, or any other community-based location of the individual in crisis in a timely manner.

Receiving and Stabilization
A Place To Go
(DMH)

- Crisis stabilization facilities providing short-term observation and crisis stabilization services to all referrals in a home-like, non-hospital environment.

RECOVERY

PEERS

TRAUMA
INFORMED

SAFER SUICIDE
CARE

SAFETY FOR ALL

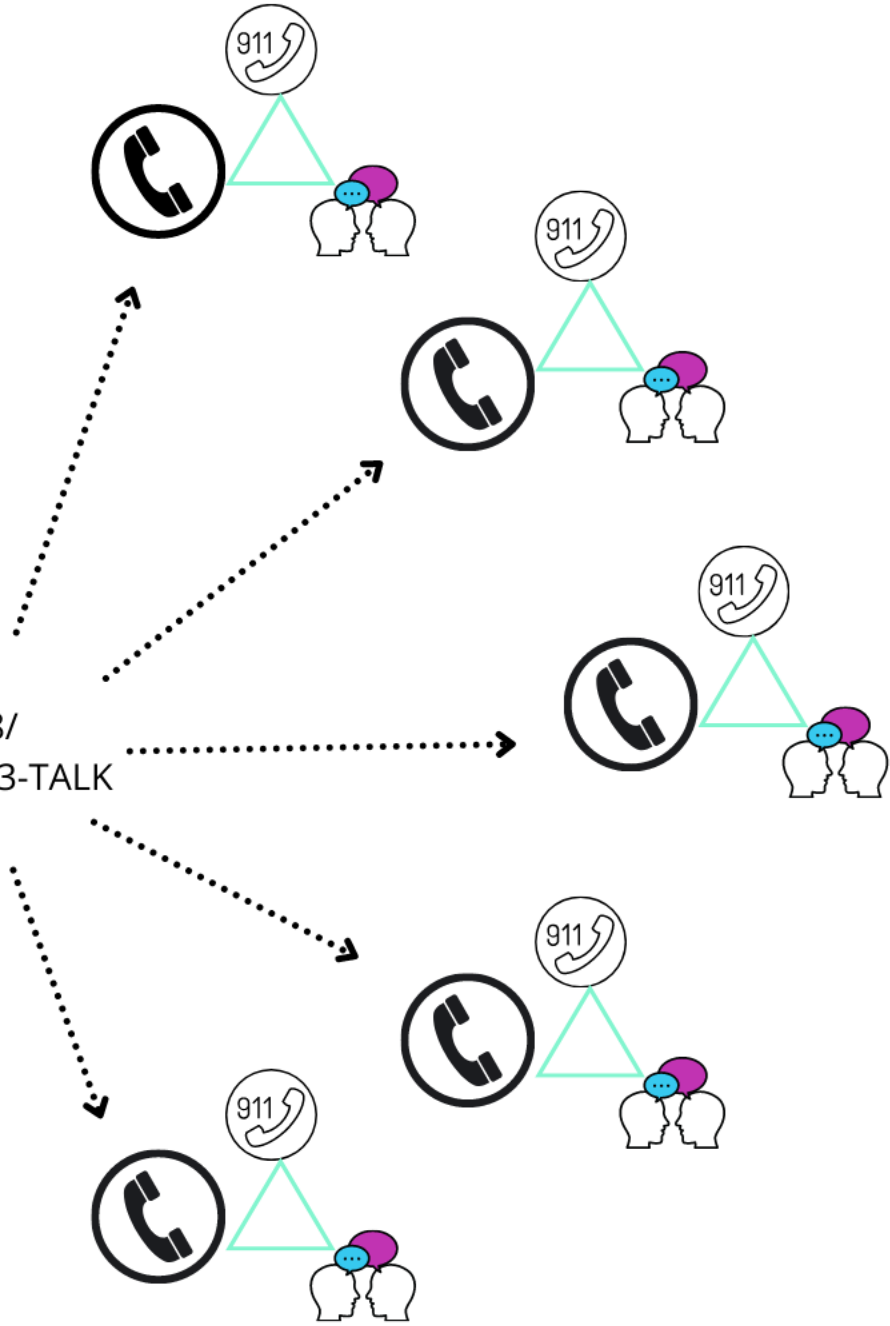
CRISIS RESPONSE
PARTNERSHIPS

**National
Suicide
Prevention
Lifeline**

MA Network
Enhanced
Workflow
7/16/2022



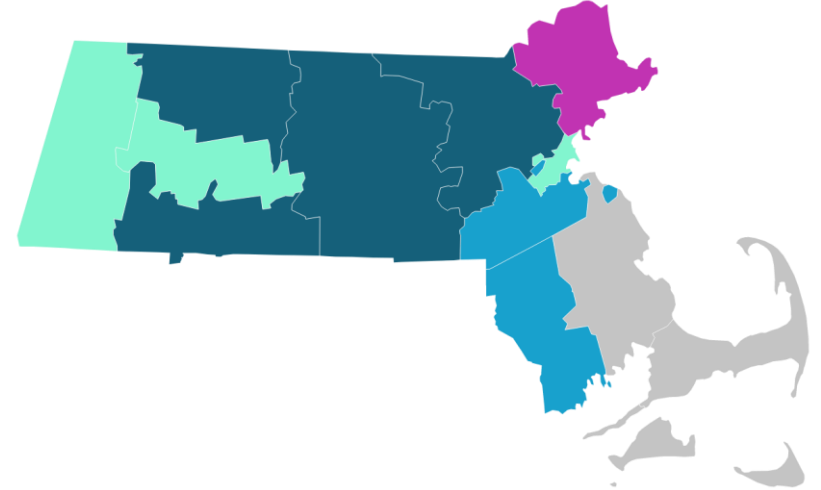
988/
1-800-273-TALK



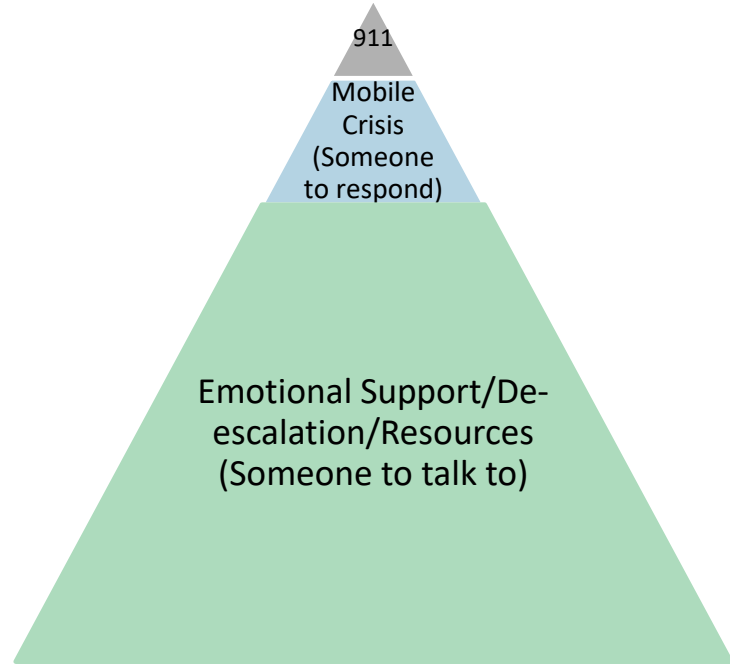
Note: Workflow will need to be updated once BHAL and CBHC contracts are in place.

MA NSPL Coverage Distribution

■ Call2Talk (24/7) ■ SamsFR/NB ■ SamsInc (24/7) ■ SamsCI ■ SamsMV



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ADDITIONAL RESOURCES

- *MA Department of Public Health Suicide Prevention Program* (<https://www.mass.gov/suicide-prevention-program>)
- *Massachusetts Coalition for Suicide Prevention (MCSP)* (<https://masspreventssuicide.org/>)
- *Action Alliance Framework for Successful Messaging* (<http://suicidepreventionmessaging.org/>)
- *Recommendations for Reporting on Suicide* (<http://reportingonsuicide.org/>)
- *Suicide Prevention Resource Center* (<https://www.sprc.org/>)
- *Zero Suicide* (<https://zerosuicide.sprc.org/>)
- *American Association of Suicidology (AAS)* –(<https://suicidology.org/>)
- *The Jed Foundation* – (<https://jedfoundation.org/>)
- *Active Minds* - (<https://www.activeminds.org/>)



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Thank You!

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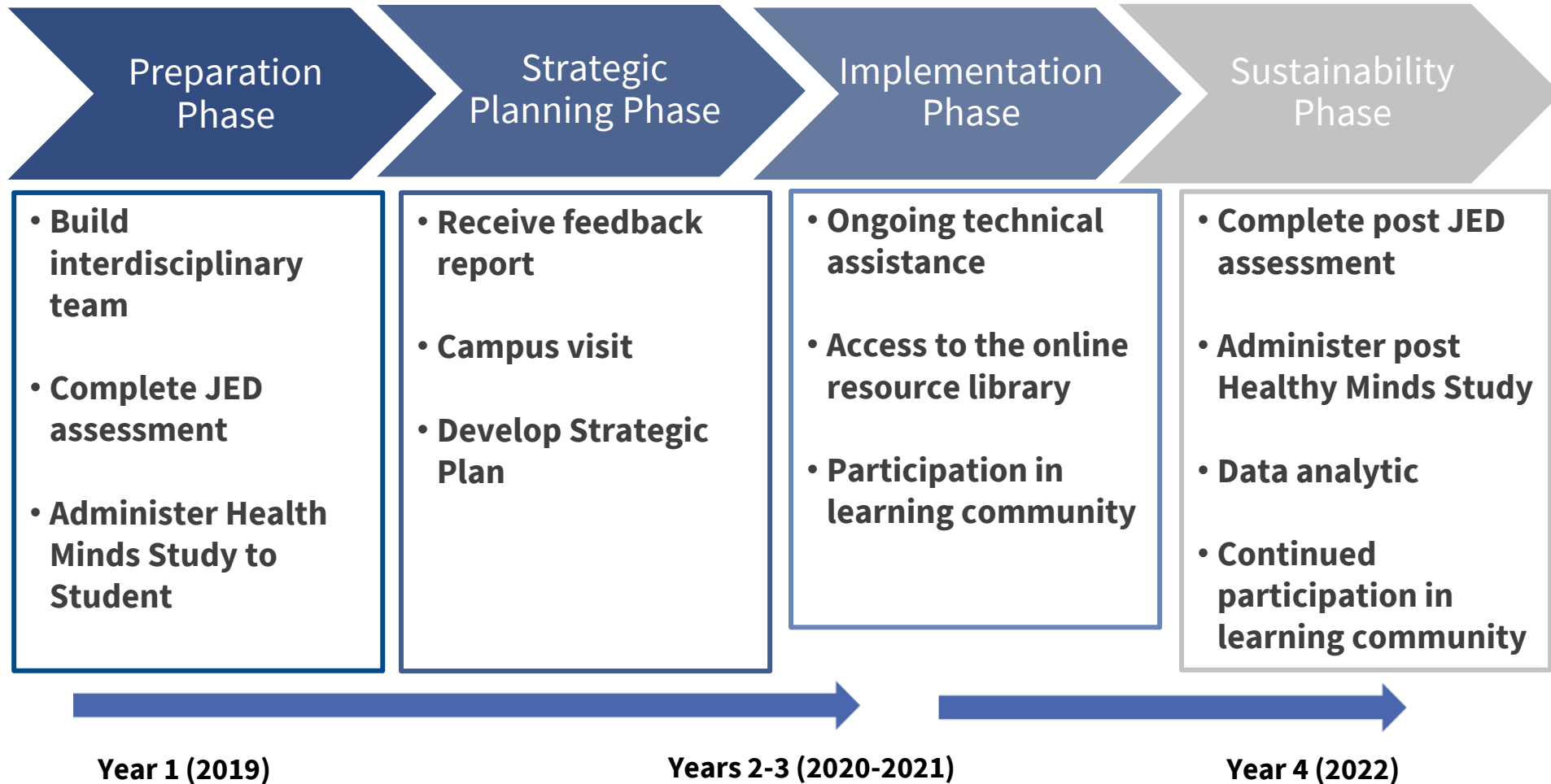
National Organization Engagement Highlight

Laura Murphy, M.A. / C.A.G.S

*Associate Dean of Health and Wellness, Director of Counseling,
Worcester State University*

[JED Campus](#)

Worcester State University JED Campus Phases and Timeline





Q & A