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
Part 1: 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)

#### Institution Name: Roxbury Community College

<table>
<thead>
<tr>
<th>Allowable Use Category (Select from dropdown)</th>
<th>Activity (e.g. Mental Health First Aid)</th>
<th>Unit Name (e.g. license, training, stipend, workshop)</th>
<th># of Units</th>
<th>Cost per unit</th>
<th>Total</th>
<th># of students served</th>
<th># of staff or faculty trained</th>
<th>Projected date by which funding will be expended</th>
<th>Comments and Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Engagement with National Organizations Focused on Behavioral Health in Higher Education</td>
<td>$500</td>
<td>$500</td>
<td>$500</td>
<td>$500</td>
<td>$500</td>
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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/emergencyservices](https://www.mass.gov/emergencyservices)
- Application for Department of Mental Health Services - [https://www.mass.gov/info-details/applications-for-dmh-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](https://www.mass.gov/dmh-offices-facilities-and-staff-directory)
- *Resources for Early Psychosis treatment* - [https://www.mapnet.online/](https://www.mapnet.online/)
- *Low-Barrier Drop in & Peer Support for Young Adults* - [https://www.speakingofhope.org/access-centers/](https://www.speakingofhope.org/access-centers/)
Young adult access centers

- 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
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

<table>
<thead>
<tr>
<th>Keyword</th>
<th>Date</th>
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<tr>
<td>Search...</td>
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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
<table>
<thead>
<tr>
<th>SUICIDE FOCUSED TRAININGS</th>
<th>AIM</th>
<th>AUDIENCE</th>
<th>COST OF TRAINING</th>
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</thead>
<tbody>
<tr>
<td>Question, Persuade, Refer (QPR)</td>
<td>Decrease stigma/identification</td>
<td>Gatekeepers</td>
<td>Free-$25/person</td>
</tr>
<tr>
<td>QPR Certification</td>
<td>Train Trainers to spread QPR model</td>
<td>Trainers</td>
<td>DPH offers at no charge (usually $500/person)</td>
</tr>
<tr>
<td>Mental Health First Aid (MHFA)</td>
<td>Decrease stigma/identification</td>
<td>Gatekeepers (RAs, faculty, admin)</td>
<td>$700 Per Trainer/$25 per participant</td>
</tr>
<tr>
<td>Assessing &amp; Managing Suicide Risk</td>
<td>Assessment and care planning</td>
<td>Behavioral health clinicians</td>
<td>$11,000</td>
</tr>
<tr>
<td>Safety Planning Intervention (SPI)</td>
<td>Brief intervention</td>
<td>Behavioral health clinicians, care team members</td>
<td>$500 per trainer 1 trainer for Basic 2 trainers for Intermediate</td>
</tr>
<tr>
<td>Non-Suicidal Self-Injury (NSSI)</td>
<td>Understand the difference between NSSI and suicide</td>
<td>Behavioral health clinicians, care team members, RAs</td>
<td>$2,000</td>
</tr>
<tr>
<td>Postvention</td>
<td>Response to suicide death</td>
<td>Community &amp; organizational leaders, policy influencers, and response team</td>
<td>Currently $3,500 FY24 $4,500</td>
</tr>
<tr>
<td>Toll of Trauma</td>
<td>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 trauma</td>
<td>Anyone exposed to trauma through their work</td>
<td>$600</td>
</tr>
</tbody>
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### Additional Resources – MindWise Innovations

<table>
<thead>
<tr>
<th>OFFERING</th>
<th>DESCRIPTION</th>
<th>AUDIENCE</th>
<th>COST OF TRAINING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crisis Protocol Work</td>
<td>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.</td>
<td>Campus leadership, Counseling Office</td>
<td>Billed hourly – ranges from $3K-$6K</td>
</tr>
<tr>
<td>MindWise on Campus</td>
<td>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) Release date for later this spring</td>
<td>students</td>
<td>$995 (12 month license, unlimited users, $800 renewal fee)</td>
</tr>
</tbody>
</table>

**Contact:** Becky Blackler, Director of Growth, Mindwise Innovations, A service 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**
### 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.
Note: Workflow will need to be updated once BHAL and CBHC contracts are in place.
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/)
Thank You!

Kelley Cunningham
Director, Suicide Prevention Program
Department of Public Health
kelley.cunningham@mass.gov
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**

**Preparation Phase**
- Build interdisciplinary team
- Complete JED assessment
- Administer Health Minds Study to Student

**Strategic Planning Phase**
- Receive feedback report
- Campus visit
- Develop Strategic Plan

**Implementation Phase**
- Ongoing technical assistance
- Access to the online resource library
- Participation in learning community

**Sustainability Phase**
- Complete post JED assessment
- Administer post Healthy Minds Study
- Data analytic
- Continued participation in learning community

**Timeline**
- Year 1 (2019)
- Years 2-3 (2020-2021)
- Year 4 (2022)
Q & A