

UCCS Wellness Center Mental Health Services Strategic Plan

January 1, 2024 – January 1, 2029



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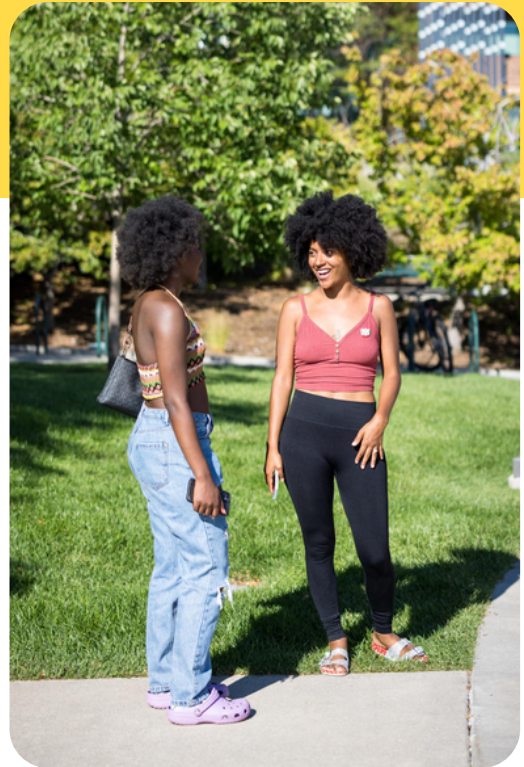
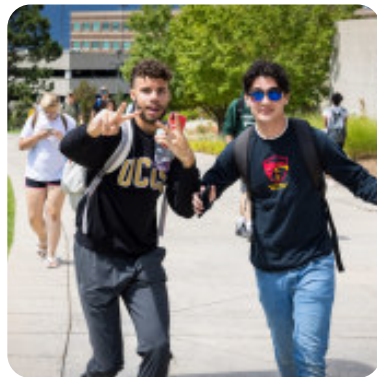
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Introduction:



Mission Statement

The Mission of Mental Health Services is threefold:

- 1 To assist UCCS students with their overall wellbeing and subsequent academic success when personal/psychological matters are complicating and interfering with the students' efforts;
- 2 To serve as a training site for graduate students in Clinical Psychology, Social Work, and Counseling fields; and
- 3 To create, implement, and develop services that are open to the undergraduate and graduate campus community.



Vision Statement

Mental Health Services is dedicated to supporting the mental and emotional health of the UCCS student body through the lens of inclusivity, equity, and diversity. We are committed to evolving and adapting to student mental health needs while promoting lifelong healthy behaviors and overall wellbeing using state of the art, trauma-informed, evidence-based practices. We also provide rigorous training to upcoming mental health professional in all stages of their professional development.



Core Values:

Diversity, Equity, & Inclusion

We value the rights of every individual, irrespective of race, religion, nationality, ability, or gender. Our commitment includes providing equitable access to services such as fee agreements for students who have financial limitations and remote services for students with accessibility challenges. We strive to enhance our competencies in working with diverse belief systems and cultures to better serve marginalized community members.

Collaboration

We endeavor to use the knowledge and expertise of professionals across all disciplines within the Wellness Center to provide services for UCCS students.

Student Focused

We strive to meet each student where they are in their personal journey and individualize services to meet their needs and improve their sense of belonging.

Compassionate Care

We continually work to provide a safe and supportive environment in which every UCCS student feels heard and understood.

Integrity

We seek to be honest, fair, and to act from a place of authenticity. We demonstrate good character by respecting other people's values and decisions even when those are different from our own.

Ethical Practice

We are dedicated to delivering services aligned with the ethical codes of our professions, which includes adhering to state and federal laws that govern our fields.

Advocacy

We recognize that advocating for the needs of our students is essential to their mental health and overall wellbeing.

Continued Professional Development

We are committed to being lifelong learners who seek out and adapt to the latest research, practices, and treatments in order to best serve the UCCS student body.





Core Strategies/Goals

Diversity, Equity, and Inclusion

We will improve the accessibility of our mental health services for marginalized and underserved student populations at UCCS.

How will we accomplish this goal?

This will be accomplished by performing an informal needs assessment to identify three specific marginalized/underserved groups on campus within the first two years and then evaluate our services through the answers provided by students in these groups. Review NCHA outcomes and our Wellness Center satisfaction survey two times in the next five years to gain insights on the entire UCCS student body and implement changes accordingly after each review. Finally, after implementing the changes, outcomes will be evaluated formally within six months of establishing changes in our services.

How will we know when we did?

The results will be discussed, and the staff will determine one to two specific action steps to improve accessibility to each of the three marginalized/underserved groups.



Wellness

We will provide guidance and expertise regarding current student mental health concerns for all Recreation and Wellness services so that all areas can incorporate an appropriate aspect of mental health for our students.

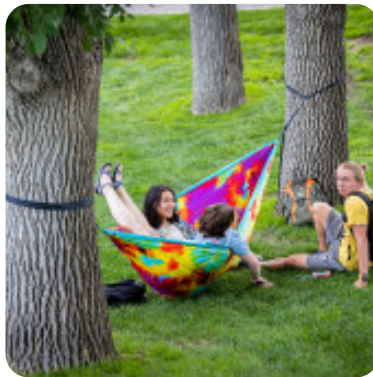
How will we accomplish this goal?

This strategy will be accomplished through developing a needs assessment, which will evaluate level of confidence for intervening with suspected suicidal ideation, knowledge of campus and community resources, skills for effective referrals and de-escalation strategies within the first two years, then develop training and education for the Recreation and Wellness center staff and trainees as appropriate. We will assess formally two times in the next five years and implement changes accordingly after each assessment. Finally, after implementing these changes, outcomes will be evaluated formally within six months of establishing changes in training, education, and collaboration.

How will we know when we did?

Based on the outcomes of the formal measure we will have information to determine if the staff feel more confident to provide the support needed around suicidal ideation, resources, effective referrals, and de-escalation. If the outcomes show less confidence, then additional steps will be taken.





Core Strategies/Goals Continued

Engagement and Belonging

Improve collaborative relationships within the student affairs division with the goal of enhancing students' overall wellbeing and sense of belonging.

How will we accomplish this goal?

This strategy will be accomplished through identifying one department per year from student affairs where we partner with their staff. This partnership will focus on collaborating through our respective expertise in the area of student wellbeing and belonging. We will look at how we can make effective changes to support the students.

How will we know when we did?

We will complete a list of agreed upon activities with each department each of the five years.

