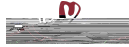


## Mental Health Working Group: Report & Recommendations April 2021

The transition into adulthood is a time of great change— one that traditional college students are finding increasingly difficult to navigate on their own. Adopting a public health approach that promotes emotional well-being and offers more robust and innovative support for everything from homesickness to the truly complex mental health challenges that impact students is no longer a “nice to have” -- it’s a must-have. Teaching life skills, promoting social connectedness, establishing wellness programs aimed at prevention, and destigmatizing what is still considered a taboo topic are imperative to creating a culture of caring and compassion. It is critical that we adapt our counseling services to meet students where they are and embrace mental health support and well-being as a shared value for the entire Washington College community.



Our current counseling staff includes a full-time 11-month Director of Counseling Services and two full-time 10-month clinicians. A Psychiatric Nurse Practitioner employed through Health Services is available one day per week for psychiatric medication management. During the 2019-20 academic year Washington College





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As a means to supplement national data and trends as well as our campus metrics on students who utilize counseling services, the Mental Health Working Group decided to collect additional campus data to better inform its recommendations. A survey, administered to 400 students (selected randomly by institutional research) in November 2019, assessed perceptions, use of services offered by the College, and services they would use if available. In all, 87 (22%) students completed the survey. (See Key Findings at right.)

As a result of a review of our own internal survey data, national trends, research, and personal experiences as members of the Washington College community, the Mental Health Working Group is presenting the following recommendations. It is the group's belief





