

Live Well to
 Learn Well

Web:
health.cornell.edu

Phone (24/7):
 607-255-5155

Fax:
 607-255-0269

Appointments:
 Monday–Saturday

Check web for hours,
 services, providers,
 and appointment
 information

110 Ho Plaza,
 Ithaca, NY
 14853-3101

Overview

Cornell’s comprehensive and integrated public health approach has informed and continues to reflect the best practices represented by the Suicide Prevention Resource Center/Jed Foundation Model for Comprehensive Suicide Prevention and Mental Health Promotion.

That model is drawn primarily from the overall strategic direction of the US Air Force Suicide Prevention Program, a population-based strategy proven to reduce risk factors and enhance protective factors for suicide.

Foster a healthy educational environment

Campus-wide committees

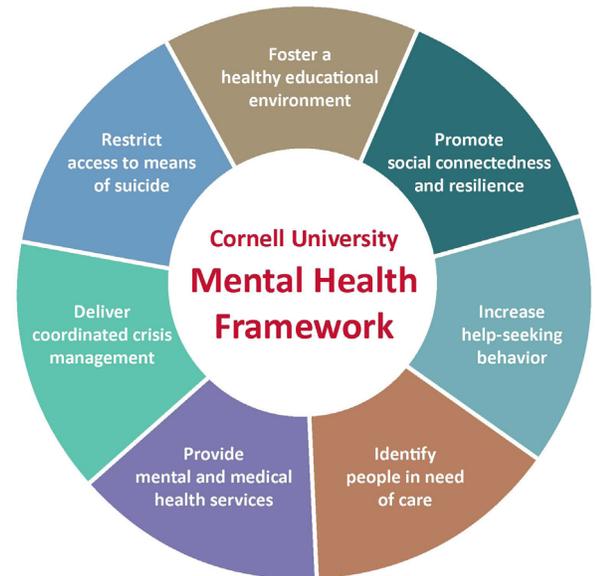
- *Campus Health Executive Committee*: Senior administration provides oversight of health policy and strategies including mental health-related initiatives.
- *Coalition on Health & Well-Being*: Staff, faculty, graduate and undergraduate student leaders guide development of the University’s mental health strategies on the continuum from promoting thriving to suicide prevention.
- *Coalition on Sexual Violence Prevention*: Staff, faculty, and students examine the campus environment, prevention strategies, policies, procedures, and services related to sexual and interpersonal violence and explores opportunities for fostering cultural change, reducing risks, and increasing support for affected community members.
- *Student Assembly Health and Wellness Committee*: deals with quality of life issues for students, making sure that student issues are heard and addressed.
- *The Graduate and Professional Students Mental Health Committee*: examines issues and concerns of particular interest to graduate and professional students.

Leadership statements

Clear leadership messages from senior university officials and student leaders provide a philosophical foundation for Cornell’s comprehensive approach to mental health and well-being (e.g., “If you learn anything at Cornell, learn to ask for help,” former President David Skorton, 2010).

Strategic plan

The Cornell Strategic Plan (2010-2015) includes the following goal in service of Educational Excellence: “Promote the health and well-being



Cornell’s comprehensive approach to mental health

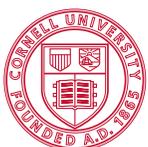
of students (undergraduate, graduate, and professional) as a foundation for academic and life success” (see especially pp. 23 and 25.)

Policy initiatives

- *Academic calendar review*: University breaks and exam schedules are considered in relation to mental health & well-being.
- *Disability services*: Facilitation of services and accommodations enabling Cornell students with disabilities to enjoy the same educational opportunities as their peers.

Promotion of resilience

- *Resilience programs*: Workshops such as “Thrive@Cornell” and “Let’s CU Sleep” help students develop the capacity to adapt to and bounce back from the stressors inherent in college life.
- *Greek Health & Wellness Initiative*: Greek Health and Wellness Chairs (representatives of Cornell’s sorority and fraternity chapters) receive support and resources to meet each chapters’ unique physical, mental, and emotional health needs.
- *“Let’s Meditate” Guided Mindfulness Meditation Series*: Co-sponsored by Cornell Health and multiple groups across campus, sessions are open to Cornell students, faculty, and staff of all ages, genders, sizes, shapes, and abilities to promote individual resilience through community practice of this restorative technique supported by scientific research.



- *Cornell Minds Matter*: This student mental health advocacy group promotes the overall mental and emotional health of all Cornell students, works to reduce the stigma of mental illness, and holds educational and social events open to the entire Cornell community that foster a healthy, balanced lifestyle.
- *EARS outreach programs*: Peer-led interactive workshops on a range of topics (e.g., personal growth, communication, relationships, mindfulness to relieve stress and anxiety).
- *Learning Strategies Center support*: The LSC provides time management and study skills tools, workshops and individual coaching to support student success.
- *Nature Rx @Cornell*: An innovative initiative involving faculty, staff, and student organizations with a shared passion for the ways in which the natural beauty of our campus can positively impact our students' well-being. This initiative draws on research showing that spending time in nature can improve mood, cognitive ability, social connectedness.
- *Alcohol education*: All incoming first year students are expected to complete AlcoholEdu, an online educational program, before arriving on campus.
- *Online resources*: Mental health self-assessments and stress management materials help students develop coping strategies and learn when and where to turn for help. <https://health.cornell.edu/resources/health-topics/building-resilience>.
- *Participation in the College Transition Collaborative (CTC) Pre-Matriculation Social-Belonging Intervention*: Exposing incoming students to stories that normalize and typify the challenges associated with transitioning to college fosters a different mindset in which belonging is viewed as a process that develops over time. With this mindset, students come to acknowledge that it is normal for everyone to face challenges and that they have the ability to learn from them and improve.
- *Diversity programs*: Multiple efforts, such as the availability of campus Program Houses and a Pre-Freshman Summer Program, as well as events designed to foster inclusiveness (e.g., the Orientation program The Identity and Belonging Project) help promote student well-being. The Identity and Belonging Project portrays diverse student narratives about how undergraduates discover a sense of belonging at Cornell. Student actors present personal narratives submitted by current Cornell undergraduates, with the goals of sharing diverse student perspectives, increasing awareness of Cornell's values, and establishing a foundation of respect and inclusion for all students to build on at Cornell.

Additionally, Cornell's approach to institutional inclusion and diversity planning is holistic. Our commitments, both regulatory and strategic, involve novel approaches to improve campus culture, climate and our demographic composition.

Increase help-seeking behavior

- *Media communication*: Posters, advertisements, resource cards, and web pages promote the concepts of the Caring Community, stress management and strengthening personal resilience along with availability of campus resources and attentiveness to others in distress.
- *Caring Community website*: This site is Cornell's gateway to information about campus and local resources, events, and news in support of campus health and well-being [caringcommunity.cornell.edu].

- *EARS (Empathy, Assistance, and Referral Services)*: Student volunteers (trained and supervised by the Dean of Students) provide anonymous telephone or walk-in peer counseling for undergraduate and graduate students.
- *Parent education*: Web resources and on-campus events (e.g., Orientation Resource Fair, Convocation, Family Weekend programs) inform parents about mental health issues and services.

Identify individuals in need of care

Gatekeeper training for faculty, staff & students

- *Notice & Respond: Assisting Students in Distress*: helps faculty departments, TA clusters and staff workgroups explore how to assist students. New facilitators have been added to expand the reach of this program. Related web materials provide additional support [health.cornell.edu/notice].
- *Notice & Respond: Friend 2 Friend*: helps students learn to recognize and reach out to other students in distress, simultaneously normalizing help-seeking This program is provided to 1st year students in college seminar classes, peer advisors and mentors, as well as other student groups and organizations.
- *Intervene*: An award-winning Cornell video entitled Intervene (offered online and in workshops) educates students about how to identify and effectively assist peers facing sexual assault or harassment, bias, hazing, emotional distress, intimate partner violence, and alcohol emergencies [health.cornell.edu/intervene].
- *Community consultation and intervention through Cornell Health*: Counseling staff members provide guidance and support for faculty and staff concerned about distressed students and coordinate interventions as needed.
- *Mental health screening by Cornell Health*: Incoming first-year and transfer students complete a health history form and receive relevant information about services and

Promotion of social connections

- *Residential and community initiatives*: Campus and Community Engagement and the West Campus House System provide a welcoming and inclusive environment that respects individuals while promoting community values. Residential staff and faculty help students thrive in all stages of their Cornell career through student organization involvement, living and learning opportunities, and a multitude of leadership and engagement experiences.

support available at Cornell before arriving on campus.

- **Primary care mental health screening:** Medical patients are assessed at the time of their visit. Those indicating high levels of distress receive brief interventions or are referred to counseling and/or resources for self-care.
- **Interactive Screening Program:** Web-based outreach program administered by counselors to identify, engage, and refer to treatment students with depression, anxiety or other identified mental health conditions.
- **BASICS (Brief Alcohol Screening and Intervention for College Students):** A service of Cornell Health for students to explore their alcohol and other drug use. Students are referred to the program by judicial administrators and health care providers, as well as by self-referral.

Alert Team Staff: Staff members from key departments meet weekly to discuss situations (often pre-crisis) involving students whose behavior or well-being is of concern to others.

Academic Advising leaders: Staff members from academic advising and student services offices within the undergraduate colleges coordinate strategies and share best practices related to student support.

Victim Advocacy Program:

The university's Victim Advocacy Program provides assistance to members of the Cornell community who have experienced harmful, threatening, or violent incidents.

Provide medical & mental health services

Cornell Health

Interdisciplinary staff is committed to a collaborative approach to caring for the physical and mental health of patients. Medical and counseling professionals work in integrated "teams" and partnerships to provide care for students with complex health issues (e.g., eating disorders or chronic illness).

- **General Medicine, Sports Medicine:** Physicians, nurse practitioners, physician's assistants and nurses

often are the health care providers of choice for students who are ...

- Experiencing emotional distress related to medical problems
- Not yet aware of an emotional cause or component of physical symptoms
- Not comfortable with or ready to access mental health care
- **Care Managers and Behavioral Health Consultants:** provide a bridge between departments at Cornell Health (medical, counseling, PT), and other services (on and off-campus) in an effort to provide students with integrated medical and mental health care. Care Managers and Behavioral Health Consultants facilitate the coordination of multi-disciplinary services to meet the needs of individual students.
- **Counseling & Psychological Services:** Counseling and psychiatry staff provide on-campus services for students, including individual and group counseling, same day triage and emergency care, and referral to community providers for off-campus and specialty care.
- **Let's Talk:** Walk-in consultations with Cornell Health counselors at ten campus locations increases access to services, particularly for students unlikely to come in for traditional counseling.

Deliver coordinated crisis management

- **Cornell Health phone consultation:** 24/7 phone consultation with a health care provider or counselor for students and people with concerns about a student's well-being.
- **911:** 24/7 emergency response from Cornell University Police and local law enforcement agencies.
- **Cornell Police:** 24/7 emergency response from Cornell University Police and local law enforcement agencies.
- **Crisis Managers:** Staff members are on-call at all times to coordinate the university's response to crisis situations.
- **Community Support Team:** Staff members from across the university

provide support for individuals and groups in the aftermath of tragedies or other crises.

- **Local Crisisline:** 24/7 support provided to Ithaca community through the Suicide Prevention and Crisis Services. 800-273-TALK.
- **Cayuga Medical Center:** Inpatient mental health care for individuals in crisis.

Restrict access to means of suicide

- Laboratory chemicals and equipment are secured.
- Firearms are restricted on campus.
- Barriers on campus-are bridges reduce the risk of suicide jumps. Means restriction study and website provides background regarding this nationally recognized approach [meansrestrictionstudy.fs.cornell.edu].

Learn more

Contact:

Timothy Marchell, PhD, MPH
Director, Skorton Center for Health Initiatives
Cornell Health

E-mail: tcm9@cornell.edu