



National University

Program Name: National University Wellness Program
Grant Type: Hispanic Serving Institution
Grant Status: Active
Year Awarded: 2018
State: California

National University Wellness Program National University (NU) is proposing to implement the

NU Wellness Program, including the creation of NU's first cross functional Campus Assessment Response and Evaluation (CARE) team with Wellness resources, such as individual case management, assessment, online treatment opportunities, and referral services for the targeted community. The target population of the program includes all current students attending NU either onsite or online, both undergraduate and graduate. A total of approximately 29,000 students. NU is a Hispanic serving institution with a Latino population of 25%. Ten percent of the population is African American; 58% are female, and 21% are Veterans/Active Duty Military. The Program will augment its current infrastructure to improve effective identification, intervention, and prevention services for all students, including those at risk for the development of suicidal behavior, serious mental illness, and/or substance-related overuse or injury.

Activity #1: Create a network infrastructure to link the institution of higher education with appropriately trained behavioral healthcare providers and community stakeholders.

Activity #2: Train college students, faculty, and staff to respond effectively to college students with mental and substance use disorders.

Activity #3: Administer voluntary mental/ substance use disorder screenings and assessments.

Activity #4: Provide outreach services to inform and notify college students about available mental and substance use disorder services.

The goal of the proposed program is: The NU Wellness Program will augment its current infrastructure to improve effective identification, intervention, and prevention services for all college students, including those at risk for the development of suicidal behavior, serious mental illness, and/or substance-related overuse or injury.

Objective #1 - By month three, develop and implement a centralized reporting system and awareness trainings.

Objective #2 - By month four, utilize the newly-developed centralized reporting system to collect and analyze data

Objective #3 - Beginning in month six, develop and provide online and onsite trainings for students, faculty, and staff.

Objective #4 - In month three, develop case management processes and procedures, and by month four, roll out these policies and procedures to key stakeholders including faculty and staff to begin managing student cases.

Objective #5 - Beginning in month six, offer and expand resources and information for mental health treatment to all students at the University.

Number of people to be served annually: 1,000 and over the 3-year life of the project: 5,000



Suicide Prevention Resource Center

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