

Utah Collegiate Peer Support Program Initiative

TRULA FOUNDATION

Designing a peer support solution for anxiety intervention other states can look to for best practices

EVIDENCED-BASED PEER SUPPORT TRAINING AND CAMPUS CLINIC INTEGRATION FOR ANXIETY INTERVENTION



Student Outreach

Provide mindfulness training for at-risk students (first generation students and incoming freshmen)



Clinic Integration

Integrate with clinic intake to extend hours, provide options, listen empathetically and escalate crises



Student Safe Space

In a "safe space," provide regular mindfulness & listening services for students before and between appointments

ANXIETY IS CRIPPLING OUR COLLEGE STUDENTS

University students are uniquely vulnerable because they're amid a major life transition

70%

of students seeking services at campus mental health clinics have anxiety

IGNITES A MENTAL ILLNESS CASCADE

- 75% of adults with anxiety disorder had their first episode by 22
- 90% likelihood increase in developing a 2nd mental health disorder

DRIVES EXTREME CLINIC DEMAND SEASONALITY

- 3-4x demand increase between midterms & finals each semester
- 1-12 week wait times because difficulty in predicting staffing needs

PUBLIC-PRIVATE PARTNERSHIP TO BUILD CAPACITY

\$2.0M
PRIVATE
MATCH

✓ **COMPLETED**

**PRIVATE SUPPORT – NOW
\$2.0M**

- Raise \$1.0M scholarship fund
- Raise \$0.5M private funding for administrative costs
- Identify \$0.5M+ in technology contributions
- Identify partnerships and collaborations:

**NATIONAL COUNCIL
FOR BEHAVIORAL HEALTH**
MENTAL HEALTH FIRST AID



**PILOT
LAUNCH
DSU**

**PILOT LAUNCH – FY21
\$1.1M**

- Initial pilot program at Dixie State University
- Complete baseline study
- Validate content and design for target audience
- Track pilot program
- Develop training materials for scale (online)

**SCALE-UP
ADD 40K
STUDENTS**

**PILOT SCALE-UP – FY22
\$0.7M**

- Scale pilot program to Weber State University or Utah Valley University
- Gather data and identify best practices
- Complete analysis and present results

**4x return for every dollar invested
in anxiety early intervention**

CERTIFICATION OVERVIEW

Peer Support Level I

Qualified for facilitating support groups & providing empathetic listening

Peer Support Level II

Qualified for integrating within clinic intake & providing student outreach

Peer Support Level III

Qualified for managing student safe space & providing peer trainings

THE ASK

FY21: \$1.1M
tech build & 1st yr pilot admin

FY22: \$0.7M
pilot scale and admin

TOTAL: \$1.8M