

## What's New in Mental Health at William & Mary – spring 2017



### JED Campus Program

The College of William & Mary is proud to be a member of the Jed Foundation's Campus Program. The Jed Foundation is a national organization dedicated to promoting student mental health and preventing suicides on college campuses.

The leadership team is comprised of Dr. Jen Floor, Dr. Chris Conway, Sarah Menefee and Dr. Liz Raposa who are working with various university administrators, physicians, mental health professionals, and other experts to implement initiatives that promote mental health policies, programs, and services offered on our campus. For example, one of the newest programs coming to our campus next year is *Campus Connect*, a gatekeeper training program that aims to increase knowledge, awareness, and skills concerning college student suicide. If you are interested in learning more about any of the initiatives, please contact Dr. Jen Floor at [jafloor@wm.edu](mailto:jafloor@wm.edu). Initiatives from the JED Campus Program are made possible through the generous support of the Parent & Family Council.



Staffed by qualified practitioners, ProtoCall allows us to respond quickly to our students' mental health needs, providing support at times when the Counseling Center is closed. The professionals at ProtoCall communicate directly with our Counseling Center clinicians and help arrange on-campus follow-up for students, as needed. Call the same number night or day to access services **757-221-3620**. ProtoCall is made possible through the generous support of the Parent & Family Council.



## Psychiatry

Dr. Trish Roy serves the psychiatric needs of students in the W&M community. She works with newly diagnosed students and those experiencing significant difficulty with medication management. Students who wish to be seen will require a referral from the Student Health Center, a community therapist or a Counseling Center therapist.



## TribeRides

Students without cars who lack the funds for transportation to necessary mental health appointments are eligible to apply for assistance. Students may sign up for the service through the Mental Health Services Coordinator at the Counseling Center. In order to be responsible with funding providers within walking distance are not included. TribeRides is made possible through the generous support of the Parent & Family Council.



## SilverCloud

Both the College and the caring team at SilverCloud believe that good mental health is integral to flourishing, so this 24-hour, evidence-informed, online tool provides students with easy access to several engaging modules that focus on anxiety, depression, and stress from a cognitive-behavioral approach. In addition to engaging the process at a self-moderated approach, students may partake in one of two moderated levels based on certain entry criteria, to optimize success within the program: with a peer coach or under the watchful guidance of a therapist. Based on their outcomes, students may move through one, two, or all of the moderation types to enjoy the greatest benefits from their efforts. For more information on SilverCloud, please write [Eric.Garrison@wm.edu](mailto:Eric.Garrison@wm.edu). SilverCloud is made possible through the generous support of the Parent & Family Council.



The Authentic Excellence Initiative is a multi-layered program designed to promote flourishing and resilience. The program explores the difference between “fear-based excellence” and “authentic excellence,” and how they relate to resilience,

fulfillment and productivity. It is available to individuals and groups and is open to all members of the college community. For more information, contact [Kelly.Crace@wm.edu](mailto:Kelly.Crace@wm.edu).



## The Healthy Campus 2020 Coalition

The Coalition is a group of students and professionals working together to enhance the overall health of the William & Mary community. The Coalition has goals that are adapted from a national effort to promote health across all college campuses <https://www.acha.org/healthycampus>.

### Off-Campus Provider Database

This database is an easy, self-service resource for anyone seeking off-campus mental health services in the Williamsburg and surrounding area. Mental health professionals are searchable by insurance coverage, specialty, and location. The database was created to support students who choose to see an off-campus provider, as well as students who are seeking long-term therapy support. As always, the W&M Counseling Center's Mental Health Services Coordinator, Christine Ferguson, works to provide in-person assistance to students seeking referrals for therapists and psychiatrists in the local area. <http://wm.rints.com/>. Off-Campus Provider Database is made possible through the generous support of the Parent & Family Council.

**For additional information:**

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