

STRATEGIES IN ACTION

UConn Designated a JED Campus

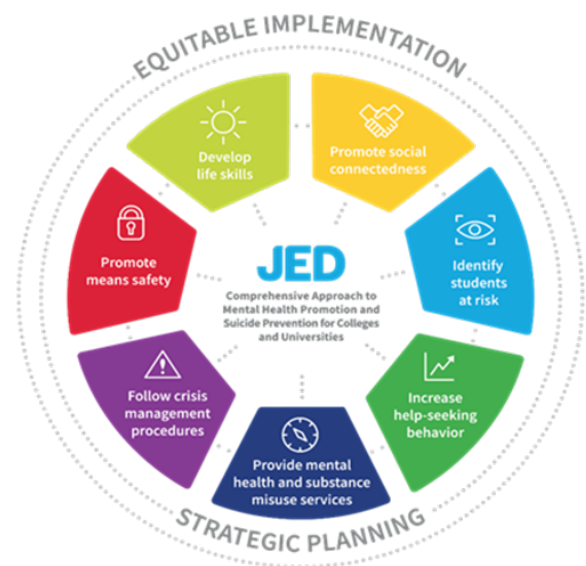


The University of Connecticut has achieved the distinction of being named a JED Campus. This designation, by the [JED Foundation](#), recognizes educational institutions who demonstrate a systemic commitment to student mental health, substance misuse and suicide prevention.

The Foundation works with schools in the development of a strategic plan to implement policies, procedures and approaches that support students' mental health and well-being. Schools are evaluated on their strengths in seven domains and seventy-nine action areas.

This accomplishment was achieved over a four-year period. Student Health and Wellness partnered with a diverse group of campus stakeholders to advance the strategic plan. The effort also benefited from a high level of commitment to student health and well-being across the administration and is reflected in the University's recently unveiled strategic plan.

Numerous university stakeholders enthusiastically participated in helping UConn become a JED Campus. One thing that distinguished UConn from other JED campuses was the early sponsorship and commitment of the Undergraduate Student Government. It was a highly collaborative effort that included the highest levels of the administration, academic functions, operational functions, and students themselves. Mental health is increasingly an important consideration in college selection. A recent Inside Higher Ed survey reported that 29% of students note that mental health offerings mattered most with regards to health and wellness when making their college decision.



The JED Campus designation evaluates a school's systems and practices in seven domains.

From a SHaW perspective, achieving the JED Campus designation is firmly in keeping with the aspiration to cultivate optimal health and lifelong well-being for every UConn student. It is supportive of several SHaW goals, notably shaping the campus culture to promote and support health and wellness, aligns with SHaW's strategic plan and has served as an important foundation as UConn moves towards becoming a Health Promoting University.

The JED Campus effort underscores the importance of a university's commitment to student mental health and well-being through a systemic, comprehensive, and holistic approach. One of the guiding principles is that there is no wrong door. Everyone – from administrators to faculty to clinicians to students - has a part to play in promoting mental health and well-being.

Be well. Feel well. Do well.