



GEORGIAN COURT UNIVERSITY
THE MERCY UNIVERSITY OF NEW JERSEY

Counseling Center

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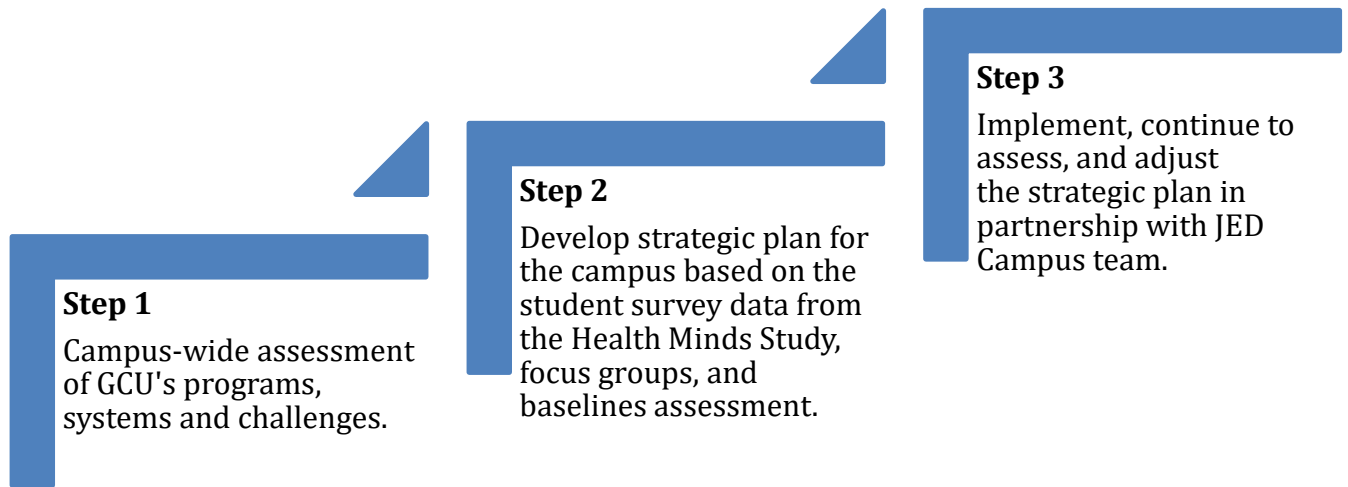
Georgian Court University is becoming a JED Campus.

Georgian Court University (GCU) has joined the JED Campus program in support of student well-being and mental health. The program is designed to identify opportunities to enhance emotional health and substance abuse and suicide prevention efforts on campus and to ensure that our university has effective and accessible resources and supports. By joining JED Campus, GCU demonstrates a commitment to the emotional and overall well-being of its students. JED Campus schools embark on a multi-year strategic collaboration that not only assesses and enhances the work that is already being done, but helps create positive, lasting, systemic change among the campus community. To learn more visit www.jedcampus.org

What is the JED process and how does it work?

[JED Campus](http://www.jedcampus.org) is an initiative of JED designed to guide schools through a collaborative process of comprehensive systems, program and policy development with customized support to build upon existing student mental health, substance abuse and suicide prevention efforts. JED Campuses embark on a four-year strategic partnership with JED that not only assesses and builds on existing supports, but increases those supports, expands resources and allows for greater accessibility through collaboration and innovation within the campus community.

Jed Campus uses assessments and data unique to each school to better understand their programs, systems and challenges. After completing the initial assessment, a JED Campus receives feedback and recommendations based on their responses and informed by student data gathered on their campus by the Healthy Minds Study. Our JED Campus team then works with the school to develop a strategic plan for implementation over their four years in the program. While executing the strategic plan, JED Campuses are provided with ongoing support and technical assistance from a dedicated JED Campus Advisor. JED Campuses also have the opportunity to share information and resources with other schools in the program through our Learning Community.



JED's Key Domains

JED's programs are grounded in an evidence-based model which identifies 7 key domains for strategic planning and equitable implementation. The 7 key domains are used to assess efforts currently being made on campus, as well as identifying the college's existing strengths and areas for improvement.

Develop Life Skills

Supporting life skills education is valuable in teaching healthy ways to cope with the stress of college life. Some of the life skills that are important to a student's well-being include managing friendships and relationships, problem solving, decision making, identifying and managing emotions, healthy living, and finding life purpose, meaning and identity.

Promote Social Connectedness

Research has shown that loneliness and isolation are significant risk factors for mental health problems and/or suicidal behavior. Therefore, supportive social relationships and feeling connected to campus, family and friends are protective factors that can help lower risk.

Identify Students at Risk

It is important to take action to identify students at risk for mental health problems and/or suicidal behavior, and also to promote emotional health awareness among those who interact with students the most — “gatekeepers” such as residence hall staff, academic advisors, faculty and even fellow students — as it is vital for these people to be able to recognize and refer a student who might be in distress.

Increase Help-seeking Behavior

Many students who need help may be reluctant or unsure of how to seek it out. Obstacles to help-seeking include lack of awareness of mental health services, skepticism about the effectiveness of treatment, prejudices associated with mental illness and uncertainty about costs or insurance coverage. Campuses should engage in a variety of activities designed to increase the likelihood that a student in need will seek help.

Provide Mental Health and Substance Abuse Services

It is essential to offer accessible, consistent and high-quality mental health services to students. To make mental health and substance abuse care more comprehensive, it should include strong and flexible services, adequate staffing levels, flexibility in treatment approaches and clinic hours that are reflective of student schedules. Since most college clinics are free, the length of

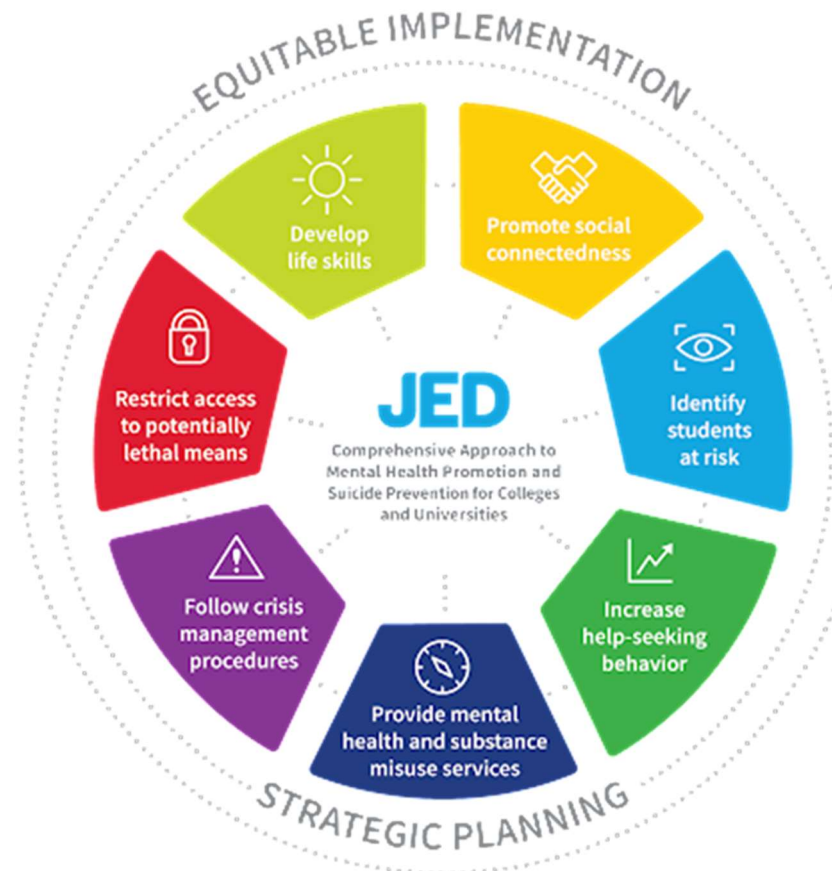
treatment is often limited. Therefore, it is important that campus mental health services assist students in finding off-campus resources that can provide long-term care if needed.

Follow Crisis Management Procedures

The campus should have access to a well-publicized 24/7 crisis phone and/or chat line either through campus resources or local/national services. There should be a process in place to share information (as legally appropriate) between local ERs and school health and/or counseling services.

Restrict Access to Potentially Lethal Means

It has been well established that if the means to self-harm are removed or limited in an environment, it can prevent suicide and even limit accidental deaths. This is called “means restriction.” Limiting students' access to weapons, poisonous chemicals, rooftops, windows or other high places are all means restriction activities. Each campus should do an environmental scan for potential access to lethal or dangerous means.



JED Resources

In addition to providing strategic support to colleges across the country, the JED Foundation offers numerous tools for those seeking to improve their own emotional well-being or learn how to help a friend. Check out the link below for more information.

<https://jedfoundation.org/mental-health-resource-center/>