Connecting Incoming Students to Campus Mental Health Resources: A Public Health Approach with Opt-In Clinical Interventions

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Background
In Fall 2023 University of Michigan implemented a mandatory mental well-being education module:
- for incoming freshmen and transfer students
- to promote wellness and wayfinding

Methodology/Intervention

Objectives

- Define the need for mental health care connection by an incoming student cohort at a large university.
- Analyze the diversity of self-identified resource-finding clinical needs.
- Contrast student groups in need of mental health care who can connect to care independently with those who identify an individualized need for more support.

References

University Health and Counseling