

## University of Louisiana System

**Title: MENTAL HEALTH**

**Effective Date: April 23, 2020**

**Cancellation: None**

**Chapter: Miscellaneous**

### **Policy and Procedures Memorandum**

#### **University of Louisiana System's Statement on Mental Health**

The University of Louisiana System is fully committed to fostering communities of support for students that promote the emotional and mental well-being of students. For students to achieve academic success, personal development, and lifelong wellness, the University of Louisiana System and its institutions must make students' mental health a priority. Mental health is something that affects all students on campus. Poor mental health hinders students' academic success; untreated mental health issues may lead to lower GPAs, discontinuous enrollment and, too often, lapses in enrollment. An institution's investment in student mental health is vital for the social, educational, and economic well-being of students, their campuses, and broader society. This investment is the responsibility of the entire campus and should be approached holistically.

At a minimum, the following standards shall be practiced consistently among System institutions. Each standard should be implemented with contributions from all applicable areas across campus and should not be restricted to official counseling centers except where necessary and appropriate. Every campus needs dedicated staff to coordinate programs, policies, and services to address suicide prevention and mental health promotion.

#### **I. Mental Health Services**

Each university shall provide its students with access to the following mental health services; however, the level of services provided will vary by campus based on available resources:

- Individual Counseling
- Group Counseling
- Crisis Services
- Alcohol and Other Drug Education Services
- Consultations

Each university must provide telecounseling during times when normal campus operations have been interrupted due to recognized emergencies to the extent it is possible to do so. Telecounseling will be conducted in accordance with applicable laws and established procedures. Due to licensure laws, all students receiving telecounseling services must be present in the state of Louisiana at the time of their appointment.

Each institution's mental health services shall be published and disseminated in the institution's handbook, website, and through student orientation programs.

## **II. Mental Health Crisis Protocol**

UL System institutions need clear protocols in place to address potential crisis situations. Each university must develop a mental health crisis protocol that addresses the following:

- a. Imminent Risk of Harm
- b. Emotional/Behavioral Distress

The protocol should outline the roles of mental health professionals and the responsibilities of affected faculty and staff, the Office of Student Affairs, and the University Police Department during a student crisis. The protocol must include the process for welfare checks and notification to students' parents or guardians, when legally permissible.

## **III. Notification**

When a student poses an imminent risk of harm to include danger to self, danger to others, or gravely disabled, it is the responsibility of the university to notify the student's parent/guardian or emergency contact, when legally permitted, after consultation with a medical or other mental health professional.

Communication regarding the student and attempts to notify the student's parent, guardian, or emergency contact should be documented.

## **IV. Suicidality**

In cases of suicidality, the university, in consultation with its mental health and counseling services staff, shall establish guidelines for prevention, assessment, and treatment. The guidelines should include basic knowledge for all relevant counseling staff, a process for assessment and management of suicidality, and principles for all assessments. The guidelines should also include criteria for off-campus referrals and a postvention process.

## **V. Prevention**

Each institution shall develop prevention strategies that promote mental health and wellness for the campus community through programs that focus on promotion, prevention, and intervention services. Preventative strategies should also include

the implementation of programs to educate faculty and staff on mental health promotion and how to respond to and/or refer individuals in crisis.

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*Review Process:*

Chief Officers for Student Affairs  
Student Advisory Council  
Legal Counsel

*Distribution:*

University Presidents