Bennington College
Mental Health and Wellness Model

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Overview

1. **Campus Needs and Best Practices**

2. **Recommendations for Mental Health Model for Bennington**

3. **Opportunity to Integrate Mental Health & Wellness into Curriculum and Co-Curricular**

4. **Collaboration with Other Colleges**

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Project Goals

- **Develop a New Model for Mental Health and Wellness**

- **Identify an Implementation Plan**

- **Integrate Mental Health and Wellness Awareness into the Bennington Culture**

- **Develop a Best-Case Model for Use Across Higher Ed**

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Activities

- **A Comprehensive Campus-Wide Needs Assessment**

- **A Mental Health and Wellness Higher Ed Landscape Report**

- **A Day-Long Mental Health & Wellness Convening**

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Recommendations

- **Counseling and Psych Services.** Improvements to and expansion of Bennington's Counseling and Professional Services (CAPS).

- **Wellness Task Force.** A campus-wide Wellness Task Force is currently being assembled, comprised of faculty, administration, students, and all essential student services staff.

- **Develop a Student Wellness Plan (inspired by the Bennington's Student Academic Plan).** The recommendation is to place students at the center of managing and monitoring the progress of their own emotional well-being.

- **Collaborations: Including the Endeavor College Lab.** In addition to serving the mental health needs of its own students and campus community, Bennington is firmly committed to sharing its Student Wellness Model as a customizable prototype for other higher-education institutions.

Progress to Date

- **Counseling & Psych Services Expansion**

- **Mental Health & Wellbeing Pilot Course (fall 2022)**

- **Strategic Planning Process**

  o **Whole Person Workgroup**

  o **Academics & Curriculum**

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Conclusion

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