(Stating the sentiments of the Student Senate with regards to implementing a pilot test of Headspace in ~500 students.)

WHEREAS, signs of depression have doubled in graduate students due to COVID-19\textsuperscript{2,11,12}, and

WHEREAS, the mental health of students is a top priority of Texas Tech University Health Sciences Center, and

WHEREAS, interventions have been called for to address the mental health crisis in graduate education, both at TTUHSC and across the country\textsuperscript{5}, and

WHEREAS, the prevalence of depression is three times higher in medical students compared to the general population\textsuperscript{7}, and

WHEREAS, approximately one third of PhD students are at risk of having or developing a psychiatric disorder (especially major depressive disorder)\textsuperscript{9}, and

WHEREAS, many students prefer to use apps that can be downloaded on mobile phones, and

WHEREAS, it is important to cast a wide net when providing support for mental health (meaning multiple platforms and modalities should always be immediately available), and

WHEREAS, student senators evaluated 12 mental health apps based on cost, effectiveness, availability across platforms, psychological modalities used, name recognition, and student interest (Table 1), and

WHEREAS Headspace is an established and widespread company with millions of users in over 190 countries\textsuperscript{6}, and

WHEREAS, Headspace has been shown to reduce stress\textsuperscript{4}, increase compassion for both others and self\textsuperscript{70}, reduce aggression and irritability\textsuperscript{4}, improves focus\textsuperscript{1}, and increase overall positivity and well-being\textsuperscript{8}, and
WHEREAS, TTUHSC School of Medicine has already committed to make Headspace available to all medical school students via the purchase of American Medical Association memberships, and it is important to make mental healthcare resources equally available for all students, and

WHEREAS, it is essential to increase mental health resources in light of the added stresses induced by the COVID-19 pandemic, and

WHEREAS, of the 415 surveyed TTUHSC students, 56% of students were familiar with Headspace, and 78.4% of students were likely or very likely to use Headspace as a mental health tool (Figure 1), and

WHEREAS, TTUHSC students were far more likely to say that they would use Headspace compared to TAO, if they felt the need for a mental health tool (Figure 1),

WHEREAS, a pilot partnership with Headspace that covers 500 students would cost approximately $4500 for one year subscriptions, less than the cost for students to individually purchase subscriptions (Figure 2), and

WHEREAS, a partnership with Headspace provides numerous benefits beyond basic subscriptions (Figure 2), including:

- Headspace Plus
- Team meditation, multiple language options
- 24/7 technical support, a Dedicated Customer Success Manager
- Training for Headspace Champions
- Administrative portal to manage enrollment and team challenges
- Weekly analytics
- Customized digital launch kit
- Pre-launch consulting and strategy development
- Live launch webinar, Train the Trainer webinar
- Wellbeing surveys: pre and post launch
- Monthly check-in calls, bi-annual Health and Happiness checks

WHEREAS, publishing the results of a pilot study on the effectiveness of Headspace in higher education is in line with TTUHSC’s commitment to excellence in research, and

WHEREAS, making Headspace available to students would help TTUHSC recruit top quality students, and

WHEREAS, the Assistant Dean for Student Wellness and Advancement, the Director for Student Affairs/School of Medicine, and Staff Senate have given support for access to Headspace as a
strategy to improve healthcare for students (in addition to preliminary support from the Diversity, Equity, & Inclusion Committee pending a final vote) (see letters of support),

THEREFORE BE IT RESOLVED, that the Student Senate of the Texas Tech University Health Sciences Center calls for a pilot partnership with Headspace in which approximately 500 students would be given access to Headspace for free, and

BE IT FURTHER RESOLVED, that TTUHSC use the analytics provided by Headspace as well as internal resources to evaluate the effectiveness of Headspace over one year, and

BE IT FURTHER RESOLVED, that TTUHSC re-evaluate the cost-effectiveness of Headspace as a mental health tool for students after a 1 year pilot, and use that information to consider further partnership with Headspace, and

BE IT FURTHER RESOLVED, that TTUHSC publish the results of the one-year pilot on Headspace in an academic journal, and

BE IT FURTHER RESOLVED, that this resolution be spread upon the Journal and that copies be sent to Dr. Lori Rice-Spearman, President of Texas Tech University Health Sciences Center; Micheal West, Assistant VP for Presidential Finance and Administration; Dr. Erin Justyna, Assistant Provost for Student Affairs; Dr. Alan Korinek, Director of the Program of Assistance for Students; Dr. Ron Cook, Chief Health Officer; and to the students of Texas Tech University Health Sciences Center.

Authors:
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JABERIAN DORAJI, S.

TENexas Tech University Health Sciences
Center
Passed the Senate, 23 March 2021

Marcus Gonzalez
President, Student Senate

Read First Time: 23 March 2021
Reported from Committee: 23 March 2021
Read Second Time: 23 March 2021
Figure 1: Online Mental Health Tools Survey, TTUHSC

Are you aware that TTUHSC provides Therapy Assistance Online (TAO)?
416 responses

- Yes: 54.8%
- No: 45.2%

If so, are you aware that TAO includes over 150 brief, effective, educational sessions covering over 50 common topics and skills related to mental health? [Link]
389 responses

- Yes: 84.8%
- No: 15.2%

How likely would you be to use TAO as a mental health tool (if you felt the need)?
415 responses

- 1: 40 (9.6%)
- 2: 58 (14%)
- 3: 97 (23.4%)
- 4: 115 (27.7%)
- 5: 105 (25.3%)
Have you heard of Headspace, an app designed to help people with their mental health?
415 responses

43.6% Yes
56.4% No

On a scale of 1 as very unlikely and 5 as very likely, how likely would you be to use Headspace if it were made available to you for free (and if you felt the need)?
415 responses

219 (52.8%) 5
107 (25.8%) 4
51 (12.3%) 3
25 (6%) 2
13 (3.1%) 1

What school are you part of at TTUHSC?
416 responses

35.6% Graduate
39.4% Health Professions
20.7% Medicine
2.7% Nursing
1.2% Pharmacy
1.0% Occupational Therapy
0.2% Public Health
0.2% GSBS
<table>
<thead>
<tr>
<th><strong>Name</strong></th>
<th><strong>Main Use</strong></th>
<th><strong>Modalities</strong></th>
<th><strong>Pros</strong></th>
<th><strong>Cons</strong></th>
<th><strong>Cost</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>WHAT’S UP</td>
<td>anxiety, depression, stress</td>
<td>CBT, ACT</td>
<td></td>
<td></td>
<td>free</td>
</tr>
<tr>
<td>MOOD KIT</td>
<td>mild depression</td>
<td></td>
<td>developed by clinical psychologists</td>
<td>only for iPhone</td>
<td>$4.99</td>
</tr>
<tr>
<td>MINDSHIFT</td>
<td>anxiety</td>
<td>CBT</td>
<td>developed by clinicians; several features</td>
<td></td>
<td>free</td>
</tr>
<tr>
<td>SELF-HELP FOR ANXIETY MANAGEMENT (SAM)</td>
<td>anxiety</td>
<td></td>
<td>developed by a university</td>
<td></td>
<td>free</td>
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<tr>
<td>CBT THOUGHT RECORD DIARY</td>
<td>anxiety</td>
<td>CBT</td>
<td>includes gratitude journal, mood tracker</td>
<td></td>
<td>free or $3/month for pro</td>
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<tr>
<td>TALKSPACE ONLINE THERAPY</td>
<td>depression</td>
<td></td>
<td>talk to actual professionals</td>
<td>very expensive</td>
<td>$65-$99/week</td>
</tr>
<tr>
<td>HAPPIFY</td>
<td>depression</td>
<td></td>
<td>customizes to you; interactive games and activities; can earn points towards skills; tracks with tips on combatting negative thoughts</td>
<td></td>
<td>~$12/month for pro</td>
</tr>
<tr>
<td>MOODTOOLS</td>
<td>depression</td>
<td>CBT</td>
<td></td>
<td>complaints about ease of use</td>
<td>free</td>
</tr>
<tr>
<td>BREATHE2RELAX</td>
<td>stress</td>
<td>diaphragmatic breathing</td>
<td></td>
<td></td>
<td>free</td>
</tr>
<tr>
<td>***HEADSPACE</td>
<td>meditation</td>
<td></td>
<td>well known; established partnership with AMA; group meditation; includes workouts for stress/anxiety; focus music</td>
<td></td>
<td>$9.99-12.99/month; $9/year for students; $69.99/year normally</td>
</tr>
<tr>
<td>CALM</td>
<td>meditation</td>
<td></td>
<td>meditations and relaxing soundtracks; current feeling check, gratitude journal</td>
<td></td>
<td>$12.99/month (limited free version); $69.99/year; $399.99 forever</td>
</tr>
<tr>
<td>TEN PERCENT HAPPIER</td>
<td>meditation</td>
<td></td>
<td>based on bestselling book;</td>
<td></td>
<td>$12.99/month (limited free version); $99.99/year</td>
</tr>
</tbody>
</table>
Resources


7Heiman, Noa, Rachel Davis, and Brian Rothberg. "A deeper understanding of depression and suicidality among medical students." Medical teacher 41.6 (2019): 711-713.


Figure 2: Headspace Partnership Benefits and Pricing Approximations

What’s included?

For employees
- Annual access to Headspace Plus, with hundreds of meditation and sleep exercises
- Spanish, German, French, and English language options
- Team meditation challenges
- 24/7 member technical support
- Training for Headspace Champions

For Admins
- Admin portal to manage program
- Admin portal to manage enrollment
- Weekly or monthly analytics report
- Customized digital launch kit
- Eligibility file management (optional)
- Option to run meditation challenges

Services
- Pre-launch consulting and strategy development
- Dedicated Customer Success Manager
- Live launch webinar (30 mins)
- ‘Train the Trainer’ pre-recorded webinar (30 mins)
- Wellbeing surveys: pre and post launch
- Monthly themed member newsletters
- Monthly themed admin newsletters with communications and assets
- Monthly check-in calls
- Bi-annual Health and Happiness checks
- Dedicated technical support
- Tools and framework for measuring impact on your goals

Package Options

Student Pricing

<table>
<thead>
<tr>
<th># of students</th>
<th>Investment Model</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,000</td>
<td>Annual Rate</td>
<td>$7.99 per student per year</td>
</tr>
<tr>
<td>5,000</td>
<td></td>
<td>$5.99 per student per year</td>
</tr>
</tbody>
</table>

26 published studies, 46 on the way

- 32% less stress in 30 days
- 14% less burnout after 4 sessions
- 16% more happiness after 10 days
- 11% more resilience after 4 weeks
- 31% reduction in symptoms of anxiety
- 46% reduction in symptoms of depression
Letters of Support

February 2, 2021

To Whom it May Concern:

As Assistant Dean for Student Wellness and Advancement for Texas Tech University School of Medicine, I have seen first-hand the tremendous pressures that our pre-professional health care students are facing during their training in both their professional and personal lives. Students are beginning their journey into medicine during one of the most historically challenging times in health care. The COVID-19 pandemic has had a substantial and far-reaching impact on the mental health of our student body, and it will continue to do so for the foreseeable future. Furthermore, national events surrounding racial justice, diversity, equity, and cultural/social change, have deepened the emotional burden facing our students today. Our students are beginning their training, not even their careers, with high rates of burnout and compassion fatigue. This burnout can lead to poor mental health, increased rates of depression, future absenteeism, lost productivity, poor patient outcomes, and high turnover, among many other negative consequences.

At Texas Tech University Health Sciences Center, we want to create a positive organizational culture that supports student wellbeing and provides prevention, treatment, and recovery supports. One way that we can strongly provide that support is through offering relevant, effective resources that we know our students will engage in and utilize. Headspace, the mental health application, is an outstanding resource for our students. It is easily accessible, readily available, convenient, and it meets the needs of our students’ schedules and way of life. Headspace provides mindfulness and meditation techniques to decrease stress and increase resilience for users. While the School of Medicine has indirectly procured Headspace for two years for all medical students as part of a partnership with the American Medical Association, I believe it is incredibly important at this time that ALL pre-professional students enrolled at Texas Tech University Health Sciences Center have access to this resource. I full support the initiatives of the TTUHSC SGA Senate to obtain Headspace as an equally available application for all TTUHSC students. We want to equip our students with all of the tools they need for successfully navigating their training and future professional careers, supporting positive mental health measures at the beginning of each of their journeys.

Please do not hesitate to reach out if I can be of further assistance.

Best,

Elisabeth Conser, M.D.
Assistant Dean for Student Wellness and Advancement
Associate Professor and Clerkship Director for Pediatrics
Gold Humanism Honor Society Faculty Advisor
Texas Tech University Health Sciences Center
Lubbock, Texas
To Whom it May Concern,

The TTUHSC Staff Senate would like to express support for two pieces of SGA Legislation:

1. Legislation in Support of Making Headspace Available to all Students on an Opt-in Basis
2. Legislation Requesting a Social Media and Marketing Push to Increase Student Awareness of Therapy Assistance Online

The pandemic has taken a drastic toll on the mental health of our student body, and it is the duty of TTUHSC to do everything in its power to uplift students during these difficult times. Our students come from many different backgrounds and entered the pandemic with different resources at their disposal to maintain their mental health. The School of Medicine has already indirectly procured Headspace, a well-known mental health app, for two years for all medical students as part of a partnership with the American Medical Association. However, all students at TTUHSC have suffered the effects of the pandemic. We support the efforts of the SGA Senate to A) provide new resources that will be equally available to all students (Headspace), and B) increase student awareness about resources that are already available (Therapy Assistance Online).

Sincerely,

[Signature]

Staff Senate President 2020-2021