On August 9, 2019, the state of Illinois passed the **Mental Health Early Action on Campus Act** in order to "*address gaps in mental health services on college campuses across Illinois, including both 2-year and 4-year institutions, through training, peer support, and community-campus partnerships.*"

META is teletherapy mobile application designed to connect college students to mental health professionals. As comprehensive teletherapy solution for college campuses, we partner with 2- and 4-year higher education institutions to supplement their mental wellness services. This includes launching on-site and digital mental health awareness campaigns and working with college faculty to meet the requirements outlined in this bill. Below are verbatim excerpts from the bill and how META meets those requirements.

Section 25. **Awareness:**
To raise mental health awareness on college campuses, each public college or university must do all of the following:

Bill Excerpts	How META Meets Requirements
25.1 *Develop and implement an annual student orientation session aimed at raising awareness about mental health conditions.*	During implementation of META and on annual basis, our staff hold on-campus events promoting the META app and mental health awareness.
25.4 *Distribute messages related to mental health resources that encourage help-seeking behavior through the online learning platform of the public college or university during high stress periods of the academic year, including, but not limited to, midterm or final examinations. These stigma-reducing strategies must be based on documented best practices.*	The META application includes "**BUZZ,**" educational content targeted to college students. The BUZZ articles and videos are focused on the destigmatization of therapy and encourage mental wellness practices such as mindfulness, stress reduction, and seeking counseling.
25.5. *Three years after the effective date of this Act, implement an online screening tool to raise awareness and establish a mechanism to link or refer students of the public college or university to services. Screenings and resources must be available year round for students and, at a minimum, must* *(i) include validated screening tools for depression, an anxiety disorder, an eating disorder, substance use, alcohol-use disorder, post-traumatic stress disorder, and bipolar disorder,* *(ii) provide resources for immediate connection to services, if indicated, including emergency resources,* *(iii) provide general information about all mental health-related resources available to students of the public college or university, and* *(iv) function anonymously.*	META resources are available year round for students. The app displays providers who are currently online and allows students to contact them immediately via phone, chat, or video calling.
25.6. *At least once per term and at times of high academic stress, including midterm or final examinations, provide students information regarding online screenings and resources.*	As a college-focused organization, we curate content around stressful times of year and encourage students to get screened for mental health issues and/or receive free consultations from our providers.

Section 40. **Local Partnerships:**

Bill Excerpts	How META Meets Requirements
40.a *Each public college or university must form strategic partnerships with local mental health service providers to improve overall campus mental wellness and augment on-campus capacity. The strategic partnerships must include linkage agreements with off-campus mental health service providers that establish a foundation for referrals for students when needs cannot be met on campus due to capacity or preference of the student.*	Students can connect to META providers who are licensed in Illinois. As an online service, META can offer providers with a wide range of specializations beyond what may be locally available.
40.b *Through a combination of on-campus capacity, off-campus linkage agreements with mental health service providers, and contracted telehealth therapy services, each public college or university shall attempt to meet a benchmark ratio of one clinical, non-student staff member to 1,250 students.*	There are many providers licensed in Illinois who are available through the META app. By leveraging the META marketplace, institutions can have a healthy ratio of students to mental health providers.

Section 50. **Evaluation:** Each public college or university must evaluate the following programs under this Act in the following manner:

Bill Excerpts	How META Meets Requirements
50.3 *Local partnership programs under Section 40 must be monitored for effectiveness and quality by the public college or university. Monitoring measures shall include, but are not limited to:* *(i) wait time for drop-in appointments for on-campus or off-campus telehealth therapy providers,* *(ii) wait time for scheduled appointments for on-campus or off-campus telehealth therapy providers,* *(iii) the ratio of clinical, non-student staff to student population and the number of linkage agreements and contracts in place based on student population, (iv) student satisfaction with on-campus or off-campus telehealth therapy providers,* *(v) range of treatment models offered to students,* *(vi) average length of stay in treatment,* *(vii) number and range of student outreach initiatives, such as telehealth mindfulness workshops or campus-wide wellness fairs, and* *(viii) number of students being served annually.*	META collects de-identified data regarding our users for the purposes of quality control and measuring our effectiveness. We provide student usage reports showing... · total student registrations · total percentage of active users · type of activity (search, counseling, BUZZ) broken down by time of day · teletherapy sessions broken down by method (chat, phone, video) · number of counselors available · number of open counseling hours · number of student searches · ratio of counselors to registered users