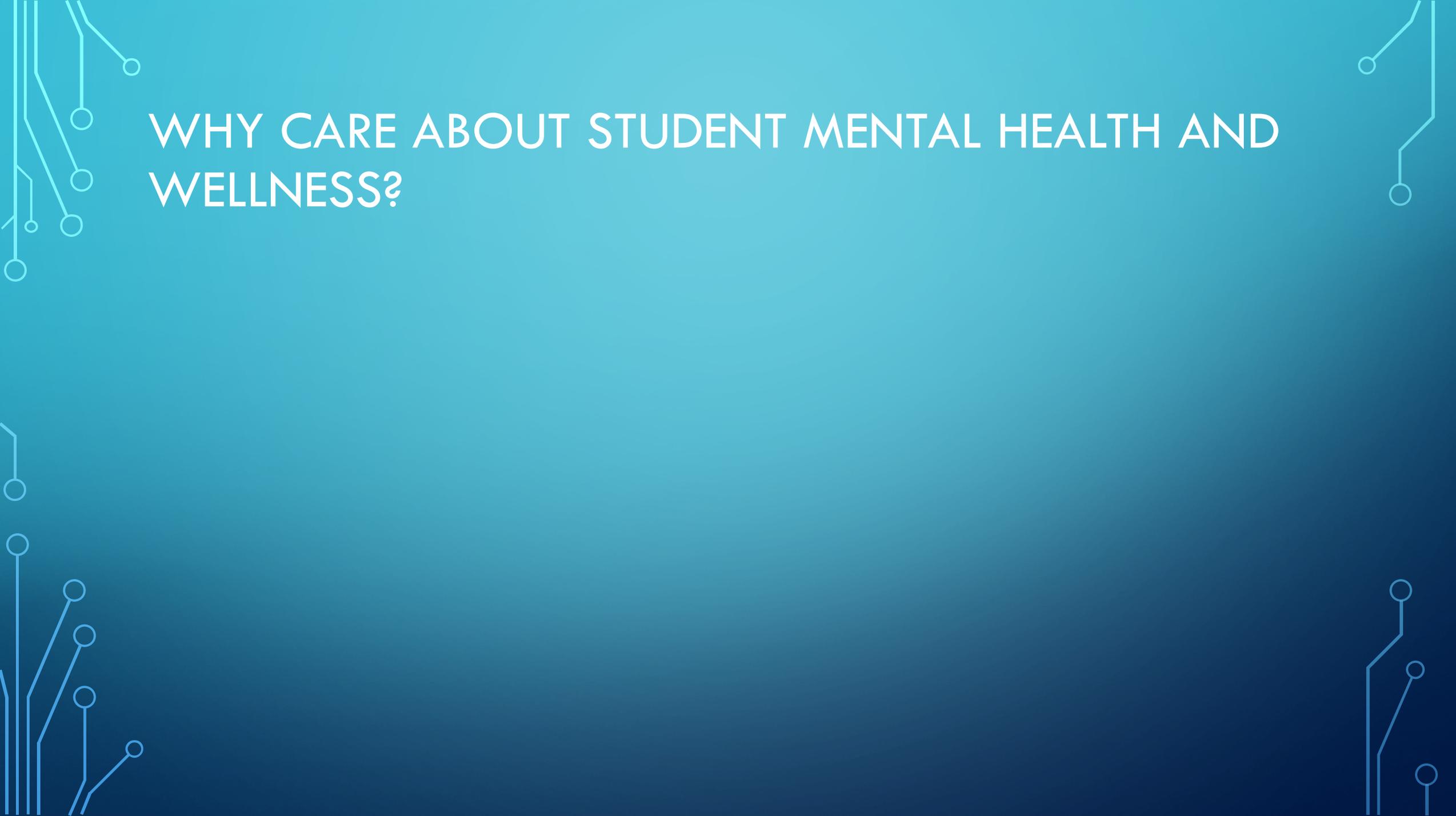




MENTAL HEALTH 101: WHAT'S HAPPENING ON TODAY'S COLLEGE CAMPUSES

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The background is a gradient of blue, transitioning from a lighter shade at the top to a darker shade at the bottom. In the four corners, there are decorative white line-art elements that resemble circuit traces or neural pathways, with small circles at the end of the lines.

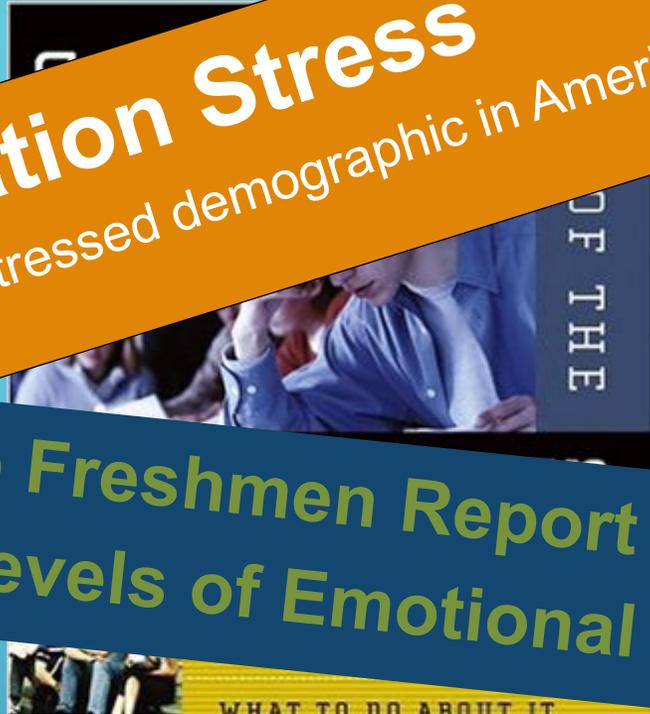
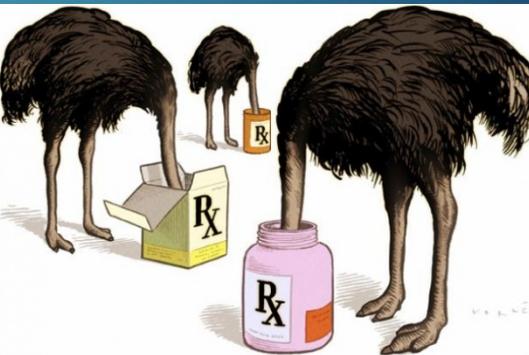
WHY CARE ABOUT STUDENT MENTAL HEALTH AND WELLNESS?

Generation Stress

Millennials the most stressed demographic in America

College Freshmen Report Record-Low Levels of Emotional Health

Prozac Campus:
the Next Generation



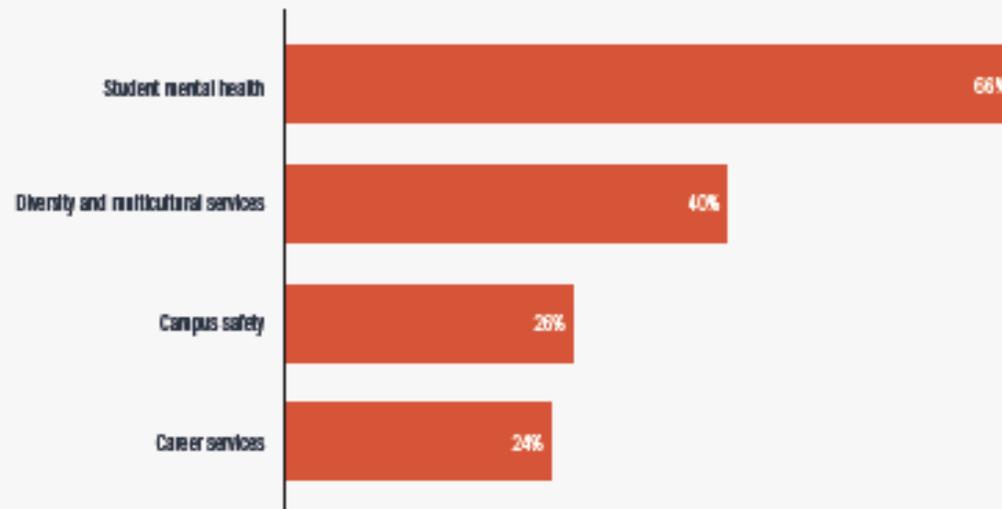
WHY CARE ABOUT STUDENT MENTAL HEALTH AND WELLNESS?

- Four of the top five barriers to academic performance are related to wellness and mental health issues (*ACHA, 2016*)
- Psychological distress is related to academic functioning (*Choi, et.al. 2010*)
- Mental health and wellbeing is linked to GPA and academic success (*Eisenberg, Golberstein, & Hunt, 2009*)
- Depressed students are more likely to miss class and exams (*Hysenbegasi et al., 2005*)
- Between 2009 and 2015, institutional enrollment grew by 5.6% while the number of students seeking mental health services increased by 29.6% (*Center for Collegiate Mental Health, 2016*)

ALSO, LEADERSHIP CARES ABOUT IT...

The survey asked all respondents to identify two major concerns outside the classroom. Overwhelmingly, 66 percent identified student mental health as the top issue. It far outweighed the next most serious concern, diversity and multicultural issues, which 40 percent of the respondents identified. (See Figure 5.)

FIGURE 5
MAJOR CONCERNS OUTSIDE OF THE CLASSROOM



TALKING POINTS FOR TODAY

- Overview of college mental health trends
- Common resources on college campuses, and beyond
- Identifying and connecting with students in distress

BY THE NUMBERS

Presenting Concern of CTC clients	%
Anxiety/fears/worries	71%
Stress/Stress Management	65%
Depression/sadness/mood swings	62%
Problems related to school	42%
Low self-esteem/confidence	39%
Friends/roommates/dating concerns	28%
Sleep Difficulties	27%
Shyness/social discomfort	22%
Eating behavior/body image	21%
Suicidal thoughts/urges	13%

NCHA data, specific to UWL respondents	Any time within the last 12 months
Felt so depressed that it was difficult to function	30%
Felt overwhelming anxiety	56%
Seriously considered suicide	6.5%
Intentionally cut, burned, bruised, or otherwise injured yourself	5.8%
Felt overwhelmed by all you had to do	91%

COMMON RESOURCES AVAILABLE ON CAMPUS

- Counseling Center
- Health Center
- Wellness Center
- CARE (formerly BIT)
- Title IX team
- Campus safety
- Residence Life
- Academic Advising
- Career Services
- Tutoring and Academic supports
- Services for first gen, low income and students with documented disabilities
- Diversity & Inclusion or Multicultural services offices

OTHER IMPORTANT RESOURCES ON & OFF CAMPUS

- International Education
- Online or commuter resources
- Veterans services
- Transfer student coordinator
- Active Minds chapter
- Community colleges connected with 4-year comprehensives
- Gatekeeper trainings (Campus Connect, QPR, Mental Health First Aid)
- Online resources, including self-help websites and online support (TAO, WellTrack, etc.)

WHY OFFICES OTHER THAN COUNSELING NEED TO BE ON BOARD

- Students seek out other types of support
- Only 25 percent of students with a mental health problem seek help
- There is a tremendous lack of services in colleges and universities: On college campuses, the ratio of certified counselors to students overall is about 1:1000 – 2000 for small to moderate size schools, and 1:2000 – 3500 for large universities.

CREATIVE COLLABORATION

- Consultation services (e.g., Let's Talk)
- Embedded counseling positions
- Local high schools
- Local NAMI chapters
- Local hospitals and clinics, and crisis services
- What have you done?

WHERE TO GO FROM HERE

- Use annual reviews to establish goals related to increasing your awareness or getting some time for training
- Get involved!
- Connect to colleagues on neighboring campuses, use listservs

WHAT CAN YOU DO: FACULTY & STAFF

“How can I help a distressed student?”

- **Listen:** Support begins with listening.
- **Empathize:** Try to understand the student’s perspective.
- **Normalize:** Reassure the student that many college students feel overwhelmed and stressed out.
- **De-stigmatize counseling:** Take the anxiety out of seeking help. Counseling is here for the students because college is a time for growth and development, which can sometimes be difficult.
- **Know Your Role:**
 - **Learn the warning signs**
 - **Consult with your supervisor and counseling services as needed**
 - **Set limits:** When the support you are comfortable providing doesn’t feel like enough, it is time to **refer** the student to other resources.
 - **Create a space where students can learn and work:** consider their self-care as well as your own, practice work-life balance, encourage support

WHEN AND HOW TO REFER

“When should I refer a student to counseling?”

- You don't know how to help the student.
- You are unable to provide all of the support the student needs.
- You feel that you have reached your limit or have exhausted your ideas on how to help.
- The student's struggles leave you feeling helpless or anxious.
- You feel angry or frightened by the student's comments or behavior.
- You are spending large amounts of time on the student's problems.
- The student's issues are too close to home for you, making it hard to keep perspective.

“How do I refer a student to _____?”

- No perfect words – keep it simple
- Be helpful and supportive
 - Express your concerns directly to the student
 - Encourage the student to call and make their own appointment
 - In crisis situations walk the student to the appropriate office or call to consult while with the student
- Instill hope that help is available and effective
- Don't avoid the situation, promise privacy, or offer more help than you are able to provide
- If appropriate, check in with the student after the situation and ask how the student is doing.

KNOWLEDGE IS POWER!

RESOURCES AND REFERENCES

- Suicide Prevention Lifeline
1-800-273-TALK
- HOPELINE (text crisis line)
- Active Minds
- The Jed Foundation
 - halfofus.com
 - transitionyear.org
 - settogo.org
- bringchange2mind.org/
- stevefund.org
- thetrevorproject.org



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QUESTIONS?