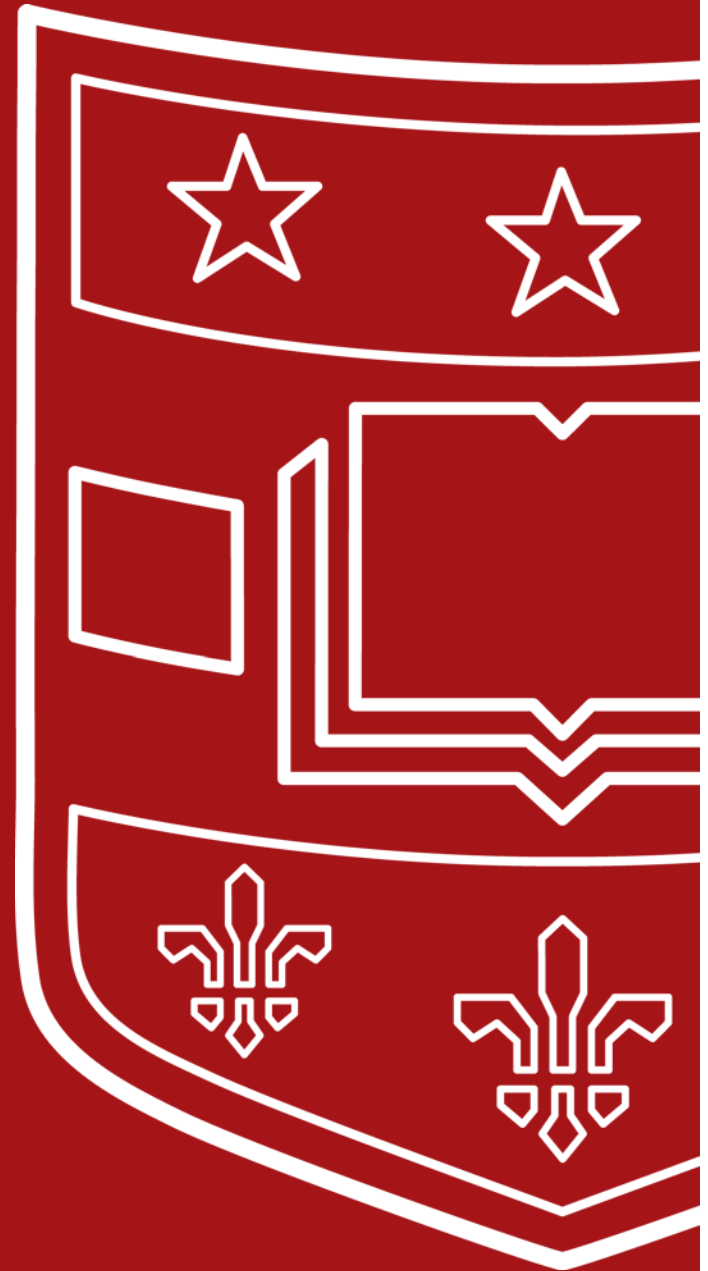


# Toward a Comprehensive Approach to Mental Health on Campus



# National Data



- **Healthy Minds Study 2018**
  - 23% of all students are taking psychiatric medication and
  - 39% percent of all students are experiencing a specific mental health issue.
  - The most pressing concerns for students are anxiety and depression. (Followed by stress and sleep difficulty)
- **American College Health Association National College Health Assessment (NCHA) 2018**
  - Felt Overwhelmed (**Nationwide 85.5%; WashU 87%**)
  - Felt so Depressed it was difficult to function (**Nationwide 41%; WashU 38%**)
  - Seriously considered Suicide (**Nationwide 11%; WashU 9.9%**)

# WashU Data



- *Habif Health and Wellness Center*

- In the academic years 2014-2019, there has been a steady increase of students seeking mental health services (**1152 in AY2014; 2345 in AY2019**).

- This past year Graduate and Professional Students account for 39.8%, increasing from 35% in past years.

- Hospitalization for mental health reasons has also increased (**from less than 15 incidents in 2004 to almost 40 in 2015-16; and nearly 30 in 2017-18.**)

# National Data: Center for Collegiate Mental Health 2018



- Indicate a continually elevating number of students presenting at counseling centers nationally have:
  - sought mental health prior to attending college
  - taken medication for mental health concerns
  - purposely injured themselves in some fashion, considered
  - seriously considered suicide, and made some form of a suicide attempt.

Wash U Students Reflect this Trend

# WashU Data



- *2017 Pulse Survey*
  - Steady increase in students reporting Feeling Overwhelmed (**27% in 2013; 38% in 2017; Similar at Peer Institutions**)
  - Underrepresented Minority Students (URM) and Pell Grant eligible students report at an even higher rate than other WashU students that they have very often Felt Overwhelmed (**URM 51%, Not URM: 35.5%; Pell Eligible 47%, Not Pell 37.3%**)

# Student Union Mental Health Fund (SUMHF)



- Established by Student Government in 2018
- Designed to support mental health access to students from low income backgrounds:
  - Co-payments
  - Transportation to off-campus providers
  - Testing associated with care of diagnosis
  - Medication or related material purchases
- SUMHF supported
  - 2018-19: 42 students, \$20,000
  - Fall 2019: 59 students, \$18,000

# WashU Counseling Center Wait Times and Staffing\*



- **Staffing**

- 11.6 FTE Counseling Staff (Four additions in the past four years)

- **Ratio** (Providers to Service Eligible Students)

- Current WashU: **1:1060**

- **Suggested Ratios**

- Accreditation Ratios **1:1000-1:1500**

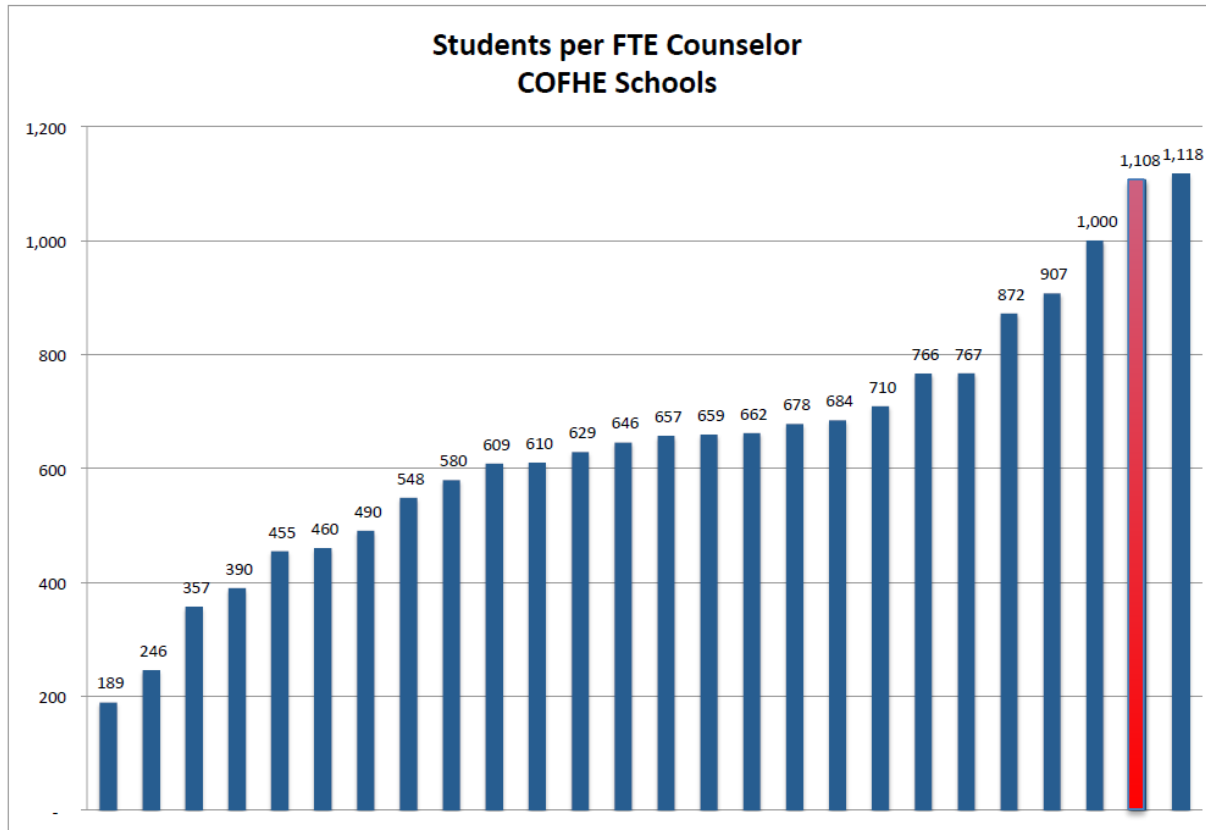
- External Review 2017 Suggested Ratio: **1:850**

- WashU Utilization Rate: 19-20%

- National 5-12% More Typical

- COFHE Comparison Target: **1:650**

# Wait Times and Staffing





# Short Term Challenges and Recommended Response



- **Managing Expectations**
  - Framing to Parents and Students
  - Articulating and Adhering to Scope of Service
- **Reducing the Waiting List Wait**
  - Enhance Access to Off-Campus Care
  - Further Expansion of Group and Patient Flow
- **Move from 1-1 Counseling as the only Model**
  - Engage in a Stepped Up-Care model along with a Campus-wide menu of service options in addition to 1-1 counseling.

# Longer Term Challenges and Recommended Response



## ○ *Improve Campus Mental Health Literacy*

- Not all students need to see a counselor. Sometimes a student needs an empathic listening ear, not always counseling.
- Make identifying, understanding and responding to mental health issues a priority for **everyone** on-campus who interacts with students.
- Kognito: Strongly recommend for faculty and staff; additional training when possible (100-120 faculty, mostly Brown School, have completed the training).

# Kognito



- <https://studentaffairs.wustl.edu/resources/staff-resources/kognito-at-risk-faculty-staff/>

# Longer Term Challenges and Recommended Response



## ○ *Prevention Climate Campaign:*

- Current student mental health focus is downstream (time, attention and resources responding to students in crisis) not upstream (addressing issues that impact student mental health; emphasizing health education and health promotion and the development of coping and resiliency skills)

# Longer Term Challenges and Recommended Response



- Partnerships

- Collaborative engagement between Danforth Campus, Med School and WashU Physicians

- Assessment

- Engage in more rigorous assessment to determine what delivery methods, educational and promotion strategies are actually working

# In Sum: Setting Priorities



- Make deliberate decisions about the resources from the counseling center that will prioritize healthy students through campus-wide work and the balance between crisis response/risk assessment and on-going treatment needs.

# In Sum: Holistic Student Wellness



- Think of student health and wellness more holistically—with a focus on an integrated and strategic approach to student well-being.
- Emphasize health education and health promotion; and the development of coping and resiliency skills.
- Educate students, faculty, and staff on relevant information including resilience, empathy, mindfulness, and practices consistent with the empirical literature.

# In Sum: Identifying and Responding to Particular Mental Health Challenges



- Identify the range of factors that contribute to student mental health issues (e.g., academic issues; financial challenges; minority status, campus environment, etc.).
- Identify the particular and unique areas of challenge for various members of the student community, particularly students that research suggests are at higher risk and/or less likely to seek services and target interventions appropriately to each identified student population.



# In Sum: Treatment and Assessment



- Utilize a combination of mental health delivery strategies (e.g., 1-1 counseling; embedded counseling; online counseling; group therapy; peer support; other delivery methods).
- Engage in regular assessment to determine what delivery methods, educational and promotion strategies, and interventions, are actually working.

# In Sum: Whose Responsibility is This?



- Make identifying, understanding and responding to mental health issues a priority for **everyone** on-campus who interacts with students.



# Question/Discussion