# Student Mental Health and Student Success

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# Today I will cover

- Current trends in college student mental health issues
- What we know about UI students' mental health concerns
- The relationship between mental and academic health
- UI's student mental health resources and programs
- UI's Garrett Lee Smith – SAMHSA suicide prevention grant and opportunities for training

# Current trends in college student mental health issues boil down to…

- An increase in numbers of students with (more serious) mental health concerns on campus

Which leads to….

- Increasing demand on mental health and student support services

## "The mental health of college students and their non-college attending peers"

- What are baseline rates of common mental disorders in the college age cohort?

- Paper published in 2008

- Based on face-to-face interviews, national sample of 43,093 adults between ages 18 and 65

- Examined college-attending and non-attending men and women between ages 19 and 25

- Ascertained 12-month prevalence of psychiatric disorders

- **<u>Results</u>** - % of sample (UI undergrad. Estimate)

| | **<u>IN COLLEGE</u><br>n = 2,188** | **<u>NOT IN COLLEGE</u><br>n = 2,904** |
|---|:---:|:---:|
| **Any diagnosis** | 45.8 (9,160) | 47.7 |
| **Any anxiety disorder** | 11.9 (2,380) | 12.7 |
| **Social Anxiety** | 3.2 (640) | 3.5 |
| **Any mood disorder** | 10.6 (2,120) | 11.9 |
| **Major depression** | 7.0 (1,400) | 6.7 |
| **Alcohol abuse** | 7.8 (1,560) | 6.8 |

# Mental health concerns among UI students seen at UCS (2012-13)

- **Anxiety disorders = 40%**
- **Mood disorders = 30%**

- **Adjustment difficulties = 25%**

- **Eating disorders = 6%**

- **Learning problems = 8%**

- **Suicidal ideation = 22%**
- **Previous attempt = 7%**

- **Previous mental health treatment = 59%**

- **Currently on medication = 24%**

**N = 1,711**

# Suicidal Ideation and Attempts at the University of Iowa

From a survey of 1,000 UI undergraduates and 1,000 UI graduate students conducted in 2008:

- Undergraduates (160 females and 96 males) and Graduates (190 females and 116 males) completed survey at UI (26%/30% response rates)
- 8.59% of undergraduates and 3.86% of graduates sampled had <u>seriously considered</u> suicide in the last 12 months.
- Of those who seriously considered suicide in the past year 86% of undergraduates and 75% of graduates had considered suicide before coming to the university.
- Among those who had considered attempting suicide in the past 12 months the most frequently reported factor (83.33% in undergraduates and 91.67% in graduates) in helping deter them from going through with the suicide was disappointing/hurting their family.

# Suicidal Ideation and Attempts at the University of Iowa

A recently completed analysis of <u>completed</u> suicides between 2000 and 2010 among students at UI found:

- 16 (known) students completed suicide during this ten year period
- 14 were male; 2 were female
- Average age = 25; range = 18 – 41
- Race: Caucasian = 14, Asian = 1, African American = 1
- Class: undergraduate = 14; graduate = 2
- Method
  - Gunshot = 4
  - Hanging = 4
  - Overdose = 3
  - Asphyxiation (inc. CO poisoning) = 3
  - Drowning = 1
  - Hypothermia = 1

# The relationship between mental and academic health

## Depression:

- **Loss of interest**
- **Sleep disruption**
- **Fatigue, low energy**
- **Concentration difficulties**
- **Indecisiveness**

## Anxiety:

- **Fear, excessive worry  (avoidance)**
- **Trouble with focus, concentration (off task)**
- **Fatigue**
- **Mind 'going blank'**
- **Sleep disruption, physical symptoms**

# Top Ten Impediments to Learning (NCHA)

| CONDITION | % ENDORSEMENT |
|---|---|
| • Stress | 26%* |
| • Anxiety | 19%* |
| • Sleep Difficulties | 15%* |
| • Work | 13% |
| • Cold/flu/sore throat | 13% |
| • Alcohol use | 11%* |
| • Internet/computer games | 10%* |
| • Depression | 9%* |
| • Relationship difficulties | 8%* |
| • Concern for troubled friend/family member | 7%* |

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**If we do the math…..assume 25% rate:**

- **At least <u>4,500</u> – <u>5,000</u> undergraduate students and <u>2,000</u> graduate students could benefit from treatment;**

- **UCS sees ~1,800 students per year, and of this number ~1,300 are undergraduate students; 500 graduate students**

- **About <u>3 out of 4</u> students who could benefit from treatment may not be getting the help they need on campus**

# Why is this the case?

- **Stigma**
- **Lack of information**
- **Fear**
- **???**

## What should we do?

# A Comprehensive Campus Approach
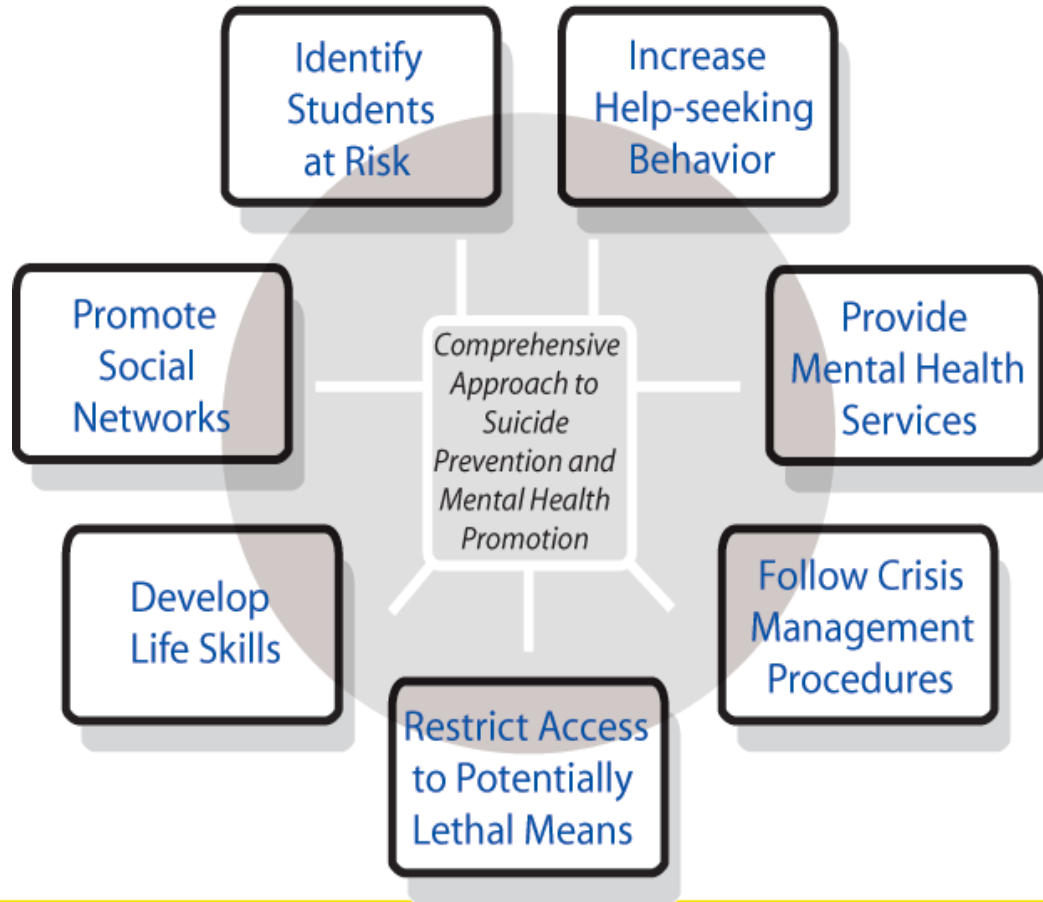
# UI's student mental health resources

- **University Counseling Service**
- **Student Health and Wellness**
- **Student Disability Services**
- **WRAC (counseling, advocacy)**
- **RVAP (counseling, advocacy)**
- **Seashore Psychology Clinic**
- **College of Education GLBTQ clinic**
- **Department of Psychiatry**
- **Early Intervention Team**
- **Office of Retention**
- **Dean of Students, Student Conduct Office**
- **TAT**

# UI's Garrett Lee Smith – SAMHSA suicide prevention grant

**Leveraging Campus – Community Collaborations to Enhance Suicide Prevention at the University of Iowa**

**Grant contract 8-1-2012 through 7-31-2015**

**Grant amount = $270,970 for three years**

**Funds training opportunities, educational programs, and resources**

# Grant partners:

- **University Counseling Service**      **College of Education**
- **UI Faculty and Staff Services**      **College of Public Health**
- **Johnson County Crisis Center**      **Division of Student Life**
- **Center for Disabilities and Development**      **School of Social Work**
- **Center for Diversity and Enrichment**      **Student Disability Services**
- **Student Health and Wellness**      **IMU Marketing and Design**
- **Women's Resource and Action Center**      **College of Medicine**
- **Rape Victim Advocacy Program**      **UI Human Resources**
- **Kirkwood Community College**      **Department of Psychiatry**
- **UI Housing and Dining**      **UIHC Emergency Treatment Center**
- **Dean of Students**      **College of Nursing**
- **UI Veterans' Center**
- **Center for Student Involvement and Leadership**
- **International Students and Scholars Services**

**Three grant project goals:**

1. Expand infrastructure and support networks on and off campus.

2. Increase communication between UI and community partners.

3. Develop new materials and trainings focused on high risk groups.

# Grant Activities

- Provide **Mental Health First Aid Training** to UI and local community constituents.
  - 8 hour curriculum designed to help participants identify, understand, and respond to signs of mental distress and substance abuse.
  - Evidence based training program.
  - Delivered to over 300 participants to date

# Grant Activities

- Develop and implement a **Student Support Network** program to train students to identify, support, and refer peers that might be at risk for self harm or suicide.
  - Student volunteers participate in six 90 minute training sessions.
  - On SPRC/AFSP Best Practices Registry.
  - Four trainings delivered, additional scheduled.

# Grant Activities

- Increase awareness of college student suicide issues by bringing *Send Silence Packing*, a suicide awareness and prevention exhibit, to campus in collaboration with the UI chapter of **Active Minds**.
    - Send Silence Packing is a one day awareness event coordinated with the national office of **Active Minds.** Scheduled for April 22, 2014.

# Grant Activities

- Create **Crisis Chat** options in multiple languages in collaboration with International Students and Scholars Services and the Johnson County Crisis Center.
    - Volunteers participate in Crisis Center training and then host on-line chat sessions after training is completed.
    - Prioritize at-risk populations.
    - Currently offering chat in Mandarin.

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## Grant Activities

- Promote **Lifeline**, local Crisis Center crisis line, 'Quick Guide for Helping Students,' 'Navigating a Crisis: Local Resource Guide,' and Crisis Chat services to UI students, faculty, staff, and family members.

# Grant Activities

- Develop and distribute culturally appropriate and at-risk specific materials for distribution to at-risk populations.
  - Pace University pamphlets adapted for UI distribution.
  - On SPRC/AFSP Best Practices Registry
  - Distributed to cultural houses, ISSS, SDS, Veterans' Center, IRL GLBTQ Clinic.

# Grant Activities

- Purchase and disseminate **Kognito At-Risk** for students and faculty.
  - On-line suicide prevention <u>gatekeeper training</u> module using educational gaming technology.
  - On Suicide Prevention Resource Center Best Practices Registry.
  - Takes approximately 30-40 minutes to complete at desktop.

# What is gatekeeper training?

**Evidence-based approach**

- Teaches techniques for identifying and approaching distressed students in order to take appropriate action, such as making a referral to the UCS or other resources

- A "gatekeeper" is someone who has significant contact with students and, therefore, is ideally situated to notice warning signs of emotional distress

- **Potential Gatekeepers**: Faculty, TAs, Staff, Peers, Parents

Benefits:

- Reduce stigma associated with emotional distress

- Increase academic performance and student retention

- Increase faculty comfort with approaching students about concerns

# Key features of Kognito at Risk

- Online, 24/7 accessibility

- Includes simulated conversations with emotionally responsive student avatars

- Built-in program assessment and tracking

- Materials for on-campus promotion

- Utilized by 270+ institutions, listed in SPRC Best Practices Registry, and evaluated in a national study

# Learning Objectives

1. Learn to recognize the common signs of emotional distress

2. Approach students with greater skill and confidence

3. Effectively refer students to the campus counseling center

4. Learn about own college specific counseling center and referral process

http://vimeo.com/35019722

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# GET INVOLVED!  ENROLL IN KOGNITO AT RISK or MENTAL HEALTH FIRST AID

## FOR MORE INFORMATION

### Contact

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