

# College Student Mental Health and CPS

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**Let's  
talk  
about  
it.**

# Overview of college mental health

## National

- >60% of college students met criteria for at least one mental health disorder (a 50% increase since 2013)
- Between 2009-2015, UCC utilization increased by 30-40% (enrollment grew by 5%)
- Suicide is the second leading cause of death for college students

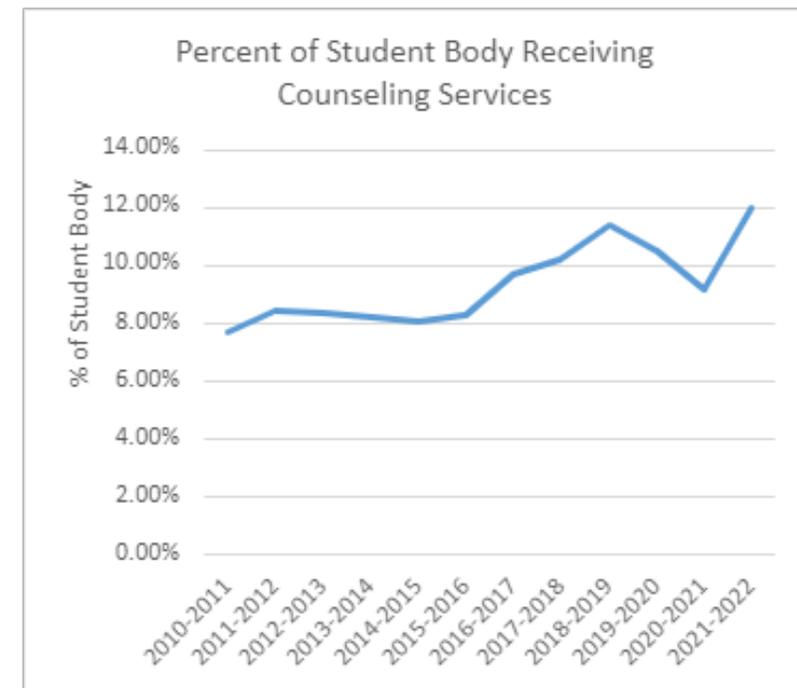
## MSU (2019)

- Roughly 25% of students screened positive for depression and anxiety
- 71% agreed that they currently needed help for mental health problems

# CPS Services

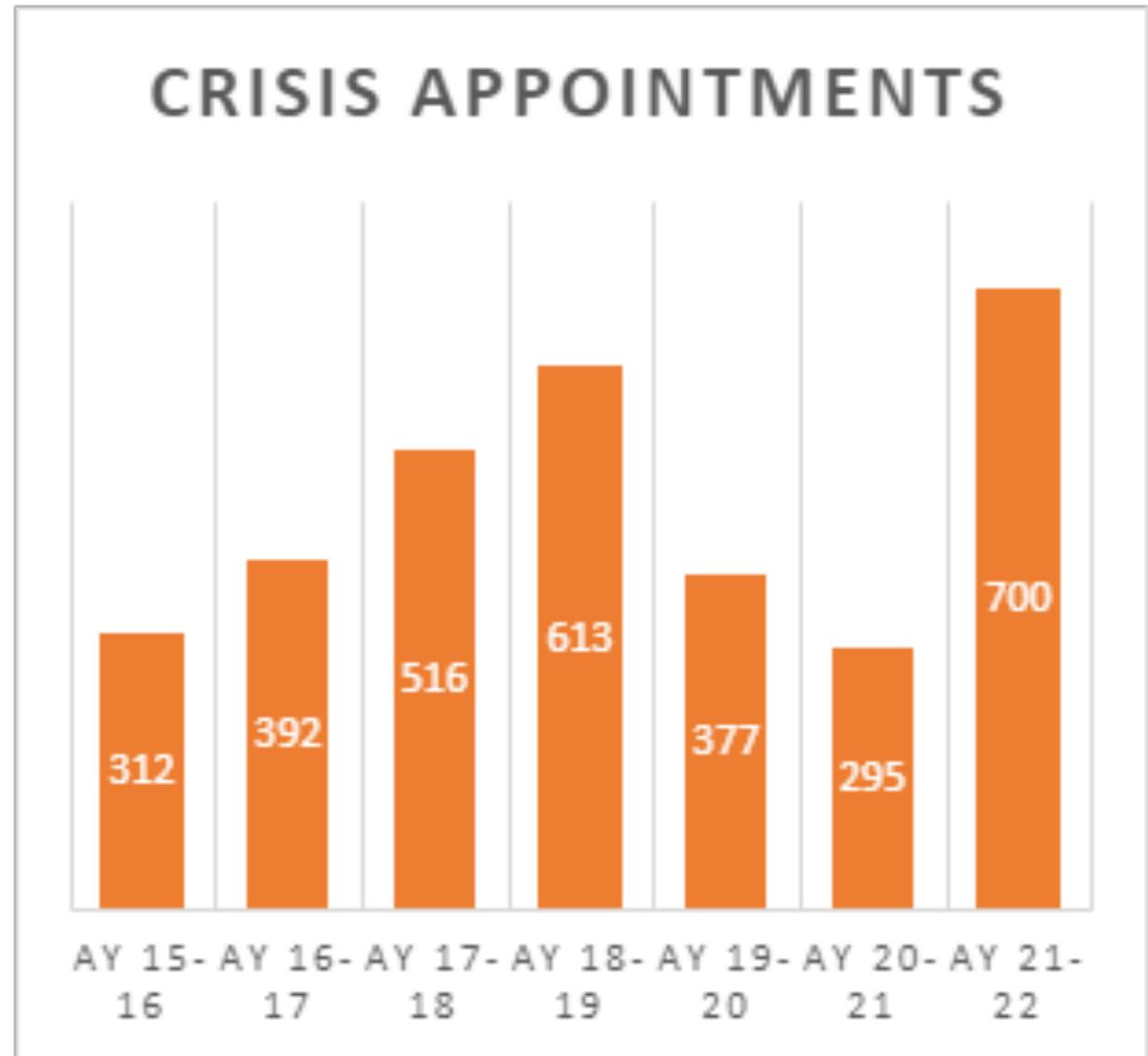
- Free/confidential counseling (individual and group)
- Let's Talk drop-in hours (NAH, Romney, AIH, virtual)
- Crisis hours daily
- Apps (WellTrack, YOU@College)
- Wellness coaching (Office of Health Advancement)

# CPS Utilization



# Suicidality and Crisis

- ~40% of CPS clients endorse seriously considering suicide
- 137% increase in crisis appointments from AY 21 to AY 22 (14% from AY 19 to AY 22)



# Mental health and academics

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- 51% of MSU students would reach out to faculty, TA, or advisor for mental health concerns
- More than 75% of undergrads who have considered dropping out of school indicate emotional stress as the primary reason
- 70% of college presidents indicate MH as top concerns for their students over the past 18 months
- ~80% of faculty report having a 1:1 discussion with a student about their mental health



Student  
Mental Health  
Faculty  
Advisory  
Committee

- Established by President Cruzado February 2022
- Partnering with faculty to enhance what we do and better serve students
- Representatives from Deans, Provost, Faculty, Students, and CPS
- Monthly meetings

# Student Mental Health Faculty Advisory Committee and Resources

- MSU Assist  
([www.montana.edu/assist](http://www.montana.edu/assist))
- Faculty Toolkit
- CFE Partnership
  - Syllabus language
  - Trainings
- Suicide prevention trainings
- Healthy Minds Study for MUS

## MSU Assist: mental health & crisis resources

The MSU Assist page is a guide to help faculty, staff, and those who interact with MSU students support mental health needs or assist those who are in distress.



### See

Recognize someone who may be struggling or in distress



### Support

Learn tips and to determine the most appropriate ways to support and refer someone



### Refer

Learn where to send students or peers in a crisis or for basic support services on campus



### Resources

See a list of resources for emergency, urgent, and campus resources



### See

Recognize someone who may be struggling or in distress

#### Emotional signs

- Appearing sad, hopeless, tearful, or down, or disclosing such feelings.
- Anxiety or panic reactions.
- Self-disclosure of acute distress around academics, mental health, family, finances, discrimination, etc.
- Unusual or disproportionate responses to events.
- Irritability, anger, or verbally/physically abusive threats or behaviors.
- Expressions of concern for the student or a peer by their fellow students or others.
- Appearing out of touch with reality or discussing odd beliefs.

#### In the classroom

- Sudden decline in academic performance or attendance.
- Frequently missed classes, deadlines or assignments.
- Content evident of distress in assignments or presentations.
- Classroom disruptions or inappropriate behavior.
- Consistently disclosing personal issues and seeking personal rather than professional advice.
- On-going need for special considerations or extensions.
- No response to email or requests for meetings.

#### Physical signs

- Changes in appearance or functioning, such as grooming, hygiene, appearing fatigued or lethargic.
- Rapid speech or erratic or inappropriate behavior.
- Appearing visibly intoxicated or smelling of alcohol or marijuana.
- Observable signs of injury such as bruises, cuts, or burns.

# Partnering with faculty



- Faculty needs?
- Training and consultation opportunities
- Promotion of CPS services
- Balancing being supportive of student and referring for services

# Community & National Support

For a person in crisis, or support in helping them, 24-7

Bozeman Help Center: 406-586-3333

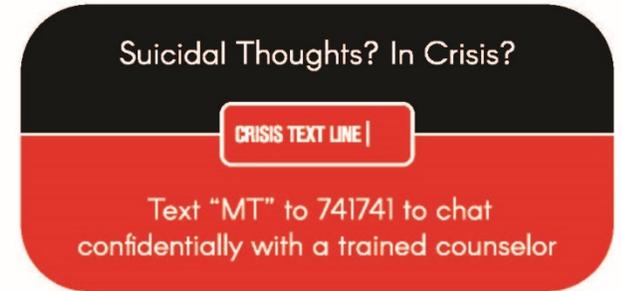
Suicide & Crisis Lifeline: 988

Crisis Text Line: 741741

Making a safety plan: Free App\*



**Suicide Safety Plan** 12+  
Stay safe during a crisis  
Inquiry Health LLC  
Designed for iPad  
★★★★★ 4.8 • 25 Ratings  
Free



## GET HELP 24/7:

**TrevorText**  
Text START to 678678

**TrevorChat**  
TrevorChat.org

**TrevorLifeline**  
866.488.7386



THE **TREVOR** PROJECT  
Saving Young LGBTQ Lives

\*Should not replace professional assessment or intervention if risk is high.

Questions or Comments?

THANK YOU!

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