



# College Student Mental Health

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# Today's Topics

- Introductions
- Overview of national and state mental health
- College mental health – legal issues and trends
- MSU CPS trends
- Depression and Anxiety
- How to help students

# College Mental Health - National



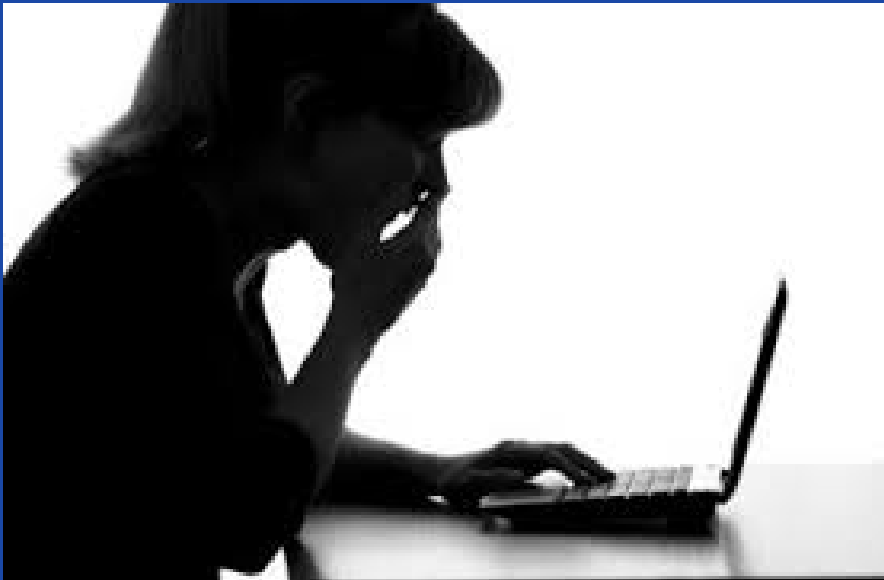
# College Students Nationally

90% lack of sleep impacted functioning

60% overwhelming anxiety

39% significant depression

10% seriously considered suicide



*National College Health Assessment - 2017*

# College Mental Health National Trends

- Majority of students seeking treatment do not take psychotropic medications
- Students increasingly likely to report past traumatic experiences
- Students reporting usage of marijuana is increasing
- Anxiety and Depression continue to be top two presenting concerns at UCCs



# College Mental Health - Law

- Confidentiality exceptions
- Recent legal cases
- Student autonomy
- College is protective – suicide rate among college students is at least  $\frac{1}{2}$  of the general population

# Distinct Student Populations

- Experiences of oppression, discrimination, and marginalization impact mental health
- Recognizing the additional barriers to access
- Mindful of intersecting identities
- In MT, impact of higher suicide rates for American Indian population as well as intergenerational trauma

# National Counseling Center Utilization

- Over past 5 years, university counseling center (UCC) utilization increased by 30%-40% while enrollment increased by 5%
- UCCs increased “rapid access” appointments by 28% on average over past 6 years
- Treatment provided at UCCs is effective and achieves symptom reduction at same level as randomized controlled trials

*Center for Collegiate Mental Health 2017*





# Suicide Facts & Figures:

## Montana 2018\*



**On average, one person dies by suicide every 33 hours in the state.**

**More than six times as many people die by suicide in Montana annually than by homicide.**

The total deaths to suicide reflect a total of 6,232 years of potential life lost (YPLL) before age 65.



Suicide cost Montana a total of **\$253,380,000** of combined lifetime medical and work loss cost in 2010, or an average of **\$1,116,213 per suicide death.**

\*Based on most recent 2016 data from CDC. Learn more at [afsp.org/statistics](http://afsp.org/statistics).



## 8th leading cause of death in Montana

**2nd leading**  
cause of death for ages 15-44

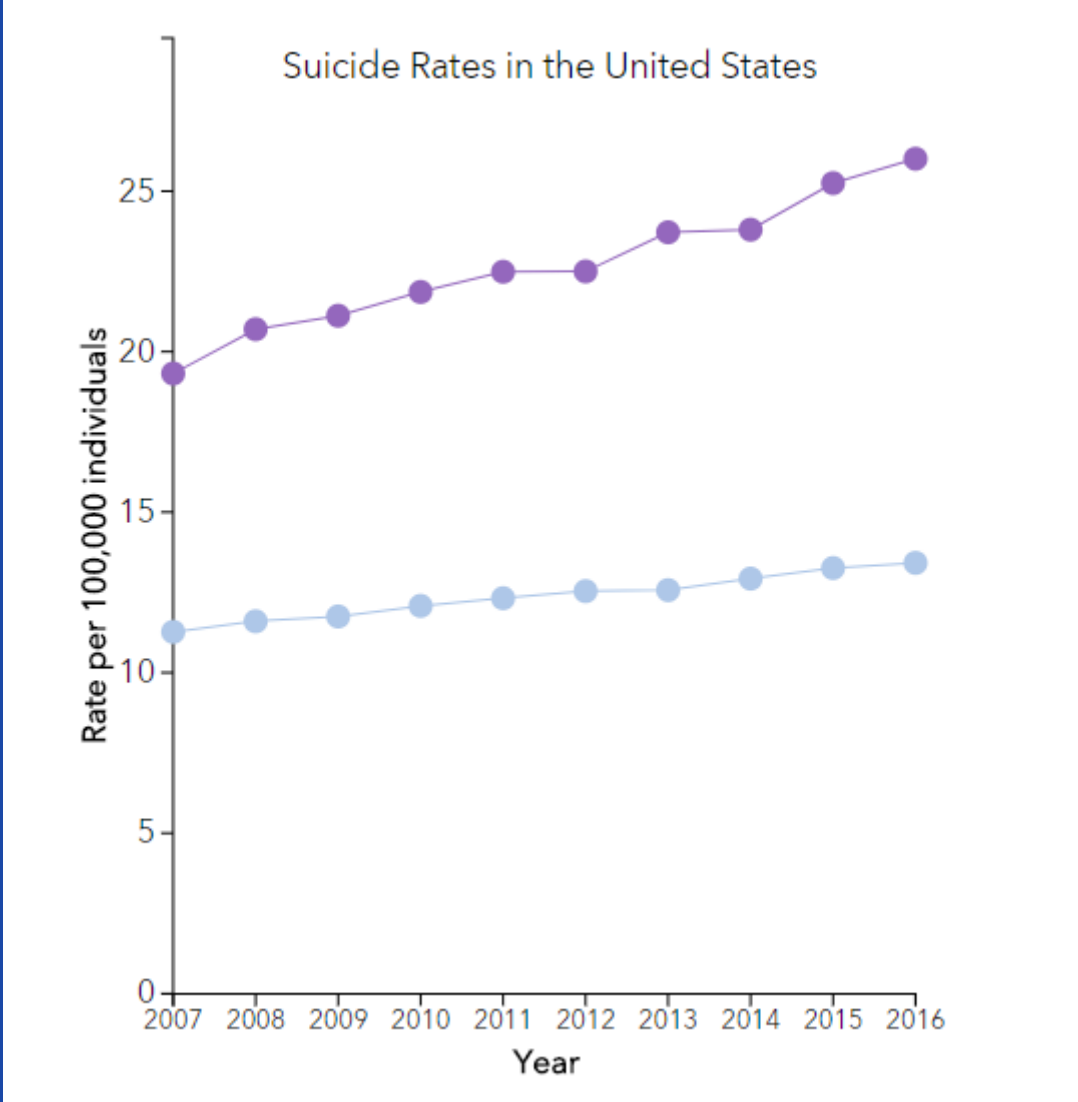
**5th leading**  
cause of death for ages 45-54

**7th leading**  
cause of death for ages 55-64

**18th leading**  
cause of death for ages 65 & older

### Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Montana	267	26.01	1
Nationally	44,695	13.42	



# College Mental Health - State

- Suicide 2<sup>nd</sup> leading cause of death for those 15-44 in MT
- OCHE Suicide Prevention and Student Mental Health Task Force
  - Common Training
  - Universal Screening
  - Focus on reducing access to lethal means



# College Mental Health and Academics

- Of students who withdrew from university, 64% did so due to mental illness (NAMI 2012)
- For every 100 students treated, 6 dropouts are averted (Eisenberg, 2015)
- MSU Healthy Minds Data:
  - 78% reported their emotional/mental health issues hurt their academic performance
  - 69% would talk to faculty/TA/advisor for personal issues impacting their academics
- CPS Clients:
  - 73% reported their mental health concerns were impacting academics
  - In AY 17-18, 96% of CPS clients stayed in school

University Health Partners

# COUNSELING & PSYCHOLOGICAL SERVICES

# Counseling and Psychological Services

- Swingle Hall – Above Medical Services
- 18 Licensed Staff
- 9 interns and residents
- Open two evenings/week
- 24 hour on-call
- Accreditations



# Comprehensive Counseling Center

- Outreach and Prevention
- Consultation
- Training
- Direct Clinical Services



# A Day in the Life of CPS....

## **Clinical:**

- 73 Direct Appointments
- 13 Provided by Trainees
- 7 required intervention for suicidality
- 1 hospitalization

## **Outreach & Prevention:**

103 people received outreach from CPS

- Gender to Bozeman Schools
- Class for trauma incident
- Department for suicide prevention training

## **Consultation & Collaboration:**

- Dean of Students
- Medical Services
- Parents
- Faculty
- Students



# University Health Partners

- Services were integrated in July 2017
- Clinical Teams Model
- 15% screened positive for mental health issues in primary care setting
- Addition of APRN and Behavioral Health Specialist

# CPS DATA

# Academic Year 17-18

- Served 1700 students in counseling
- Over 270 consultations with concerned parties
- Provided outreach/education to 1075 faculty, instructors, or TAs
- Most Common Presenting Concerns:
  - Anxiety
  - Depression\*
  - Stress
  - Family
  - Academic Performance

# CPS Client Demographics

## *Gender Identity*

	<i>n</i>	Percent
Woman	933.00	57.4
Man	665.00	40.9
Transgender	8.00	0.5
Self-Identity	19.00	1.2

## *Sexual Orientation*

	<i>n</i>	Percent
Heterosexual/Straight	1357	83.5
Bisexual	158	9.7
Questioning	40	2.5
Self-identify	33	2.0
Gay	24	1.5
Lesbian	15	0.9

## *Race/Ethnicity*

	<i>n</i>	Percent
African American/Black	12	0.7
American Indian or Alaska Native	36	2.2
Asian American/Asian	43	2.6
Hispanic/Latino/a	52	3.2
Native Hawaiian or Pacific Islander	5	0.3
Multi-racial	55	3.4
White	1398	86.0
Self-Identify	24	1.5

## *Place of Residence*

	<i>n</i>	Percent
Off Campus	895	55.1
Residence Hall	511	31.4
Family & Graduate Housing	103	6.3
Fraternity/Sorority	31	1.9
<No Response>	90	5.5

# CPS Client Demographics

## *Year In School*

	<i>n</i>	Percent
Freshman	417	25.7
Sophomore	406	25.0
Junior	333	20.5
Senior	282	17.4
Graduate	126	7.8
Post - Baccalaureate	37	2.3
Not A Student	14	0.9
WWAMI	10	0.6

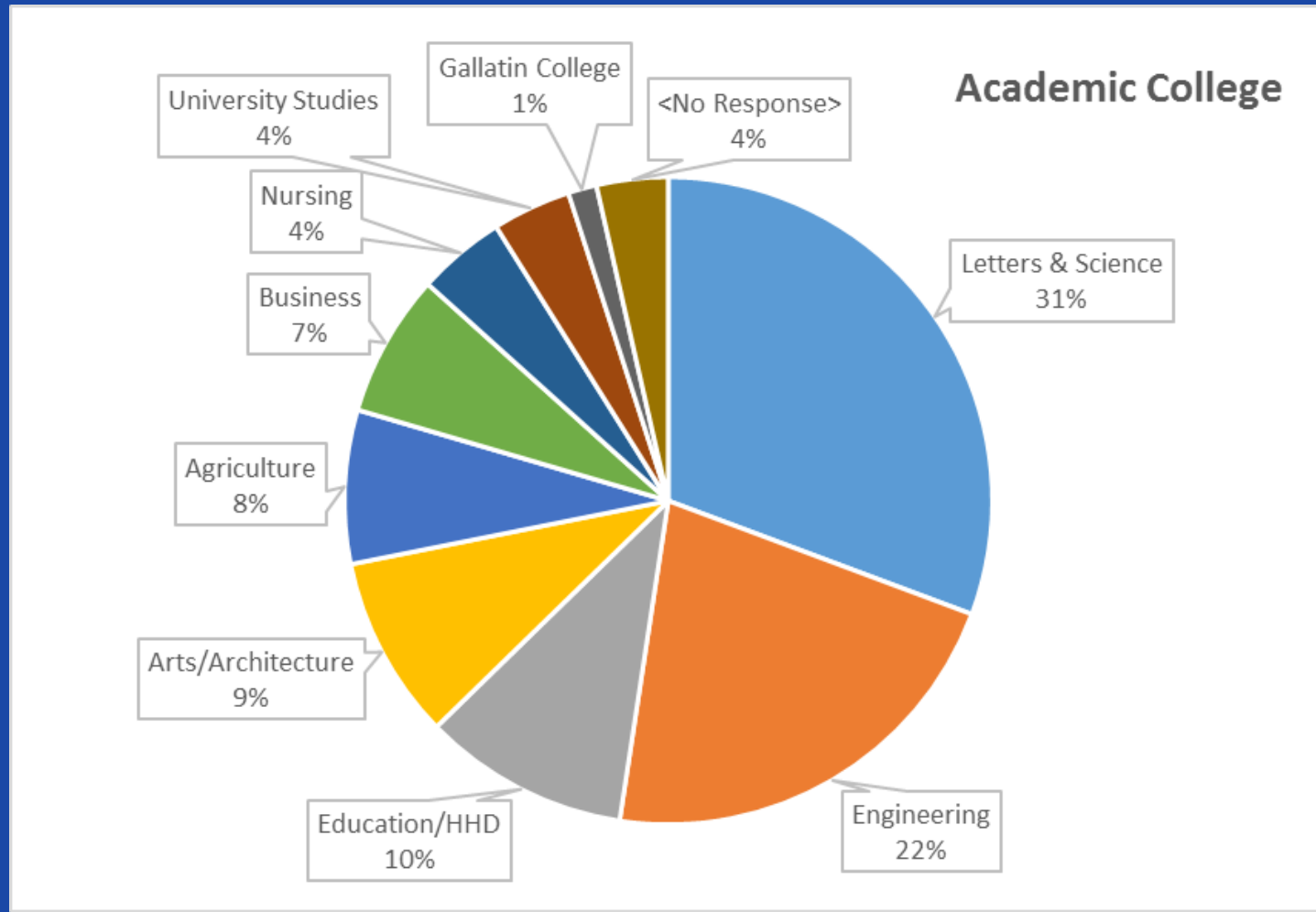
## *College Athletics*

	<i>n</i>	Percent
Intramural	92	5.7
Club	177	10.9
Varsity	56	3.4

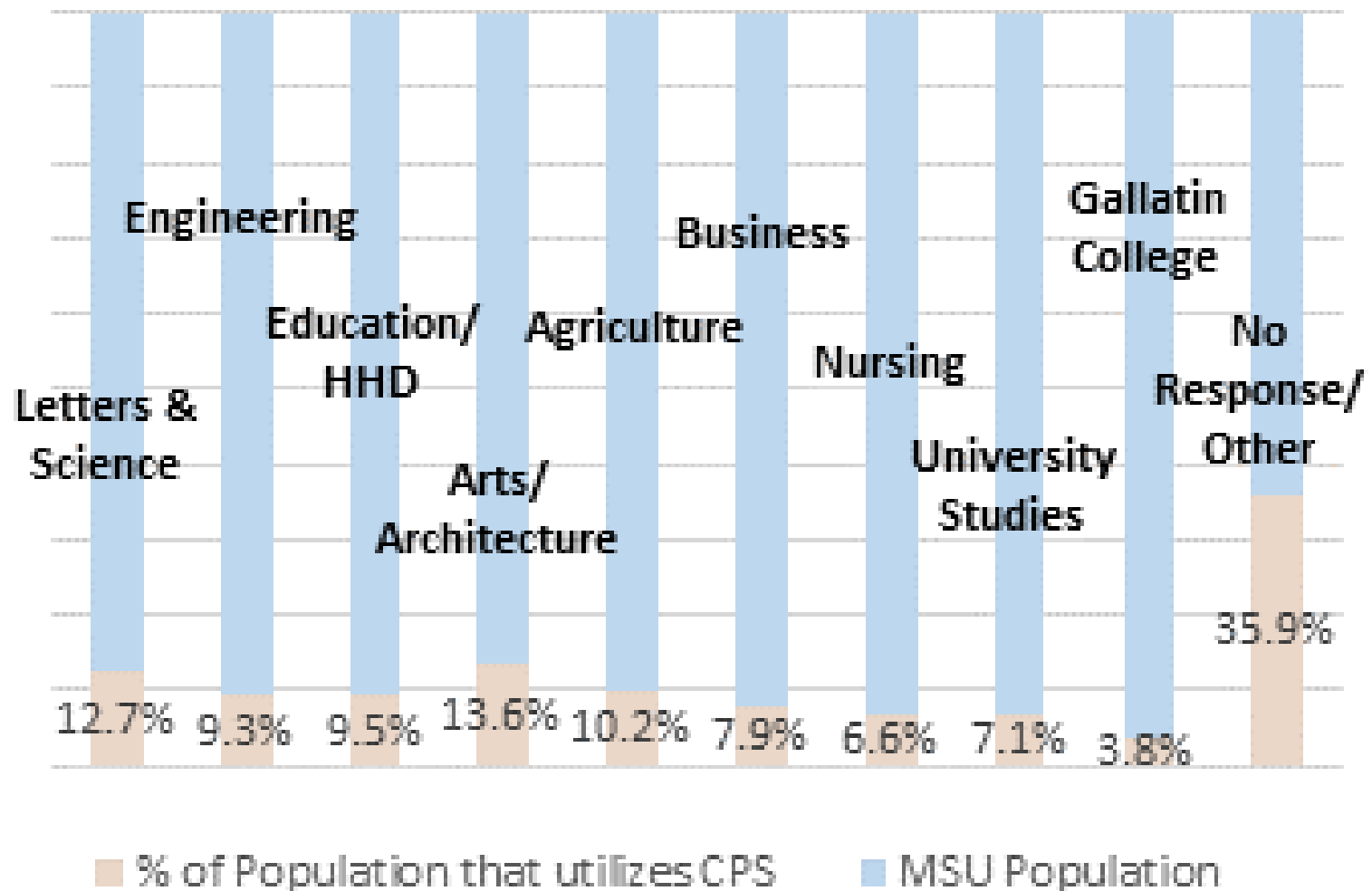
## *Veterans*

	<i>n</i>	Percent
No	1581	97.3
Yes	45	2.8

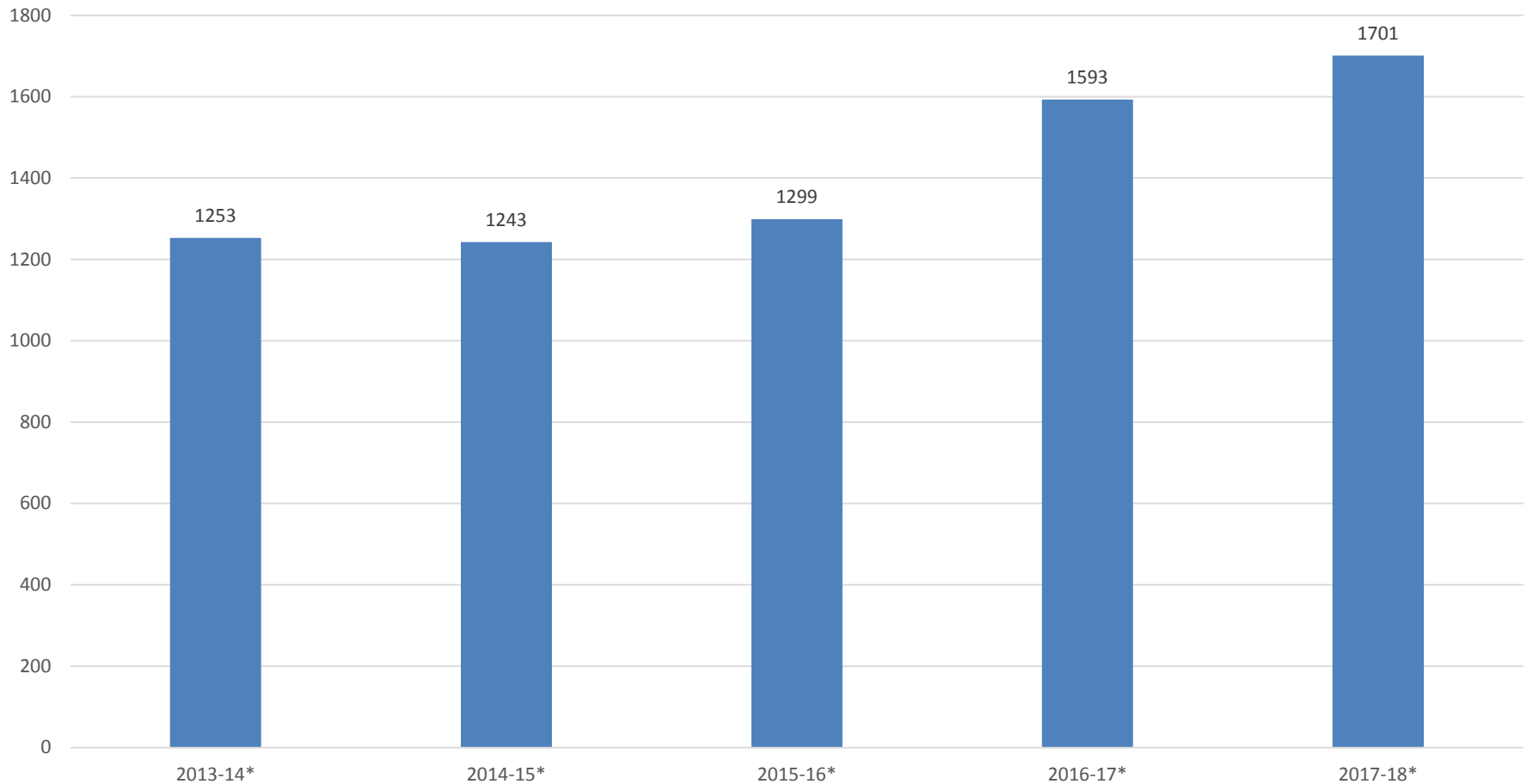
# CPS Clients by College



## % of Academic College Population Utilizing CPS

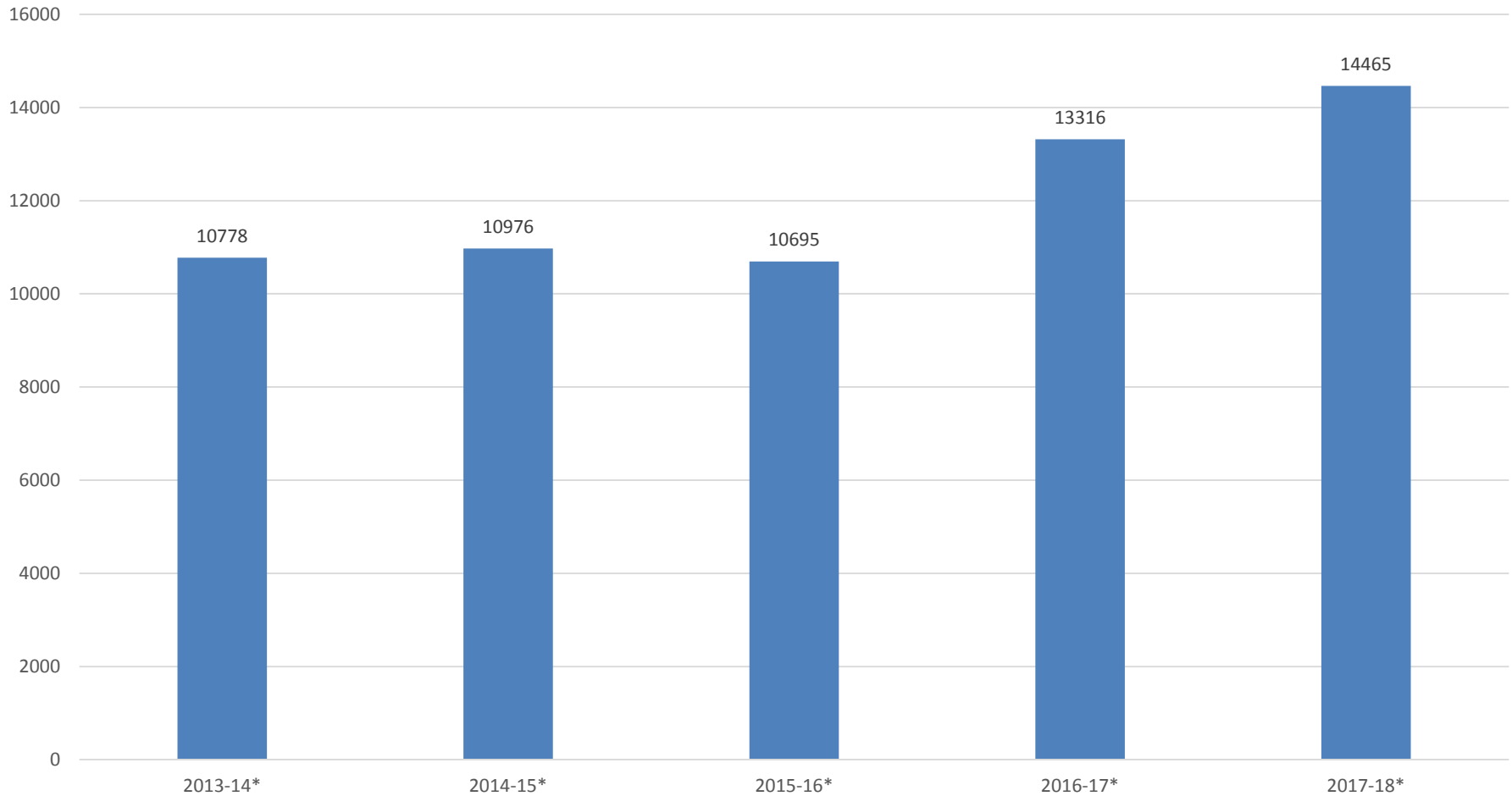


## CPS Total Clients by Academic Year

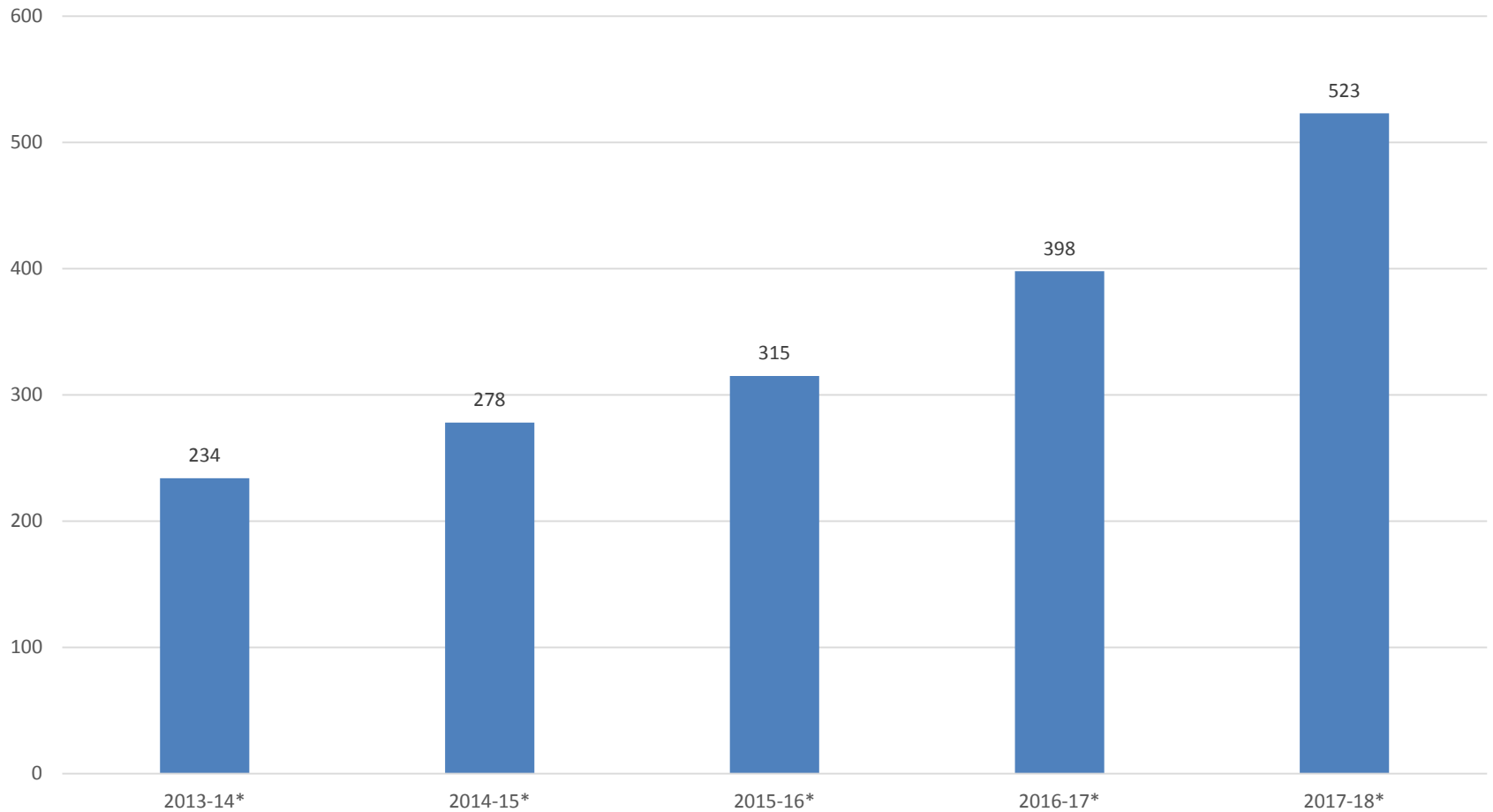




## CPS Clinical Appointments by Year



# CPS Crisis Appointments by Year



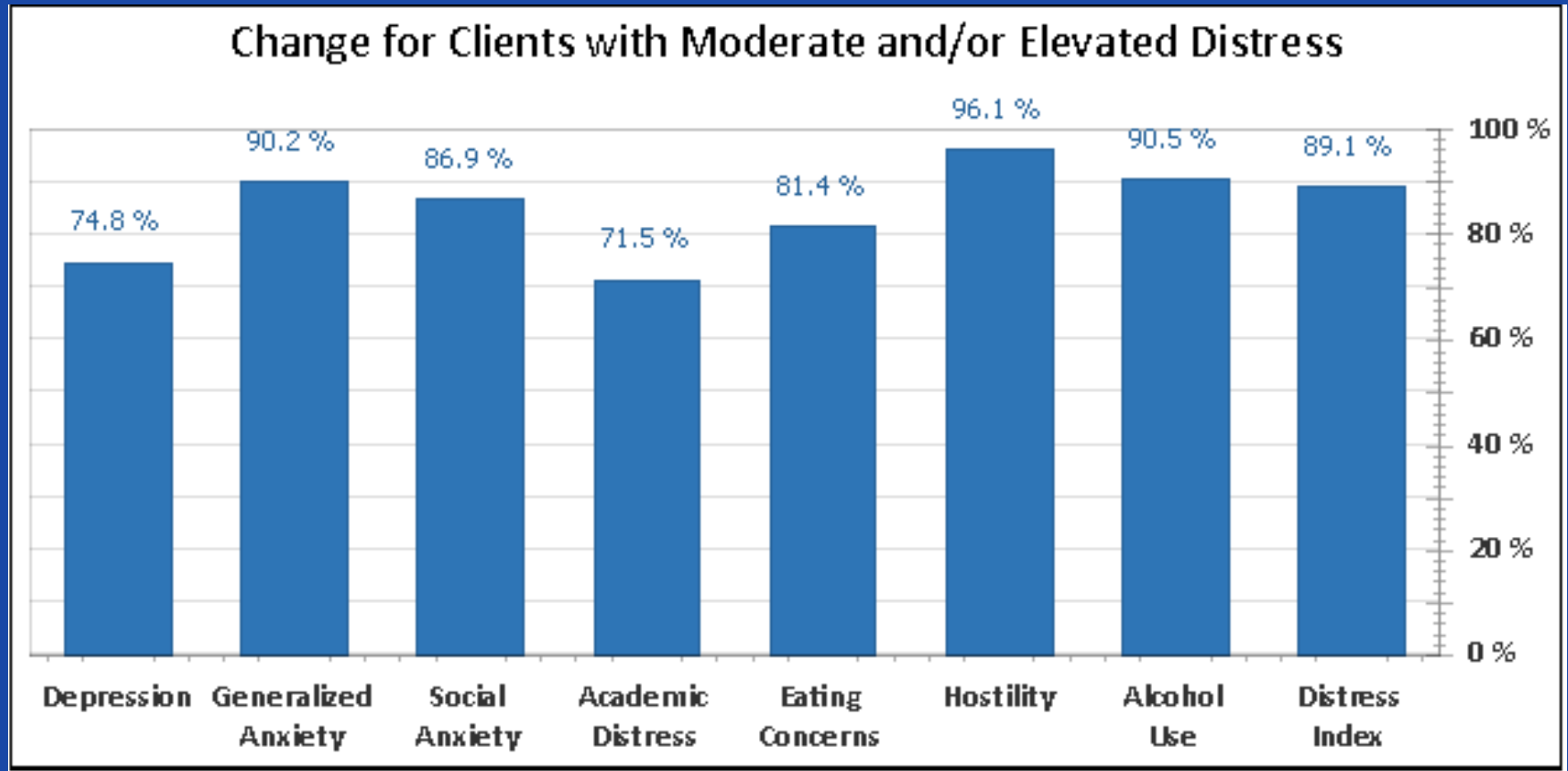
# Client Threats to Self and Others

- Suicide attempts 10
- Referred for hospitalization 23
- Hospital admissions 15
- Safety planning for threat to self 403
- Safety planning for threat to others 8

# Evaluation Data

- 98% - satisfied with their counseling experience
- 95% - felt counseling helped resolve their concerns
- 84% - counseling helped them stay in school
- 99% - would refer a friend to CPS
- 100% - important for MSU to offer these services

# Outcome Data



# MSU's Response to Increased Demand

- Funding for increased staff at CPS
- Campus Safety Welfare Program in DOS
  - BIT and CARE teams
- Prevention Efforts
  - Mental Health First Aid
  - QPR
  - Kognito

# CPS Response to Increased Demand

- Integration with Student Health
- Staffing
- Model Changes
- Satellite Offices

# CPS and Diversity

- Commitment to Diversity and Inclusion
- Staff Training
- Specialized services
  - AI/AN Student Success Collaboration
  - Veterans Services
  - Men's Services
  - SAFE Zone collaboration
  - Liaison relationships



# Million Dollar Question...Why the Increased Demand?

- Prevention has paid off!
- Decreased stigma
- Access to services
- Increased understanding of trauma effects
- Cultural shifts

# DEPRESSION AND ANXIETY

# Depression

## PHYSICAL:

- Fatigue
- Lack of energy
- Too much or too little sleep
- Increased or decreased appetite
- Weight loss or gain
- Constipation
- Headaches
- Irregular menstrual cycle
- Loss of sexual desire
- Unexplained aches or pains

## BEHAVIORAL:

- Crying
- Social withdrawal
- Neglect of responsibilities
- Loss of interest in personal appearance
- Loss of motivation
- Slowed movements
- Use of drugs and/or alcohol

# Depression

## PSYCHOLOGICAL:

- Sadness
- Anxiety
- Guilt
- Anger
- Mood swings
- Lack of emotional responsiveness
- Feelings of helplessness
- Hopelessness
- Irritability
- Frequent self-criticism
- Self-blame
- Pessimism
- Impaired memory and concentration
- Indecisiveness and confusion
- Tendency to believe others see one in a negative light
- Thoughts of death or suicide

# Anxiety

## PHYSICAL:

- Cardiovascular (pounding heart, chest pain, rapid heartbeat, blushing)
- Respiratory (fast breathing, shortness of breath)
- Neurological (dizzy, headache, sweating, numbness)
- Gastrointestinal (choking, dry mouth, stomach pain, nausea, vomiting, diarrhea)
- Musculoskeletal (muscle aches and pains, restlessness, tremors, inability to relax)
- Sleep problems
- Fatigue

## BEHAVIORAL:

- Avoidance of situations
- Obsessions or compulsions
- Distress in social settings
- Phobic behavior

## PSYCHOLOGICAL

- Unrealistic fear or worry
- Mind racing or going blank
- Decreased concentration/memory
- Indecision
- Irritability
- Impatience/anger
- Confusion
- Feeling on edge

# Video Discussion

- What warning signs and symptoms did you notice?
- How might their symptoms have been misperceived by those around them?
- How might a faculty member or administrator intervene with each of them?

# Supporting Students as Faculty and Administrators

- MH Toolkit Review
- Modeling
- Discussions with faculty and TA's

# Key Takeaways

- Recognize depression and anxiety as clinical issues
- Use resources – including CPS
- Making referrals
- Distribute the CPS handout
- Review MSU MH protocol



# Crisis Resources

Bozeman Help Center

406-586-3333

Crisis Text Line

Text "MT" to 741741

National Lifeline

1-800-273-8255

Veteran Resources



# Resources

- MUS Suicide Prevention and Student Mental Health Task Force Report 2016  
[https://mus.edu/board/meetings/2016/Sept2016/ARSA/Suicide%20Prevention%20Task%20Force%20Report%20for%20BOR%209-16\\_A1.pdf](https://mus.edu/board/meetings/2016/Sept2016/ARSA/Suicide%20Prevention%20Task%20Force%20Report%20for%20BOR%209-16_A1.pdf)
- Center for Collegiate Mental Health 2017 Annual Report. Retrieved from <http://ccmh.psu.edu>
- Reilly, K (2018, March). Record numbers of college students are seeking treatment for depression and anxiety – but schools can't keep up. *Time*. Retrieved from <http://time.com/5190291/anxiety-depression-college-university-students/>
- American Foundation for Suicide Prevention – [www.afsp.org](http://www.afsp.org)