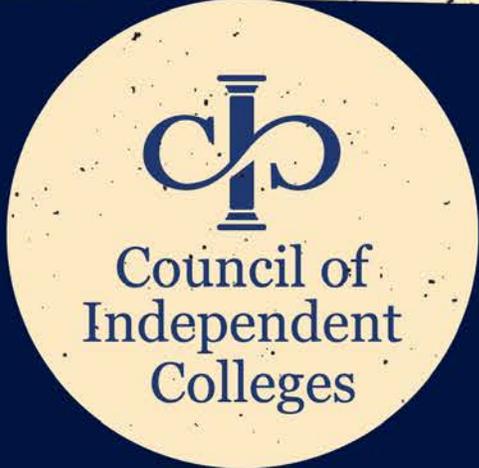


2023 PRESIDENTS INSTITUTE
Designing the Future >>>

Effective Approaches to Student
Mental Health



2023 PRESIDENTS INSTITUTE

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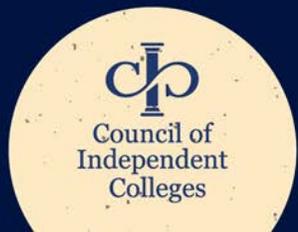


Dynamic Campus



2023
PRESIDENTS
INSTITUTE

Designing
the Future >>>



Presenters

Jody Horner

President, Midland University

Nicholas Ladany

President, Oglethorpe University

Emily Pettit

Vice President of Strategic Partnerships, The
Virtual Care Group

Chair: Clarence D. Armbrister

President, Johnson C. Smith University



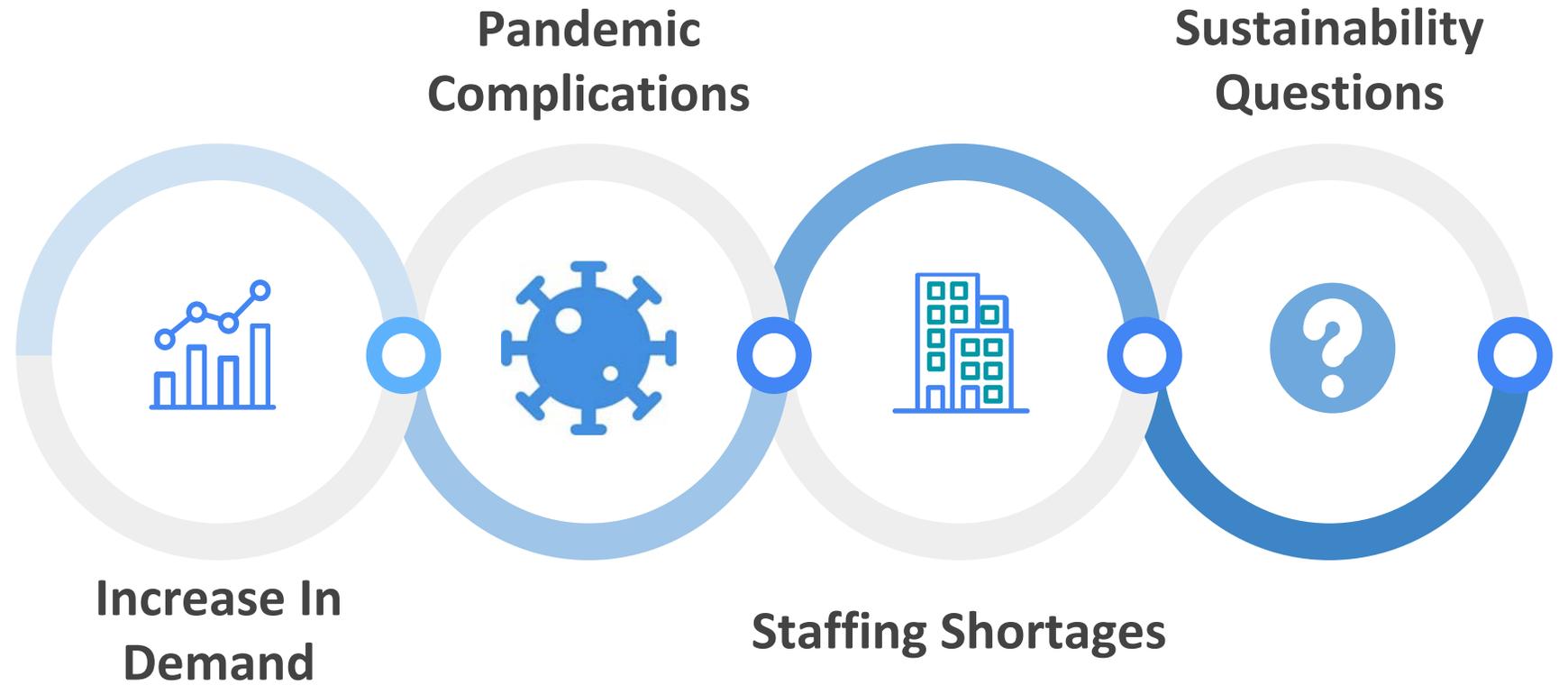
Understanding the Problem

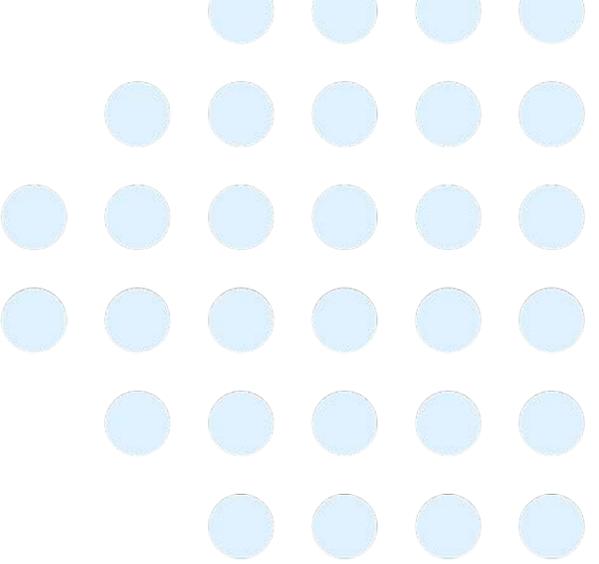
Campus Well-Being Issues

- **Living a Curated Life:** social media saturation, 24-7 access, news, Tik Tok
- **Polarization of Societal Opinions:** economics, gender issues (overturning of Roe), climate change, political divisiveness, racial justice
- **Violence:** Increase in witnessed traumatic events, mass shootings
- **Marginalized Populations:** oppression and greater rates of victimization
- **Financial Stressors:** equity gaps in pay, education, housing, health care, inflation
- **Sexual Harassment & Sexual Assault, Me Too Movement**

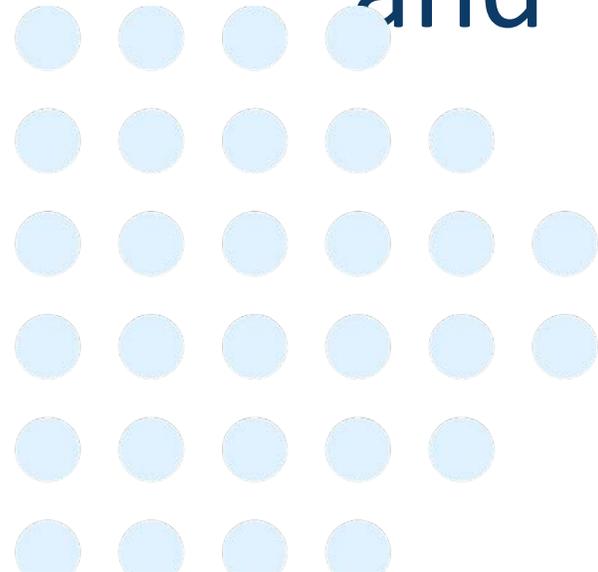
These factors contribute to an increase in high-risk behaviors as coping mechanisms: substance misuse, poor nutrition, sleep disruptions, self-harm and increased anxiety, depression, etc. diagnoses.

CURRENT STATUS





Student **Well-Being**



and **the Impact** from the Pandemic

Acc Subs

The n
more

By Susa



1/31/22, 12:34 PM

HHS.gov

Home > About > News > U.S. s

FOR IMMEDIATE R
December 7, 2021

U.S. Surgeon Health Crisis

Today, U.S. Surgeon (urgent need to address the health and safety concerns of the emerg Mental Health outlines and families, as well a

The Surgeon General continues to battle the community organizati mental health of childr

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Yale Accused of Discriminating Against Mentally Ill Students

By [Susan H. Greenberg](#) (/users/susan-h-greenberg)

// December 1, 2022

Yale students and alumni are suing the university for allegedly discriminating against students with mental health issues, *The Washington Post* reported (<https://www.washingtonpost.com/education/2022/11/30/yale-lawsuit-mental-health-suicide/>).

The lawsuit, filed Wednesday, alleges that Yale officials visited students hospitalized for suicide attempts or other psychiatric illnesses and pressured them to withdraw voluntarily from the university—or risk being kicked out. The suit includes accounts from two current students, three former students and an alumni group representing dozens of others, the *Post* reported, and is seeking class action status from the U.S. District Court of Connecticut.

An international student named in the lawsuit recalls that three Yale administrators visited her in the hospital after she attempted suicide in 2020. When she refused their request to disenroll, they withdrew her involuntarily, the lawsuit recounts, allowing her to retrieve her belongings only with a police escort and to say goodbye to her friends only off campus.

Another student alleges that Yale repeatedly denied her requests for disability accommodations for an eating disorder and depression—accommodations she believes are mandated by law.

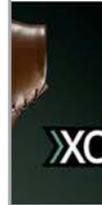
In a separate action on Wednesday, Democratic Massachusetts senator Edward Markey asked the federal government to issue new guidelines for colleges and universities to prevent discrimination against students with mental health issues and other disabilities.

h loads

health care to students across
Collegiate Mental Health a



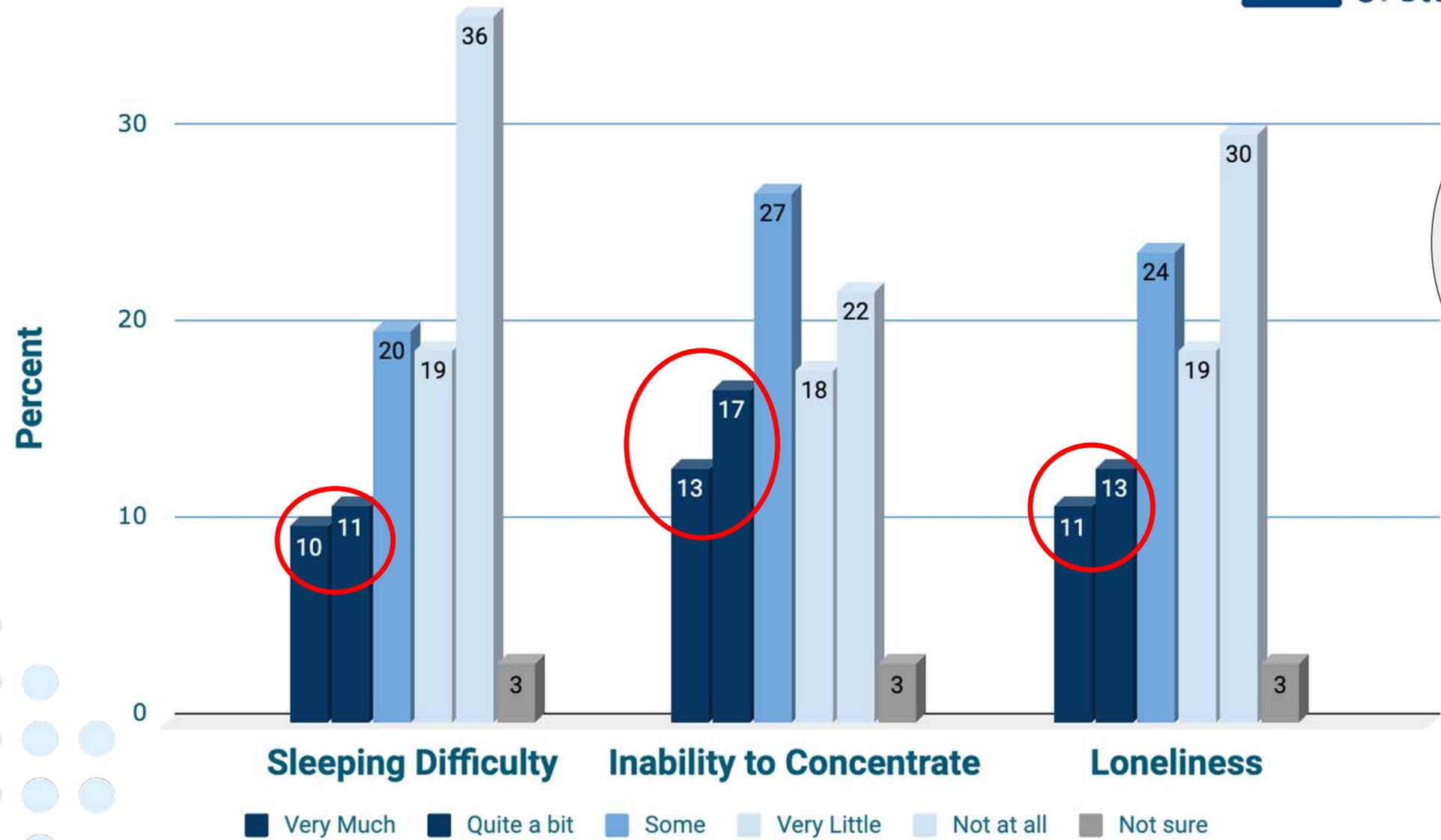
and weekly treatment, while
ment in students' symptoms



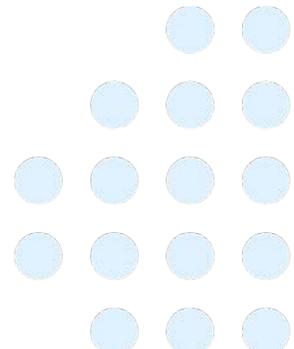
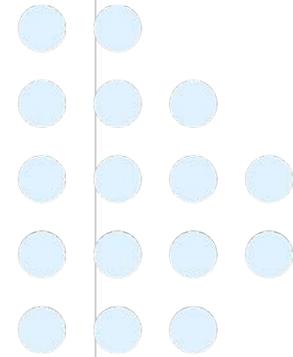
to all students seeking care,
or of the Center for Collegia
able to provide the same a
s. The answer to that is defi

lege and university counsel
t, 4,043 clinicians and 1,135

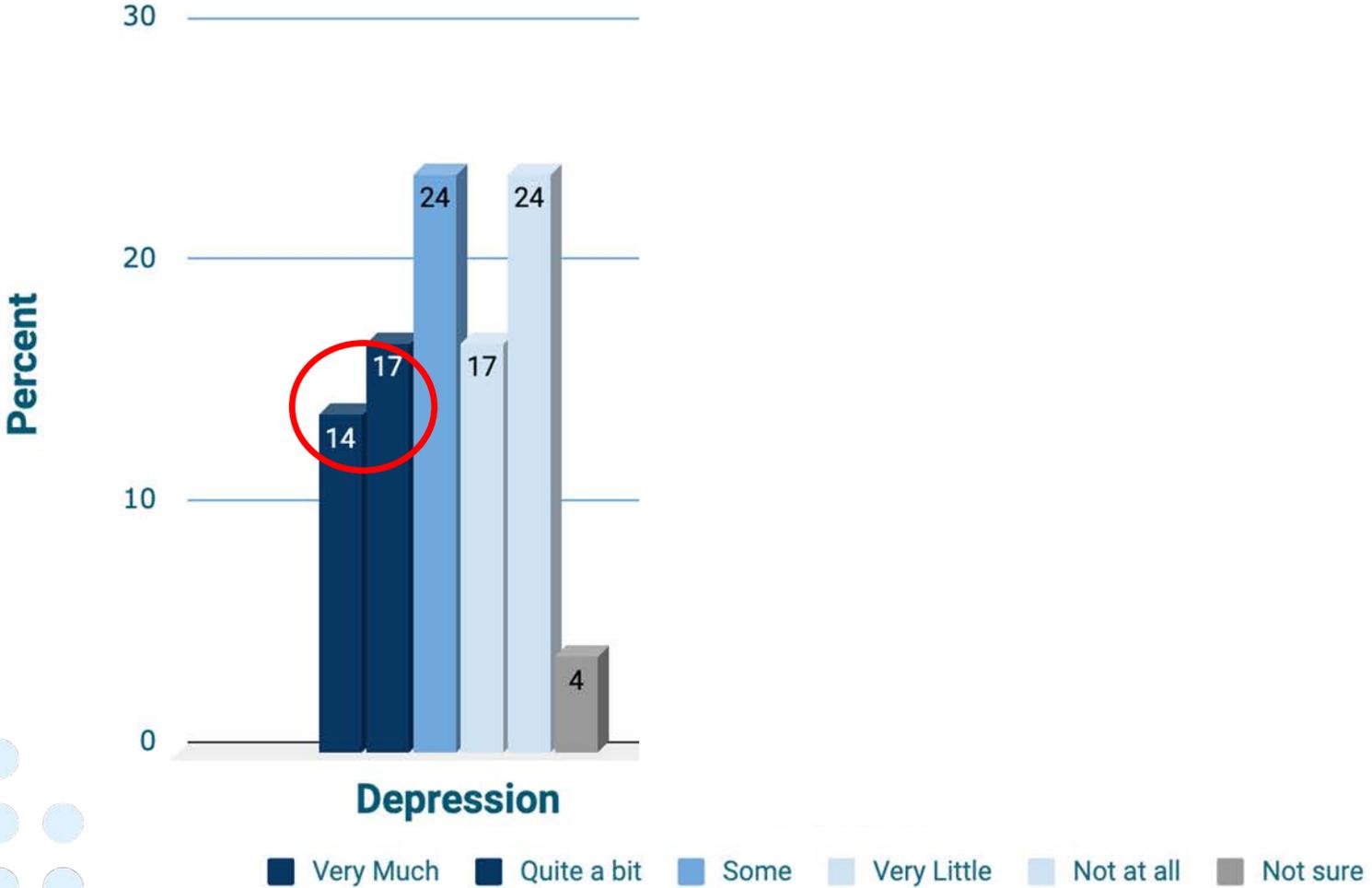
FA2022: As a result of the Covid 19 pandemic, to what extent, if any, have you experienced an increase in the following?



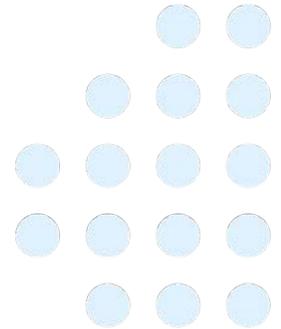
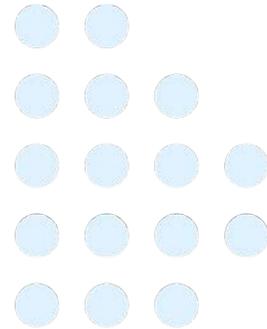
> 45,000 students completed the survey (8/22-10/22)

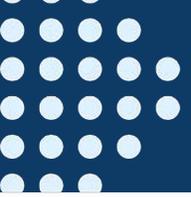


FA2022: As a result of the Covid 19 pandemic, to what extent, if any, have you experienced an increase in the following?



> 45,000 students completed the survey (8/22-10/22)



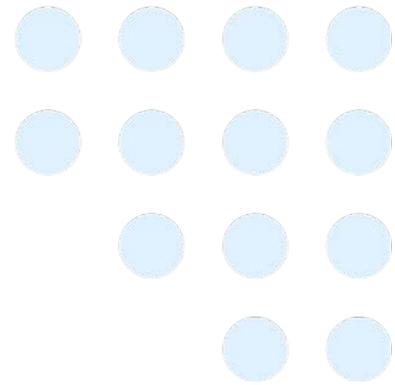


Education Secretary Dr. Miguel Cardona

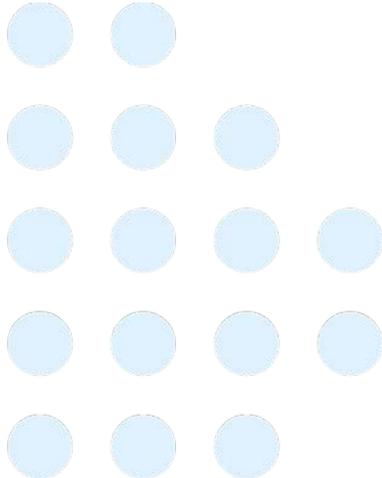
University of California, Riverside 5/19/2022

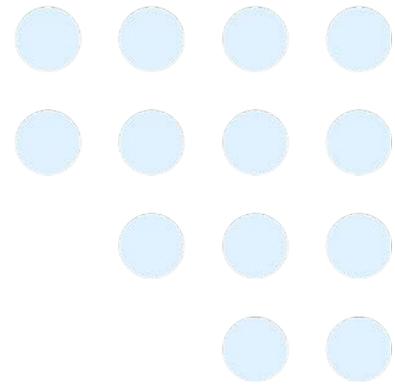
“The pandemic has exposed students from all ages to **trauma, from the loss of loved ones to financial hardships to social isolation and learning disruptions.**”

In discussions with students across the country, they’ve been honest with me: **they need better mental health resources on campus.”**



Experiences from the Front Line:
Caring For Our Students

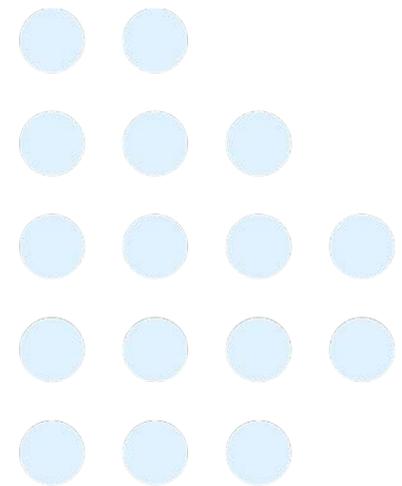




Dr. Armbrister

Jody Horner

Dr. Ladany



Midland University

- Fremont, Nebraska
- 1,615 Students
- NAIA - 33 Varsity Sports
- 75% Student Athletes
- 56% from Nebraska
- 39 States / 25 Countries
- 28% Diverse
- 33% First Generation
- 29% Pell Eligible



What We're Seeing

- Students coming out of high school with issues
- Uptick in stressors
- Timeline has moved up aggressively
- Issues are more significant
- Higher concern for student athletes
- Constant high level of need
- Need for services at the graduate level
- Roommates may need help
- Students are proactive – they want to stay healthy

← Tweet



Midland University
@MidlandU

Reality TV stars (Survivor, Amazing Race, Naked & Afraid) talk substance abuse & mental health awareness on May 4. You won't want to miss it



Partnership with VCG



- Consortium with Council of Independent Nebraska Colleges
- Rolled out in February 2022
- Ongoing communication (e.g. syllabi, QR codes, share with coaches, chatbot)
- 22% of students registered (vs. 5% with our on campus counselor)
- Top 4 issues – anxiety, stress, depression (including grief), sleep issues
- Services based on identity
- Ability to quickly refer out
- Can use over the summer, breaks and in any state
- Students in the driver's seat on how they wish to receive care

Other Efforts on Campus and Future Goals

- Warrior Care Network – 90% of students flagged have a concern
- The Kim Foundation and The Jed Foundation – proactive coping mechanisms, calm kits, destress week
- QPR training for staff
- ASIST training on child trauma
- Trauma informed lens to all things Student Affairs
- Wellness Wednesdays
- Chatbot – use data to follow up
- Goal to be proactive in our approach
- Mental fitness, self care and holistic wellness focused
- Need to care for faculty and staff, especially as we encounter heavier topics



Helpful Resources

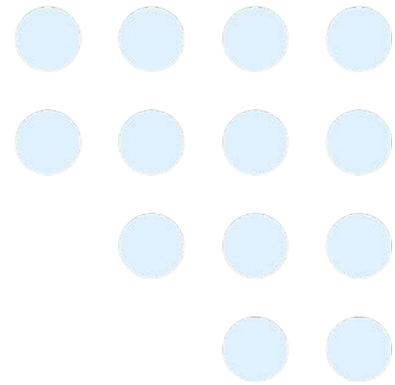


The Jed Foundation

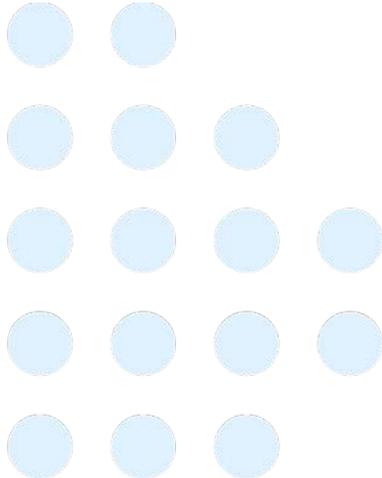


Campus Mental Health Scorecard

- Developed to assess best practices of mental health access and treatment on campus
- Sample Items:
 - In-person option
 - Virtual option
 - Unlimited sessions
 - Waitlists limited (less than one week/24hr coverage for emergencies)
 - Multiple theoretical approaches
 - DEISA affirmative approaches
 - Efficiency reports



Approaches to Supporting Student Mental Health





Occupational

Pursuing a fulfilling career.

Campus department: Career Services



Environmental

Understanding how the built and natural environment affect well-being.

Campus departments: Wellness Promotion, Office of Sustainability



Spiritual

Finding meaning and purpose in life, with or without organized religion.

Campus departments: Campus Chapel/Ministry, Mindfulness Center



Physical

Being physically active and lowering chances of illness

Campus departments: Recreation and Fitness Center, Health Services, Dining Services



Financial

Knowing how to effectively manage money.

Campus departments: Financial Aid, Economic Crisis Support



Social

Maintaining healthy relationships.

Campus departments: Resident Life, Title IX, Campus Safety, Student Ability/Success, Diversity and Inclusion Office, Pride Center, Student Life, Student Groups, Women's Resources, International Students, Commuter Student Relations



Emotional

Caring for and understanding one's mental health.

Campus departments: Counseling Center, Drug and Alcohol Prevention



Intellectual

Expanding one's knowledge base, both in school and out.

Campus departments: Academic Support, Tutoring, Library services



CAMPUS WELL

Survey of College & University Presidents

Inside Higher Ed & Hanover Research

January and February 2022

A total of 2,992 presidents of public, private nonprofit and for-profit colleges were invited to participate; Hanover collected 375 fully or partially completed surveys, yielding a 12.5 percent response rate.

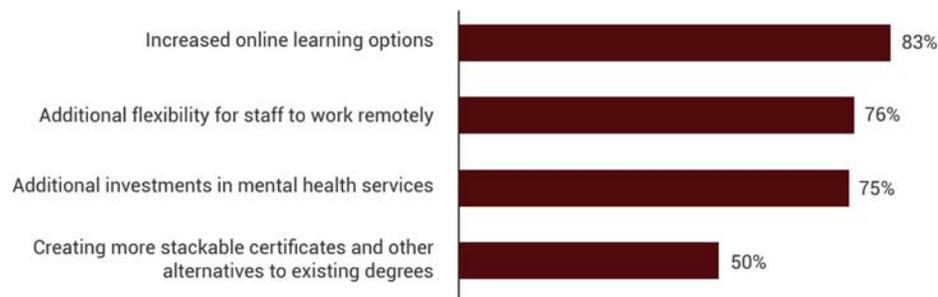
INSTITUTIONAL CHANGE

CHANGES INSTITUTIONS PLAN TO KEEP

Presidents say that their institutions will largely keep changes related to online learning, remote work and mental health services. The largest proportions of presidents indicate that their institution plans to keep changes related to increased online learning options (83 percent), additional flexibility for staff to work remotely (76 percent), and additional investments in mental health services (75 percent). About half say they'll create more alternative credentials, less than half say they plan to extend test-optional or test-blind policies, and about a quarter expect to pursue more external partnerships to deliver core programs and services.

Which of the following changes has your institution made because of the pandemic that it plans to keep in the long term? Please select all that apply.

(n=331)



MENTAL HEALTH

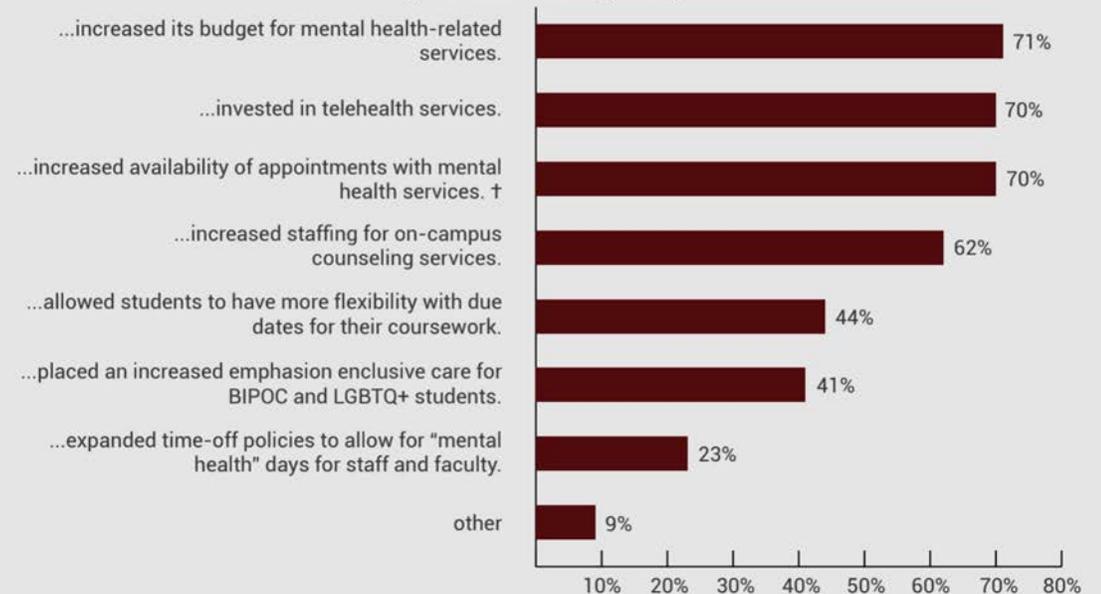
INSTITUTIONAL CAPACITY TO MEET MENTAL HEALTH NEEDS (CONT.)

Among respondents who report that their institution has sufficient capacity to meet the needs of any of their stakeholders, most report that this is the case because their institution has: increased its budget for mental health-related services (71 percent), invested in telehealth services (70 percent), and increased availability of appointments with mental health services (70 percent).

About three-fourths of respondents indicate that their institution plans to increase its capacity to meet the mental health needs of its students, staff and/or faculty.

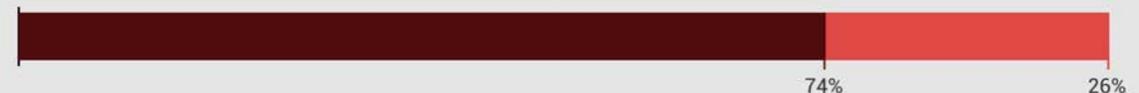
Why do you feel that your institution has sufficient capacity to meet the mental health needs for at least some of your stakeholders? Please select all that apply.

My institution has... (n=253)



Do you plan on increasing your institution's capacity to meet the mental health needs of students, staff, and/or faculty? (n=344)

Yes No



Value of a Partnership

KEY INSIGHTS - national aggregated data from our partner schools

- **68%** of contacts are occurring between 4:00 p.m. and 8:00 a.m., indicating a need for support outside of traditional business hours.
- **58%** of participants indicated an improved ability to remain enrolled in school, post single session intervention.
- **84%** of students using our behavioral health service have never sought support of any kind on campus.



THE VIRTUAL
CARE
GROUP

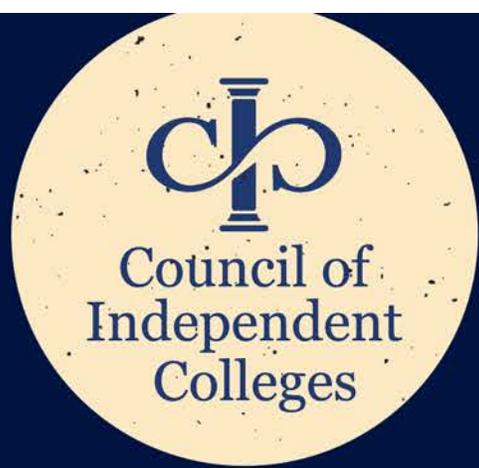
**Telehealth Made
Easy for Higher Ed**

QUESTIONS?

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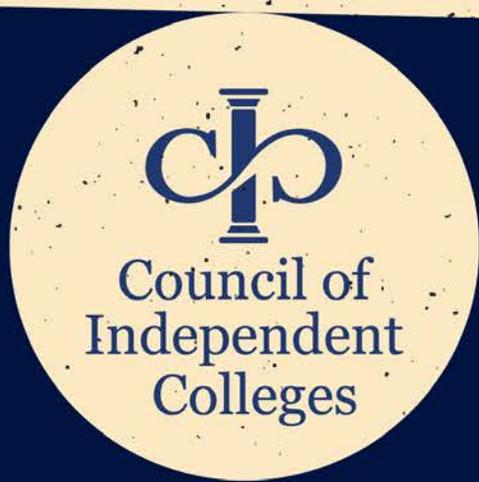


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Download, save, or share session resources

guidebook



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Thank you



Dynamic Campus

