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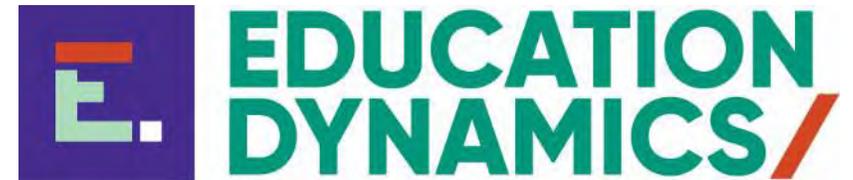
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The Council of Independent Colleges

College Student Mental Health:
Trends and Data-Driven Strategies for Support

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Chief Clinical Officer

The Jed Foundation

Who We Are

- Origin —JED's story

- History —Evolution over the past 23 years

Trends in College Student Mental Health

JED

- 75.0%   moderate to severe psychological stress
- 51.9%   screened positive for loneliness
- 42.7%   experienced food insecurity
- 41.0%   reported major and moderate depression (PHQ-9 scale)
- 34.6%   reported anxiety disorder (GAD-7 screen)
- 29.0%   reported non-suicidal self injury
- 27.6%   screened positive for suicidal ideation
- 6.0%   made a suicide plan
- 2.6%   made a suicide attempt

College Student Mental Health: Campus Climate

Source: Spring 2022 National College Health Assessment

- 35.1% do not feel a sense of belonging on campus
- 54.4% do not feel that students' health and well-being is a priority at their college/university
- 46.7% do not feel that the campus climate encourages free and open discussion of students' health and well-being
- 53.2% do not feel that theirs is a campus where we look out for each other

College Student Mental Health: Impediments to Academic Performance

In the past 4 weeks, how many days have your felt that emotional or mental difficulties have hurt your academic performance?

19% none

29% 1-2 days

23% 3-5 days

22% 6 or more days

College Student Mental Health: Impediments to Academic Performance

Source: Spring 2022 National College Health Assessment

Of those students who experienced the condition …

- Depression 60.6%
- Stress 54.4%
- Anxiety 53%
- PTSD 49.6
- Sleep Difficulties 48.4%

Impact of Covid 19 on Mental Health

- 2/3 of students reported financial stress
- 60% felt susceptible to contracting virus and worried for family and friends
- 60% reported pandemic made it more difficult to MH care
- 91% reported increased stress and anxiety
- 81% reported disappointment/sadness
- 80% reported increased loneliness
- 76% reported difficulty maintaining routine

Source: ACHA Spring 2020, Active Minds Spring 2020

Trends at your institution?

Biggest concern/challenge?

JED'S Comprehensive Framework

We believe in a **comprehensive**, public health approach to promoting emotional well-being and preventing suicide and serious substance abuse.

Campus-wide responsibility Support from Senior Leadership

JED's Comprehensive Approach to Mental Health Promotion and Suicide Prevention for Colleges and Universities

Develop independent living skills, social and emotional skills, and resilience

Identify and limit access to dangerous means

Ensure the right policies and protocols are in place to handle crises

Foster connectedness and belonging

Create opportunities and systems to notice someone in distress

Reduce shame, secrecy, stigma so people will reach out for help

Ensure high quality services

Quick Audience Poll

Small group discussion: Which of these domains are most challenging or need more attention at your institution?

Considerations for Strategic Planning

Develop Life Skills

- Develop resilience

- Groups/Workshops/On-line platforms taught by variety of faculty/staff:

  - Communication, relationship skills

  - Conflict resolution/interpersonal effectiveness

  - Financial planning

  - Academic Skills – study skills/test anxiety/time management

- Sleep, hygiene, nutrition, exercise, general health and connection between wellness and academic performance
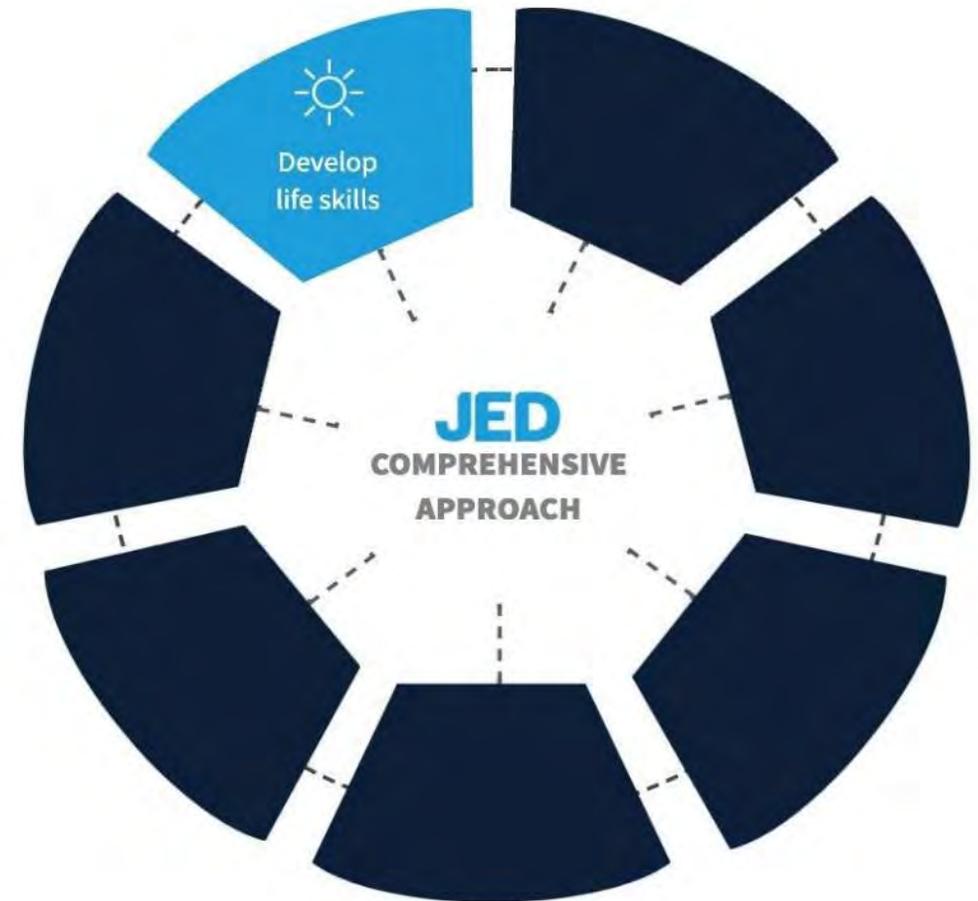
Promote Social Connectedness

- Loneliness single most reported struggle among first years

- Students turn to peers first (Ad Council)

- Greek and athletic systems, peer mentors — wellness ambassadors

- Programs to promote tolerance/ inclusiveness, disconnected students — EMHF

- Adequate spaces for students to gather organically/informally
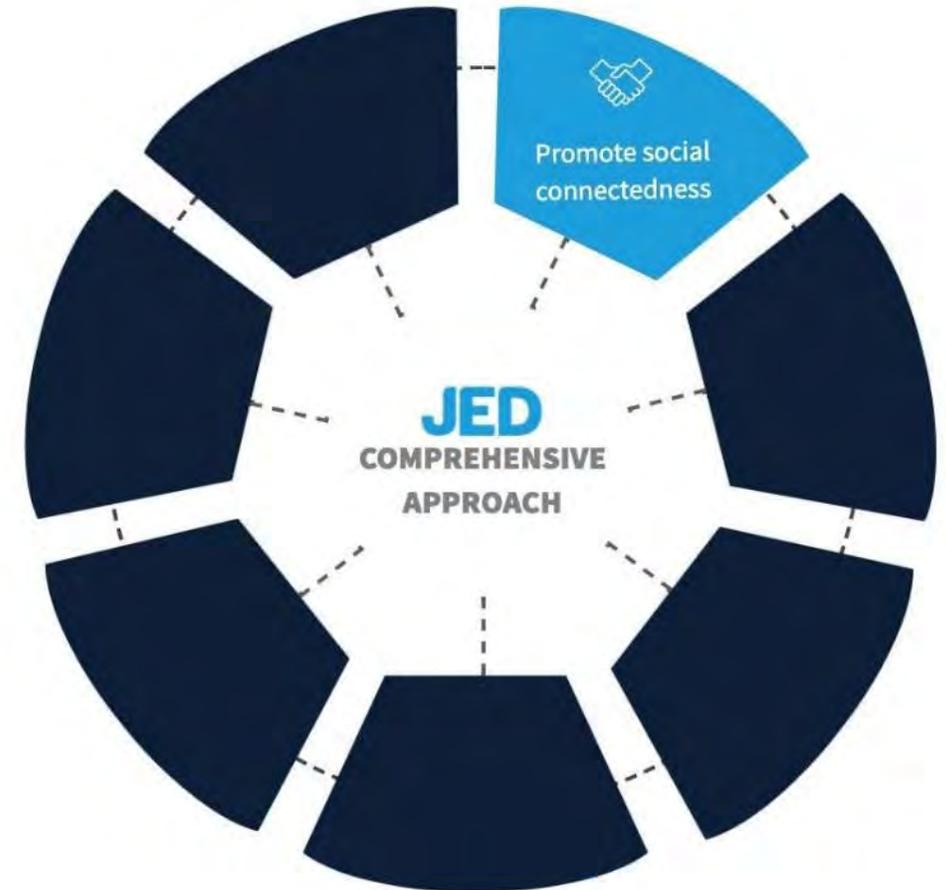
Identify Students at Risk

- Collecting mental health and substance history from incoming students

- Training on how to identify, reach out to and if needed, refer students who may be struggling

- Campus-wide, targeted, strategic

- *How to Help a Friend*

- Behavioral Intervention/Care Teams (Electronic) reporting system
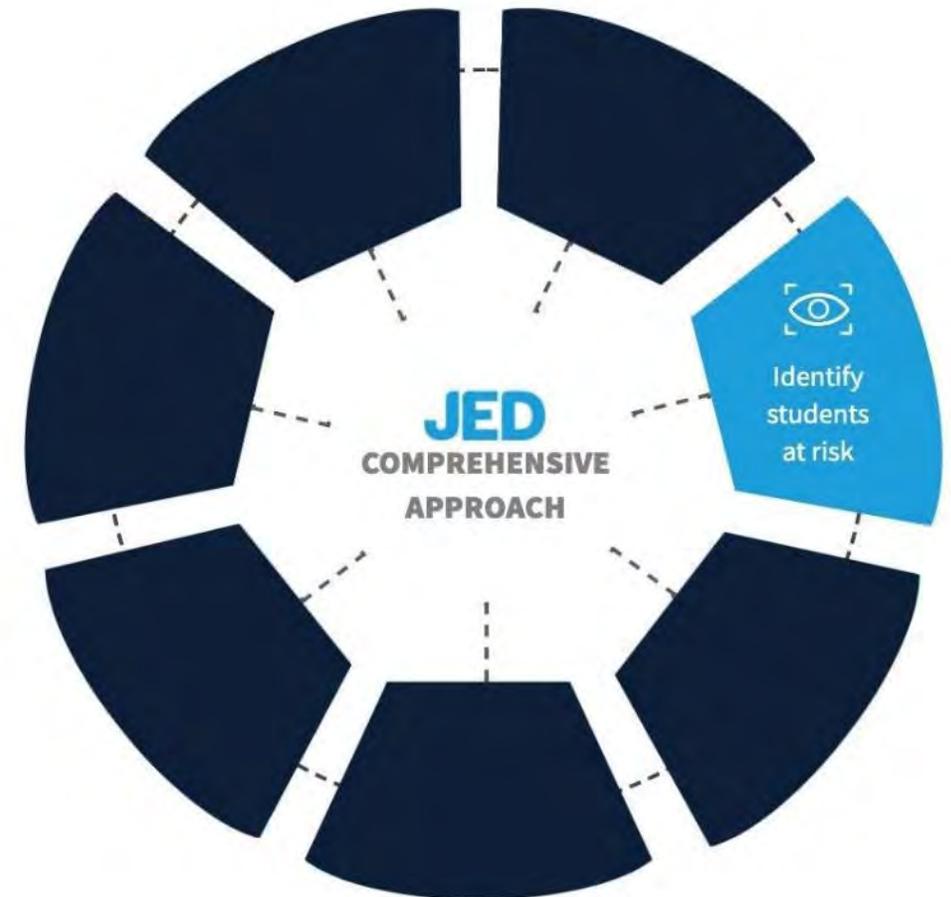
Increase Help-Seeking Behavior

- No wrong door for support — access across campus

- Campus culture is open about mental health and value of help-seeking — storytelling

- Online screening tools, CBT

- Campaigns designed and delivered by students

JED COMPREHENSIVE APPROACH

Increase help-seeking behavior
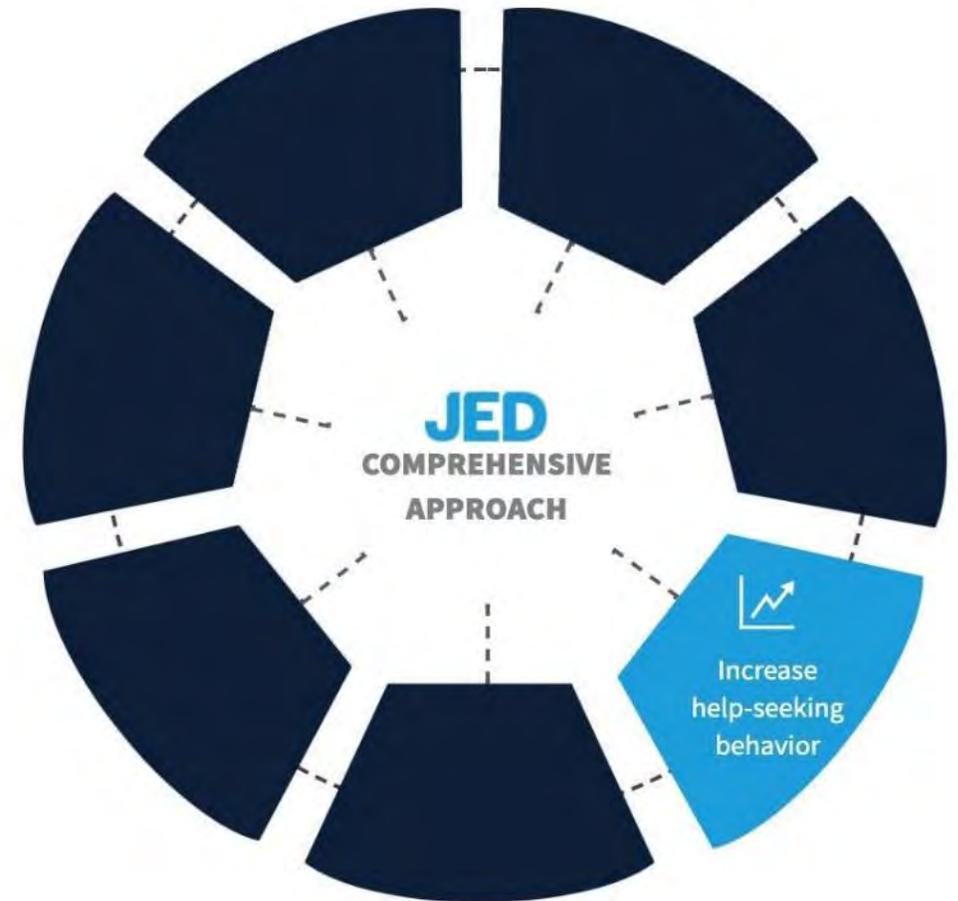
Provide Substance Abuse & Mental Health Services

- Health services routinely screens for mental health and substance issues

- Collaboration/close communication between CC and HS

- Medication management

- Referral system, MOU's

- Naloxone

- Recovery community

- Policy for prescribing opiates

- Education re: danger of combining opiates and alcohol

JED COMPREHENSIVE APPROACH

Provide substance abuse & mental health services
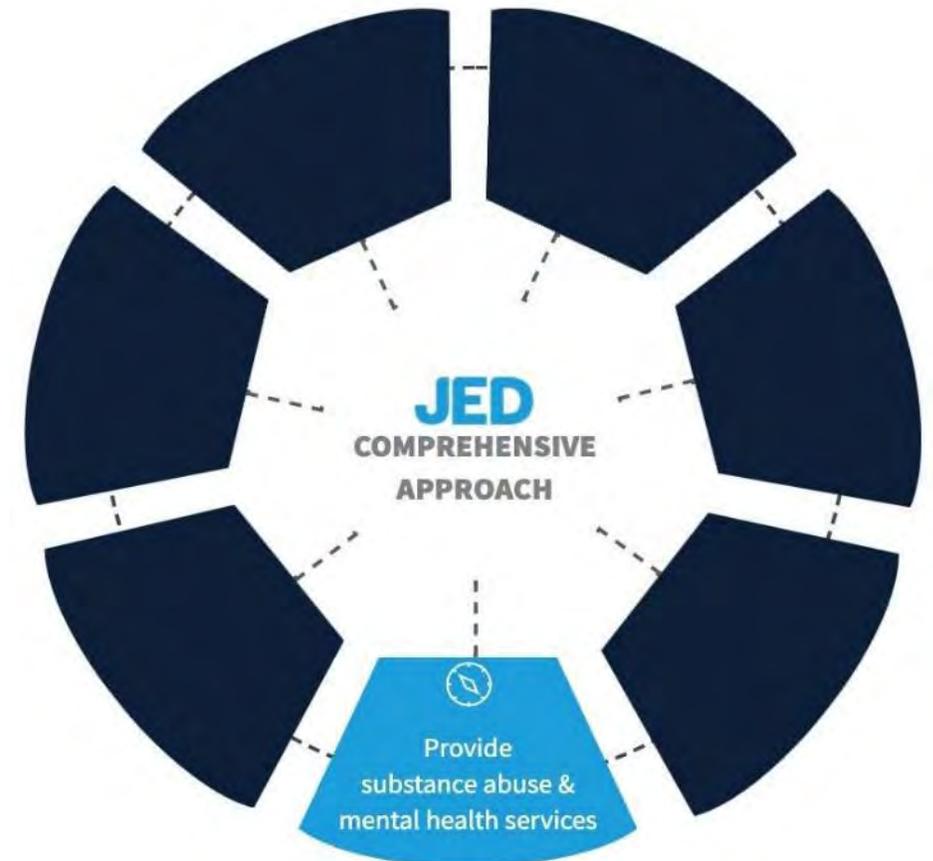
Follow Crisis Management Procedures

Policies to address:

- **LOA's**
  - medical leaves, mandatory leaves, return from leave, AOD
  - clear and transparent, well publicized

- **Insurance**
  - health insurance
  - tuition insurance

- **Parental notification**

- **Medical amnesty**

- **Postvention protocols – HEMHA Postvention Guide**

JED COMPREHENSIVE APPROACH

Follow crisis management procedures
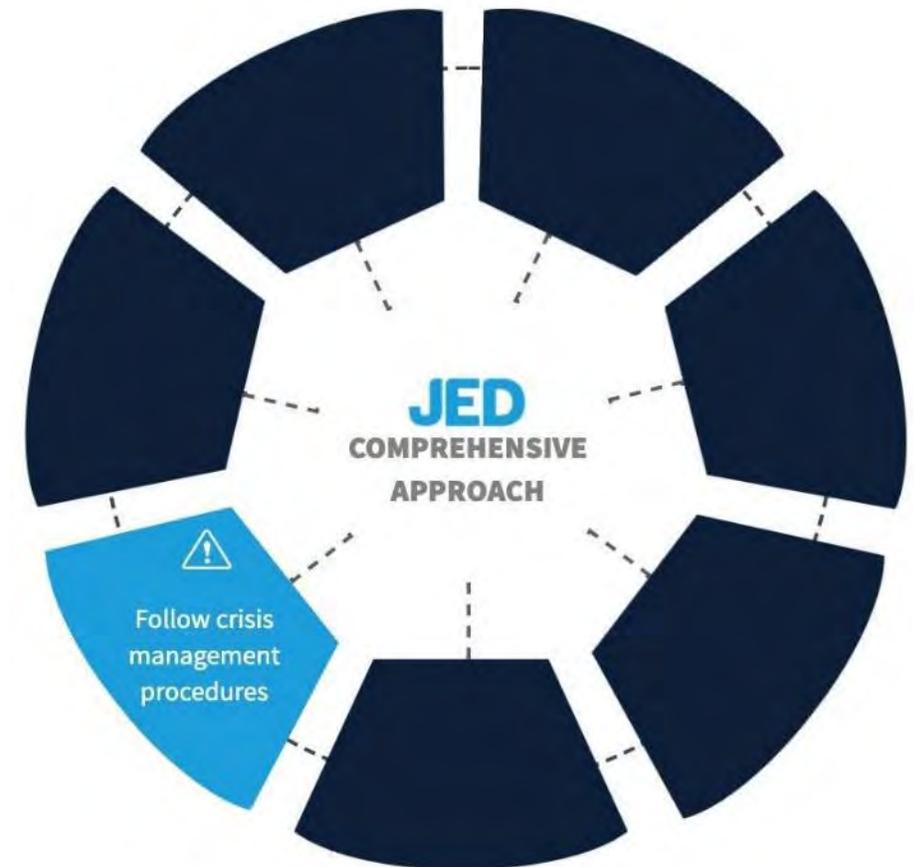
Means Safety

- Environmental scanning done
- Roof, window, closet rod safety
- Firearms policy
- Prescription drug monitoring and return
- Lab safety
- "Means Matters": *www.hsph.harvard.edu/means-matter*

Restrict access to potentially lethal means

JED COMPREHENSIVE APPROACH
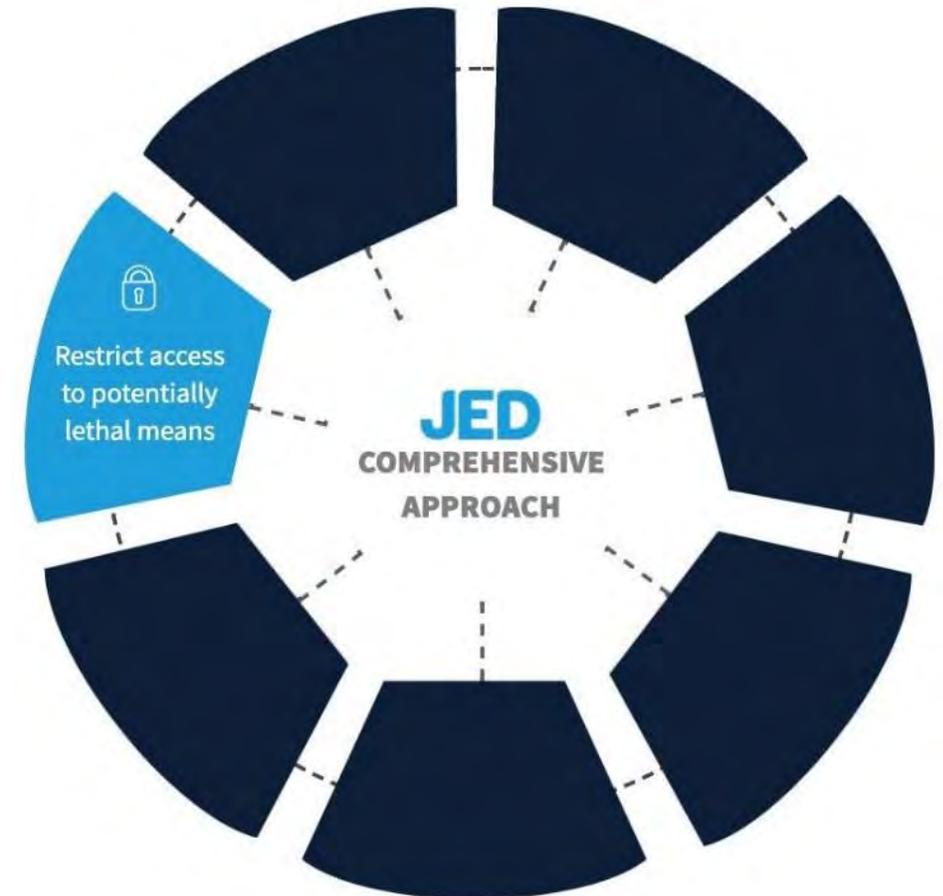
Small Group Discussion: What intervention or strategy has worked on your campus?

JED Campus Journey

| Preparation Phase | Strategic Planning Phase | Implementation Phase | Sustainability Phase |

Preparation Phase
- Build interdisciplinary team
- Complete JED assessment
- Administer Healthy Minds Study to Students

Strategic Planning Phase
- Receive feedback report
- Campus visit
- Develop strategic plan

Implementation Phase
- Ongoing technical assistance
- Access to the online resource library
- Participation in learning community

Sustainability Phase
- Complete post JED assessment
- Administer post Healthy Minds Study
- Data analytic
- Continued participation in learning community

Year 1   Years 2-3   Year 4

JED CAMPUS Theory of Change:
Mapping with Healthy Minds Survey

JED Campus DOMAIN	Student Attitudes Measured through HMS	Sample HMS Question
Strategic Planning: Increase in perceived culture of care on campus and help-giving behavior	1. Students experience a culture of caring and compassion on their campus	How much do you agree with the following statement? At my school, students are working to promote mental health on campus.
	2. Students are more likely to give help when they see someone in distress	In the past year, I have intervened (by trying to help) in the following situations on my campus: (Select all that apply)
Life Skills: Increase in emotional resilience and improved skills to manage emotions	3. Students flourish and feel more positively about their own lives	How much do you agree with the following statement? I am engaged and interested in my daily activities.
	4. Students are better able to manage emotions	How often is the following statement true? I'm afraid of my feelings.
	5. Students develop an increased level of emotional resilience	How much do you agree with the following statement? It does not take me long to recover from a stressful event.
Social Connectedness: Increase in sense of belonging to the campus	6. Students experience an enhanced sense of belonging and connectedness on campus	How much do you agree with the following statements? I see myself as a part of the campus community.
Identifying Students at Risk: Increase in identification of and outreach to students who are struggling	7. Students are more able to recognize the signs of struggle in other people	How much do you agree with the following statement? I feel confident in helping someone with a mental health problem.
	8. Students feel more responsible to help fellow students	How much do you agree with the following statement? I am responsible to help if a friend is struggling.
	9. Students are more likely to intervene when someone is in crisis/danger	How much do you agree with the following statement? If I saw someone was drinking too much, I would intervene (by trying to help)
Help-Seeking Behavior: Increase in MH service utilization and help seeking and decrease in stigma	10. Students are more likely to seek counseling services	Have you ever received counseling or therapy for mental health concerns?
	11. Students are more likely to seek help from other campus professionals	If you had a mental health problem that you believed was affecting your academic performance, which people at school would you talk to? Select all
	12. Students are more likely to seek help from non-campus professionals	If you were experiencing serious emotional distress, whom would you talk to about this? (Select all that apply)
Help-Seeking Behavior: Increase in MH service utilization and help seeking and decrease in stigma	13. Students report fewer barriers to accessing care	In the past 12 months, which of the following factors have caused you to receive fewer services (counseling, therapy, or medications) for your mental or emotional health than you would have otherwise received?
	14. Students experience less internal stigma	How much do you agree with the following statement? Sometimes I feel ashamed of having a mental illness.
	15. Students experience less external stigma	How much do you agree with the following statement?: Sometimes I keep my mental illness a secret.
Substance Abuse & Mental Health: Decrease in substance abuse, increased knowledge and attitudes about mental health issues and mental health services	16. Students experience a decrease in significant substance abuse	Over the past 2 weeks, about how many times did you have 4/5 or more alcoholic drinks in a row?
	17. Students expand their knowledge of mental health issues	As far as you know, which of the following are common symptons of depression? (Select all that apply)
	18. Students expand their awareness of mental health services on campus	Are you aware of mental health outreach efforts on your campus (such as educational programs, awareness events, anti-stigma campaigns, screening days)?

Thank You

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https://www.jedcampus.org/

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Thank you for attending this seminar!

The Council of Independent Colleges

EDUCATION DYNAMICS