Effective Approaches to Student Mental Health
Presenters

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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.

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National College Health Assessment, National Faculty & Staff Health Assessment (ACHA) multiple years; Job Seeker Website Work Happiness Score (2020); Supporting Gen Z: Understanding Unique Stressors Impacting the mental health of a generation, Togetherall, 2022
CURRENT STATUS

- Increase In Demand
- Pandemic Complications
- Staffing Shortages
- Sustainability Questions
Student Well-Being
and the Impact from the Pandemic
Yale Accused of Discriminating Against Mentally Ill Students

By 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.
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?

> 30,000 students exhausted when they arrived on campus

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

[QR Code] [QR Code] [QR Code] [QR Code]
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
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.

- Increased online learning options: 83%
- Additional flexibility for staff to work remotely: 76%
- Additional investments in mental health services: 75%
- Creating more stackable certificates and other alternatives to existing degrees: 50%
- Other: 9%

**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)
  - increased its budget for mental health-related services: 71%
  - invested in telehealth services: 70%
  - increased availability of appointments with mental health services: 70%
  - increased staffing for on-campus counseling services: 62%
  - allowed students to have more flexibility with due dates for their coursework: 44%
  - placed an increased emphasis on health care for BIPOC and LGBTQ+ students: 41%
  - expanded time-off policies to allow for “mental health” days for staff and faculty: 23%

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

- Yes: 74%
- No: 26%
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.
QUESTIONS?
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guidebook
Thank you