



# Student Mental Health: Caring for the Wellbeing of Your Campus Community



The Council of  
Independent Colleges

Under  
the Big Tent



**2024 Presidents Institute** **Spouses and Partners Program**  
Independent Higher Education in a Democratic Society

The Diplomat Beach Resort | January 4–7, 2024

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**2024 Presidents Institute** **Spouses and Partners Program**  
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# Presenter

*Emily Pettit*, Vice President of Strategic Partnerships, The Virtual Care Group



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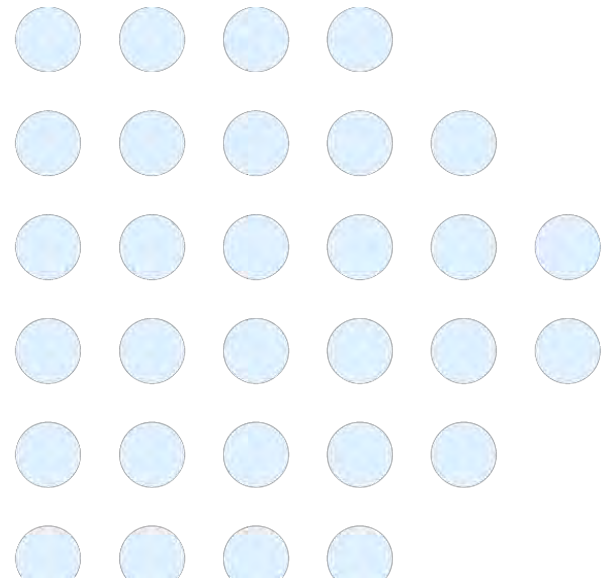
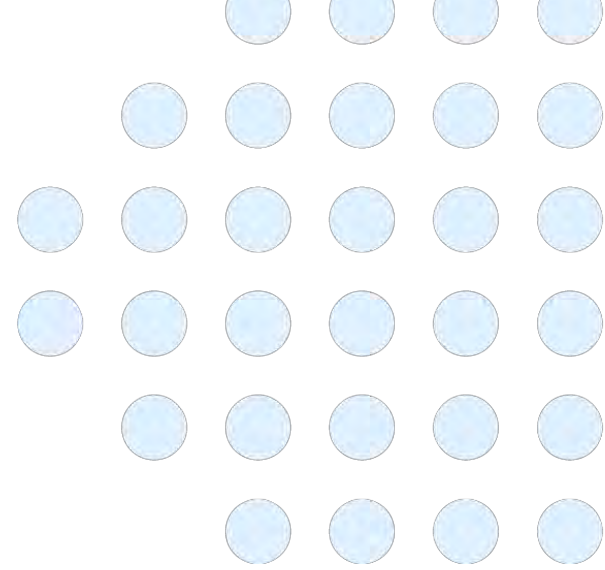


# Understanding the Problem

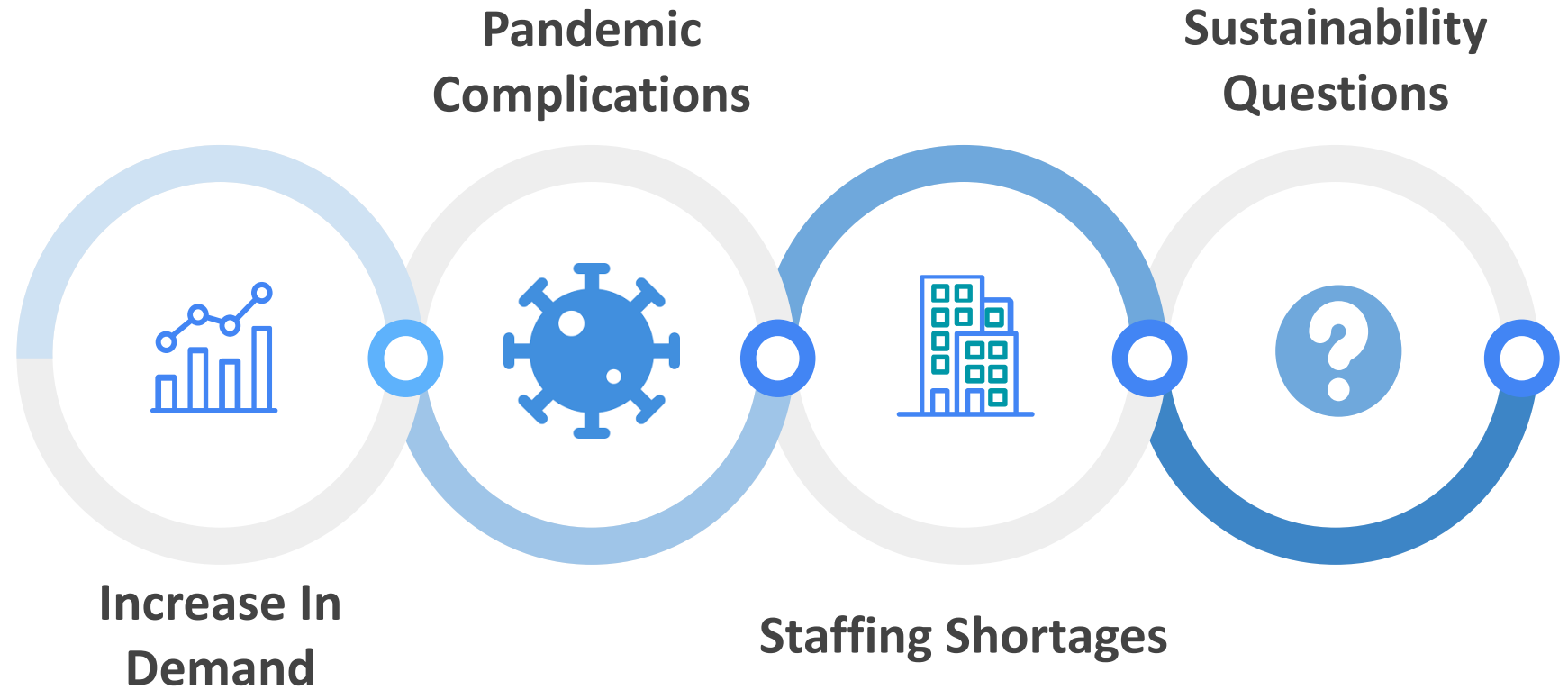
## Campus Well-Being Issues

- **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**

# Student **Well-Being** and **Academic Success**



# CURRENT STATUS



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)



# KEY FINDINGS

This section offers a quick look at results from key survey measures.

## SAMPLE CHARACTERISTICS (N=76406)

Estimated values of selected measures	Percentage of students
Major depression (positive PHQ-9 screen)	20%
Depression overall, including major and moderate (positive PHQ-9 screen)	41% ←
Anxiety disorder (positive GAD-7 screen)	36% ←
Eating disorder (positive SCOFF screen)	14%
Non-suicidal self-injury (past year)	29%
Suicidal ideation (past year)	14%
Lifetime diagnoses of mental disorders	46% ←
Psychiatric medication (past year)	29%
Mental health therapy/counseling (past year)	36%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	59%
Personal stigma: agrees with "I would think less of someone who has received mental health treatment."	6%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment."	41%



# THE HEALTHY MINDS STUDY

2022-2023 Data Report



## ACADEMIC IMPAIRMENT

In the past 4 weeks, how many days have you 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

## POSITIVE MENTAL HEALTH

Positive mental health



Positive mental health (psychological well-being) is measured using The Flourishing Scale, an eight-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener , 2009). The score ranges from 8-56, and we are using 48 as the threshold for positive mental health.



# **What Student Concerns Are You Seeing On Your Campus?**



Crisis on campus:

**60%** of college kids are living with mental health disorders

- Forbes

Students and parents are placing a new level of demand on the school, asking for more and more (**wellness**) services.

- Philip Glotzbach, former President of Skidmore College

A mental health crisis was spreading on college campuses. The **pandemic** has made it worse.

- The Washington Post



## Stressed Out and Stopping Out: The Mental Health Crisis in Higher Education

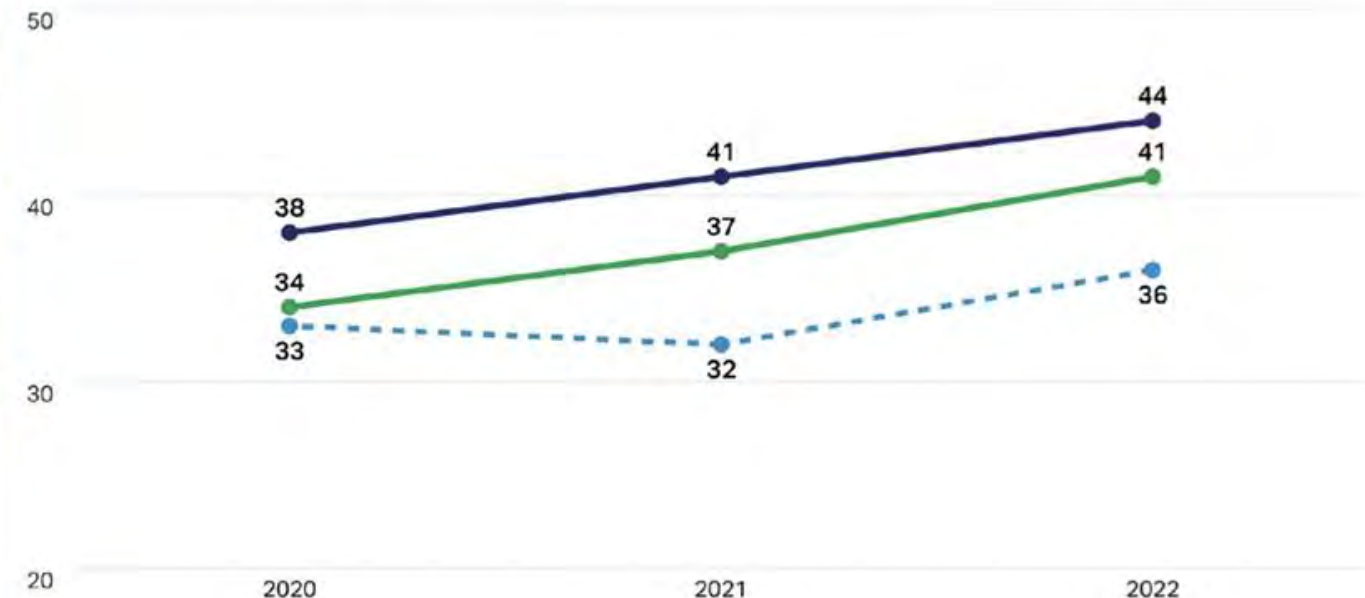
Oct. 26 to Nov. 17, 2022 Gallup surveyed 12,015 total U.S. adults:

- 3,949 who were currently enrolled in an associate/bachelor's degree
- 2,059 who were enrolled in a certificate or certification program
- 3,004 who have some college, no degree, not currently enrolled
- 3,003 individuals who have never enrolled in higher education.

In the past six months, have you considered stopping your coursework (that is, withdrawing from the program for at least one term)?

% "Yes"

— All students — Associate degree students — Bachelor's degree students

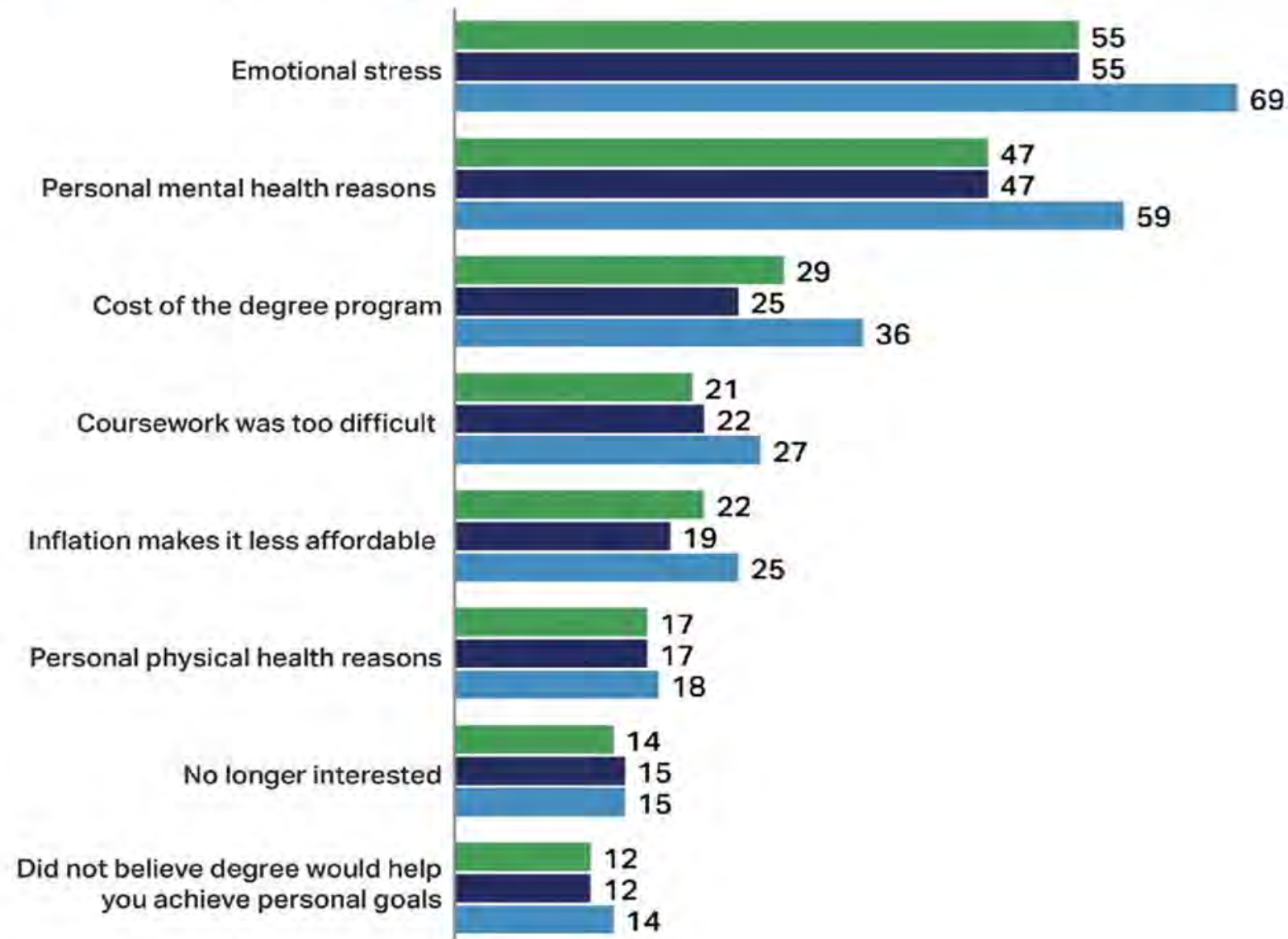


Note: "All students" reported in this chart includes students pursuing an associate degree, bachelor's degree, certificate or certification. Results for certificate or certification students not shown.

## Which of the following describes why you considered stopping your coursework?

*% Most commonly cited reasons among students who say they have considered stopping out in the past six months*

■ All students ■ Associate degree students ■ Bachelor's degree students



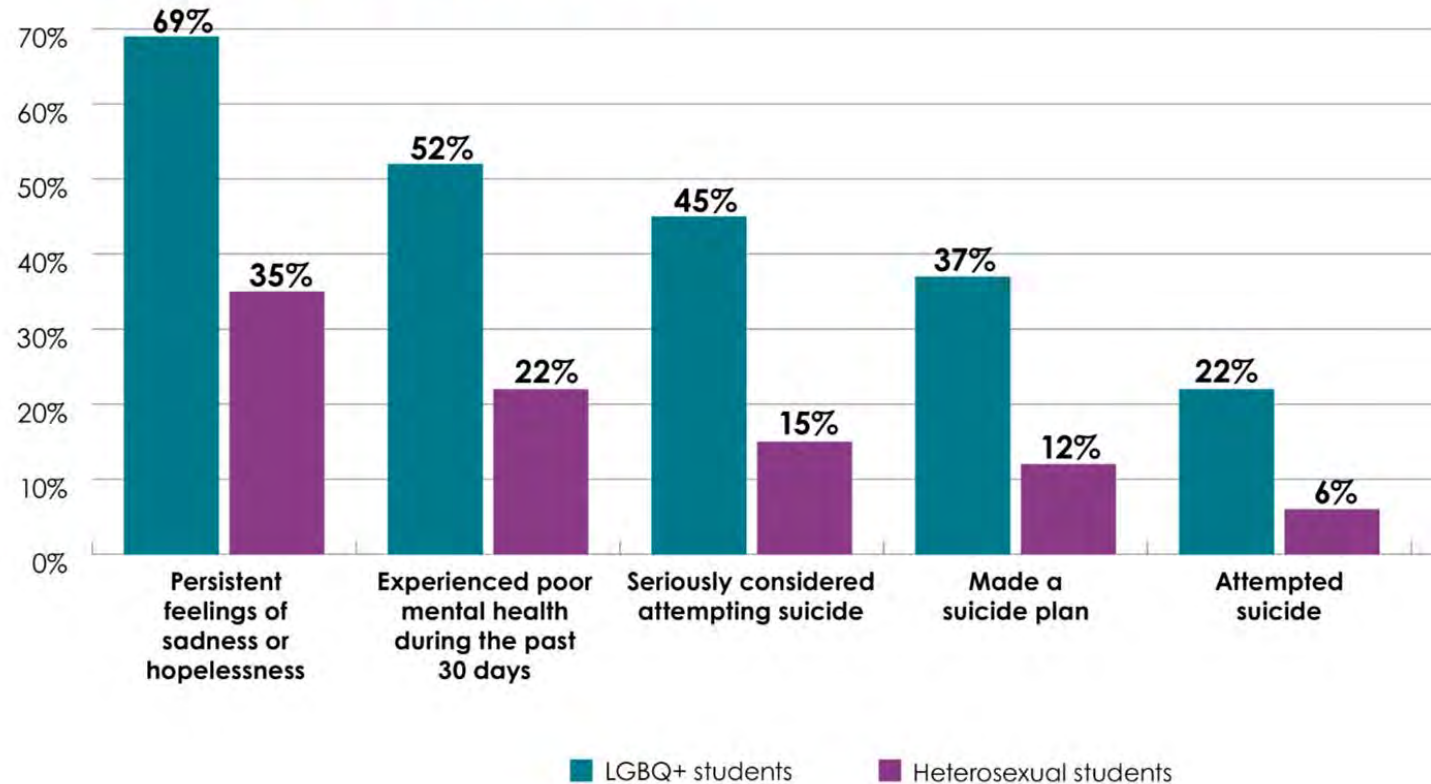
# 2021 CDC Report on Youth Risk Behavior Survey Data



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- Nearly **3 in 5** teen girls felt persistently sad or hopeless in 2021—double that of boys, and almost **1 in 3** seriously considered attempting suicide—up nearly 60% from a decade ago.
- **More than half** of lesbian, gay, bisexual, and queer students experienced poor mental health, and more than **1 in 5** attempted suicide in the past year.
- **Suicide is increasing at a faster rate** for Black youth than it is for any other racial or ethnic group.

## MENTAL HEALTH AMONG U.S. HIGH SCHOOL STUDENTS BY SEXUAL IDENTITY, 2021





# My Experience

## Demographics

- Northeast GA
- Religiously Affiliated
- Undergraduate - Doctoral degrees
- > 40% First Generation, large pell eligible population
- Residential and commuter campus

## Pain Points

- Campuswide “Town Council” Concerns
- Budget Limitations
- Counseling staff member resignation mid year
- Attrition data
  1. Finances
  2. Mental and Physical Health Matters

## Successes

- 24 hour, unlimited services
- Telehealth usage exceeded on campus in person service usage
- Students were covered when they traveled across state lines
- Life Coaching met unmet need with support services (ex. adult learners)
- Benefits to retention and recruitment



# Our Customizable Services

## MEDICAL

- Urgent care
- Board-certified physicians with specialties in internal, family, emergency and pediatric medicine
- Average call back time is 16 minutes

## BEHAVIORAL

- Scheduled 50-minute sessions with Masters-level therapists (3 to 5 day wait time)
- Life coaching services
- On-demand crisis counseling (~2 minute wait time)

## PSYCHIATRY

- U.S. board-certified psychiatrists who can diagnose, treat, and prescribe medications for a range of mental health disorders, as necessary
- Average wait time is 1 business day

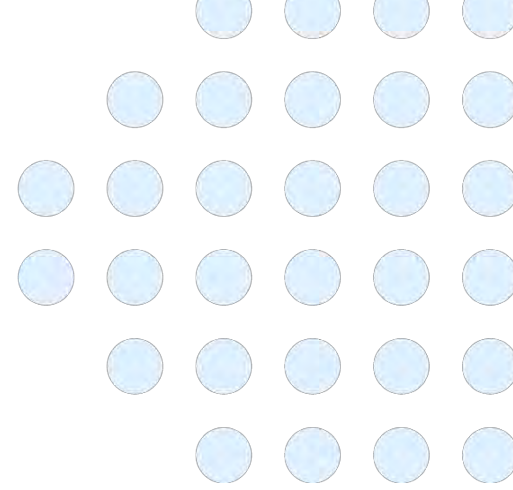
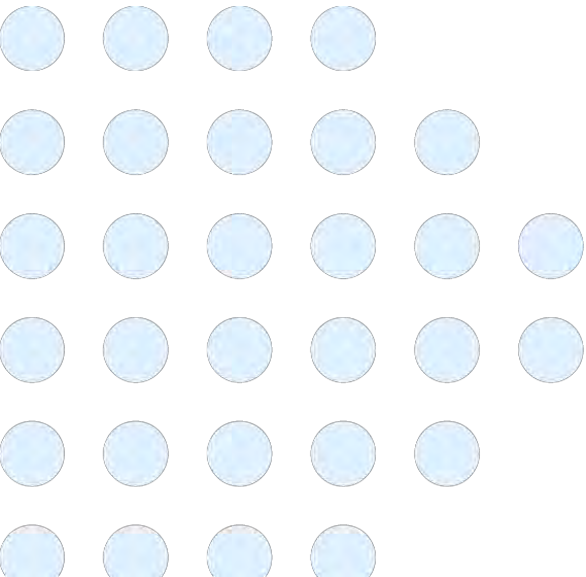


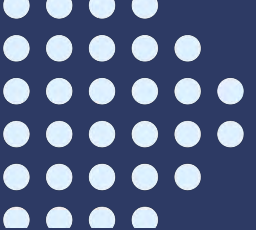
# Retaining Students

## 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.

# Supporting Positive Well-Being





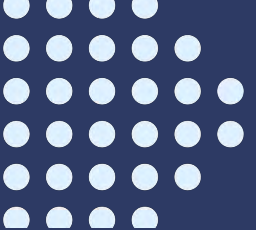
# Caring For Your Campus Community

Many students have experienced trauma already in their lifetime

- 1 in 4 college age women will experience interpersonal violence
- Its ok to say “I'm sorry you are feeling that way/experienced that”

Help students feel a sense of belonging in your community

- Approximately 10% of your population may identify as part of the LGBTQ community - introduce yourself using inclusive language (preferred pronouns)
- Include family members where possible, particularly with minority students and first generation college students



# Caring For Your Campus Community

Many students are not feeling safe in the current world climate

- It's ok to check in, ask how the student is feeling/doing
- Well-being can change from one day to the next

Show Your Support

- Participate in club activities/events supporting diverse groups of students
- Sponsor/host diverse inclusive events

Know your resources and help connect them

- Ask them what would be helpful in caring for the campus community



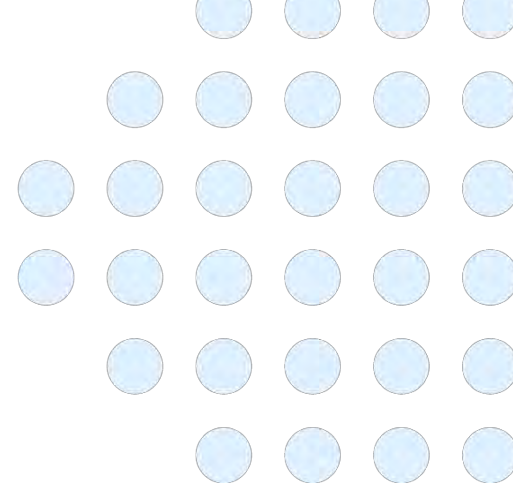
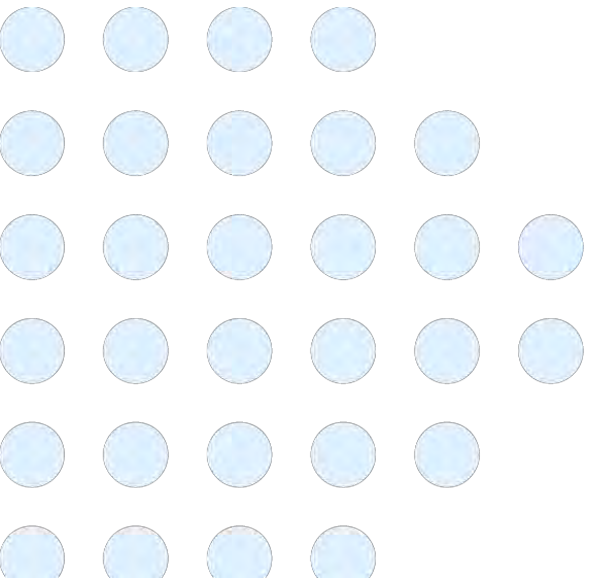


# What Works?

Share Experiences with Connecting with Students  
on Your Campus



# Free Resources



Resource Spotlight

What Students Are Saying About Back to School

Follow us on TikTok to find videos from students sharing how they support their mental health and tackle challenges during the back-to-school season. If you feel stressed, anxious, or isolated, know you are not alone and these videos can inspire you to tackle the new school year.

Follow JED



NAMI and JED's Mental Health Guide to College

Find expert advice for college students on everything from creating healthy relationships to taking care of your emotional health and staying safe on campus in this easy-to-follow, information-packed guide.

Check it out



Seize the Awkward

Get connected with Seize the Awkward, a JED campaign developed in partnership with the American Foundation for Suicide Prevention (AFSP) and the Ad Council. Find tools—from conversation guides to tips—that can help you talk with friends about mental health.

Learn more



Explore our Mental Health Resource Center



Connect With JED



@JEDFOUNDATION

2h

.@NAMICommunicate and JED's Mental Health Guide to College is an information-packed guide where college students wi... https://t.co/ZxokER0ivq



# Our Stories



**Shannon McCreesh**

21 years old

“

It may seem like everyone knows exactly what they're doing in college, but the reality is, no one does. Once you start accepting the fact that you do not have to have anything figured out, the burden you're carrying gets lighter.



**Imaan Siddiqi**

20 years old

“

College is what you make of it... there is no cookie cutter experience. Do things in a way that makes sense to you and if someone thinks you won't succeed, prove them wrong.



**Brian Thomas**

24 years old

“

Stressing out over assignments and exams drove me to isolate myself and not ask for help. If I could do it over, I would tell myself to ask for help and collaborate with others as much as possible to feel less alone and supported during those anxious college years.



**Bruny Kenou**

24 years old

“

My advice is to take note and find what makes you feel more centered, and combine it with mental health resources that are available to you to maximize your wellness when you feel off-balanced. Once you are centered, the good academic performance is likely to follow.



**Lalima Saini**

19 years old

“

College was a terrifying new adjustment, but it was also the place that gave me opportunities to better my mental health. Coming from an environment where discussions of seeking professional help were frowned upon, taking advantage of on campus counseling resources opened up new avenues for me and my self-advocacy.





jedfoundation

jedfoundation

Follow

57 Following 2000 Followers 6683 Likes

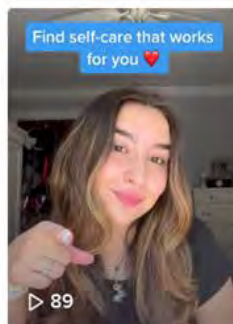
Protecting emotional health & preventing suicide

Visit [jedfoundation.org/help](https://jedfoundation.org/help)

[jedfoundation.org](https://jedfoundation.org)

Videos

Liked



You are not alone if you...



Get #schoolready with ...



What's your go to activit...



What do you do when y...



How have you found joy...



For ...



Reaching out for help fo...



Connecting with others ...



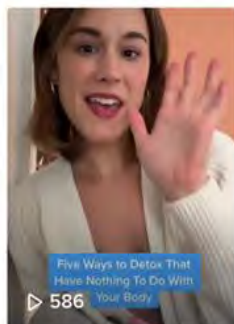
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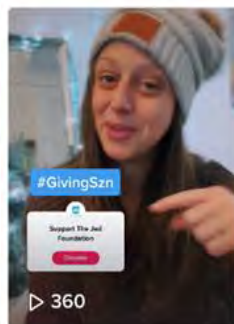
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Practice ...



Mental health detox > Di...



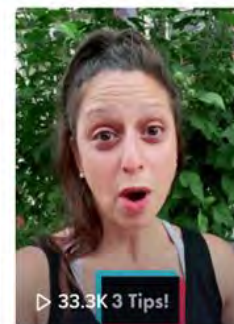
Find #community in you...



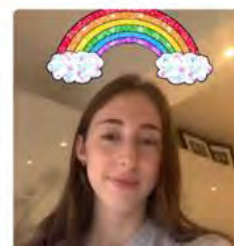
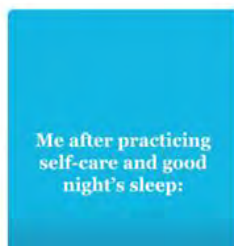
We're on a mission to h...



Thank you @rod for usin...



Check out these 3 great...







## Get Involved

### Find a NAMIWalk

Attend the NAMI National Convention



Become a Fundraiser



Create a Memorial Fundraiser

Pledge to Be StigmaFree



Awareness Events



Share Your Story



Partner with Us

NAMI on Campus

NAMI FaithNet



Pathways to Hope



NAMI FaithNet Advisory Group

## NAMI FaithNet

NAMI FaithNet is an interfaith resource network of NAMI members, friends, clergy and congregations of all faith traditions who wish to encourage faith communities who are welcoming and supportive of persons and families living with mental illness.

NAMI FaithNet strives to encourage welcoming, caring congregations as well as to promote the vital role of spirituality in the recovery journeys of many who live with mental health conditions, those for whom faith is a key component.

Through this website and through efforts nationally and in local communities, NAMI and NAMI Affiliates encourage an exchange of information, tools and other resources which will help educate and inspire faith communities about mental illness and the vital role spirituality plays in recovery for many.

NAMI FaithNet is not a religious network but includes an effort to outreach to all religious organizations. Learn more about [awareness events and dates](#) and how to [get involved](#).

[NAMI FaithNet Awareness Bulletin - Black and White NAMI FaithNet Awareness Bulletin](#)

## For NAMI Leaders

We recognize that to reach the goals of NAMI FaithNet most of the work is done at the affiliate level, so we offer resources on our [NAMI Leaders page](#) including periodic mini grants, an idea clearing house, presentations, scripts and guides in order to help NAMI Faith Leaders achieve those goals.

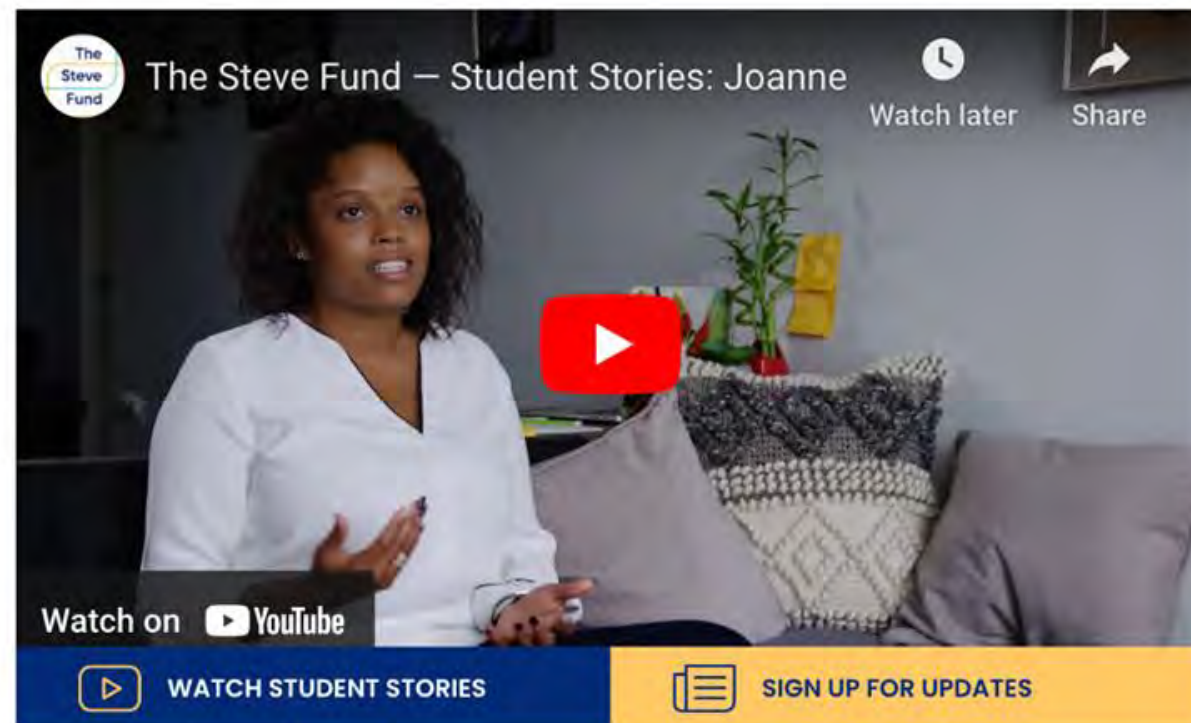


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## About the Steve Fund

The Steve Fund is dedicated to supporting the mental health and emotional well-being of young people of color.

Right at this moment, there are young people of color who are failing academically, suffering emotionally, and/or in some cases are facing serious risk, because population-specific factors influencing mental health are too poorly understood and not acted upon. We are taking action.

[LEARN MORE →](#)



# *Hope* for young LGBTQ lives starts here.

We believe LGBTQ young people deserve a welcoming, loving world. And we wake up every day dedicated to making that a reality.





## ***19 years of impact***

Active Minds has since become the premier organization impacting young adults and mental health. Now in more than 1,000 campuses and communities, we directly reach more than 1.9 million people each year through awareness campaigns, events, advocacy, outreach, and more.

In addition to a [600+ strong National Chapter Network](#) empowering passionate student advocates, Active Minds' programs include [Send Silence Packing®](#), an award-winning suicide prevention display; [Active Minds Speakers](#), a curated group of professional storytellers and presenters who provide encouraging and safe mental health education for students and other audiences; the [Healthy Campus Award](#), which honors colleges that are prioritizing student health and well-being; and the newly launched [Active Minds @Work](#) offerings to build a mental health culture in the workplace.

Our consistent message, amplified by nearly 15,000 young adults each year, is that mental health needs to be talked about as easily as physical health. Only then can we bring suicide and mental health into the open so no one struggles alone.

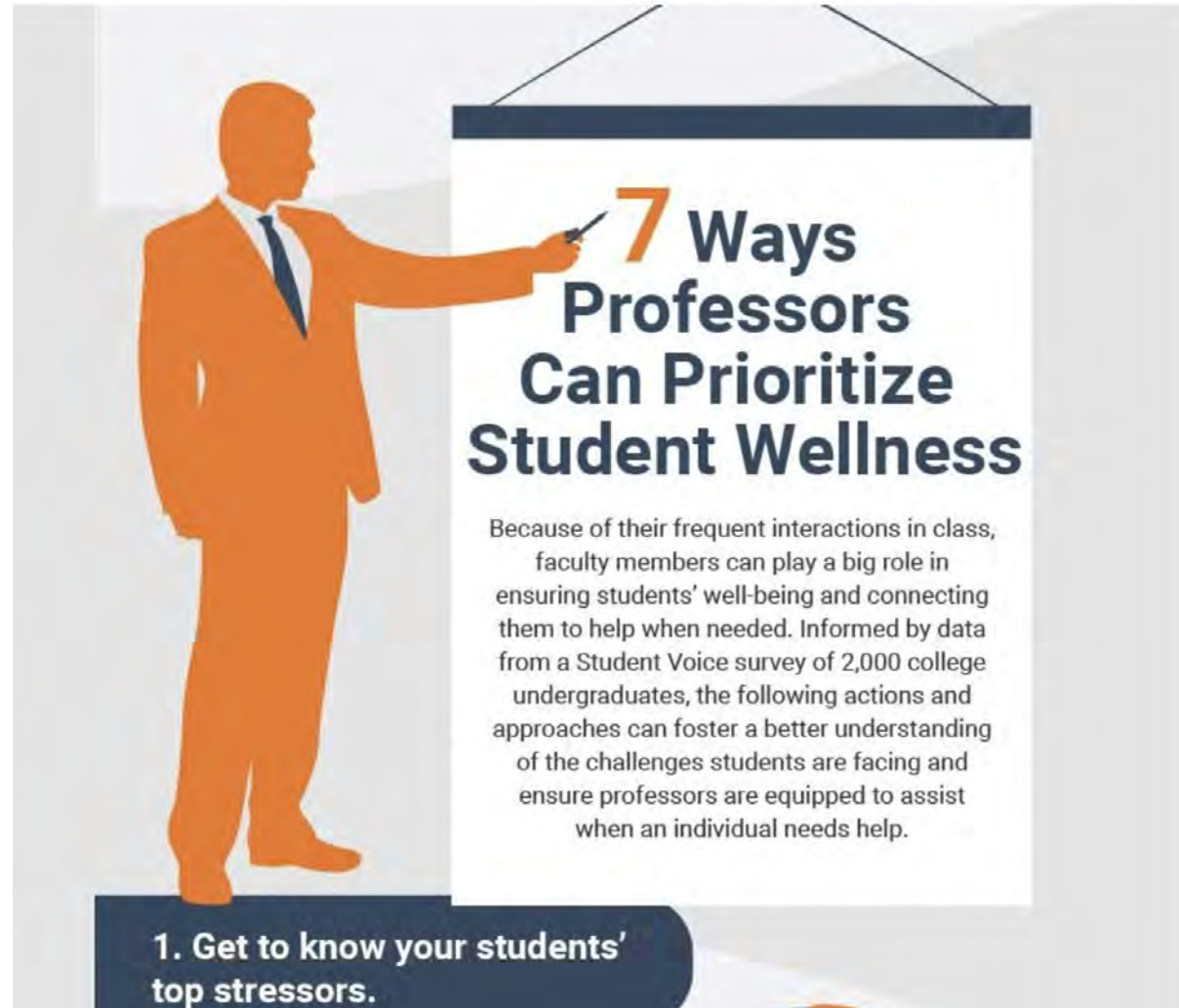
"Young adults have identified mental health as their social justice issue," says Alison. "They are going to be the ones that change this for future generations."

# Professors' Part in Maintaining Student Mental Health

Melissa Ezarik

May 17, 2022

INSIDE  
HIGHER ED



<https://www.insidehighered.com/news/2022/05/17/seven-professor-actions-contribute-student-well-being-infographic>



# Faculty Guide to Supporting Student Mental Health

How to create a culture of care on campus



## FIVE THINGS TO SAY TO A STRUGGLING STUDENT

- ◆ "I noticed you missed class a few times. What's going on for you?"
- ◆ "You seem really tired in class lately. How are you doing these days?"
- ◆ "I'm so glad you told me about this. Let's brainstorm how we can get you support."
- ◆ "That sounds really hard. It makes sense that you are struggling. Let's figure out what on-campus supports can help you right now."
- ◆ "I've worked with the counseling center, and I think they could help. Let's walk over together."



The Jed Foundation

## HOW TO REACH OUT TO A STUDENT WHO MAY BE STRUGGLING

- ◆ Find a way to speak privately.
- ◆ Tell them what you are observing that concerns you.
- ◆ Ask open-ended questions about how they are doing.
- ◆ Let them know you are here to listen and connect them to support if they need it.
- ◆ Share campus resources and ask if they need help accessing them.



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## HOW YOU CAN SUPPORT STUDENTS THROUGH END-OF-YEAR STRESS

- ◆ **Acknowledge** that the end of the year can be a stressful time.
- ◆ **Tell students they can come to you** if they are struggling or just want to talk.
- ◆ **Assign self-care** such as going for a walk, getting eight hours of sleep, spending time in nature, sitting down with a cup of tea, or talking to a friend.
- ◆ **Model self-care** by sharing what you are doing to manage end-of-year stress.
- ◆ **Check in** with a student you're worried about.



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## A STUDENT IN YOUR CLASS MAY NEED MENTAL HEALTH SUPPORT IF THEY ARE:

- ◆ Missing assignments.
- ◆ Repeatedly absent.
- ◆ Not doing as well academically.
- ◆ Participating in class less.
- ◆ Excessively fatigued.
- ◆ Showing poor personal hygiene.
- ◆ Behaving inappropriately or in an exaggerated way.
- ◆ Turning in assignments with alarming or worrisome content.



The Jed Foundation

# Thank You

for all you do to care for the well-being of your campus community!



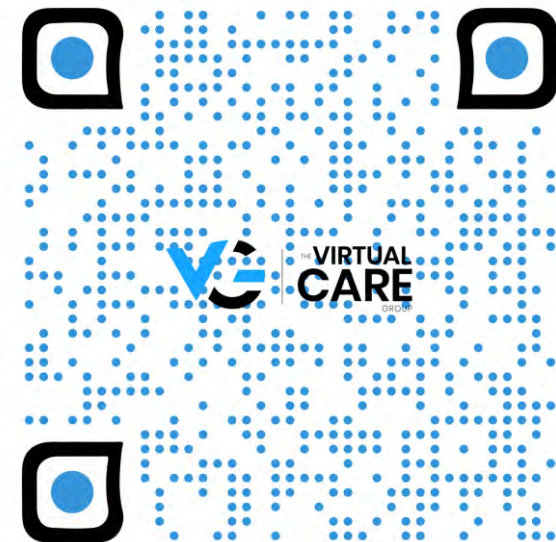
THE **VIRTUAL  
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**Telehealth Made  
Easy for Higher Ed**

**Emily Pettit**

Vice President for Strategic Partnerships

[emily@thevirtualcaregroup.com](mailto:emily@thevirtualcaregroup.com)





# Q&A Session



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