CSU Student Mental Health Update

- National trends in student mental health
- Student services utilization across campus
- Mental Health infrastructure
- Long-term campus engagement
What is driving demand for mental health services?

**Technology**
Time spent online amplifies existing stressors, may overstimulate brain function, and can contribute to a sense of social isolation on campus.

**Substance Use**
In addition to social use, students may look to drugs and alcohol to relax and self-medicate, and seek prescription drugs to focus and work late into the night.

**Social/Political Climate**
Students with historically-marginalized identities can experience increased challenges, barriers, and fear for safety exacerbated by the current political and social climate.

**Intensified Expectations**
Students face early and persistent internal and external pressure to academically excel, fit in socially, and be successful after graduation.

**New Parenting Styles**
Highly-involved parenting can create busy, overscheduled, failure-averse students who struggle to adapt to challenges as they arise.

**Financial Challenges**
High cost of college, the burden of student debt, working more than optimal hours, housing and food insecurity add to students' stress and anxiety.

**Trauma**
Adverse childhood experiences and experiences of interpersonal violence contribute to need for mental health treatment and support.

Source: EAB interviews and analysis.
National College Health Assessment

CSU Benchmarking 2011-2017
Summary

National rates of self-reported student stress, anxiety, depression and suicidality are increasing.

- CSU student rates are in line with national benchmarks.
- High percentages of students report mental health difficulties.
- LGBTQ students report highest levels of distress and risk (nationally and at CSU).
Data Source

National College Health Assessment (NCHA)

- Assesses student health behaviors, habits and perceptions
- Over 1,370,000 students at 700+ universities have taken the survey since Spring 2000
- Reliable and valid instrument
- National reference group comparison data available

Methodology

- Electronically distributed to random sample of 6,000 students
- IRB approved
- Conducted every 2 years
- Fall 2011 (28.3% response rate), Fall 2013 (16.2%), Fall 2015 (13.8%), Fall 2017 (18%)
- Created 2017 sub-reports for CSU students of color (SOC) (n=260) and LGBTQ students (including non-binary students) (n=178)
Negative Academic Impacts (2017)

Top Health-Related Factors Negatively Affecting CSU Students

1. Stress
2. Anxiety
3. Sleep Difficulties
4. Depression

- College health is not what people often think; most common stressors are related to mental health.
- Traditional medical issues, such as cold or flu, do not appear on the list until #5 and later.
Past 12 Months: Felt Overwhelming Anxiety (2017)

• Significant increases in anxiety for both CSU male and female identified students; 50% increase for men and 30% increase for women since 2011.
Past 12 Months: So Depressed
It Was Difficult To Function (2011-2017)

- Significant increases in rates of depression since 2011; 56% increase for CSU male students and 45% increase for CSU female students.

- CSU LGBTQ students reported significantly higher rates of depression in comparison to CSU non-LGBTQ students. (2017)

- CSU SOC reported the same depression rates as CSU white students – 43%. (2017)
Increasing rates of suicide

• Second leading cause of death among college students

• 12.5% of CSU students seriously considered suicide (NCHA 2017)

• 24.9% of LGBTQ CSU students seriously considered suicide (NCHA 2017)
Support Services Utilization
Summary

Demand for CSU student support services is increasing at a much higher rate than enrollment growth, and shows no signs of slowing.

Increases from FY15-FY19

• Tell Someone Reports: 297%
• Student Case Management: 60%
• Mental Health Hospitalizations: 69%
• VAT Interpersonal Violence Survivors Served: 119%
• Title IX Reports: 155%
Increase in demand vs. increase in enrollment

Increase in students served by CSUHN Counseling Services from FY15 to FY19: 34%
Increase in CSU RI enrollment during same time period: 6%
CSU Mental Health Support Infrastructure
CSU Health Network – Mental Health Services

- CSUHN Crisis & Consultation Services
- CSUHN Post-Hospitalization Support (iTeam)
- CSUHN Drugs, Alcohol & You (DAY) Programs
- CSUHN Group Therapy & Skill-Building Workshops
- Online Therapeutic & Self-Help Resources
- Referrals to Campus & Community Resources
- CSUHN Prevention Initiatives
- CSUHN Psychiatry & Medical Services
- CSUHN Individual & Couples Counseling
Mental Health Support Model – Highlights

• Main changes will occur in our On-Call system & “behind the scenes”

• Work with students to match needs with appropriate services

• **Student identity** is central in the screening process

• **Expanding** online digital skill building and virtual coaching
3 Steps to Accessing Counseling Services

1. Visit

Visit Counseling Services on the 3rd floor of the CSU Health and Medical Center.

2. Plan

Meet with an on-call counselor and co-create a wellness plan with services that are best for you based on your unique circumstances.

These services could include:
- Online therapeutic and self-help resources
- Group Therapy and Skill-Building Workshops
- Individual Counseling
- Campus and Community Resources

3. Act

- Commit to your personalized wellness plan developed with your counselor;
- Attend all scheduled Counseling Services appointments, groups, and/or workshops
- Follow-up with any recommended campus or community resources
- Practice and maintain self-help skills and tasks discussed in sessions
How to talk about Counseling Services

Your student fees provide access to a wide range of mental health support resources at no additional cost.

Visit Counseling Services on the 3rd floor of the Health & Medical Center, and they’ll work together with you to find the resources that are best for you.
Review of your role:

- **Crisis referrals remain the same**
  - Tell Someone 491-1350
  - Counseling Services 491-6053
  - Mental Health Crisis Intervention 491-7111
  - CSU Police 911 (491-6425)

- Engage in campus training (Notice and Respond)
- Encourage help seeking
- Model active discussions of coping in the classroom
- Be willing to listen and offer a supportive ear
  - Let the student have their moment
In summary…

• Shifting landscape of college mental health
• Slight changes to mental health services for students

• Engaging the entire CSU community in supporting the mental health and well-being of students
• Proactively helping students develop coping and resiliency skills
• Addressing systemic issues affecting student success and well-being

Focus of today's discussion

For future discussion
Questions?

Thank you

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