Student Health, Mental Health and Well-Being

August 2018

Paul Dupont, Ph.D.
Counseling Director
University Counseling Services of Norris Health Center
pdupont@uwm.edu
Overview

- Current health and well being of our students
- Response from all campus constituents
- Available programs and services
- What you can do as Chairs
- Q and A
## National College Health Data Spring Survey

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Average age</td>
<td>23.8 years</td>
<td>22.1 years</td>
</tr>
<tr>
<td>White</td>
<td>77.3%</td>
<td>73.2%</td>
</tr>
<tr>
<td>Undergraduates</td>
<td>78.4%</td>
<td>84.1%</td>
</tr>
<tr>
<td>Residential</td>
<td>27.7%</td>
<td>48.3%</td>
</tr>
<tr>
<td>Total Respondents</td>
<td>821</td>
<td>31,463</td>
</tr>
<tr>
<td>----------------------------------------------------------------------</td>
<td>--------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>Finances*</td>
<td>41.25</td>
<td>33.5</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>34.0</td>
<td>30.7</td>
</tr>
<tr>
<td>Family Problems</td>
<td>31.6</td>
<td>28.8</td>
</tr>
<tr>
<td>Intimate Relationships</td>
<td>33.0</td>
<td>30.5</td>
</tr>
<tr>
<td>Other Relationships</td>
<td>32.2</td>
<td>27.8</td>
</tr>
<tr>
<td>Personal Health Issues</td>
<td>25.8</td>
<td>22.4</td>
</tr>
<tr>
<td>Health Problems of a Family Member or Partner</td>
<td>24.0</td>
<td>20.2</td>
</tr>
<tr>
<td>Students reporting no issues*</td>
<td>19.9</td>
<td>24.9</td>
</tr>
<tr>
<td>Students reporting 3 or more issues*</td>
<td>57.8</td>
<td>50.6</td>
</tr>
</tbody>
</table>

*UWM >= 5% difference vs national sample
Within the last 12 months, have any of the following affected your academic performance*?

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>34.9</td>
<td>31.7</td>
</tr>
<tr>
<td>Anxiety</td>
<td>28.2</td>
<td>25.1</td>
</tr>
<tr>
<td>Depression</td>
<td>22.5</td>
<td>16.7</td>
</tr>
<tr>
<td>Sleep Difficulties</td>
<td>22.5</td>
<td>21.4</td>
</tr>
<tr>
<td>Work</td>
<td>19.9</td>
<td>12.9</td>
</tr>
<tr>
<td>Cold/flu/sore throat</td>
<td>14.3</td>
<td>13.5</td>
</tr>
<tr>
<td>Concern for troubled friend or family member</td>
<td>10.9</td>
<td>10.7</td>
</tr>
<tr>
<td>Relationship Difficulties</td>
<td>8.9</td>
<td>8.8</td>
</tr>
<tr>
<td>Internet Use/Computer Games</td>
<td>8.7</td>
<td>9.0</td>
</tr>
<tr>
<td>Finances</td>
<td>6.8</td>
<td>6.5</td>
</tr>
<tr>
<td>Impacted by Discrimination</td>
<td>1.2</td>
<td>1.5</td>
</tr>
</tbody>
</table>

*Received a lower grade on an exam or important project; Received an incomplete or dropped the course; Significant disruption in thesis, dissertation, research or practicum work
## NCHA Mental Health Data

<table>
<thead>
<tr>
<th>Within the previous 12 months</th>
<th>UWM % (2018)</th>
<th>National % (2017)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt Overwhelming Anxiety</td>
<td>66.0</td>
<td>60.9</td>
</tr>
<tr>
<td>Diagnosed/Treated for Anxiety</td>
<td>26.2</td>
<td>20.4</td>
</tr>
<tr>
<td>So Depressed Difficult to Function</td>
<td>48.0</td>
<td>39.2</td>
</tr>
<tr>
<td>Diagnosed/Treated for Depression</td>
<td>24.2</td>
<td>16.5</td>
</tr>
<tr>
<td>Seriously Considered Suicide</td>
<td>14.8</td>
<td>12.0</td>
</tr>
<tr>
<td>Attempted Suicide</td>
<td>2.8</td>
<td>1.9</td>
</tr>
</tbody>
</table>
NCHA Trend data

Percentage of students who ever felt so depressed it was hard to function within the last year

- 2008: 35% (UWM), 31% (National)
- 2012: 33% (UWM), 31% (National)
- 2017/2018: 48% (UWM), 39% (National)
NCHA Trends (cont.)

Percentage of student who ever felt overwhelming anxiety within the last year

- 2008: 49% (UWM), 51% (National)
- 2012: 56% (UWM), 58% (National)
- 2017/2018: 66% (UWM), 61% (National)
NCHA Trends (cont.)

Percentage of students who ever seriously considered suicide within the last year

- **UWM**
  - 2008: 9%
  - 2012: 8%
  - 2017/2018: 15%

- **National**
  - 2008: 6%
  - 2012: 7%
  - 2017/2018: 12%
Percentage of student who attempted suicide within the last year

- 2008: UWM 2%, National 1%
- 2012: UWM 1%, National 1%
- 2017/2018: UWM 3%, National 2%
Students seeking University Counseling Services have consistently reported significantly more histories of:

- previous MH treatment
- previous psychotropic medication use
- history of self harm

UCS clients also indicate significantly lower levels of functioning at intake.
A Comprehensive, Public Health, Environmental Approach for Student Wellbeing

- These issues that have significant impact on students, but also on academics and functioning

- Individual level interventions are critical; such as counseling, health services, sexual violence advocacy services

- However, these are complex, interconnected issues that cannot be addressed in isolation and require comprehensive environmental approaches, such as:
  - Significant cooperation and collaboration among on and off campus entities to change the campus and community environment
  - Major ongoing time and commitment to make progress
  - Policy development
Effective Solutions Require a Community Effort

Public Policy
Community
Institutional
Interpersonal
Individual

From 2011 Campus Mental Health Task Force Cabinet Presentation and Recommendation for Chancellor’s Advisory Committee on Mental Health

Timothy C. Marchell, PhD, MPH
Director of Mental Health Initiatives
Gregory T. Eells, PhD
Director of Counseling & Psychological Services

Cornell University’s Campus-Wide Approach to Student Mental Health
UWM Resources

- Physical Well-Being
  - Norris Health Center (Norris building)
  - Norris Health Promotion and Wellness (NWQ 5th floor)
  - Health Urban Bodies (HUB) (NWQ Ground Fl.)
  - Rec Sports and Fitness Classes (Klotche)
Mental Health and Mixed Resources

- University Counseling Services (NWQ 5th floor)
- Psychology Department Clinic (Pearse Hall)
- Norris HPW Victim Advocacy (NWQ 5th floor)
- Norris HPW MH Outreach (NWQ 5th floor)
- Norris HPW AODA (NWQ 5th floor)
Mental Health and Mixed Resources (cont.)

- Chancellor’s Advisory Committee on MH
- uwm.edu/mentalhealth
- Students of Concern and CARE Teams (uwm.edu/reportit)
- FEI EAP for permanent staff and faculty (feieap.com- password SOWI)
- Other HR sponsored trainings (yoga, stress reduction, etc)
What can you and your department do?

- Make sure fac/staff are also aware of these student problems and of resources available to support student success
- Bring in trainings as needed
- Create or continue a departmental culture of:
  - Responsiveness to student needs as well as that of fac/staff through:
    - Discussion with willing students re these issues not only appropriate but encouraged (uwm.edu/mentalhealth video)
    - Regular conversation
    - Encourage outside training
    - Course timelines/due dates/other requirements allow for flexibility
    - Modeling of this approach
    - Promote fac/staff use of resources, as needed and as appropriate
- Attentiveness to grad students
Conclusions and Next Steps

- There are more students coming to UWM with physical and mental health issues and these issues are more serious than in the past.
- These issues impact academic success of our students.
- These are complex, interconnected issues that require collaborative comprehensive strategies for prevention and intervention.
- UWM has seen positive results from our work to address issues such as high-risk drinking and suicide prevention—data shows we are making progress and need to continue to make progress.
- We need to focus our limited resources on our priorities.
Questions/Comments