



BOARD *of* GOVERNORS

State University System of Florida

Mental Health Overview

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www.flbog.edu



Driving Forces

Outside of Your Control, but Having a Huge Impact on Students

Substance Abuse

Students look to drugs and alcohol to relax; use prescription drugs to focus, work late into the night



Intensified Expectations

Students face early and persistent pressure to academically excel, fit in socially, and be successful after graduation



Social Media

Time spent online amplifies existing stressors and contributes to an overwhelming sense of social isolation on campus



New Parenting Styles

Highly involved parenting creates busy, overscheduled, failure-averse students who struggle to adapt to challenges as they arise in college



Political Climate

Stress from current events and politics exacerbates students' existing issues with stress, anxiety, and depression

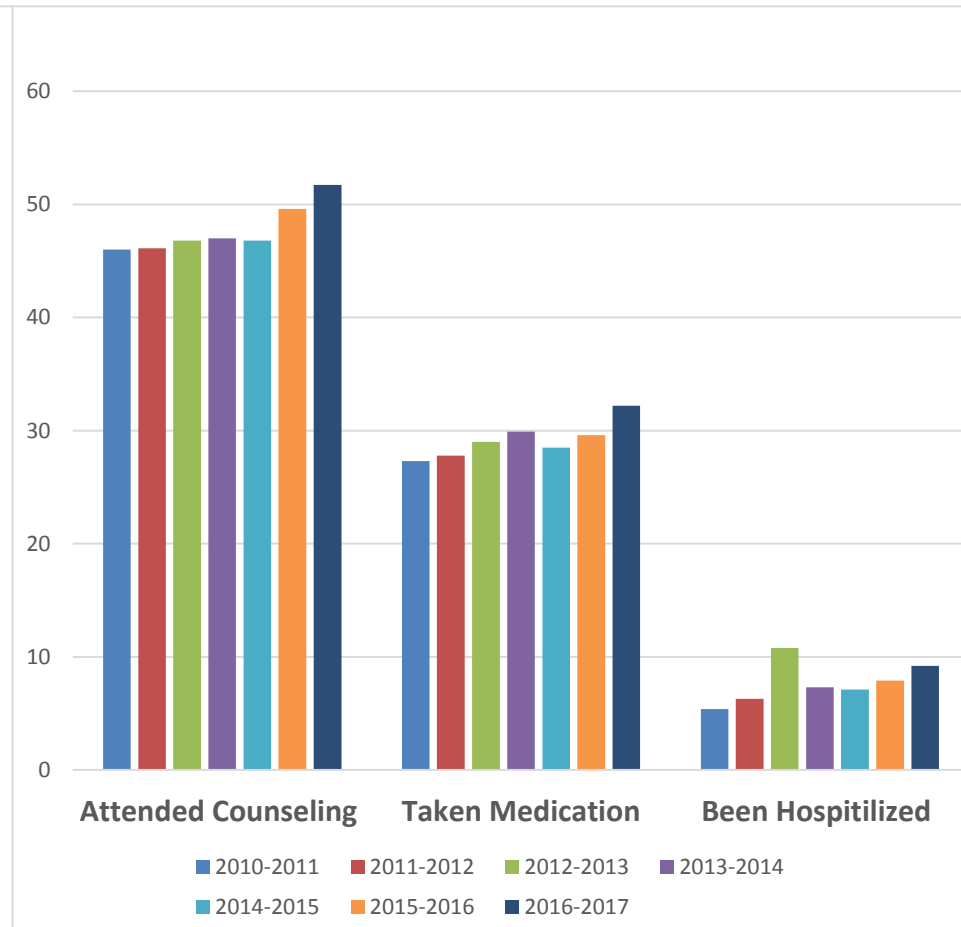
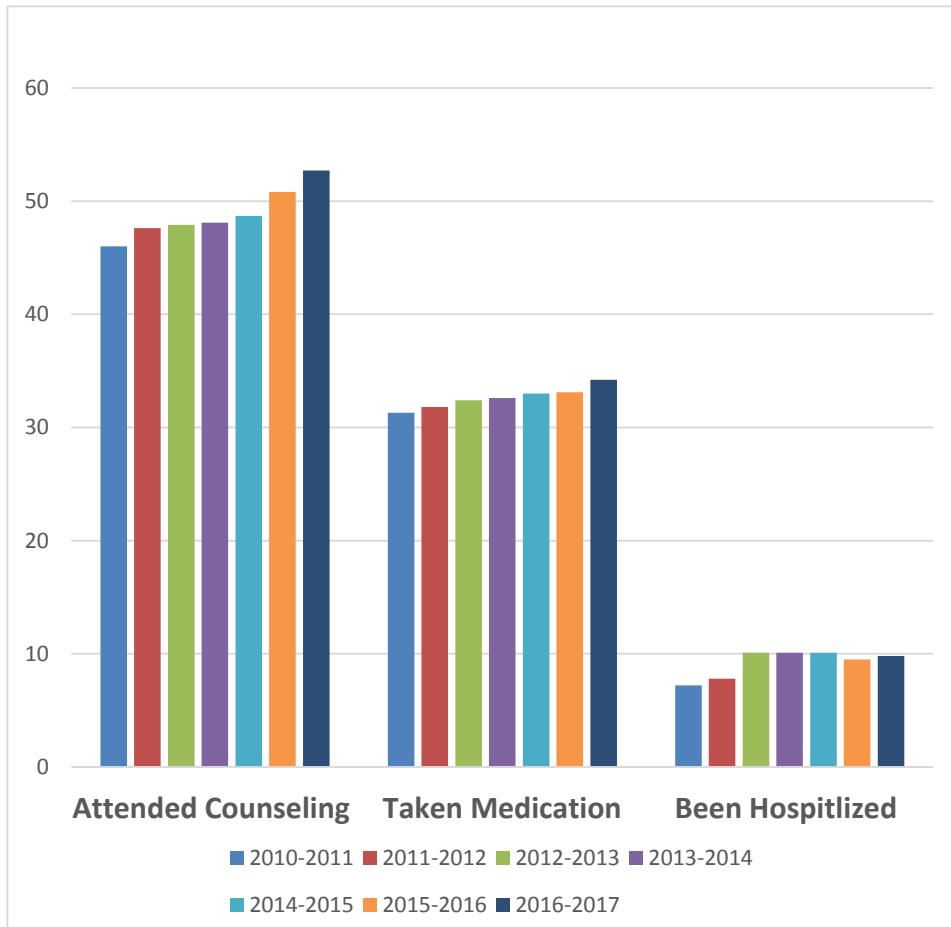




Prior Treatment Trends (7 years)

National

SUS



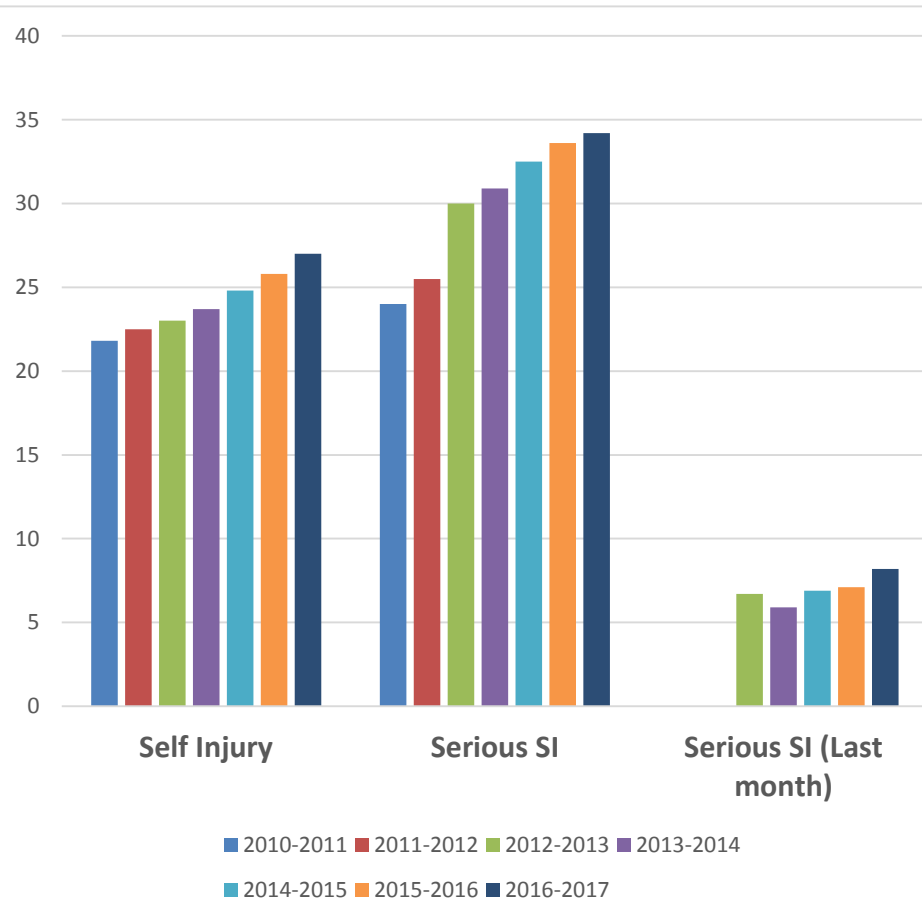
Source: Center for Collegiate Mental Health (CCMH) 2017 Annual Report

Source: CCMH Special Analysis 2018

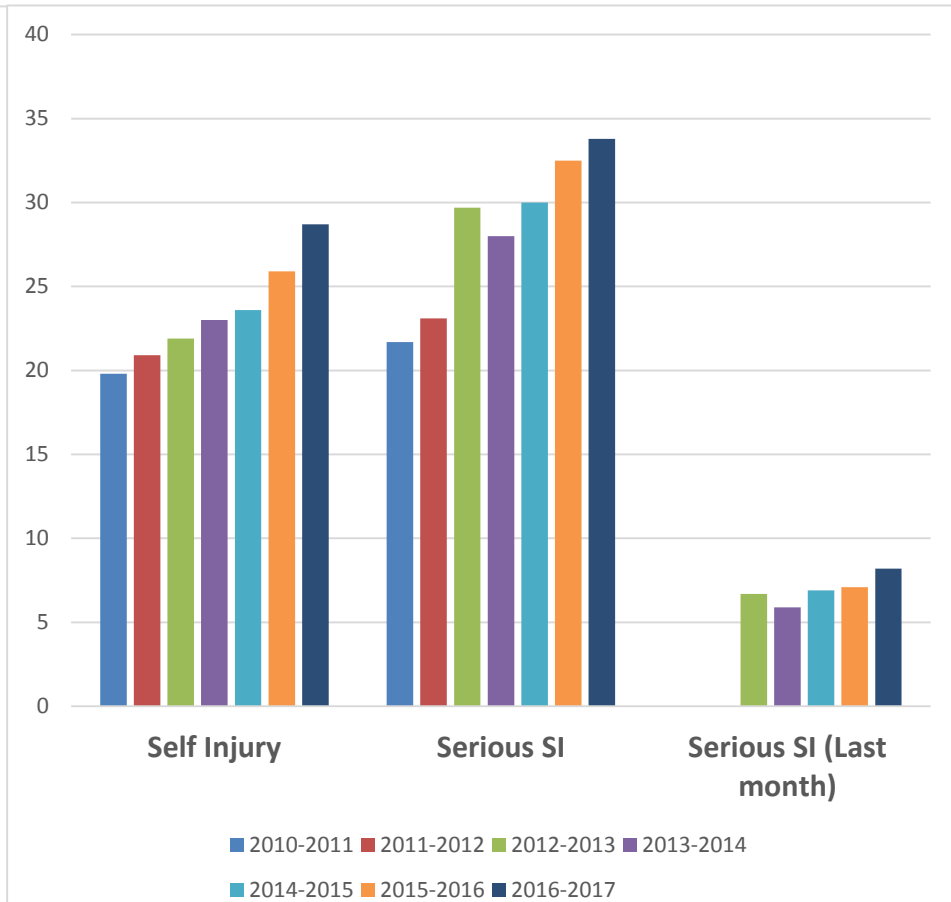


Threat to Self Trends (7 years)

National



SUS



Source: Center for Collegiate Mental Health (CCMH) 2017 Annual Report

Source: CCMH Special Analysis 2018



Risk Assessment, Access, and Treatment

Prioritizing Quick Access for All Students

- Clinical resources used to help greater number of students solve short-term challenges
- High-need students are referred off campus for long-term care
- Intake, triage, and walk-in hours reduce wait times for all students

Accessibility



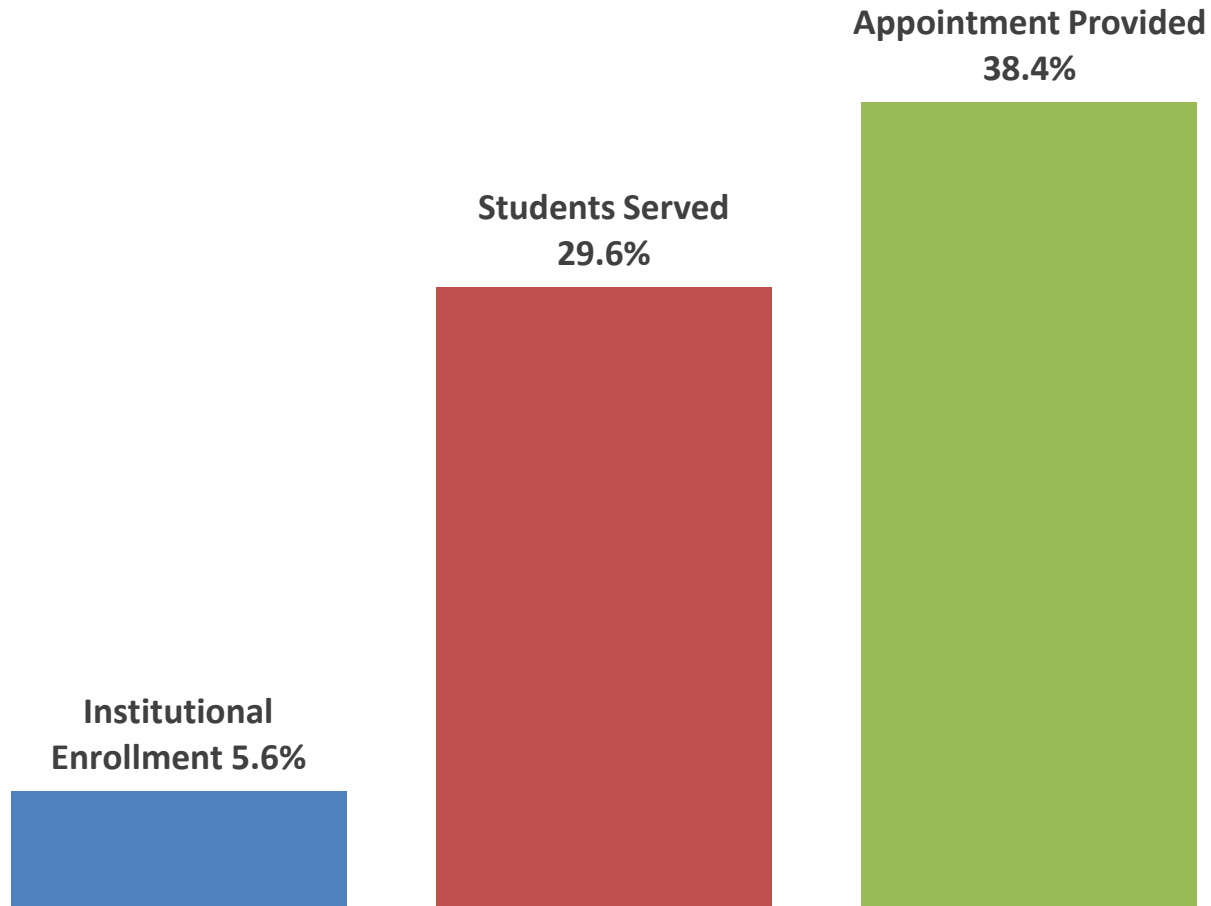
Prioritizing Ongoing Treatment for High-Need Students

- Clinical resources devoted to small group of high-need students
- Little to no reliance on community resources to provide care
- Reduced access or longer wait times for non-critical cases

Intensity



Institutional vs. Counseling Center Growth



Source: Center for Collegiate Mental Health (CCMH) 2015 Annual Report



SUS Counseling Center Utilization AY 2017-2018

8% of students enrolled across the SUS
have been served by the counseling centers

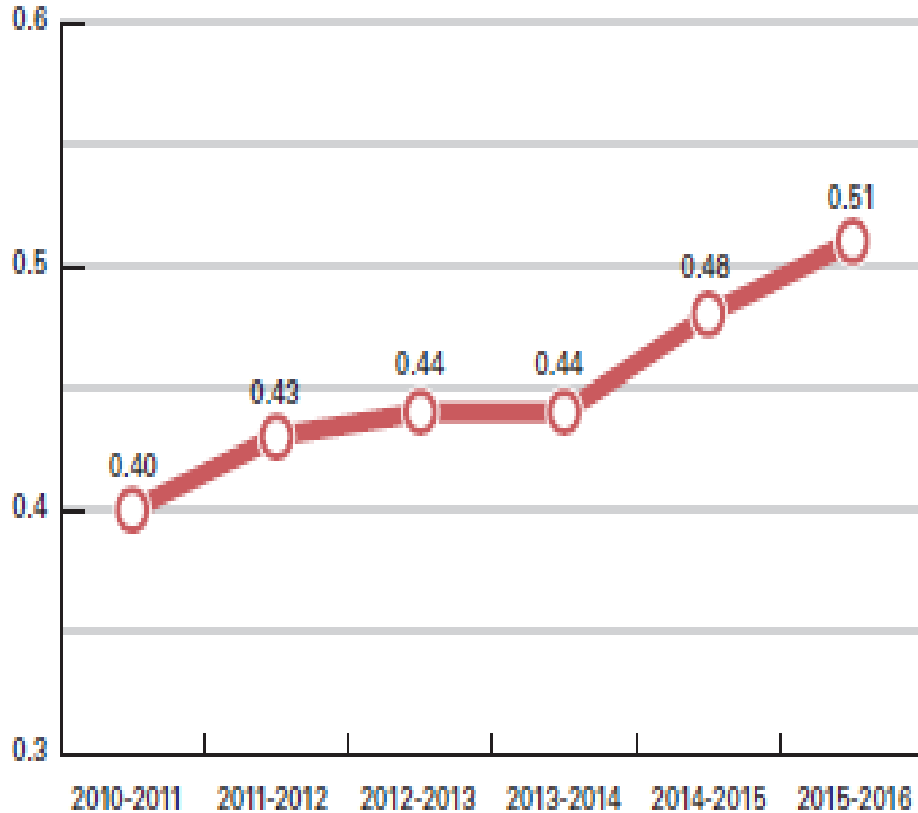
Range: 3% of students at University of
South Florida Sarasota Manatee to
30% of students at New College

Source: Data submitted by SUS institutions October 2018

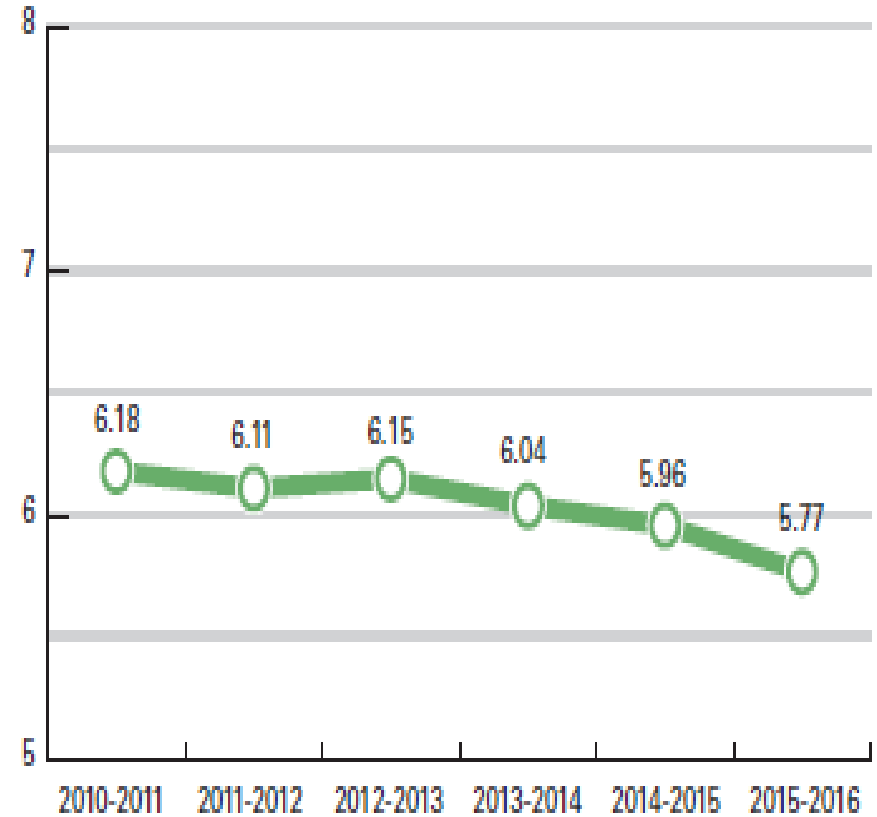


Rapid Access vs. Routine

Annual Rapid-Access Hours per Client



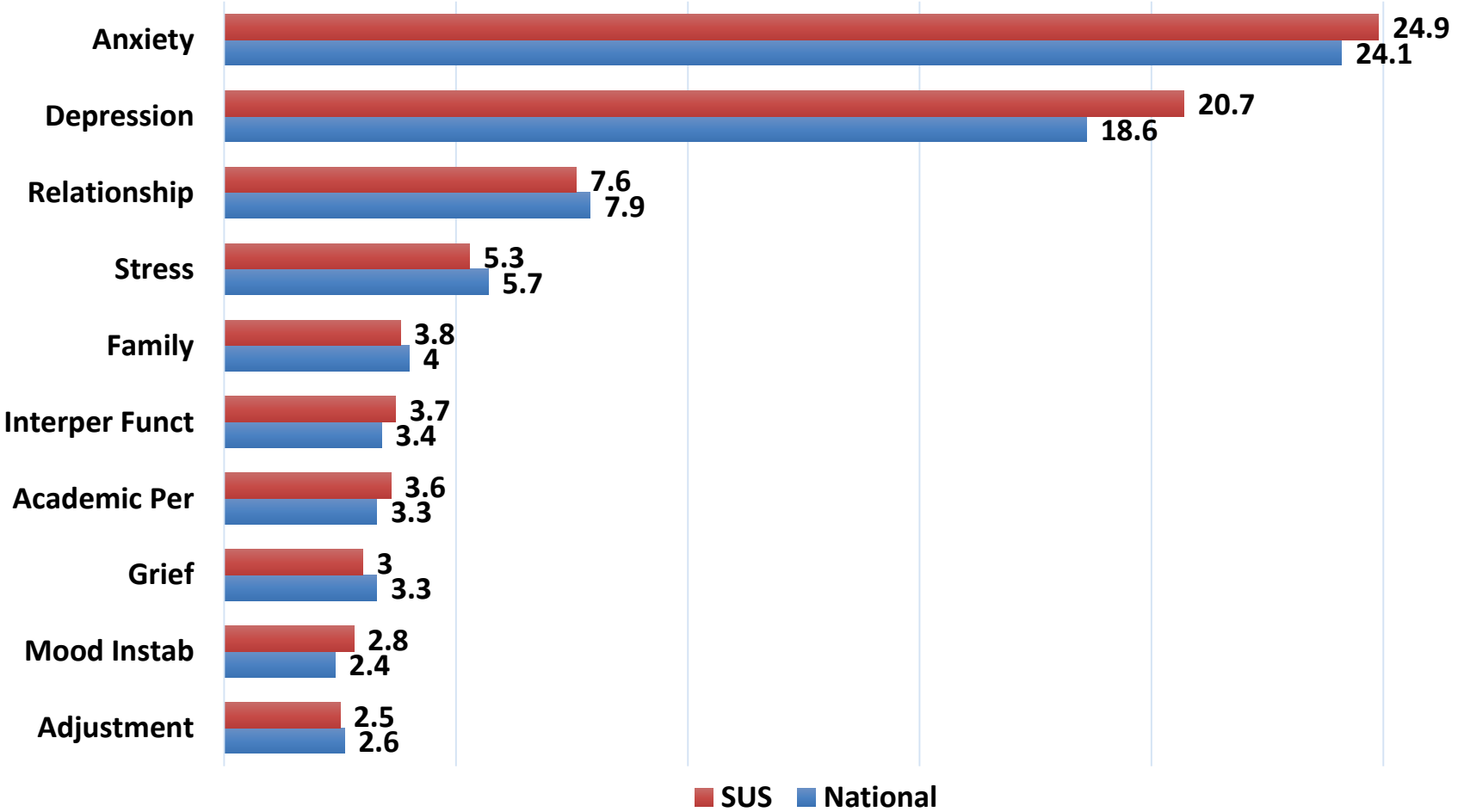
Annual Routine Hours per Client



Source: Center for Collegiate Mental Health (CCMH) 2016 Annual Report



CLICC Top 10- Top Concern by Percentage Endorsed

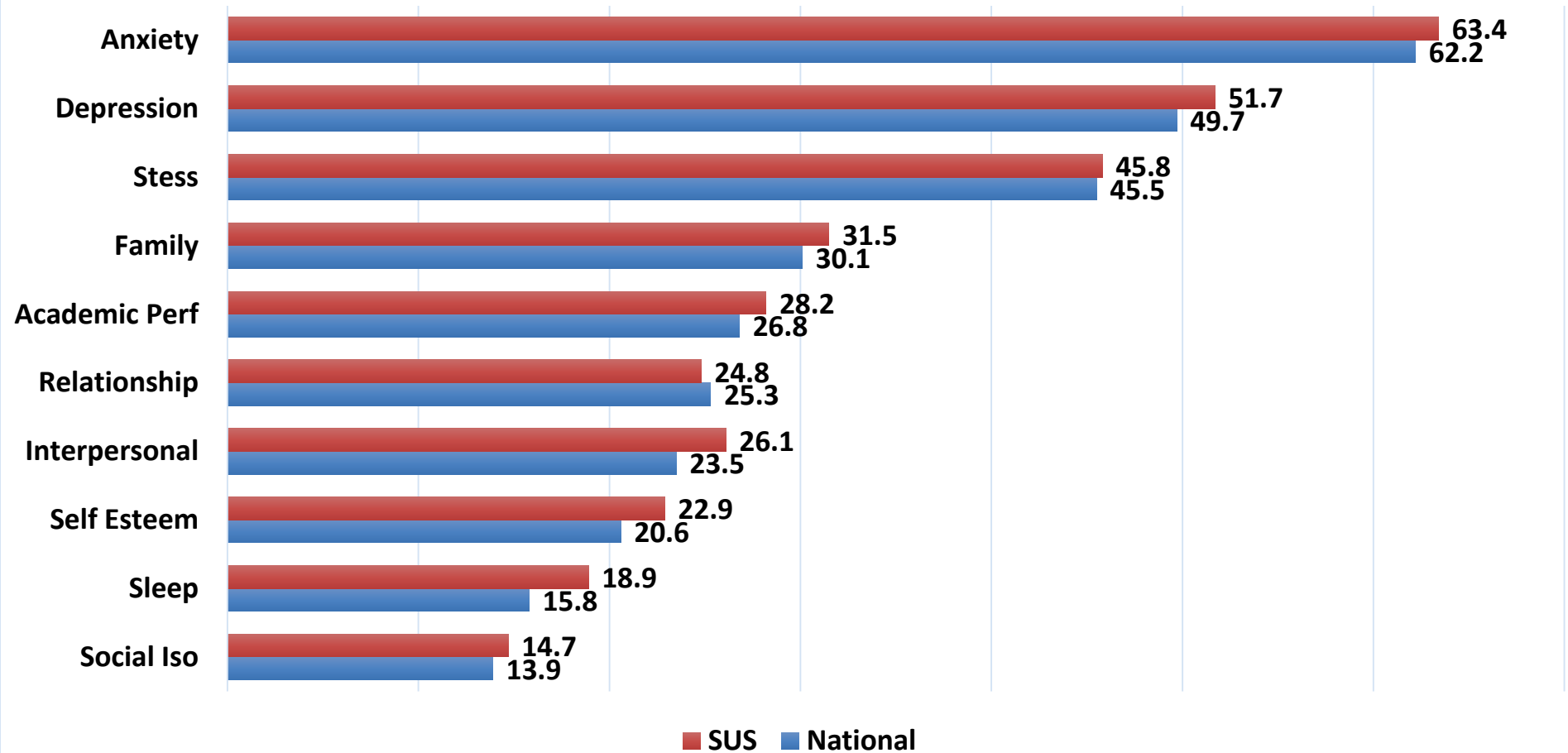


Source: Center for Collegiate Mental Health (CCMH) 2017 Annual Report and CCMH Special Analysis 2018



CLICC Top 10- "Check all that Apply"

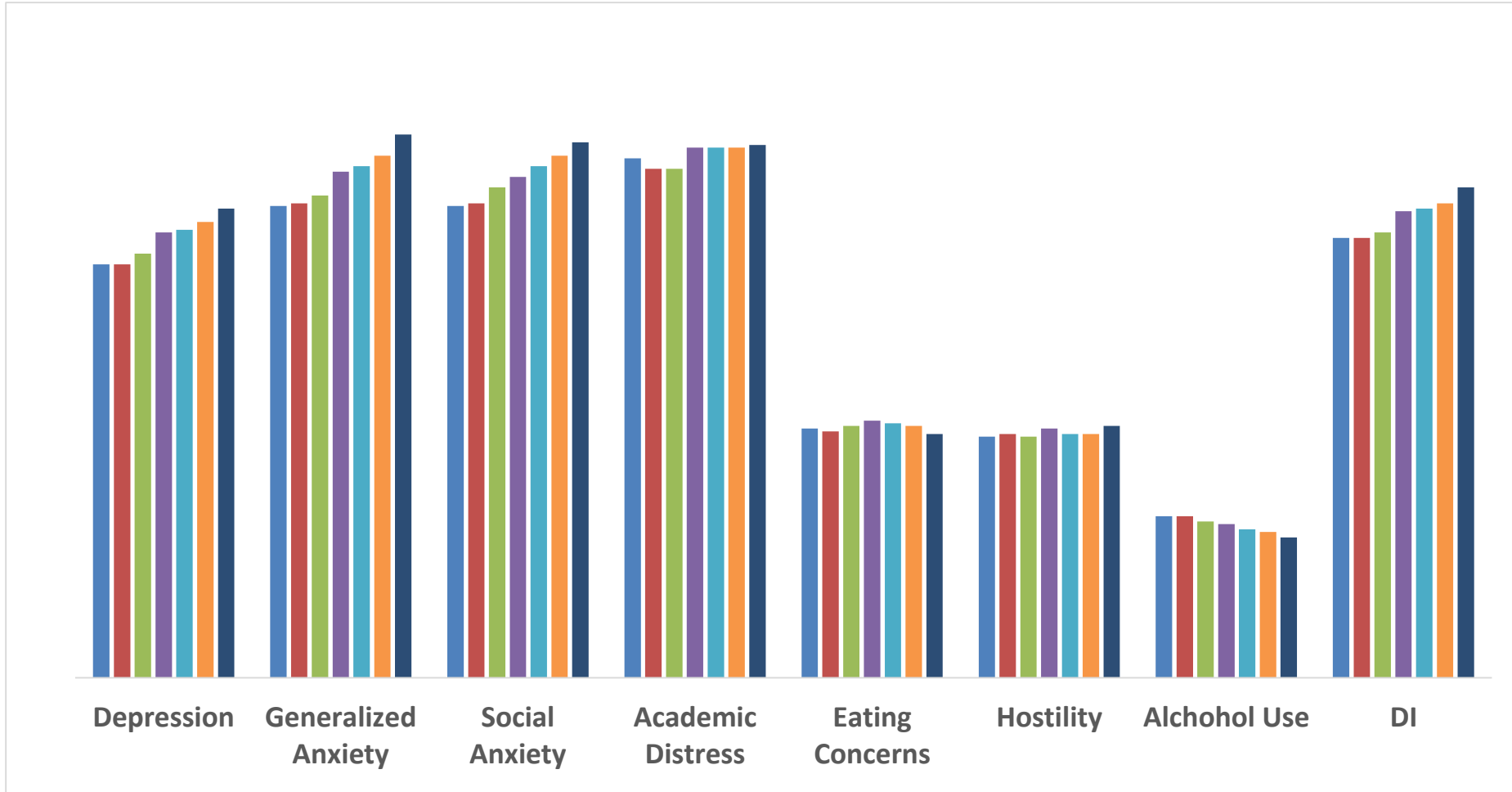
CLICC-"Check All That Apply"



Source: Center for Collegiate Mental Health (CCMH) 2017 Annual Report and CCMH Special Analysis 2018



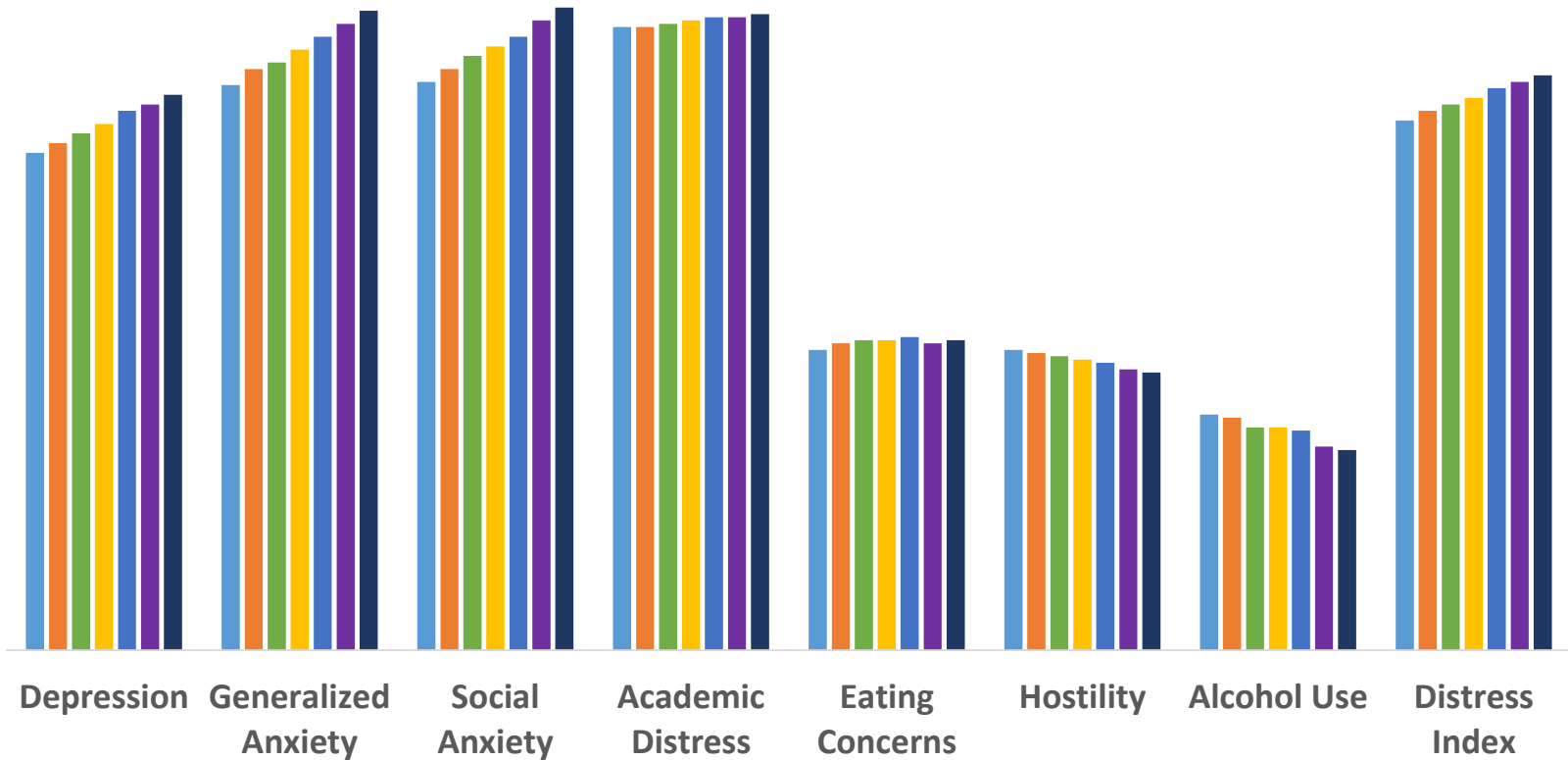
CCAPS-34 Self-Reported Distress: 7-year Trends SUS Data



Source: CCMH Special Analysis 2018



CCAPS-34 Self-Reported Distress: 7-year Trends National Data



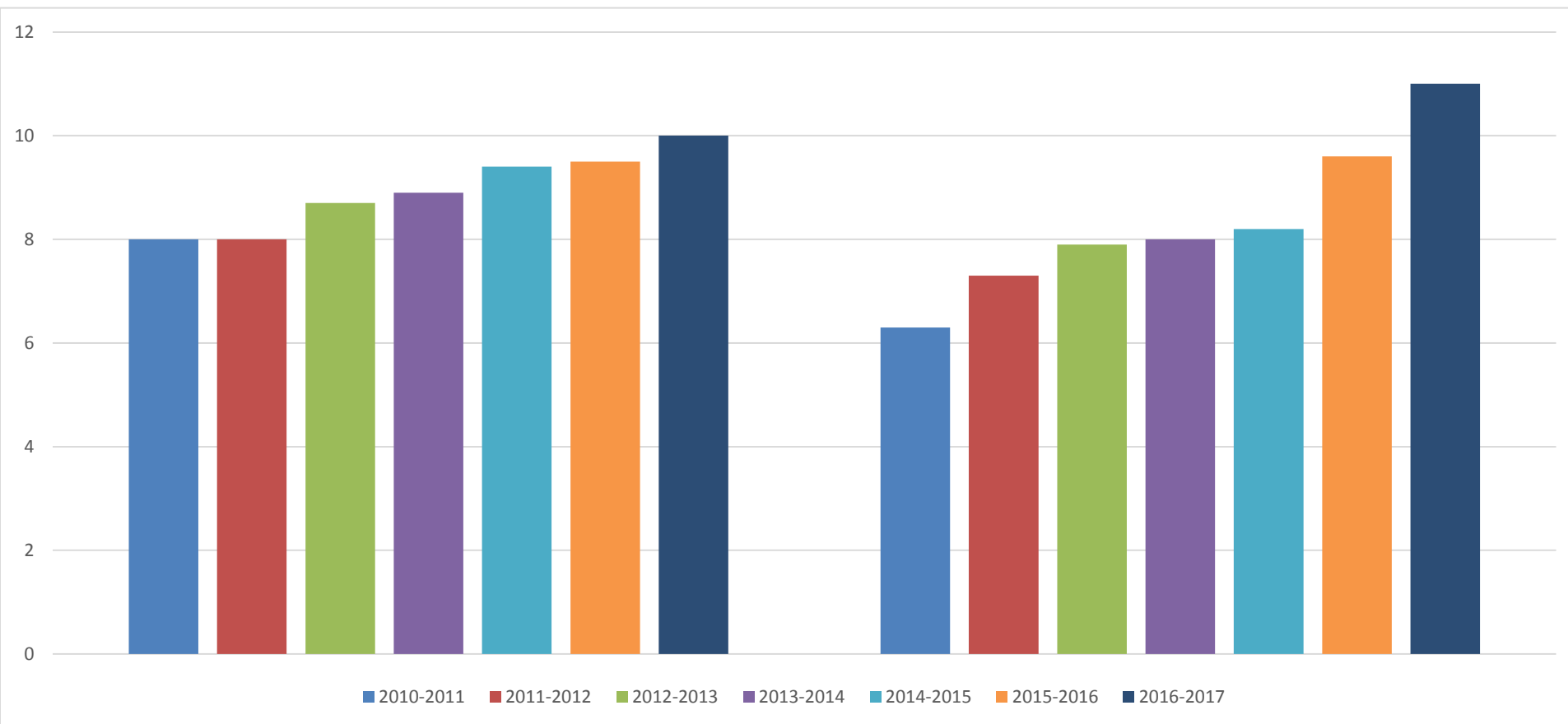
Source: Center for Collegiate Mental Health (CCMH) 2017 Annual Report



Suicidal Attempt Trends (7 years)

National

SUS

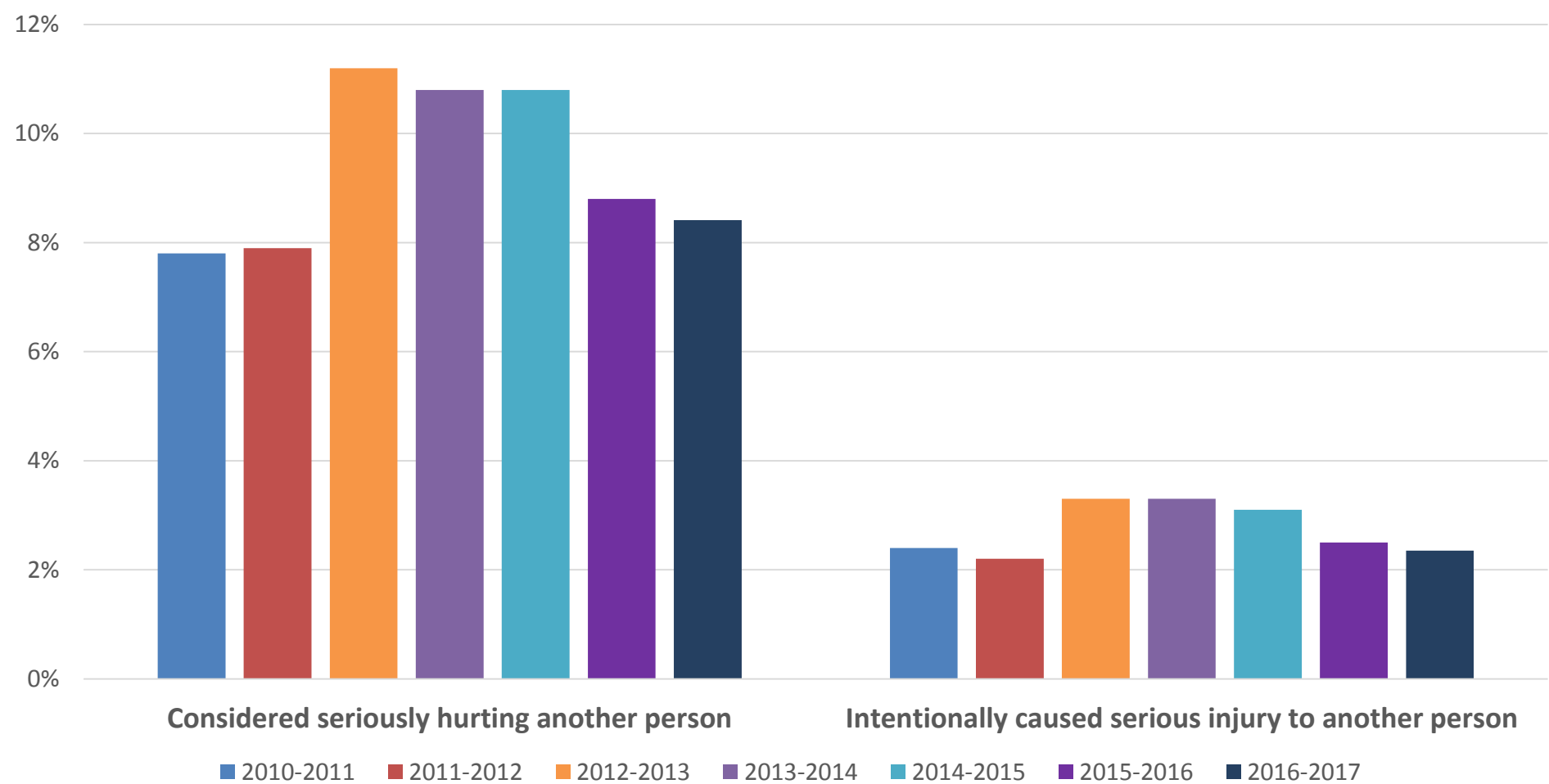


Source: Center for Collegiate Mental Health (CCMH) 2017 Annual Report

Source: CCMH Special Analysis 2018



Threat to Other Trends (7 years) National Data



Source: Center for Collegiate Mental Health (CCMH) 2017 Annual Report



7-year Trends: Recap

- Impact on clinical services, treatment
- Critical importance of maintaining concept of treatment
 - Rapid Access vs. Routine
 - Crisis and Referral Sites or Treatment Sites
- Importance of multiple treatment pathways based on need

Source:



Promotion of Well-being

Common strategies for encouraging and promoting mental well-being among on-campus, commuter, and online students

- Freshman course that includes wellness and life-skills development (e.g. Freshman Experience, Student Life Skills)
- Student Mental Health Literacy Training
- Institutions reported utilizing online self-help modules
 - Therapist Assisted Online (TAO), WellTrack, guided mindfulness and breathing exercises



Promotion of Well-being

Emerging strategies for encouraging and promoting mental well-being among on-campus, commuter, and online students

- PepTalk – FAU
- Healthy Living Program – FIU
- Care@FloridaPoly.edu – FL Poly
- Animal Interaction Experience – UCF
- Stress Free Café - UWF



Short-term and Long-term Issues

How are short- & long-term mental health issues handled

- Short Term
 - Stepped Care
 - Brief Therapy Model
- Long Term
 - Some options
 - Clients Exceeding Scope





Student Care Coordination

How is student care coordinated among various health providers for on-campus, commuter, & online students?

- Liaisons
- Care Managers
 - 9 of 11 CAPS Sites
 - Inter and Intra Departmental Referrals
- Community Providers
 - Referral Database Options





Mental Health Enhancement Plans: Overview of Current Progress

Institutions provided an update on their current mental health enhancement goals.

- Additional staff hired in various capacities based on the needs of the institutions
- Increased access via extended hours on campus, with community providers, and online services
- Enhanced mental health training
- Some plans revised based on student needs, availability of resources, quality of applicant pools