



BOARD *of* GOVERNORS

State University System of Florida

Drug, Alcohol, & Mental Health Issues: A Review

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Overview

- Review of drug & alcohol use, student mental health issues
- Critical issues
- Framework for solutions



Drugs & Alcohol Use

- SUS students self-report relatively low drug use & misuse (<5%), with the exception of marijuana (18%)
- SUS students (62%) reported using alcohol at least once during a 30 day period



Student Mental Health

- Anxiety & depression are the most commonly reported reasons for seeking counseling
- Increasing numbers of students are diagnosed with & treated for mental health issues prior to enrolling in college



Critical Issues

- Substance use/misuse & mental health issues interfere with academic success
- Covering all the bases
 - Preventing misuse & crises
 - Addressing crises
 - Treating ongoing issues
- Coordinating care



Framework for Solutions

- Overarching focus on student wellness
 - Specific strategies focused on substance use & mental health
- 3 levels of support
 - Campus
 - Community
 - Policy



Solutions Completed

- Campus (as reported in Dashboard January 2019)
 - Healthy Campus 2020
 - Healthy lifestyle programs
 - Freshmen needs assessments
- Policy / System
 - Amnesty policies



Solutions In Progress: Campus

- Mental health literacy for faculty/staff (Fall 2019)
- National Collegiate Health Assessment (Spring 2020)*
- Increasing counseling center capacity (AY 2019-20)
- Best practices focused on prevention & early intervention (Fall 2019)*
- Rebrand collegiate student experience toward lifelong health (Fall 2019)*
- Create or re-orient campus services focused on proactive & responsive mental health well-being (Fall 2019)*
- Peer counseling programs (TBD)
- Student health insurance (TBD)
- Wellness & life skills course (TBD)

* denotes item from the Dashboard



Solutions In Progress: Policy/System

- Student Wellness Dashboard (June 2019)
- Amnesty legislation (TBD)
- Align institutional policies with practice to support the desired student/campus culture (Spring 2020)*

* denotes item from the Dashboard



Solutions for Further Consideration: Campus & Community

- Campus
 - Continue implementation of Dashboard initiatives
- Community
 - Assess availability of community resources (as part of student health insurance)
 - Establish additional relationships/partnerships as appropriate
 - Investigate the viability of telehealth options



Solutions for Further Consideration: Policy/System

- Annual review of Dashboard (CSA & Board staff)
- Biannual system-wide summit focused on student wellness (CSA & Board staff)
 - Share best practices
 - Discuss current issues



Discussion





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