



# BOARD *of* GOVERNORS

## State University System of Florida

### **The Mental & Behavioral Health of Students & the Need for Increased Counseling Services**

Dr. Christy England, Associate Vice Chancellor  
Academic & Student Affairs  
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[www.flbog.edu](http://www.flbog.edu)



# Background and Purpose



To receive an update on the  
**mental and behavior health**  
of students.





# Counseling Centers Ensure Student Success

- **Education, training & outreach**
- Prevention workshops
- **Mental health screenings**
- Counseling for individual, groups, & couples
- **Psychiatric services**
- Crisis & emergency services
- **Resources & services for faculty, staff, & parents**





# The National Scene

**41%**

of students sought individual or group counseling, up from 9% in 2006

**52%**

of student clients have serious psychological issues, up from 41% in 2003



Counselor to client ratio in 2014

**1 to 2,081**

**26%**

of student clients are on psychiatric medication, up from 9% in 1994



# The National Scene (cont'd)

Emotional health is **LOWEST** reported



Crises

Anxiety  
Disorders

Learning  
Disabilities

Clinical  
Depression



57%

Felt overwhelming anxiety

35%

Felt so depressed it was  
"difficult to function"







# State University System Status



**48% increase in student  
clients since 2008-09**



**4,200 emergency or crisis  
visits in 2013-14**



**67% increase in number of  
sessions since 2008-09**



**300 student  
hospitalizations in 2013-14**



# State University System Responses

SUS counseling centers respond to growing demand from students with mental and behavioral health issues despite limited resources – *but it's not enough*

**Walk-in systems**

**Prioritize students with critical needs**

**Cap # of sessions**

**Reduce frequency of appointments**

**Refer to community resources**



# Critical Challenges

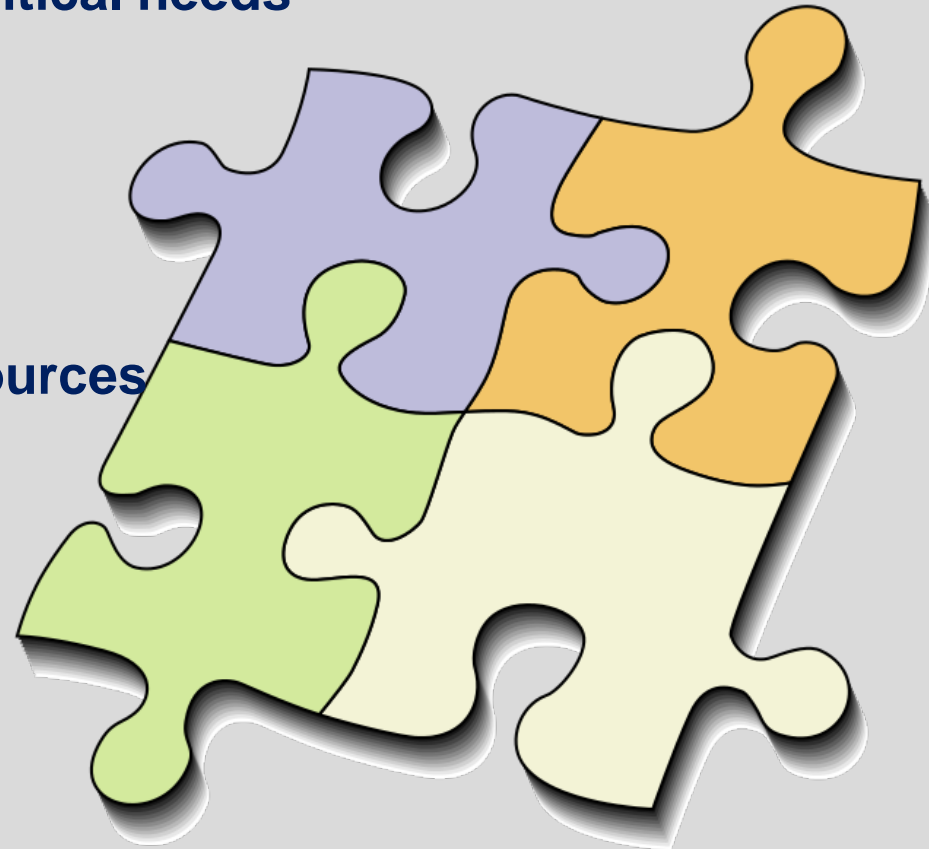
**Reduced time for prevention & outreach**

**Longer wait for students with non-critical needs**

**Less effective treatments**

**Staff burnout & turnover**

**Saturated or limited community resources**







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