



Student Wellness Metrics

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Drugs, Alcohol, and Mental Health Task Force



January 2018

Task Force
established



Charged with:



Identifying the most critical
drug, alcohol, & mental health
issues in the SUS



Developing System-wide
recommendations to address
critical issues



August 2019

Final report
approved



Dashboard Project

Provides the framework for System-wide initiatives (**10 total**) focused on:

- **student wellness**
- **drug & alcohol use**
- **mental health**

Other Recommendations

Summit

System Student Wellness Summit
(every 2 years)

Kognito

Implement a mental health literacy program to train faculty & staff on awareness of mental health & suicide prevention

College Health Survey

Use key metrics in National College Health Assessment to evaluate initiatives (every 2 years)

American College Health Association's National College Health Assessment (NCHA)



- Nationally recognized research survey
- Assesses students' health habits, behaviors, & perceptions
- Metrics included in Task Force Report
 - Academic impediments
 - Use of alcohol, cannabis, & tobacco
 - Most common mental health issues
 - Treatment of mental health issues
- Random sample, statistically representative of population
- Administered by 10 universities in spring 2020 to provide a baseline measure for the system

NCHA Metric #1 – Academic Impediments



Most common academic impediments reported by students

Anxiety

Sleep difficulties

Stress

Cannabis

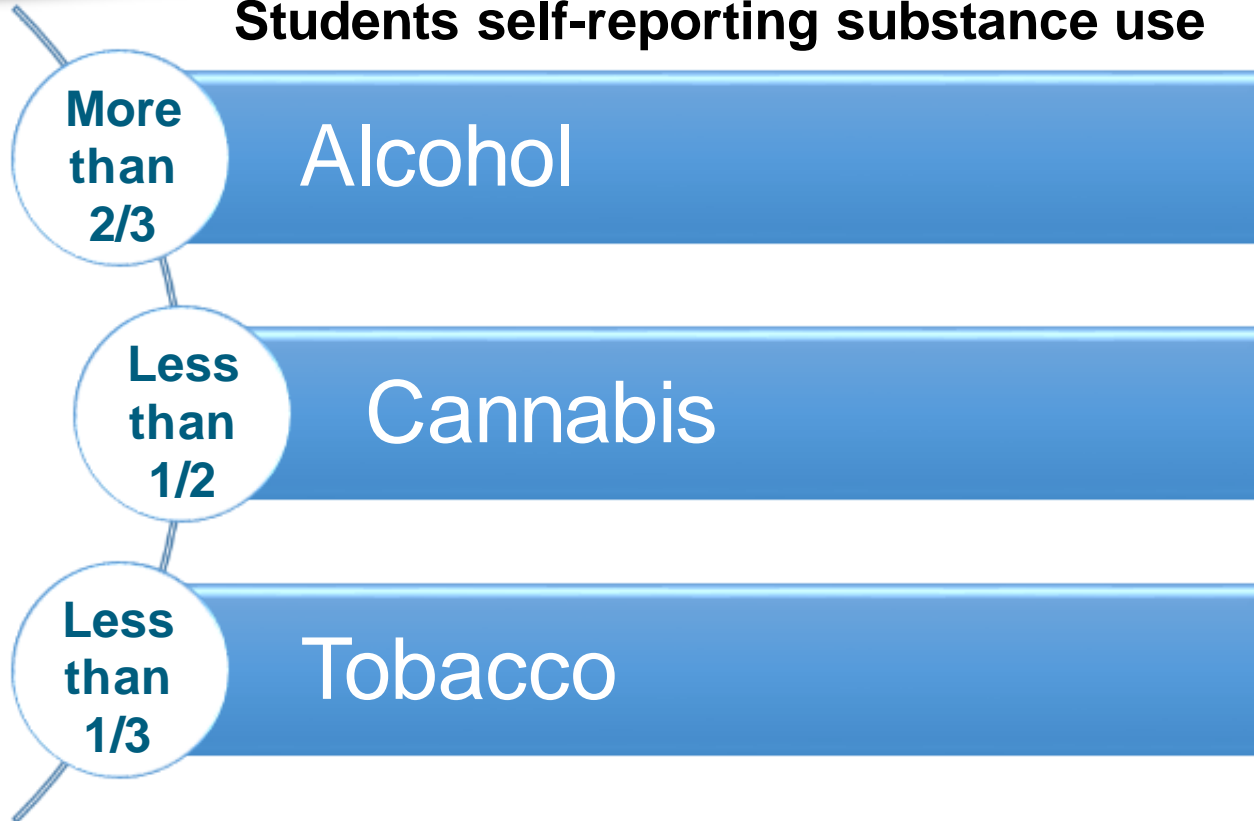
Depression

Alcohol

NCHA Metric #2 – Substance Use



Students self-reporting substance use





Most reported mental health issues

moderate or
serious
psychological
distress

moderate or high
stress

NCHA Metric #4 – Counseling Services



- More than 1/2 received mental health services in the last 12 months
 - 2/3 were served by the campus counseling center

Next Steps



Continued implementation & monitoring of strategies

All 12 institutions administer NCHA in spring 2022

Outcomes of key metrics presented to the Board



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