MENTAL HEALTH IN SCHOOLS

Two-Part Webinar Series

Friday, June 5 at 2:00 PM EDT

This webinar is part of the Coordinated State Leadership for Better Mental Health project funded by the generous support of the MacArthur Foundation.
Speakers:

Paul Barreira, MD
Director of Behavioral Health and Academic Counseling at Harvard University Health Services

Lynn Carter, MSW, LCSW
Deputy Director of Missouri Department of Mental Health
Moderator:

Robin Richardson
Policy Associate at NCSL Forum for State Health Policy Leadership

For technical assistance throughout the webinar, call:
866 - 779 - 3239
College Mental Health: Challenges and Opportunities

• Paul Barreira M.D.
• Director of Behavioral Health and Academic Counseling at Harvard University Health Services
• Associate Professor of Psychiatry Harvard Medical School
Challenges

• Reduce Stigma
• Reduce Stigma
• Adequate Resources on Campus
• Coordinate Care: Counseling, Campus Safety, Administration, Residence, Chaplains
Challenges

- Introduce new students and international students to healthcare systems
- 75% of students get healthcare information from their parents
- Educate entire community (including parents) about common problems/symptoms
Challenges

- Legal Issues (Shin Case, Hunter and GW cases, Va. Tech): shared responsibility for well-being
- What to do with high risk students?
- Confidentiality is being challenged
- Increased demand for prescribing
## Academic Success: Impediments

<table>
<thead>
<tr>
<th>Impediment</th>
<th>Percentage</th>
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</thead>
<tbody>
<tr>
<td>Stress</td>
<td>31%</td>
</tr>
<tr>
<td>Sleep Difficulty</td>
<td>21%</td>
</tr>
<tr>
<td>Cold/Flu/Sore Throat</td>
<td>18%</td>
</tr>
<tr>
<td>Internet Use</td>
<td>16%</td>
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<tr>
<td>Relationship Issues</td>
<td>15%</td>
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<tr>
<td>Depression/Anxiety</td>
<td>14%</td>
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<tr>
<td>Alcohol and Drugs</td>
<td>10%</td>
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</tbody>
</table>
Youth Risk Survey 2005

- 28.3% sad or hopeless almost every day for more than 2 weeks stopped some activity due to symptoms
- 19% of students reported that they seriously considered attempting suicide
- 14.8% had made a specific plan to attempt suicide
- 8.8% had attempted suicide in the previous year
College Data ACHA and Kansas State

- Depression Doubled, Suicidal Ideation
- Tripled, Sexual Assaults quadrupled over 13 years
- 45% students self report depression
- 10% report serious suicidal ideation and
- 44% binge drink
- These are the best years of your life
• 45.3% respondents experienced emotional or stress related problem significantly affected well being/academic performance
• 9.9% seriously thought about suicide
• 52% considered using counseling less than 33% did use
• 25% unaware they were available
Longitudinal Harvard Study

- Inner city kids and Harvard Grads over 40 years
- Relationships/ Connections more important than health or wealth
- Staying connected with people and not drinking too much provides only clear predictors of satisfaction and happiness in life. Make time for relationships and rest
WHY DO STUDENTS NOT SEEK HELP?

- 320/729 (44%) REPORTED NEEDING BUT **NOT** SEEKING HELP
  - 97 - negative expectations
  - 78 - too busy/no time
  - 63 - shame or stigma
  - 40 - bizarre structure
  - 16 - privacy concerns
  - 13 - appointment scheduling a hassle
  - 11 - too long to get an appointment
  - 11 - too depressed to seek help
  - 10 - inaccessible hours

Herbstman C’07
Barreira, M.D.
To whom do students turn for advice when sad, depressed, or anxious?

- **Non-mental health professional**
  - Friends at school: 70.2%
  - Parents: 66.4%
  - Siblings: 61.7%
  - Romantic partner: 43.3%
  - Other relatives: 40.1%
  - Spiritual advisor: 39.9%
  - Resident Advisor: 17.3%
  - Therapist at school: 13.8%
  - Therapist at home: 8.2%
  - Faculty member: 5.4%
  - MD at school: 9.6%
  - MD at home: 6.2%
  - Coach at school: 4.0%
  - Coach at home: 4.8%
  - Virtual friend: 4.6%
  - Other: 4.1%

- **Mental health professional**
  - Other: 7.1%

- **No one**
  - Other: 2.8%

- **Others**
  - Friends away: 0%
  - Friends at school: 0%

- **Non-mental health professional**
  - Other: 0%

- **Mental health professional**
  - Other: 0%

- **No one**
  - Other: 0%
Student Participation/ Engagement

• Key for Successful Outreach
• Peer Counseling/ Education Programs
• Wellness representatives in the dorms
• Mental Health Advocacy Group: “Active Minds”
• Involve in screenings and education
What Must We do?

- Engage our students in the community: Life is richer and more satisfying for students who are engaged in learning.
- Stress Health and Wellness on campus and create opportunities for connections.
- Connections are most highly correlated with life happiness and reduce risk for suicide.
Opportunities

- **EAT SLEEP AND EXERCISE**
- Prepare for expected stresses and normalize them
- **Teach Balance in Life**
- Have adequate counseling resources.
  Retention Data says it saves money
Retention

- 562 students asking for counseling followed over 2 year period
- 0 sessions 65%  1-12 79%  >13 83%
- Several studies followed people over 5 years all showed dramatically higher retention rates, averaging more than 10% for students who used counseling services

Steve Wilson, Terry Mason, Evaluating the impact of receiving university based counseling services on student retention
Journal of Counseling Psychology 1997 vol 44. no 3  p. 316-320
Sleep Problems

• 35% of adult population experience insomnia
• 11% of college students get a “good night’s sleep”
• Loss of cognitive functioning, driving
• Increased risk of depression
• < 7 hours yields sleep deprivation
Coordination of Care

- Handbook expectations: who gets notified about hospitalization/return
- Identifying high-risk students
- How is residence involved with worrisome students?
- Eating Disordered or Substance Abusing students in residence, what happens?
- Contracts: When to invoke them
Lessons from Virginia Tech

• Violence is very rare and difficult to predict (prior violence best predictor)

• There must be a community effort to reduce stigma, recognize risk factors, and find portals to care. Educate everyone

• Counseling and Health Services can and should provide consultation to the community (students, faculty and staff)
Lessons from Virginia Tech

• Schools must find ways to respect medical privacy, but coordinate concerns
• FERPA and HIPAA
• If students can’t expect privacy, they won’t seek care
• There must be communication, sometimes one way, between faculty, administration, family, counseling and campus safety
Advice for the Campus Community

• Don’t worry alone and don’t suffer too long
• Campus resources for academics, health, and emotional well-being are there to make college a successful experience
• Talk to friends and take risks getting to know one another
Wellness Activities

- Engage Students in community- study breaks, hikes, encourage student groups
- Teach yoga, sleep hygiene, mindfulness, relaxation response
- Have annual “wellness or caring events” “maximize academic potential, minimize stress”
- Screenings with giveaways
Web Information

- Online screenings:
  Mentalhealthscreening.org; ULifeline.org
- Information about alcohol
- Student made DVD to incoming students
- Information about resources
- Many good web resources (JED (Ulifeline), Mystudentbody.com, Alcohol.edu)
- Many bad web resources
Opportunities For Parents

- Check out resources during application
- Once admitted, get supports in place for any pre-existing problems. Invite more detailed medical information/needs
- Parents talk about transition and stresses with students and parents
- Stay in touch
Show-Me Partnership:
Higher Education & Mental Health Collaboration in Missouri

June 5, 2009
Brief History

• Virginia Tech

• Governor-appointed task force in Missouri
  – Short-term study group
  – Interdisciplinary leadership and involvement
  – Report to Governor in August 2007 with recommendations to address safety and security concerns on Missouri’s 56 public and private college and university campuses
Guiding Principles Emerged

• Value of interdisciplinary collaborations & solutions

• One size does not fit all!
  – Diversity of campuses
  – Diversity of resources and needs
  – K-12 solutions may not be same as higher education solutions

• All-hazards planning and preparedness

• Importance of meaningful involvement of stakeholders
CSTF Report Themes

- Dedicated Leadership
- State of the Art Resources
- Preparedness Culture
- Consistent Protocols
- Responder Support
- Government Actions
Mental Health-Related Recommendations

• Access to 24/7 mental health services for campuses
• Prepare campus law enforcement to work with mental health-related situations
• Campus emergency plans should address crisis-specific mental health functions in emergency response and recovery
• Involve mental health representation in emergency planning, training related to emergencies and with the State Emergency Management Agency to improve preparedness on higher education campuses
State Leadership for a Preparedness Culture

• Higher Ed Subcommittee (HES) of Missouri’s Homeland Security Advisory Council (HSAC)
  – Continuing interdisciplinary focus
  – Support for implementing recommendations and building a preparedness infrastructure
  – Continuing attention and visibility
Higher Ed Subcommittee Goals

• Creating safe learning environments on Missouri college and university campuses through interdisciplinary partnerships
• Communication and information sharing
• Resource development
  – Evidence-based practices/toolkits
  – Enabling legislation
• Data-informed decision-making and research
Higher Ed Subcommittee Accomplishments

• Website development & maintenance
• Missouri’s Annual School Safety Conference expanded to include higher education
• Mental Health Seminars
• Mental Health First Aid
• Partners in Prevention
  – Substance Abuse
  – Suicide
  – Violence
Higher Ed Subcommittee
Accomplishments

• Legislation
• Information about privacy laws
  – HIPAA
  – FERPA
  – 42 CFR privacy re: substance abuse treatment
  – State statutes
  – Case law (Tarasoff decision & others)

• Integrating Higher Education representative on interagency steering committee for
  Transforming Mental Health Systems in MO
  – Mental health prevention & early intervention
  – Workforce Development
  – Research
Higher Education Subcommittee of the Homeland Security Advisory Council Website

http://campussecurity.missouri.org/
State of Missouri
Department of Mental Health

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Lynn Carter, MSW, LCSW
Deputy Director
Questions?

• Type your question into the box on the right-hand side.

• Participants asking questions will not be identified.
Additional Resources

- Missouri Department of Mental Health
  http://www.dmh.missouri.gov

- Bazelon Center for Mental Health Law

- Mental Health America, Back to Campus
  http://www_nmha.org/go/backtocampus/links
• NCSL Mental Health
  32,100,358#832

• NCSL Higher Education
  51,64,218#951
For More Information

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MENTAL HEALTH IN SCHOOLS

Two-Part Webinar Series

Friday, June 12 at 2:00 PM EDT