

Student Mental Health Trends & Services

University of Minnesota

Board of Regents

13 June 2013



“When health is absent, wisdom cannot reveal itself, art cannot become manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.”

Herophilus of Chalcedon, 335-280 BCE
Physician to Alexander the Great



Eric Kaler
University of Minnesota President

BOYNTON HEALTH SERVICE
Because Success Matters



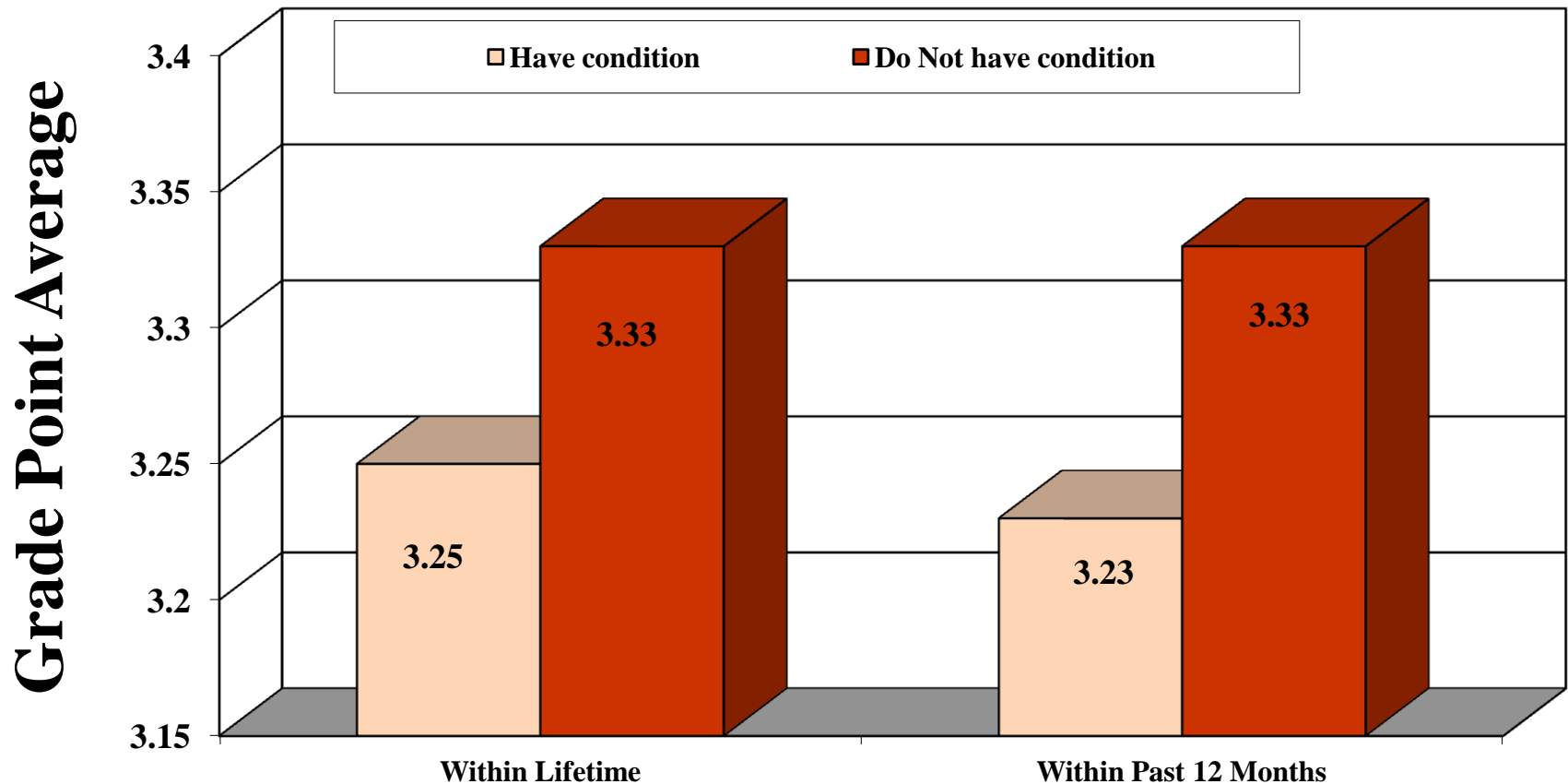
UNIVERSITY OF MINNESOTA
Driven to DiscoverSM

Healthy People, Healthy University, Healthy Community

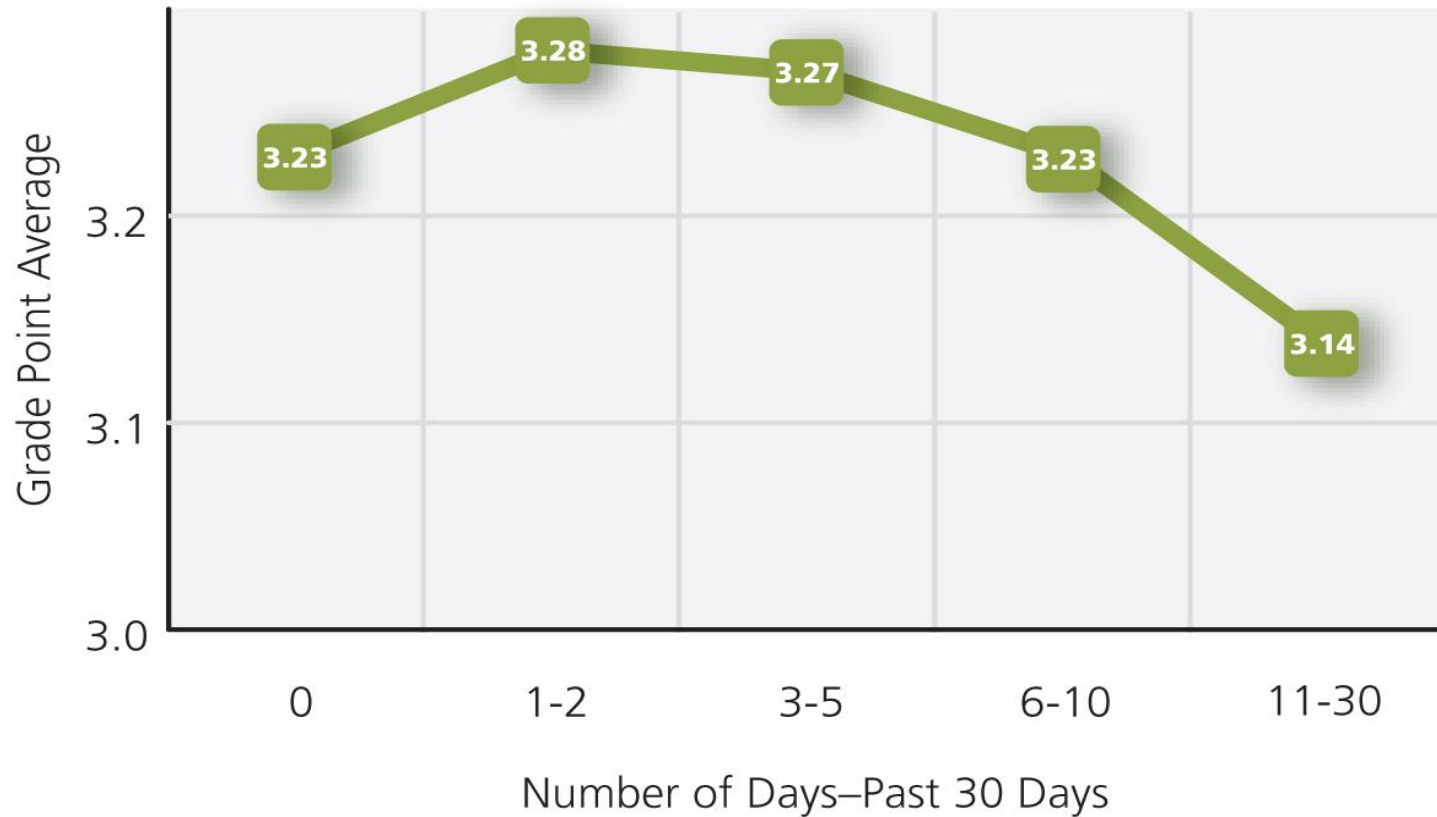
Good health is essential for long term academic, occupational, and personal success. Creating a healthy community by working with students, faculty, and staff of the University of Minnesota to achieve physical, emotional, and social well being is the mission of Boynton Health Service.



Mental Health Issues are a Barrier to Academic Success



Poor Mental Health and Grade Point Average

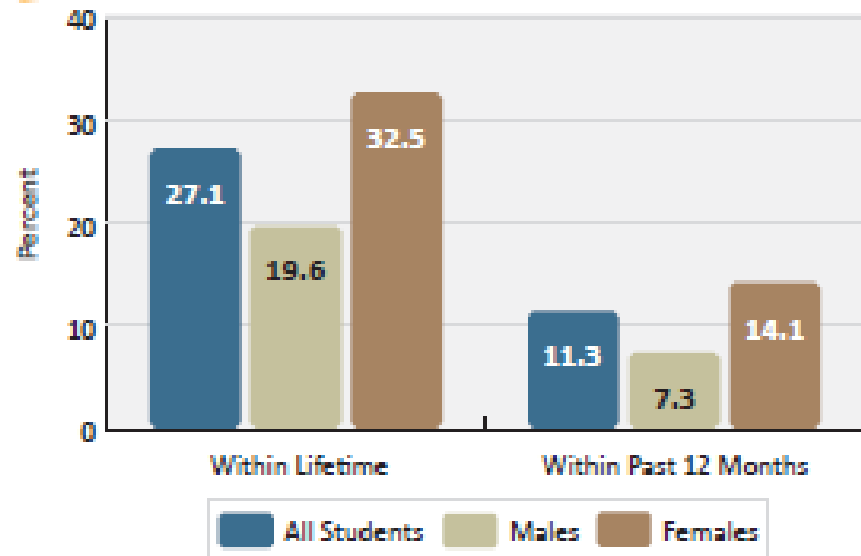


Prevalence of Mental Health Diagnoses on Campus

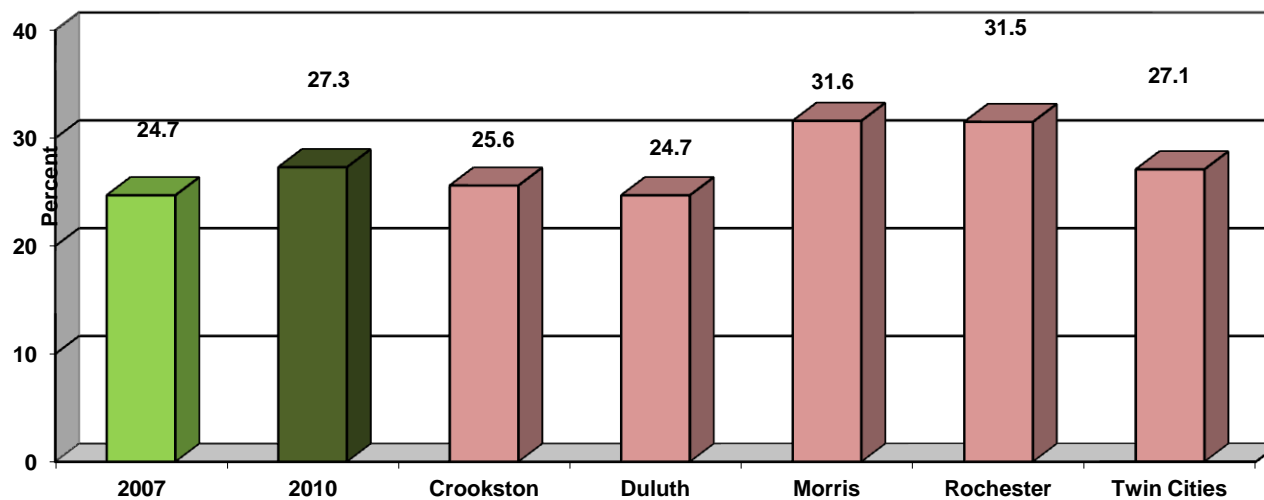
Among UMTC students, 27.1% report being diagnosed with at least one mental health condition within their lifetime. Females report being diagnosed with a mental health condition within their lifetime and within the past 12 months at higher rates than males, which is consistent with gender differences seen in national data.

Additional analysis shows that 15.7% report being diagnosed with two or more mental health conditions within their lifetime.

Any Mental Health Condition Diagnosis—
Lifetime and Past 12 Months
All Students by Gender

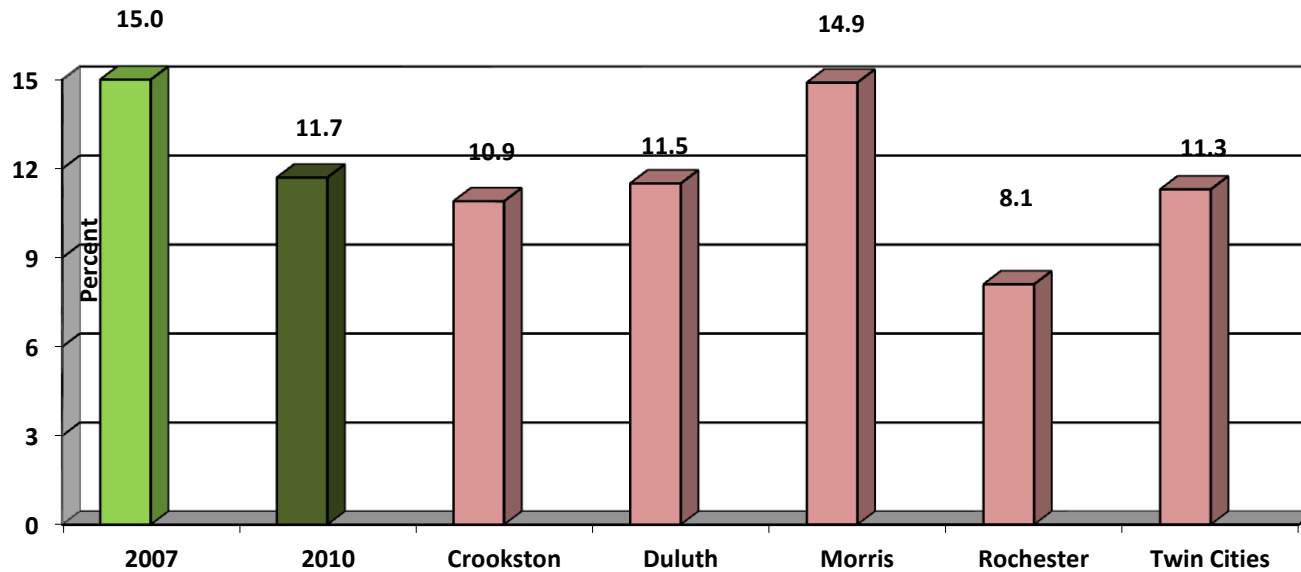


Any Mental Health Condition Diagnosis–Lifetime All Students

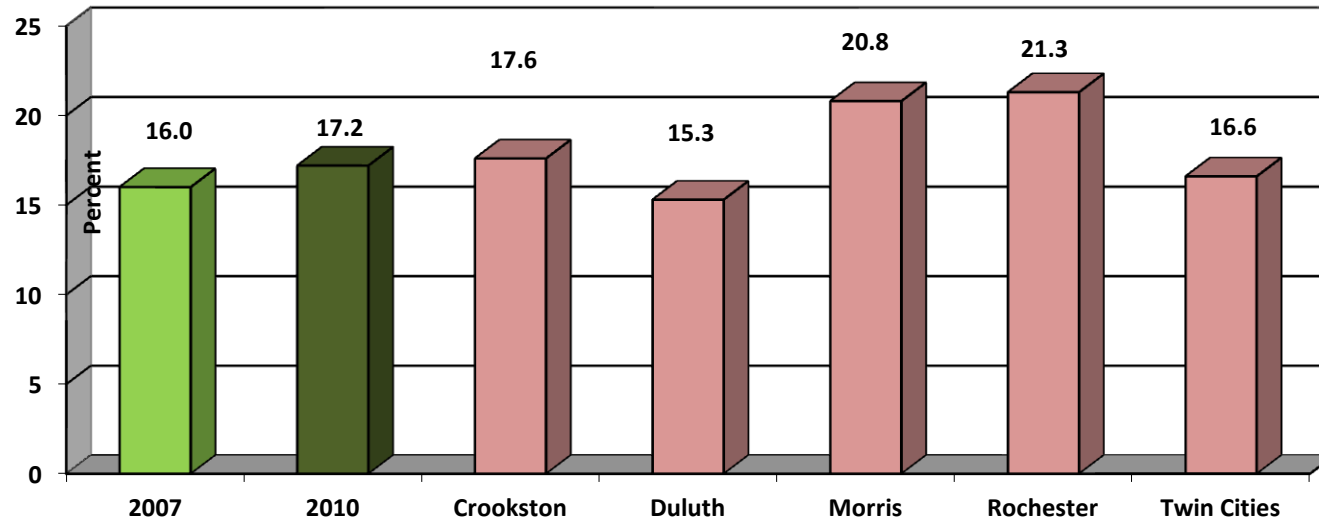


Any Mental Health Condition Diagnosis—Past 12 Months

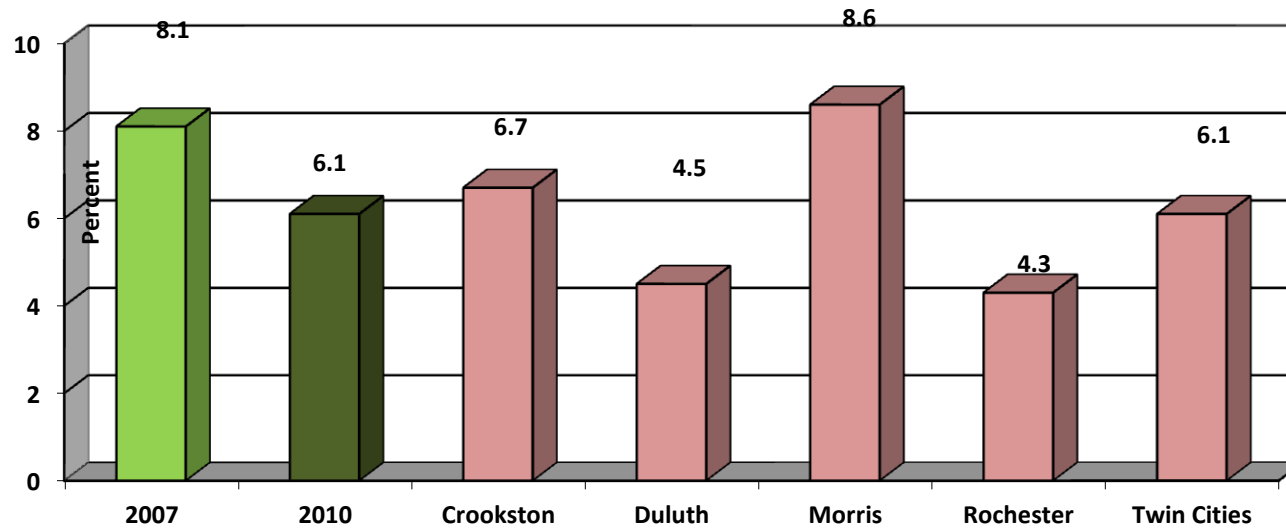
All Students



Depression Diagnosis–Lifetime All Students

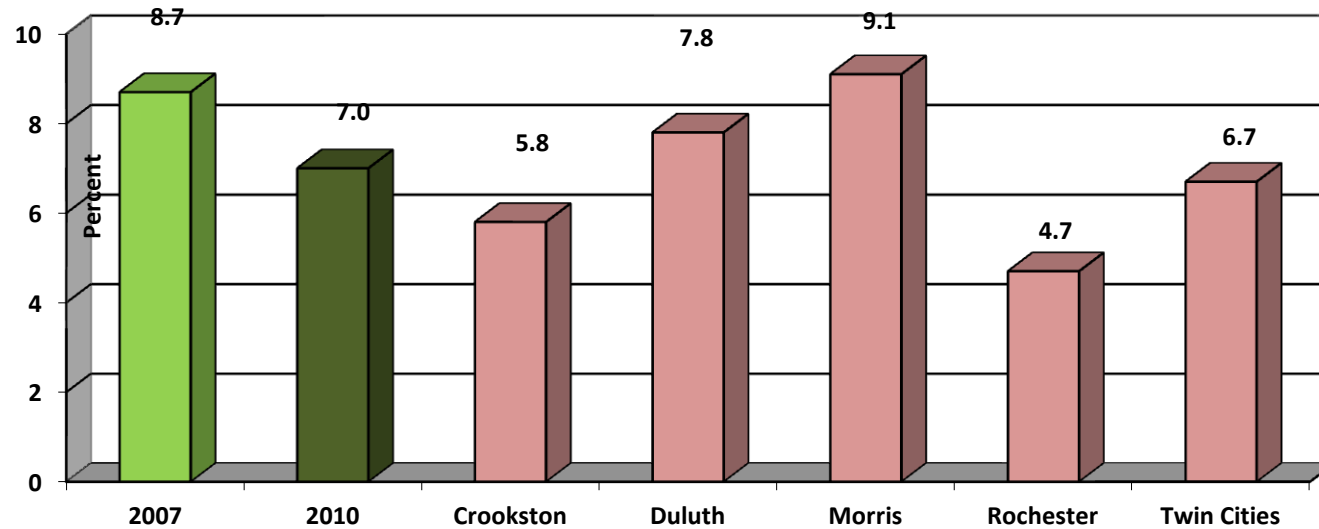


Depression Diagnosis—Past 12 Months All Students

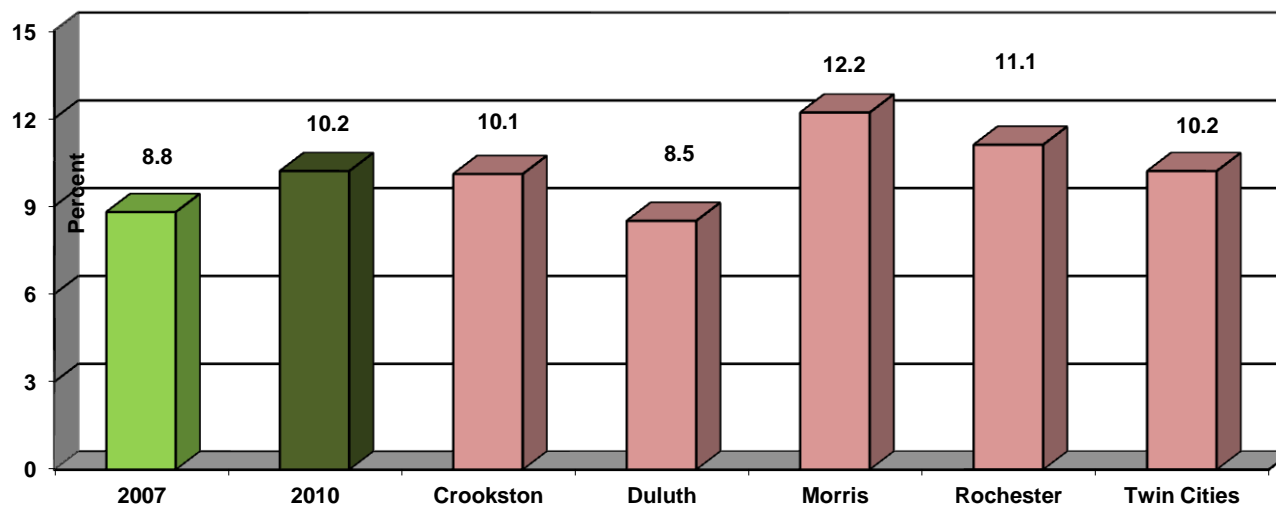


Anxiety Diagnosis—Past 12 Months

All Students



Currently Taking Medication for Any Mental Health Condition All Students



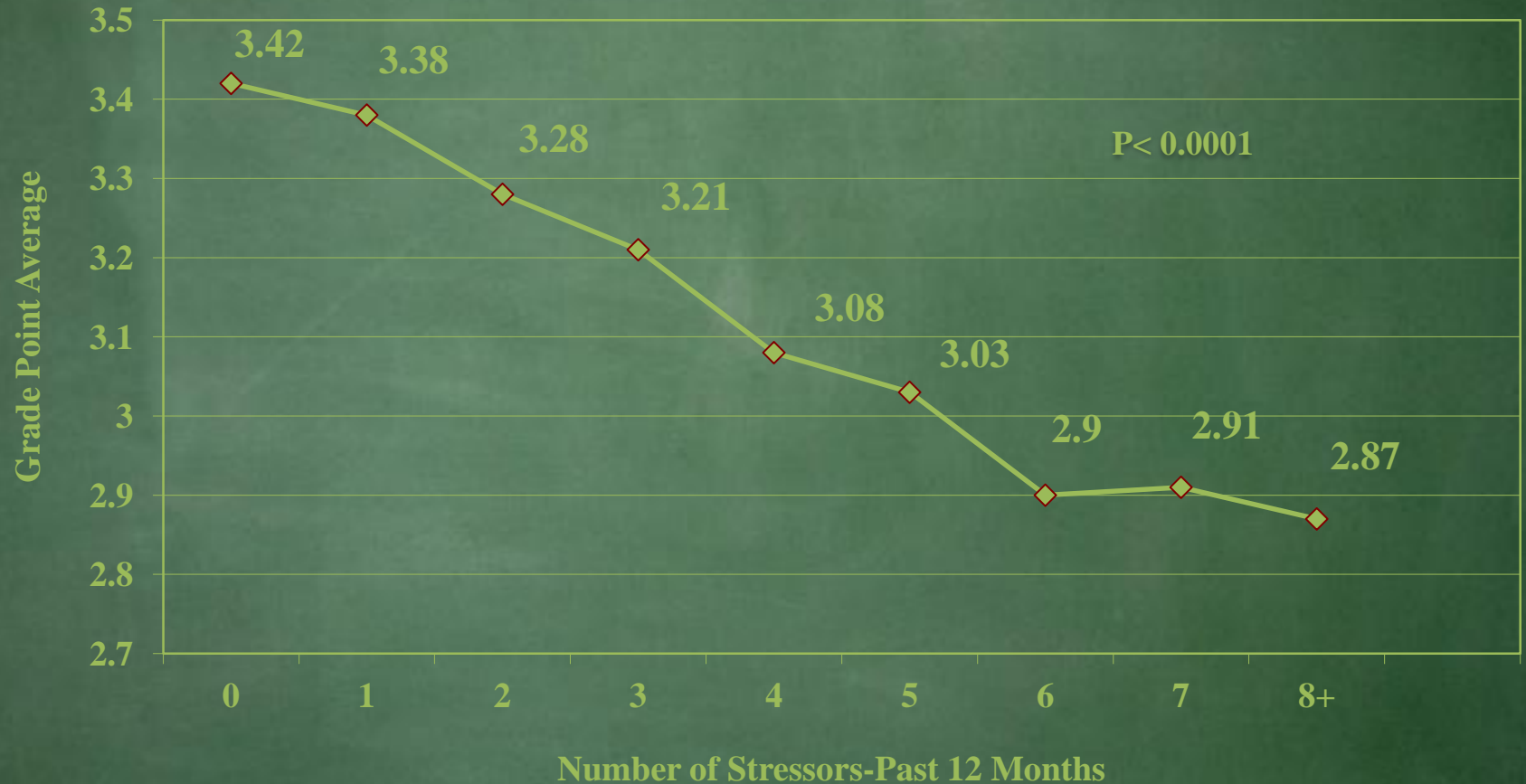
- 71% of students report
feeling stressed

Most Frequent Stresses:

- Death of someone close
- Physical illness in someone close
- End of personal relationship
- Parent conflict
- Roommate conflict
- Debt
- Failing a class

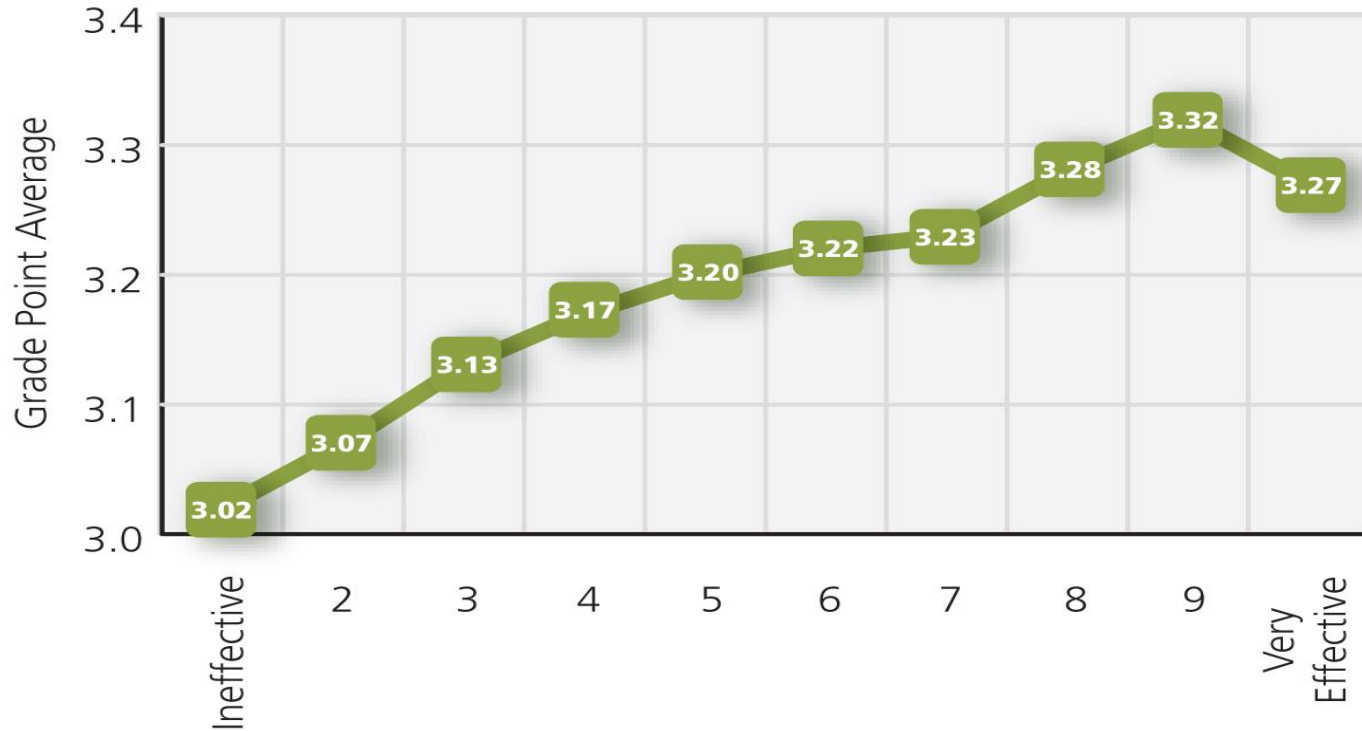
- 42% of stressed students report negative effects on their academic performance.

Number of Mental Health Stressors and Grade Point Average



- 29% percent of students report being unable to manage their stress level.

Perceived Ability to Manage Stress and Grade Point Average



Ability to Manage Stress—Past 30 Days

Resources on Campus

1. [Mental Health Clinic at Boynton Health Service](#)

Up to eleven counseling visits per 12-month period are offered at the Boynton Health Service Mental Health Clinic. The initial appointment needs to be made in person. Options include:

- individual and couple counseling/psychotherapy
- urgent consultation (phone or in person)
- a variety of group therapies
- social work assistance
- chemical health assessment and treatment
- Medication assessment/management is also available at the Mental Health Clinic.



Resources on Campus

1. [Mental Health Clinic at Boynton Health Service](#)

Staffing:

- 10.5 FTE Therapy (psychologists, clinical social workers, chemical health counselor)
- 5.0 FTE Prescriber (psychiatrists, advanced practice nurses)



Resources on Campus

2. University Counseling & Consulting Services

Offers individual and group counseling, career and personality testing, and crisis counseling. The initial appointment needs to be made in person. Options include:

- Personal counseling to address mental health issues (e.g. depression, anxiety) relationship concerns, and/or stress-related concerns
- Career counseling to assist with choice of major and career decision-making
- Academic counseling to address barriers to academic success (e.g., procrastination, motivation, perfectionism)
- Study skill assistance
- Consultation to the University Community (by phone or in person)



Resources on Campus

2. University Counseling & Consulting Services

Staffing:

- 14.3 FTE Professional Counselors
- Additional counseling provided by:
 - 4.0 FTE pre-Doctoral Interns
 - 4.5 FTE Graduate Student Trainees



Additional Campus Resources

- **International Student and Scholar Services**

ISSS counselors are trained to help people work through personal difficulties in the context of cultural differences and are familiar with the stress and challenges associated with living in a different culture

- **Disability Services**

Ensures that students, faculty and staff have access to all the University has to offer and equal opportunities to participate in the many interesting activities on campus

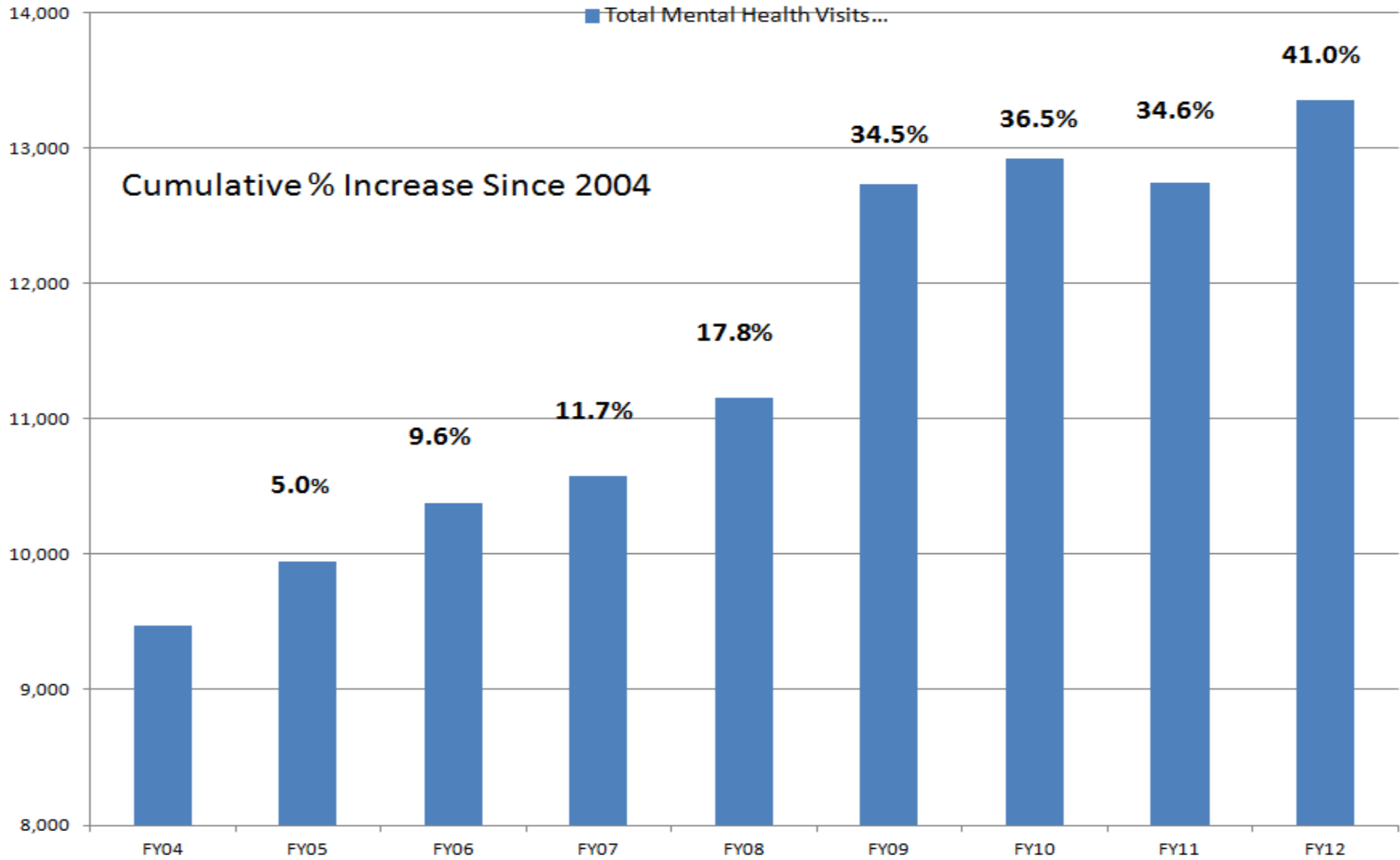
- **Aurora Center**

The Aurora Center provides a safe and confidential space for students, faculty, staff, alumni, and family members or friends affiliated with the University of Minnesota, TC or Augsburg College who are victims/survivors/concerned people of sexual assault, relationship violence, or stalking

Mental Health Needs are Growing on Campus

- 63% of Minnesota students experience at least one major stressor in a year
- UCCS has averaged a 4% annual increase in service demand over the past 10 years
- Boynton has experienced a 5% annual increase in MH visits between FY04 and FY12, and a 9% increase in the current academic year

Significant Increases in Growth of Mental Health Visits



Negative Impacts



Consequences of Inadequate Mental Health Care on Campus

- 64% of college dropouts are for mental health
 - Cost of medical bills is cited as a top barrier to staying in school
- At UMN: 32.5% of tuition refunds requests are mental health-related
- 14% higher retention rate for students who receive mental health support services

Source: NAMI 2012 report

MINNESOTA DAILY

At capacity: clinic battles limited resources

Boynton's Mental Health Clinic is booked solid, and student demand keeps increasing.

By **Taryn Wobbema** May 02, 2012

By 8:45 a.m. on a Tuesday in April, six patients had already started appointments at the Mental Health Clinic on campus.

The small front room of the fourth-floor office in Boynton Health Service buzzes each day with phone calls and check-ins.

Just a week shy of finals, the clinic is booked solid. The earliest date to see a therapist is two weeks out. For a medication assessment, it's four.

Antidepressant prescriptions are second only to birth control on campus, and national trends show more college students come to campus with serious mental illnesses.



Outpatient clinic assistant and front desk team leader Vetriss Pate walks along the river to de-stress during her lunch break Tuesday on the East River Flats. Pate said what affects her most is the reactions from students whom she often tells won't be able to see a provider for almost two weeks — and worrying about that they might do before then.

By Mark Vanleave

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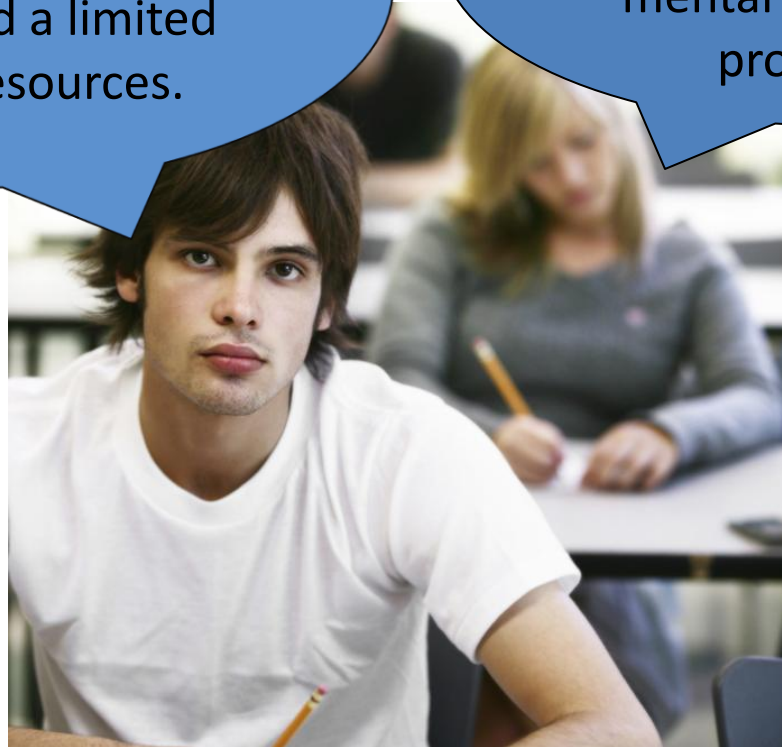


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The Problems With Limited Capacity

There are a limited number of visits allowed on campus and a limited number of resources.

There are not enough adequately trained mental health care providers.



Cost of Treatment is a Barrier to Care

Nationally:

- 16.7% of adults with a mental illness diagnosis drop out of treatment due to financial barriers
- One in three Americans have forgone medical care due to costs

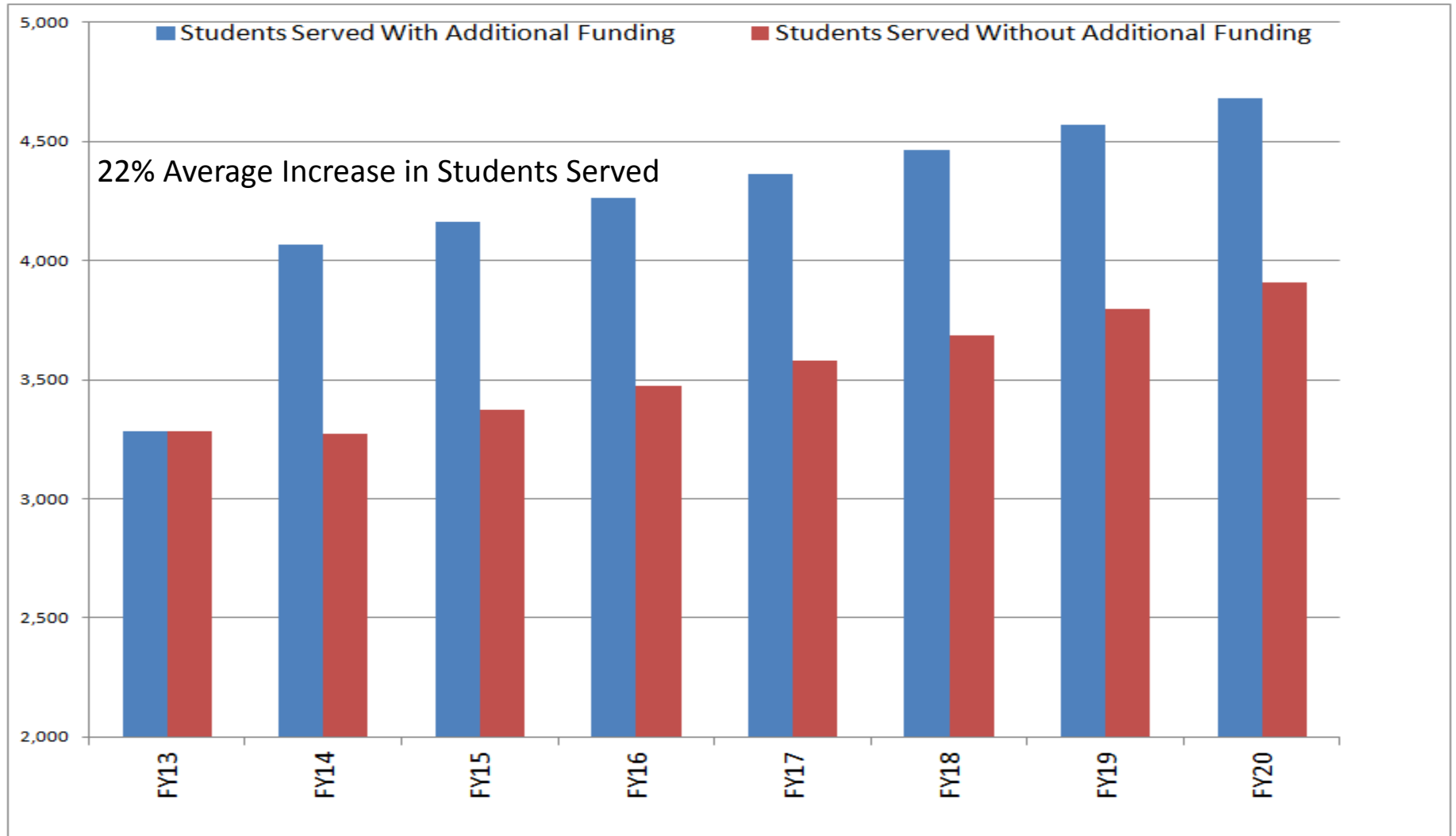
At Boynton:

- Adjusted for annual increases, summer volume increased 16.7% after Year Round Fees were implemented
- Eliminated \$10 co-pay

The Current BHS Model is Designed to Meet Student Needs in “Classic” Sense

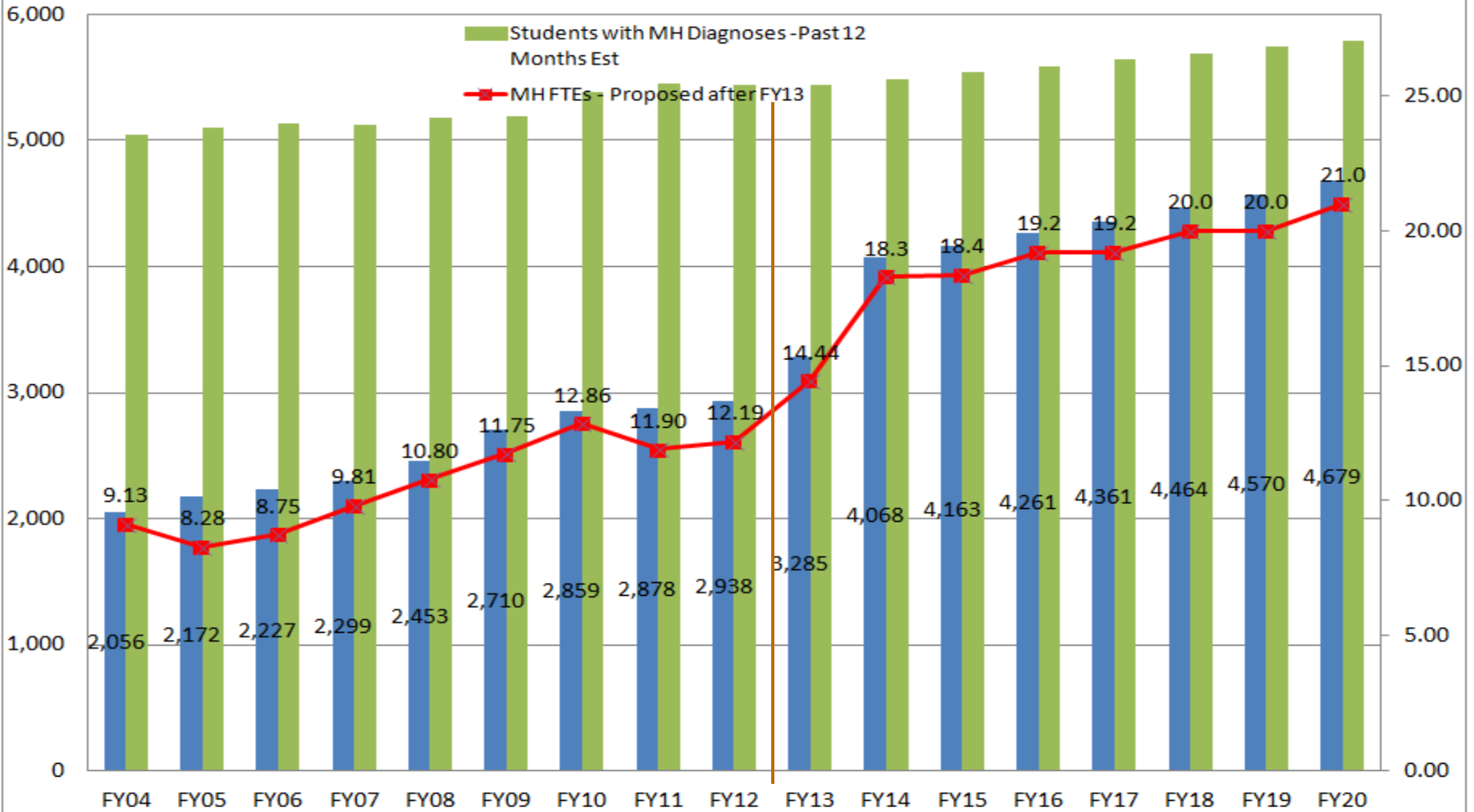
- BHS Mental Health Clinic only serves students!
- Short-term care model provides stabilization and/or referral
 - Designed to maintain continuity of care
- Despite this, waitlists develop every semester
- Unknown how many students who drop from waiting list ever receive help

With Additional Funding



BHS MENTAL HEALTH - STUDENTS SERVED AND STUDENTS WITH MH DIAGNOSIS

STUDENTS



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Public Health Approach to Mental Health

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Focused

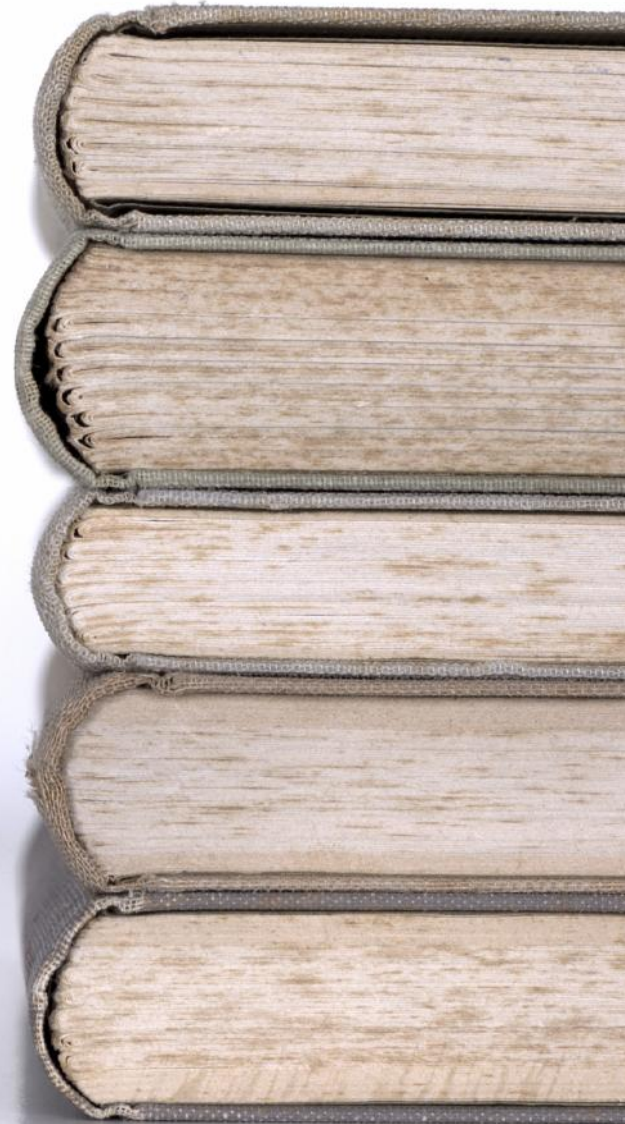
Preventive



Accessible

A collage of school supplies including a yellow backpack, notebooks, a ruler, and papers. The word "Accessible" is written in white text over the top left portion of the image. The background is a light-colored wooden surface. The items are arranged in a somewhat chaotic but organized manner, suggesting a collection of educational materials.

Informative





Systematic

Transition



Environmental



Lifestyle



Social



Social Support





Engaging the Community



Provost's Committee on Student Mental Health

- International Student & Scholar Office
- Distributed Education & Technology
- Academy of Distinguished Teachers
- Health Promotions
- Student Affairs
- Graduate School
- Active Minds
- Campus Police
- Housing & Residential Life
- Disability Services
- University Counseling
- Boynton Mental Health Clinic
- Center for Teaching & Learning
- Multicultural Center

Provost's Committee Charge

- Raise awareness about issues related to mental health
- To affect policy change
- To improve conditions on our own campus for students with mental health conditions
- To serve as a model for other campuses

www.mentalhealth.umn.edu



Driven to DiscoverSM

Search

Student Mental Health — Twin Cities Campus

RESOURCES FOR:

[Alcohol and Drug Misuse](#)[Counseling](#)[Crisis / Urgent Consultation](#)[Disability Accommodations](#)[Medication Options](#)[Online Self Assessment](#)[Stress Management](#)[Stamp Out Stigma](#)[Topic-Specific Info](#)

INFORMATION FOR:

[Students](#)[Undergraduate | Graduate](#)[International | Veterans](#)[Faculty & Staff](#)

A web resource for students, their parents, faculty, and staff who wish to learn more about mental health and related resources at the University of Minnesota–Twin Cities.

Featured Topics

- [Provost's Committee on Student Mental Health participates in Respect U Day 2012.](#)
- [Students Assisting Students: Interactive Mental Health Training](#) provides actual practice in student-student dialogs and making mental health referrals.
- [Gopher Chauffeur/MSA Express](#) is a free transportation service that promotes safety in the campus community by providing University of Minnesota students with safe rides home.
- [University Community Response Team](#) - provides supportive services to groups of students affected by traumatic events
- [The Transition Year](#) - This is an online resource center to help students and parents focus on emotional health before, during, and after the transition to college
- [What to Expect from Individual Counseling](#)

[Crisis / Urgent](#)[Online Self
Assessment](#)[Essential
Numbers](#)[Crisis / Urgent](#)[The Transition Year](#)[Essential Numbers](#)



Choose a Screening

Not Sure? Tell us how you're feeling

I have been...

feeling sad or empty

Continue

OR

Select a specific screening

Select one...

Depression

- Feeling sad, blue, or hopeless?
- Lost interest in things you used to enjoy?
- Body aches & pains with no known physical cause?

Continue

Your Progress

Step 2 of 5

- Step 1: Welcome
- Step 2: Select a Screening
- Step 3: Demographics
- Step 4: Screening
- Step 5: Results & Recommendations

help

exit



**Ava:
Hopeless Thinking**

An Interactive Online Scenario

[Click to begin](#)

Created using the Interactive Scenario Builder

Faculty/Staff Contributions:

- ✓ **Focus**
- ✓ **Proactive**
- ✓ **Informative**
- ✓ **Systematic**
- ✓ **Reactive**
- ✓ **Accessible**



Syllabus Statement

As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce a student's ability to participate in daily activities. University of Minnesota services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about the broad range of confidential mental health services available on campus via www.mentalhealth.umn.edu

Developed and endorsed by the Provost's Committee on Student Mental Health, June 2006

Behavioral Intervention/Consultation Teams



FOUR

www.mentalhealth.umn.edu/sos

My name is Alice Johnson. I'm a student here at the University of Minnesota and am involved in the group Active Minds. I began having issues with anxiety and depression in high school. I had always been a worrier and was extremely aware of my social surroundings. I avoided situations. I've come to understand that social anxiety is a part of who I am. Now it won't just go away, but through therapy and personal growth I've come to live with it. Sharing my story will encourage others to get help that they need and reduce the stigma that surrounds mental illness.



ONE IN FOUR

www.mentalhealth.umn.edu/sos

www.mentalhealth.umn.edu

U of M students has been diagnosed with a mental illness during their lifetime. Everyone is affected by mental illness. Let's start talking about it.

Everyone is affected by mental illness. Let's start talking about it.



My name is Joe Card... family social science... U, and I'm involved in Active Minds and Stamp of Approval. Throughout my adolescence, I experienced depression and anxiety. My mental health became so bad that I needed help. I needed help to tell my story and to help others.



THE CIRCUS IS
COMING TO COFFMAN!
ONE DAY ONLY!

CIRQUE DE-STRESS

Balancing Life. Juggling Responsibilities

COFFMAN MEMORIAL UNION (GREAT HALL)
10:00 P.M., 1:00 P.M., 2:00 P.M., 3:00 P.M., 4:00 P.M.



Stressed out by school and other responsibilities?
Take a break and see the biggest show on campus!

High-wire walkers, clowns, aerialists, jugglers,
belly dancers, stilt walkers, and more!

Fun balancing and juggling activities

Plus: Stress management and mental health resources

Featuring

Circus Mojo with
ONE. Unicycle Club,
Modern Yooying Club,
and therapy animals!

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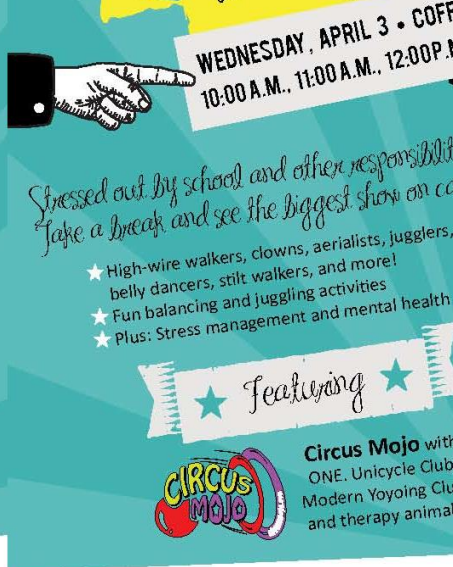
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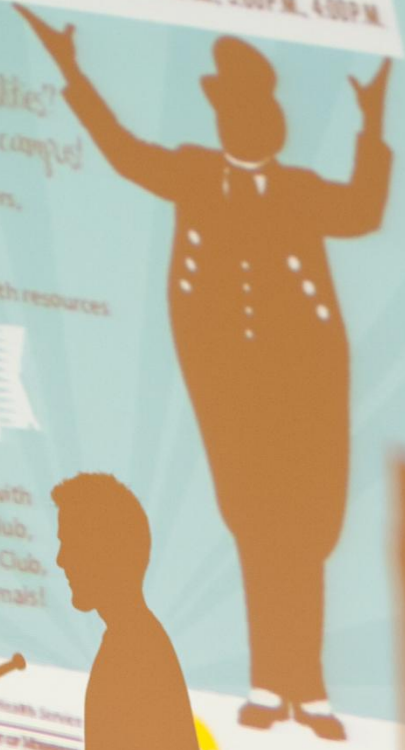
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University of Minnesota
Office for Student Affairs
Center for Accessibility & Disability Services
University Counseling & Coaching Services
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Technology





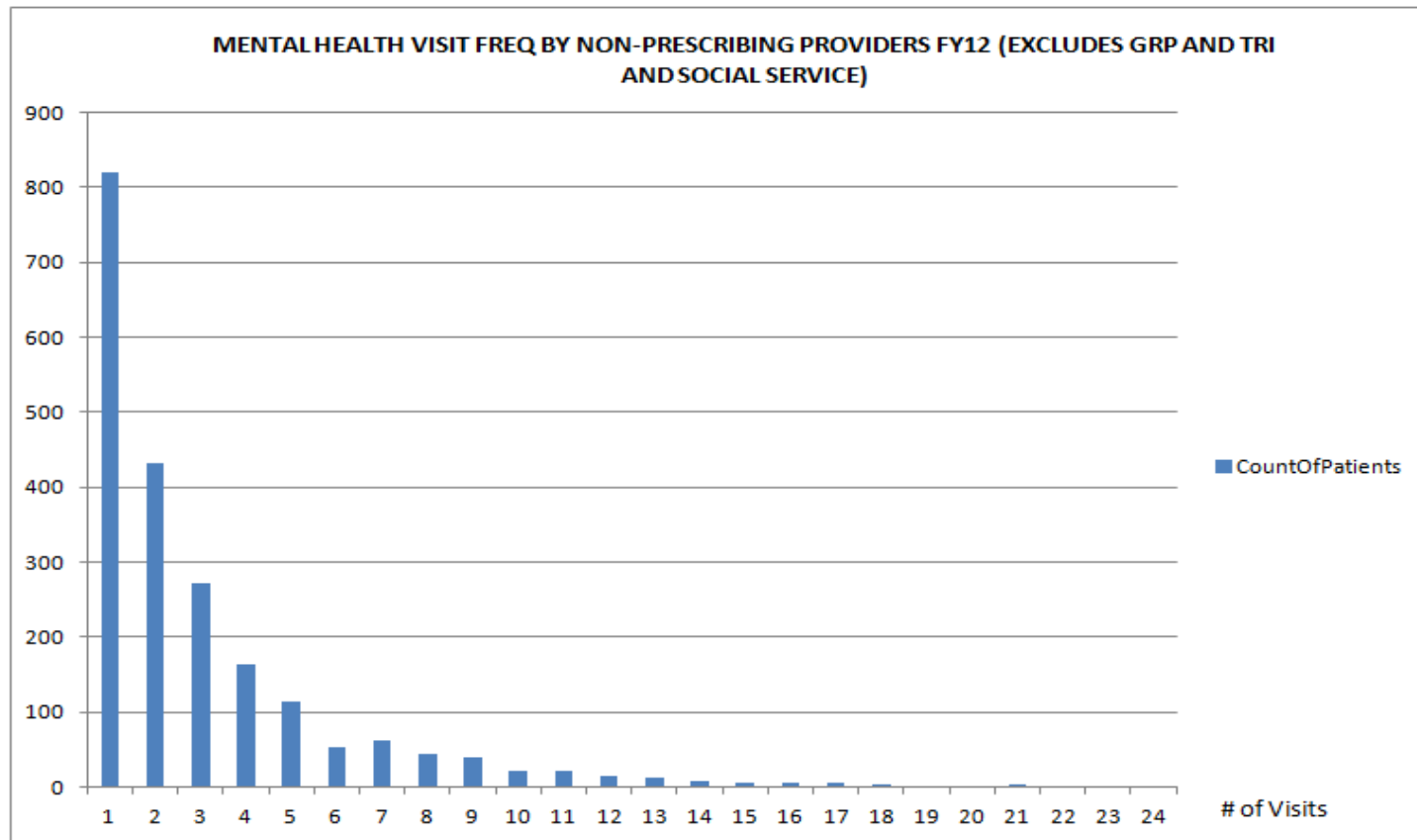
NANCY LUBLIN

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Current Student Demand Model for Boynton Mental Health Services





Patient-Centered Outcomes Research Institute

PCORI Funding Announcements