

## Notes for Mental Health 7 Sep 2018 Talk with ECUS

Student Mental Health continues to emerge as a significant challenge on college and university campuses across the country.

Issues and causes:

Resilience  
Pressure to succeed  
Helicopter parents  
Social Media

The Association of University and College Counseling Center Directors administers an annual survey which can be used to help identify and track trends in college student mental health services. 621 Counseling Center directors responded to the 2016-2017 survey.

Anxiety continues to be the most frequent concern among college students (48.2%), followed by stress (39.1%), depression (34.5%), suicidal ideation (25.2%), specific relationship concerns (22.9%), family concerns (21.2%), interpersonal functioning problems (18.8%), sleep problems (15.8%), and loneliness / social isolation (15.5%).

25.5% of students seeking services were taking psychotropic medications. This is essentially identical to the percentages reported in the previous two years.

16.2% of center clients had extensive or significant prior treatment histories (e.g., serious suicide attempt; hospitalization for psychiatric treatment).

According to the [National Alliance on Mental Illness](#), 40% of college students with diagnosable mental health conditions do not seek help from a mental health professional, and 86% of college students who attempt suicide do not seek counseling center assistance beforehand.

The American College Health Association-National College Health Assessment II reflects that over 25 percent of college students have been diagnosed or treated for a mental health condition within the previous year. It's important to understand that the vast majority of individuals with mental illness pose no threat or risk to individuals other than themselves, and that despite the sophistication of diagnosis processes, there is usually no reliable way to predict a particular individual's future behavior or mindset in advance.

The number of students receiving treatment at Georgia College Counseling Services has increased by 30.4% in 5 years.

There has been an **84% increase in the number of students seen for “crisis appointments”** (e.g., students at risk for harming self or others, or who have experienced a recent trauma or loss) over the past 5 years.

**The number of students reporting suicidal ideation has increased 92.7% in 5 years.** In the 2011-2012 academic year, 123 students reported suicidal thoughts in the prior two weeks compared to 237 in 2016-17, which is a 92.7% increase. It also represents a higher proportion of suicidal students in counseling: In 2011-12, 24.7% of students in counseling reported recent suicidal thoughts whereas in 2016-17, 34.9% of students in counseling reported recent suicidal thoughts.

**The number of students reporting making a suicide attempt has increased 42.8% in 5 years.**

The number of **students reporting engaging in self-injury increased 66.7% in 5 years.**

**The number of students reporting prior mental health treatment has increased 72.6% in 5 years.**

**The number of students reporting a psychiatric hospitalization has increased 138.1% in 5 years.** In the 2011-2012 academic year, 21 students reported a psychiatric hospitalization compared to 50 in 2016-17, which is a 138.1% increase.

The most common reasons for which students seek Counseling are depression and anxiety. When asked to state only one reason for seeking Counseling, students report the following:

1. Anxiety 40.9%
2. Depression 26.9%
3. Relationships 5%
4. Family issues 5%
5. Stress 4%

When endorsing symptoms, they report:

1. Feeling isolated and alone 83.3%
2. Sleep difficulties 82.2%
3. Social anxiety 80.8%
4. Fear they will not succeed academically 78.7%
5. Sadness 76.85
6. Dissatisfaction with weight 74.8%
7. Hopelessness 74.6%
8. No one understands 73.73%
9. Feeling worthless 66.9%
10. Panic attacks 66.9%

65% of Counseling Center Clients indicated that counseling had helped them remain in school, according to a recent survey of college counseling center directors. 64 percent stated that counseling helped improve their academic performance.

CARE Team Crisis Assessment Response and Education

Call 478-445-7475 (478-445-RISK) or click [here](#) to make report a concern to the CARE Team

Georgia College CARE Team offers support and assistance to anyone at GC who is concerned about an individual on campus. These concerns might be troubling behavior or potential threat to themselves or others. The individual may be a student, employee or visitor. The phone line is answered 24 hours per day, 7 days per week. You may also click [here](#) to report a concern to the CARE Team

In response, Student Affairs has the following measures in place:

Threat Assessment Team  
Dean of Students  
Suicide Prevention Efforts

In response to increased demand:

Groups  
Referrals to community resources  
Exploring on-line and skype third-party provider assistance

### **Suicide Prevention Efforts at Georgia College**

The current suicide prevention efforts at Georgia College center around three areas:

1. The wide distribution of information concerning mental health issues and how to seek help for yourself or a person you are concerned about,
2. Multiple ways to report concerns,
3. Trained staff to prevent and respond to mental health crisis.

### **Counseling Services**

Seven full-time licensed mental health professionals and a half-time psychiatrist.

Provide 24/7 crisis response coverage

Publishes a resource folder for faculty and staff which addresses the warning signs of students who are in crisis / distress.

Conducted 234 crisis interventions in 2017-2018

Counseling Services currently trains all Residence Life staff and Public Safety officers.

## **CARE Team**

Meets weekly to plan interventions for students of concern.  
CARE Line monitored 24/7 by public safety

## **QPR (Question, Persuade, and Refer) Training**

QPR teaches participants to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

We currently have 6 trainers on campus.

Plan to offer this training to athletes and fraternity and sorority members this year.  
Also plan to offer to faculty and staff.

## **Health Promotions**

The fall poster campaign will address: substance abuse, anxiety, depression, stress, and sleep.

Substance use, anxiety, and depression are risk factors for suicide.

These posters will push students toward online resources and the Counseling Center.

Peer Health Educators will hand out materials on mental health issues one week each month and will focus on suicide prevention one week in the fall and one week in the spring.

## **Suicide Screening**

Students are asked suicide screening questions:

- when students make an appointment with Counseling Services
- during the BASICS alcohol intervention appointments in Health Promotions

We are exploring offering an online suicide screening product

## **College & University Suicide Prevention Conference**

Every year we send a team to this 2 day training normally held in September and

Organized by the Georgia Department of Behavioral Health and Developmental Disabilities.