

The background of the slide is a photograph of three students sitting at a wooden table, focused on their studies. One student in the foreground is wearing glasses and looking down at a book. Another student to the right is writing in a notebook. A third student's hands are visible at the bottom, also holding a book. The scene is dimly lit, with the students' faces and hands highlighted by a soft light. The text is overlaid on this image.

COLLEGE STUDENT MENTAL HEALTH

**NATIONAL TRENDS, COVID-19 IMPACTS, AND OPPORTUNITIES
FOR ACTION**

October 22, 2020

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& Lead for Diversity, Equity & Inclusion Projects

AGENDA

SCOPE & TRENDS

How big is the issue?
Is it growing over time?

IMPACT

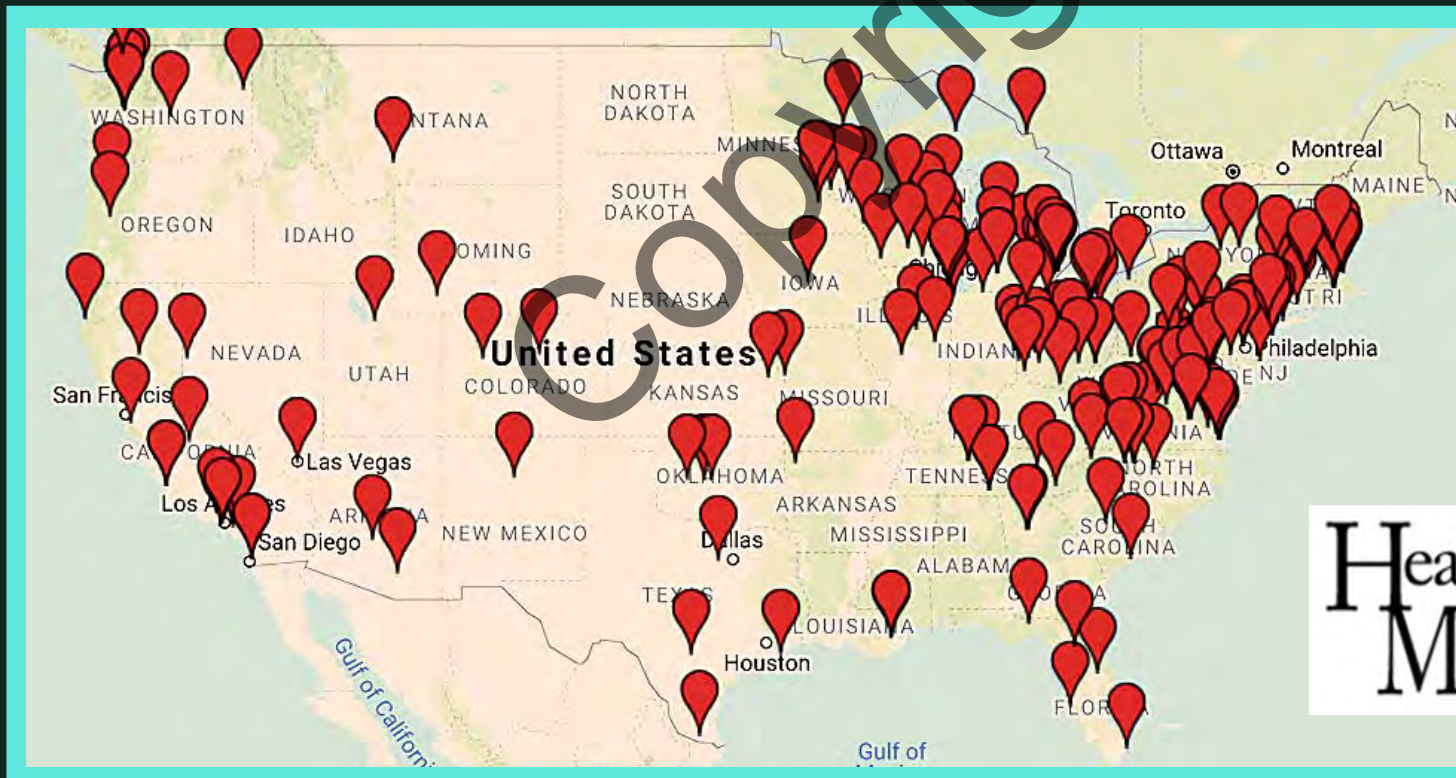
Who is affected and what are the consequences?

RESPONSES

To promote & protect student mental health

HEALTHY MINDS STUDY

- Population data
- Annual, web-based survey
- 2005– Present
- > 350 schools; > 400,000 student participants
- Random sample at each participating institution
- Project of the Healthy Minds Network

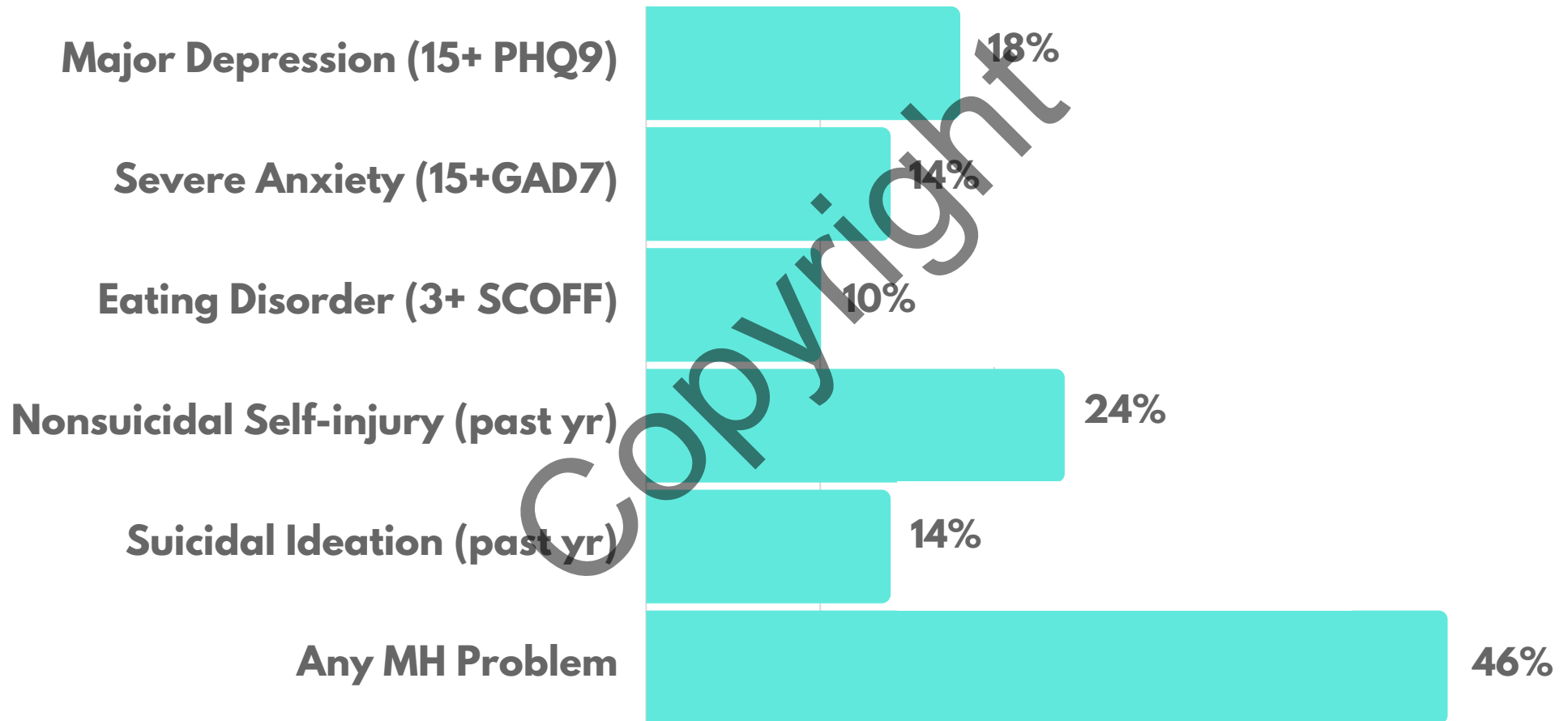


PROBLEM SCOPE

Mental health disorders are common, consequential, and largely untreated on college campuses.

- Pre-COVID, 46% of students were experiencing clinically significant symptoms
- The prevalence of problems is growing
- Almost half of students with a diagnosable problem are not receiving treatment

PREVALENCE OF MENTAL HEALTH PROBLEMS



Source: HMS 2018-2019
N=62,025 students, 78 schools

APPROXIMATELY

9.2 MILLION

**COLLEGE STUDENTS ARE EXPERIENCING A DIAGNOSABLE
MENTAL HEALTH CONCERN**



STUDENTS ARE OVERWHELMED

In last 12 months, % who felt:

Hopeless
(53%)

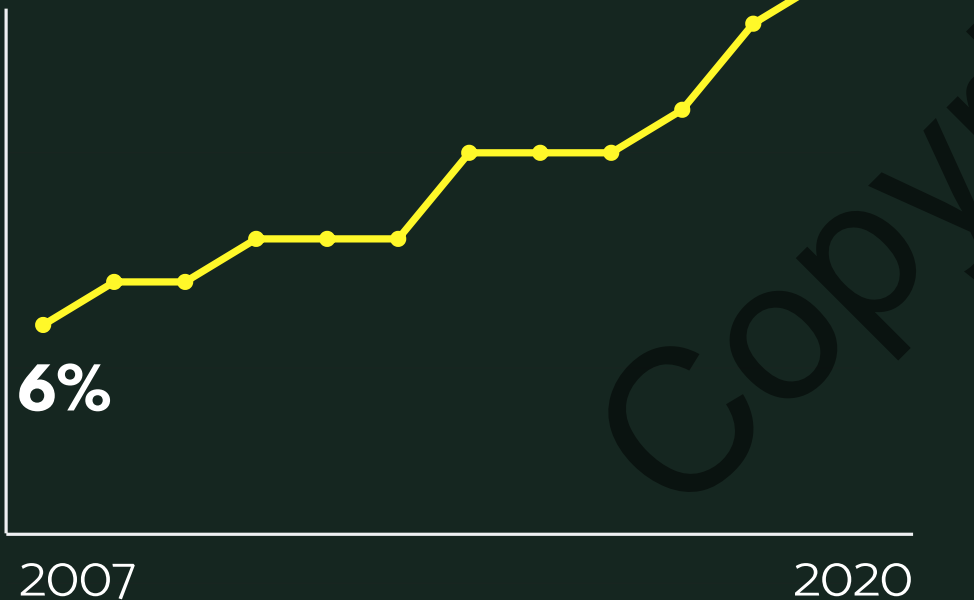
Overwhelmed
(87%)

0% 25% 50% 75% 100%

NCHA 2018 Data

RISING PREVALENCE

Past year suicidal ideation (Healthy Minds national population data):



Among students seeking treatment at counseling centers, the percent of students who report having seriously considered attempting suicide rose from 24% in 2010 to 37% in 2019 (Center for Collegiate Mental Health)



Send Silence Packing Suicide Prevention Exhibit

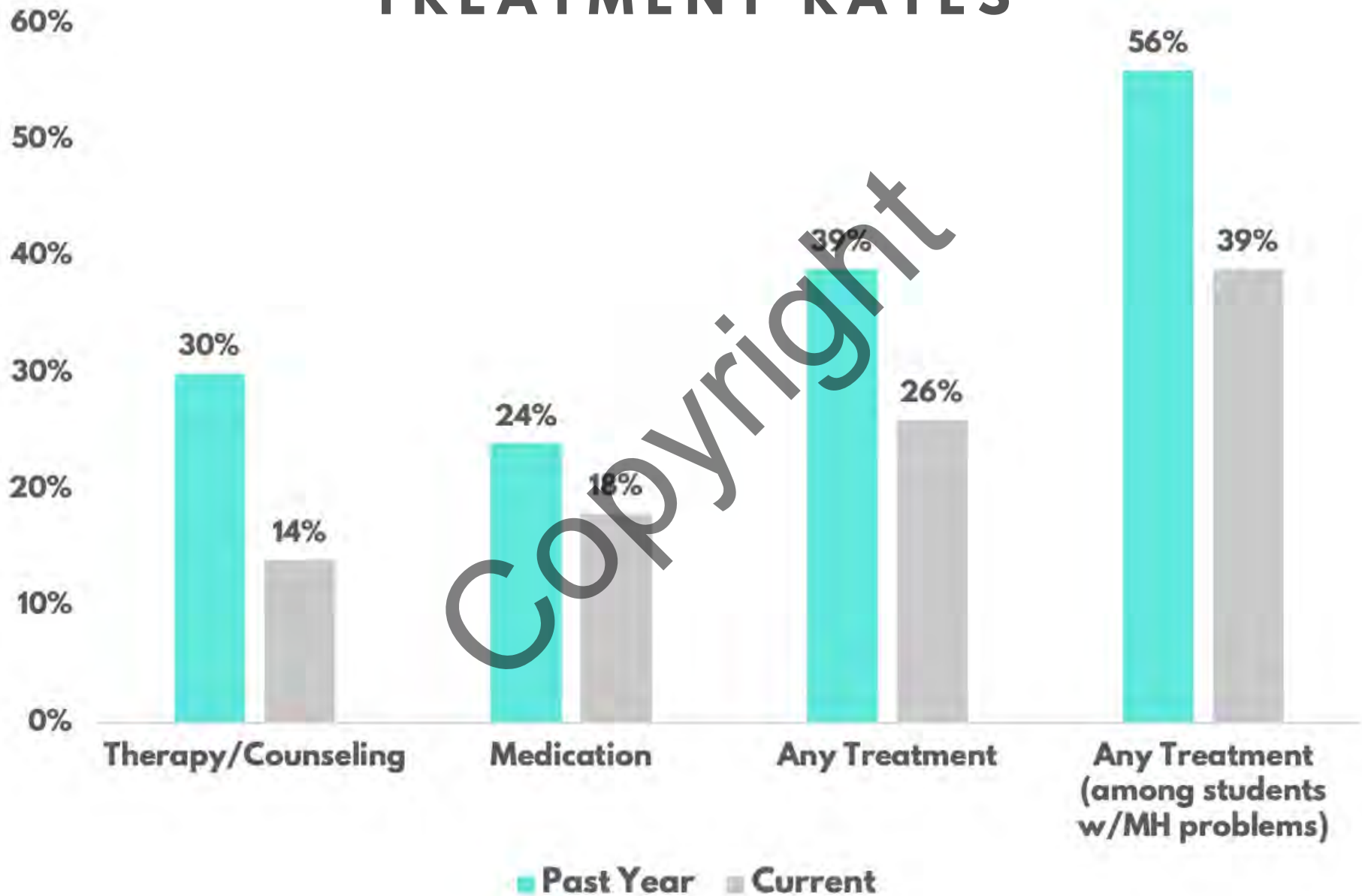
IMPACT OF THE PANDEMIC

COVID-19 = unprecedented stressors, isolation and disruption

- CDC: worsening mental health due to the pandemic; disproportionate worsening among young adults (18-24)
- Healthy Minds & ACHA: Rise in depression and the proportion of students reporting their mental health interfered with academics. Increase in resiliency.

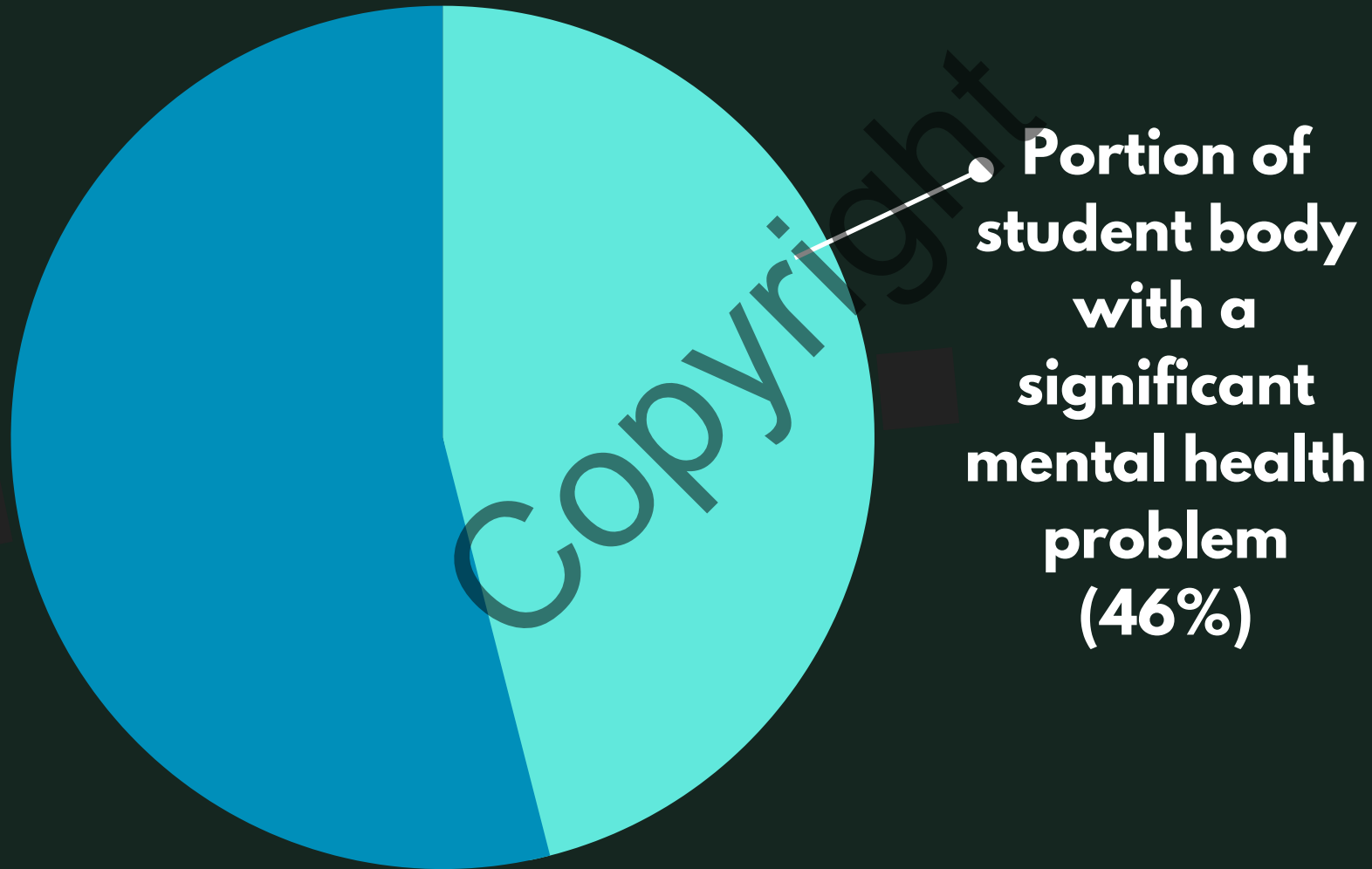
Sources: CDC Morbidity & Mortality Weekly Report Aug 2020 (<https://tinyurl.com/cdcmmwr1>)
Healthy Minds & ACHA Impact of COVID-19 Report (<https://tinyurl.com/hmsacha>)

TREATMENT RATES

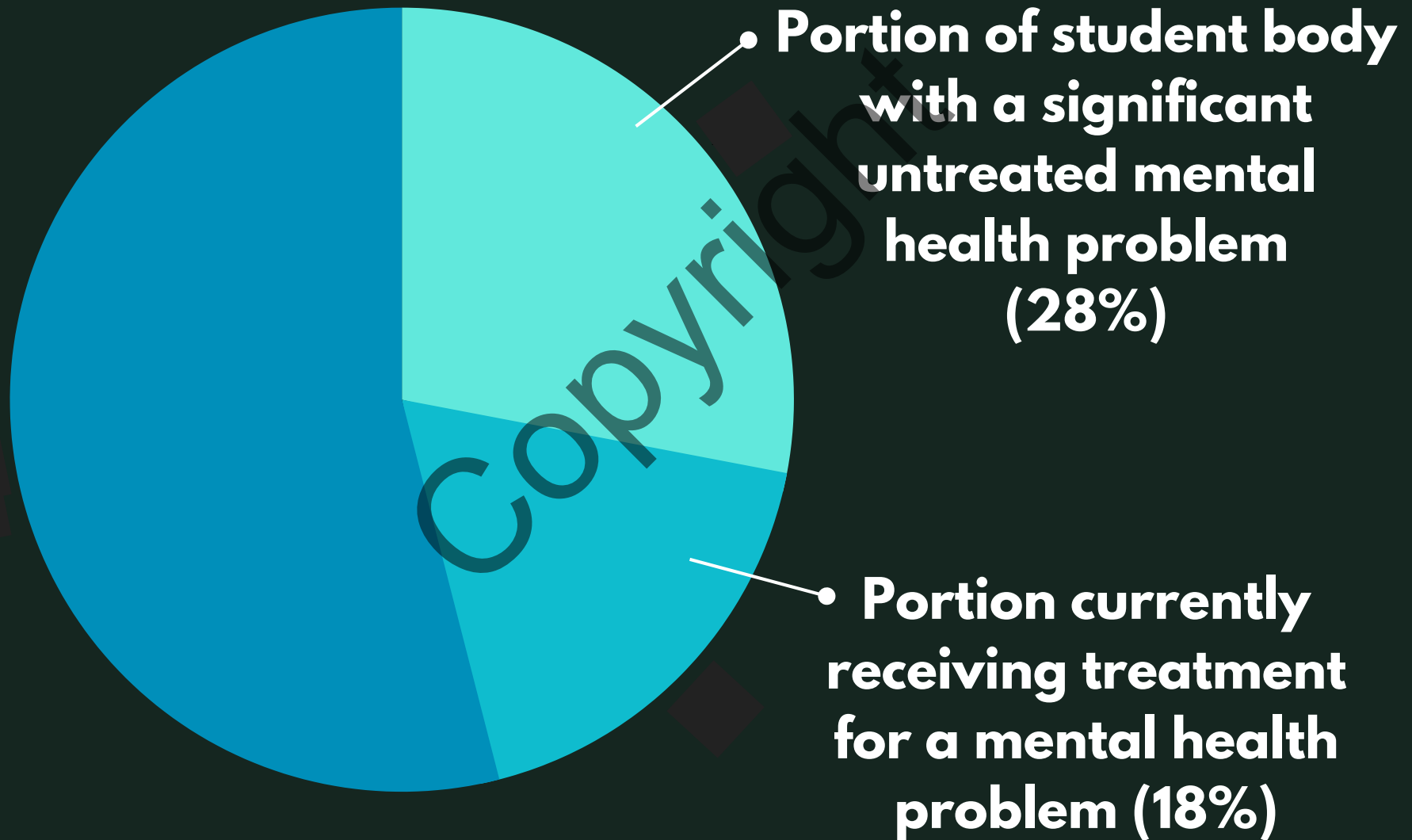


Source: Healthy Minds Survey 2018-2019

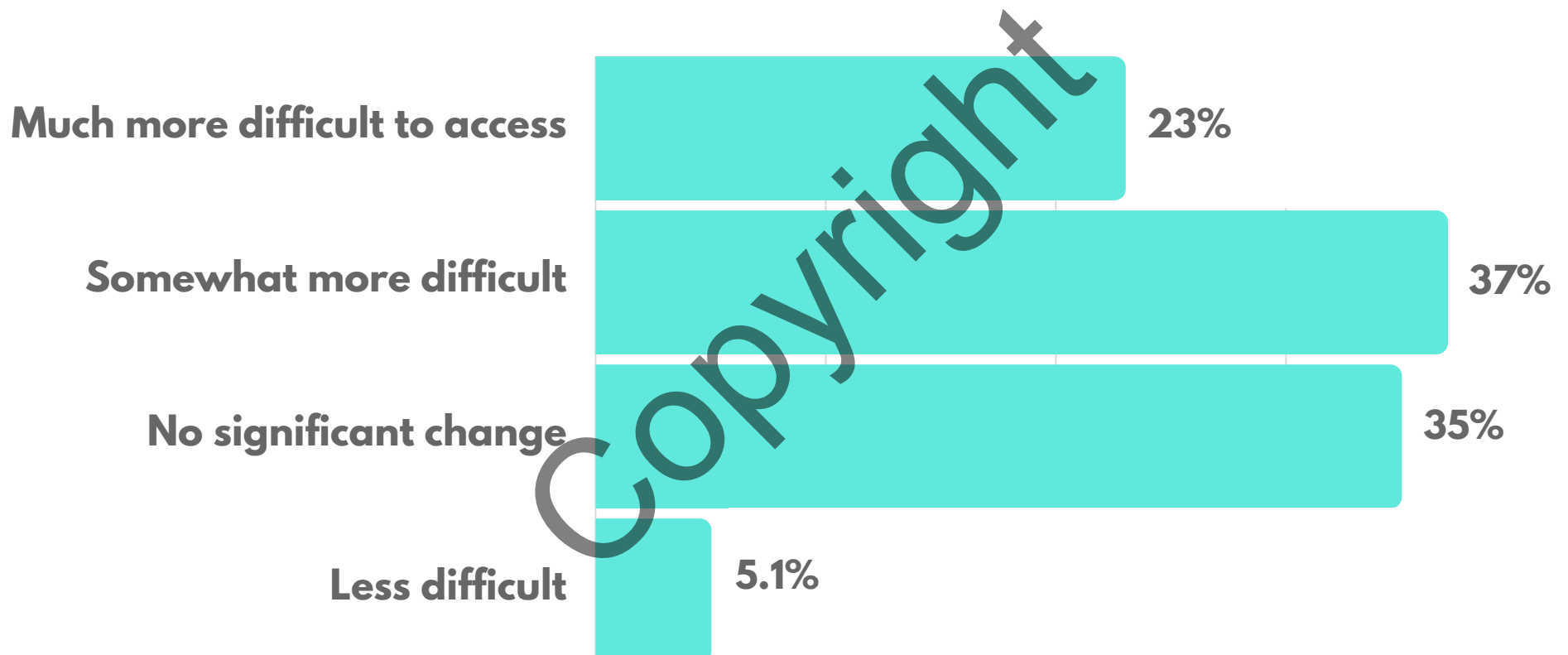
PROBLEM SCOPE



PROBLEM SCOPE



ACCESS TO MENTAL HEALTH CARE: IMPACT OF THE PANDEMIC



Source: HMS & NCHA Spring 2020

WHICH STUDENTS ARE EXPERIENCING HIGHER RATES OF CONCERNS?

GENDER MINORITIES

57% meet criteria for depression compared to 28% of cisgender students

SEXUAL MINORITIES

Lesbian, gay, bisexual and queer students have a substantially elevated risk for mental health problems (nearly double) compared to heterosexual students

LEAST LIKELY TO RECEIVE TREATMENT?

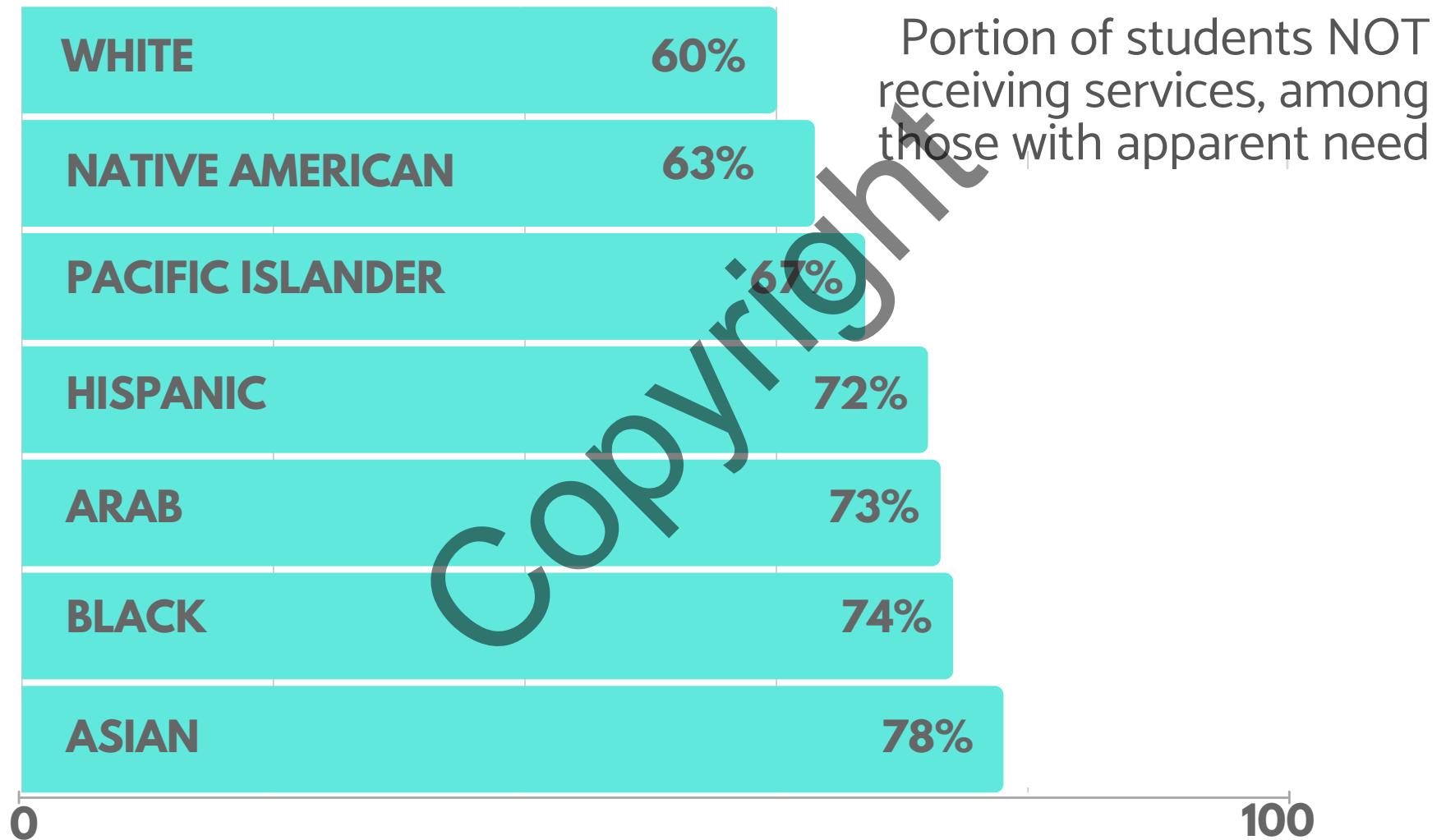
INTERNATIONAL STUDENTS

In multiple studies, Asian international students have shown the lowest rate of help-seeking of all students

STUDENTS OF COLOR

Of students with symptoms of a disorder, far fewer Latinx, African American, and Asian students are diagnosed and treated than White students

TREATMENT GAP VARIES BY RACE/ETHNICITY



Data: Percent of students not currently receiving medications or therapy among those with a positive screen for depression or anxiety; HMS All Years

RISK FACTORS

(HEALTHY MINDS DATA)

FINANCIAL STRESS

60% prevalence of mental health problems among students experiencing frequent financial stress

ABUSE/ ASSAULT

67% prevalence among students who report having experienced abuse/assault

SLEEP PROBLEMS

17% prevalence among students with minimal to no sleep problems; 88% among students with severe sleep problems

DISCRIMINATION

More frequent experiences of discrimination are associated with significantly more symptoms of depression and anxiety



CURRENT ISSUES

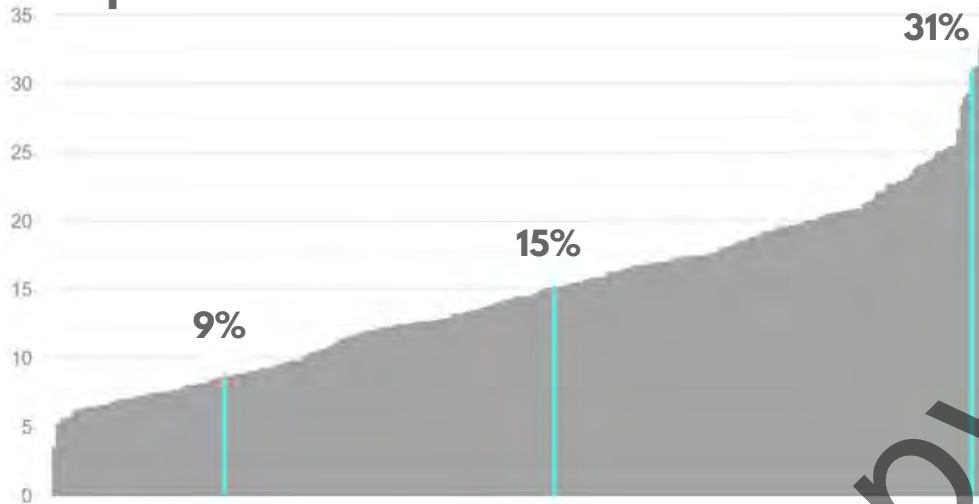
with implications
for mental health

- COVID-19 pandemic
- The election and current political context
- Police violence
- Systemic racism and call for racial justice
- Rising costs of college
- Opioid Crisis
- Campus sexual assault

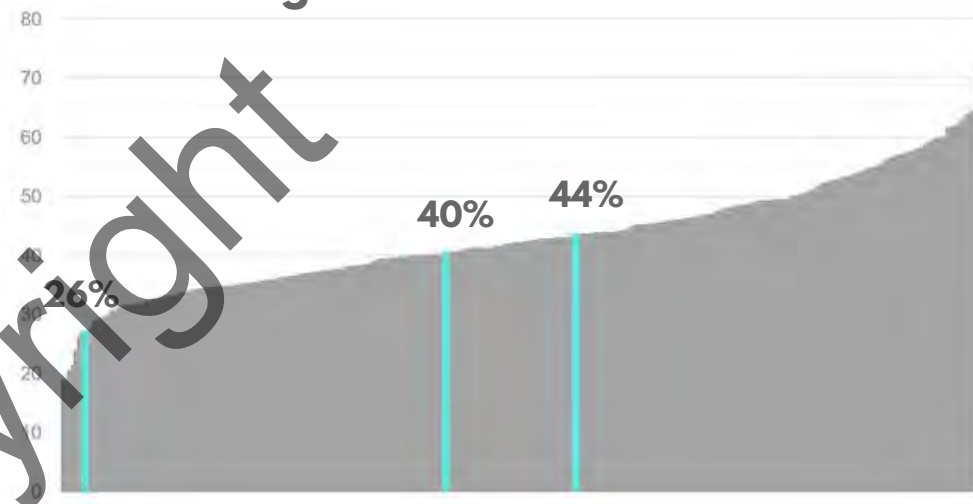
HOW DOES MINNESOTA COMPARE?

Each bar shows % per school

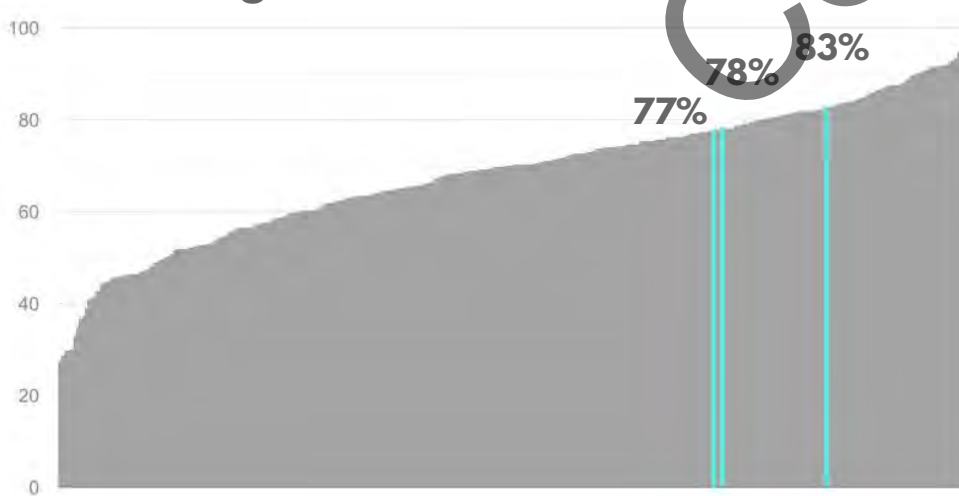
Depression



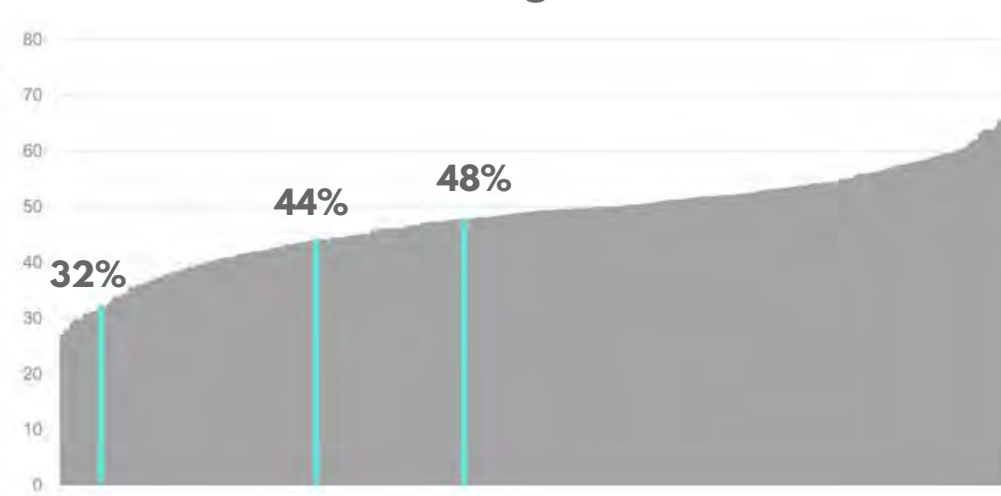
Flourishing



Knowledge of Mental Health Services



Perceived Public Stigma



DEEP BREATH

Rest your shoulders. Loosen your jaw.



WHY CARE?

**COLLEGE OFFERS A
CRITICAL TIME AND
UNIQUE OPPORTUNITY
FOR INTERVENTION**

**Early prevention, detection
and treatment:**

- Saves lives
- Improves academic outcomes, career trajectories, lifetime earnings, health, relationship satisfaction and more

being depressed in college is
associated with

2X

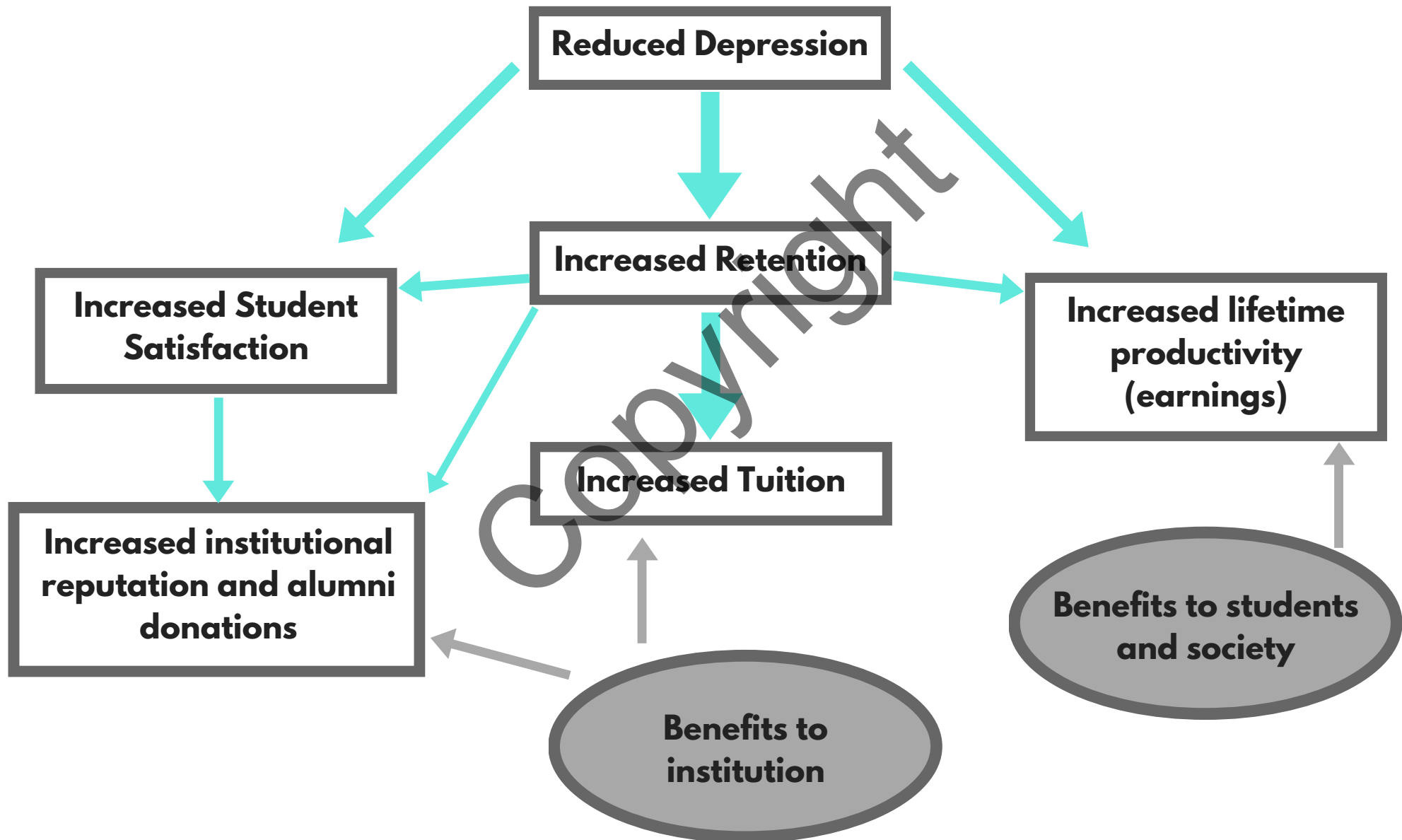
greater risk of departing without
graduating.

ACADEMIC IMPACTS

**Untreated mental health disorders
are associated with lower GPA,
enrollment discontinuity, and
drop-out**

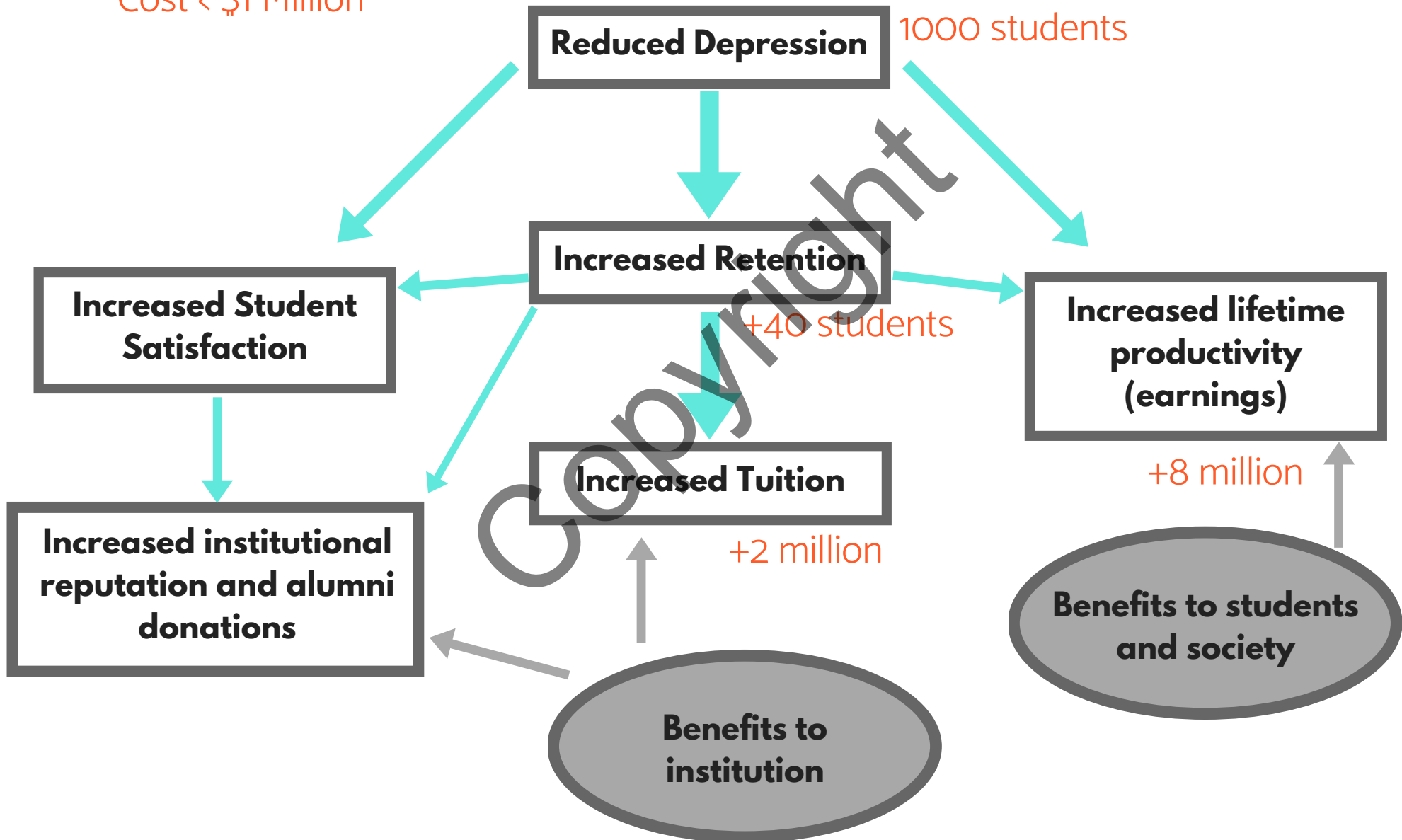
76% of students report their mental health
interfered with their academics 1 or more
days in the last month

ECONOMIC CASE FOR INVESTING IN STUDENT MENTAL HEALTH



ECONOMIC CASE FOR INVESTING IN STUDENT MENTAL HEALTH

Cost < \$1 Million





CAMPUS RESPONSES

To promote & protect student mental health

PUBLIC HEALTH APPROACH

- Address basic needs
- Develop life skills
- Promote social networks
- Identify students at-risk
- Encourage help-seeking
- Enhance mental health services
- Restrict access to potentially lethal means
- Crisis management





BASIC NEEDS

Food and Housing Insecurity:

- Experienced by about 41-48% of students
- Undermines educational experiences & credential attainment
- Associated with poor physical health, symptoms of depression, & higher perceived stress

Data from the Hope Center #realcollege Survey



PROMOTE SOCIAL NETWORKS

- Important protective factor
- Students turn to each other when in distress
- Peer outreach reduces stigma, enhances knowledge, improves climate & increases help-seeking

Efforts include Active Minds, peer-support programs, ResLife efforts, cultural centers, experienced-based support resources (e.g. for first-generation or DACA students), and more

A person wearing a red cap and a backpack is walking away from the camera on a paved path. The path is flanked by grass and lined with black lampposts. The background is foggy, and another person is visible in the distance. The overall mood is quiet and contemplative.

PROVIDE MENTAL HEALTH SERVICES

Campuses are:

- Embedding counselors in units & departments across campus
- Expanding screening & treatment through Stepped Care and triage models
- Harnessing technology and mobile options
- Addressing inequities

CAMPUS RESPONSES

LIFE-COURSE APPROACH



Pre-enrollment



Matriculation



Orientation



Transition out



Advising Years 1-4



Stress points/Risk periods

CAMPUS RESPONSES

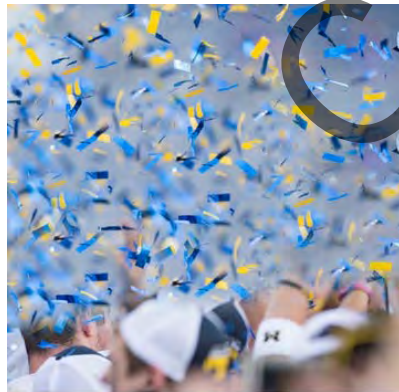
EMBEDDING ACROSS SETTINGS



Physical spaces



Learning environments



School culture & climate



Policies

STATEWIDE EFFORTS

**Collaboration & coordination
across higher ed systems &
states has resulted in:**

- Sharing learnings, best-practices, and innovative strategies
- Robust data to drive investments
- New funding sources
- Cost-effective infrastructure and negotiated discounts on contracts



RESOURCES:

HEALTHY MINDS WHITE PAPERS, ANNUAL DATA REPORTS & DATA INTERFACE

healthymindsnetwork.org/research

AMERICAN COUNCIL ON EDUCATION "INVESTING IN STUDENT MENTAL HEALTH" BRIEF

<https://tinyurl.com/yxkrzo3l>

HEALTHY MINDS ROI CALCULATOR

healthymindsnetwork.org/research/roi-calculator

THANK YOU

FOR INVESTING IN STUDENT MENTAL HEALTH

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HEALTHYMINDSNETWORK.ORG**

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