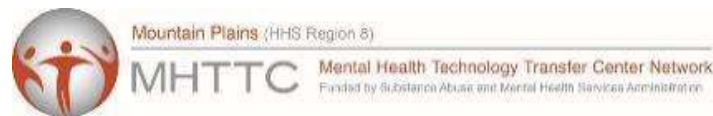


Understanding College Mental Health Needs and Solutions in 2024

Nathaan Demers, Psy.D.

January 25, 2024 – Session 2



Disclaimer and Funding Statement

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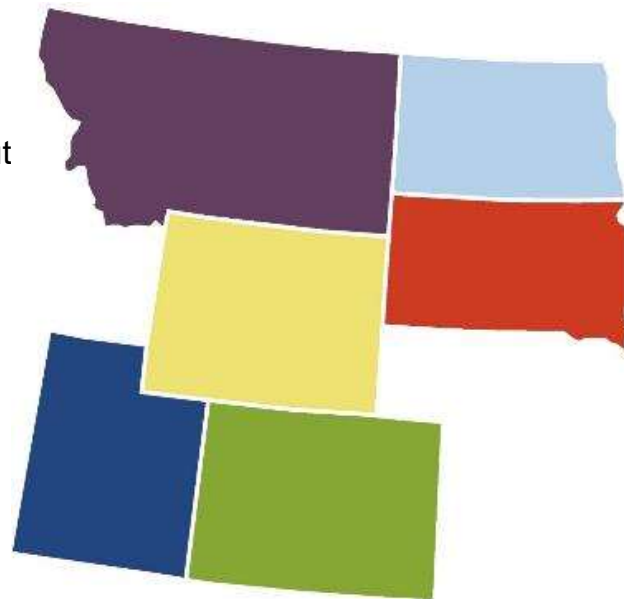
At the time of this presentation, Miriam E. Delphin-Rittmon, Ph.D. served as acting SAMHSA Assistant Secretary. The opinions expressed herein are the views of Nathaan Demers, Psy.D.. No official support or endorsement of DHHS, SAMHSA, for the opinions described in this presentation is intended or should be inferred.

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The Mountain Plains Mental Health Technology Transfer Center

The Mountain Plains Mental Health Technology Transfer Center (Mountain Plains MHTTC) provides training and technical assistance to individuals who serve persons with mental health concerns throughout Region 8 (Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming).

We belong to the Technology Transfer Center (TTC) Network, a national network of training and technical assistance centers serving the needs of mental health, substance use, and prevention providers. The work of the TTC Network is under a cooperative agreement by the Substance Abuse and Mental Health Service Administration (SAMHSA).



Land Acknowledgement Statement

Today, the University of North Dakota rests on the ancestral lands of the Pembina and Red Lake Bands of Ojibwe and the Dakota Oyate - presently existing as composite parts of the Red Lake, Turtle Mountain, White Earth Bands, and the Dakota Tribes of Minnesota and North Dakota. We acknowledge the people who resided here for generations and recognize that the spirit of the Ojibwe and Oyate people permeates this land. As a university community, we will continue to build upon our relations with the First Nations of the State of North Dakota - the Mandan, Hidatsa, and Arikara Nation, Sisseton-Wahpeton Oyate Nation, Spirit Lake Nation, Standing Rock Sioux Tribe, and Turtle Mountain Band of Chippewa Indians.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED AND
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

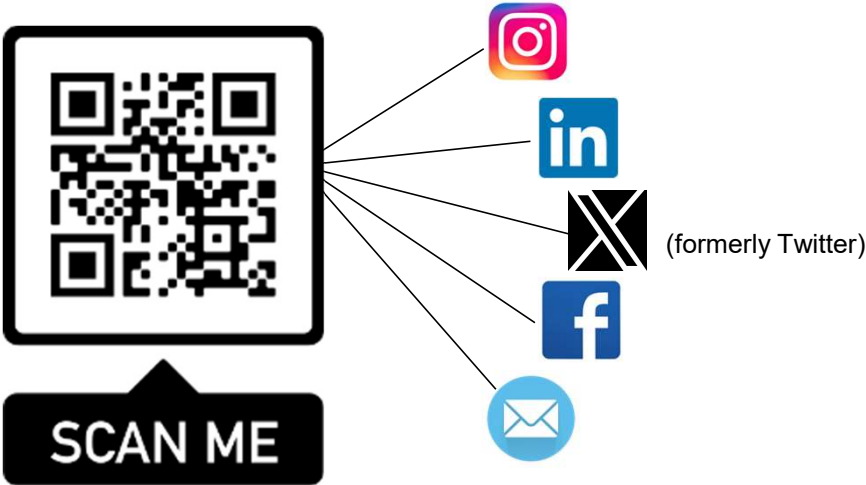
RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf

Stay Connected

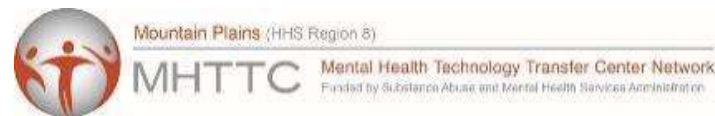
Scan this QR code to follow us on Instagram, LinkedIn, Twitter, and Facebook. You can also join our e-mail newsletter!



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Mountain Plains (HHS Region 8)

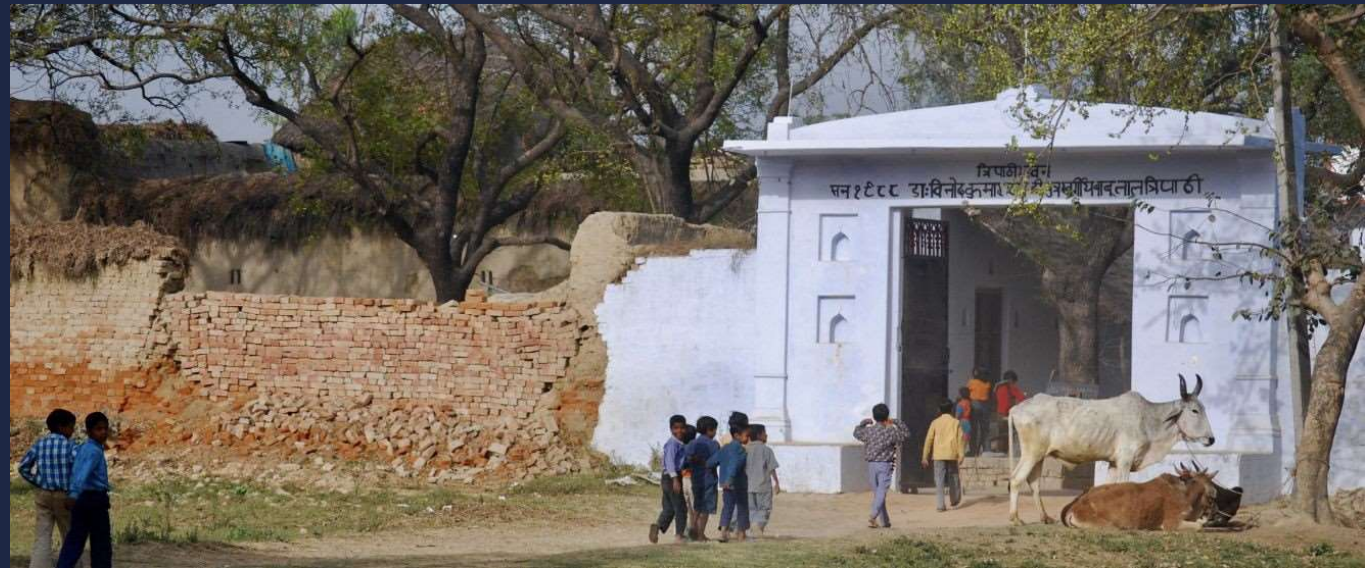
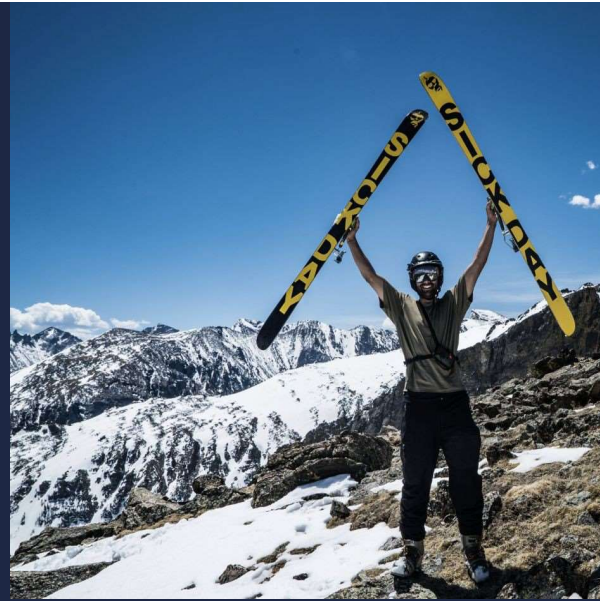
MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Increasing Behavioral Health Access:

Implementing Stepped Care Models to
Decrease Barriers and Use Resources
Effectively // Part 2

January 2023





60%

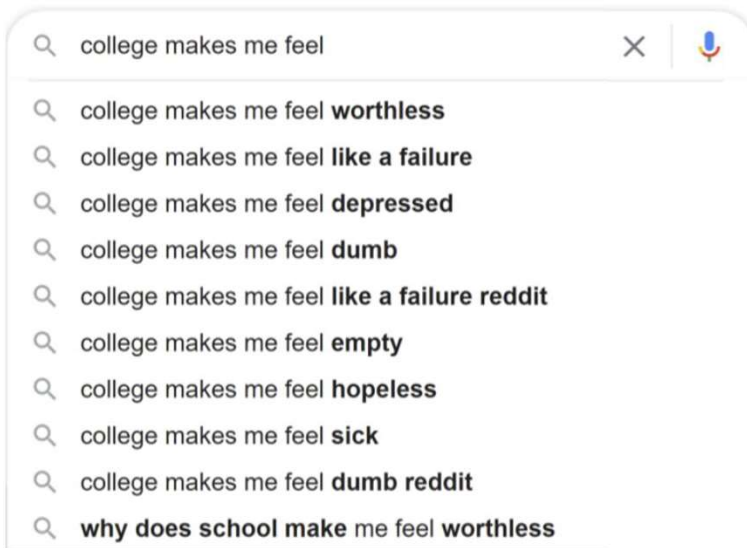
60% of college students meet criteria for at least one mental health condition. This is a 50% increase in past decade ¹

81%

81% of students indicate that their mental health negatively impacted academic performance in the past 4 weeks ²

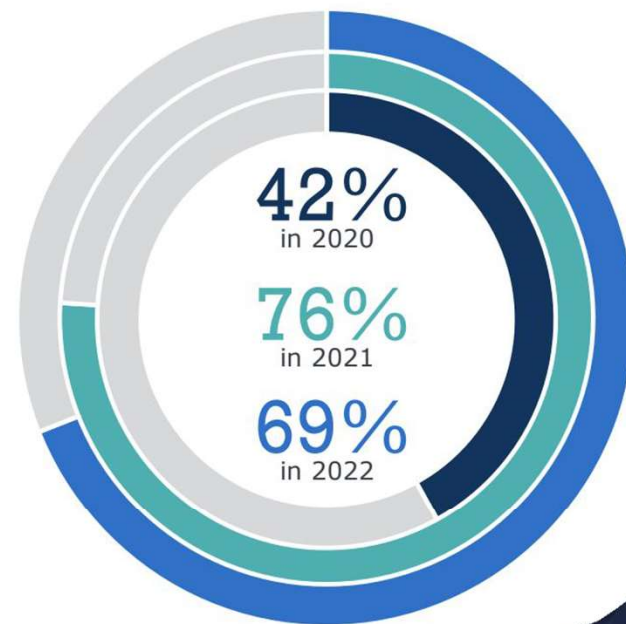
¹ [National Education Association](#)

² [Healthy Minds Report 2022-2023](#)



The Educational Impact of Emotional Stress

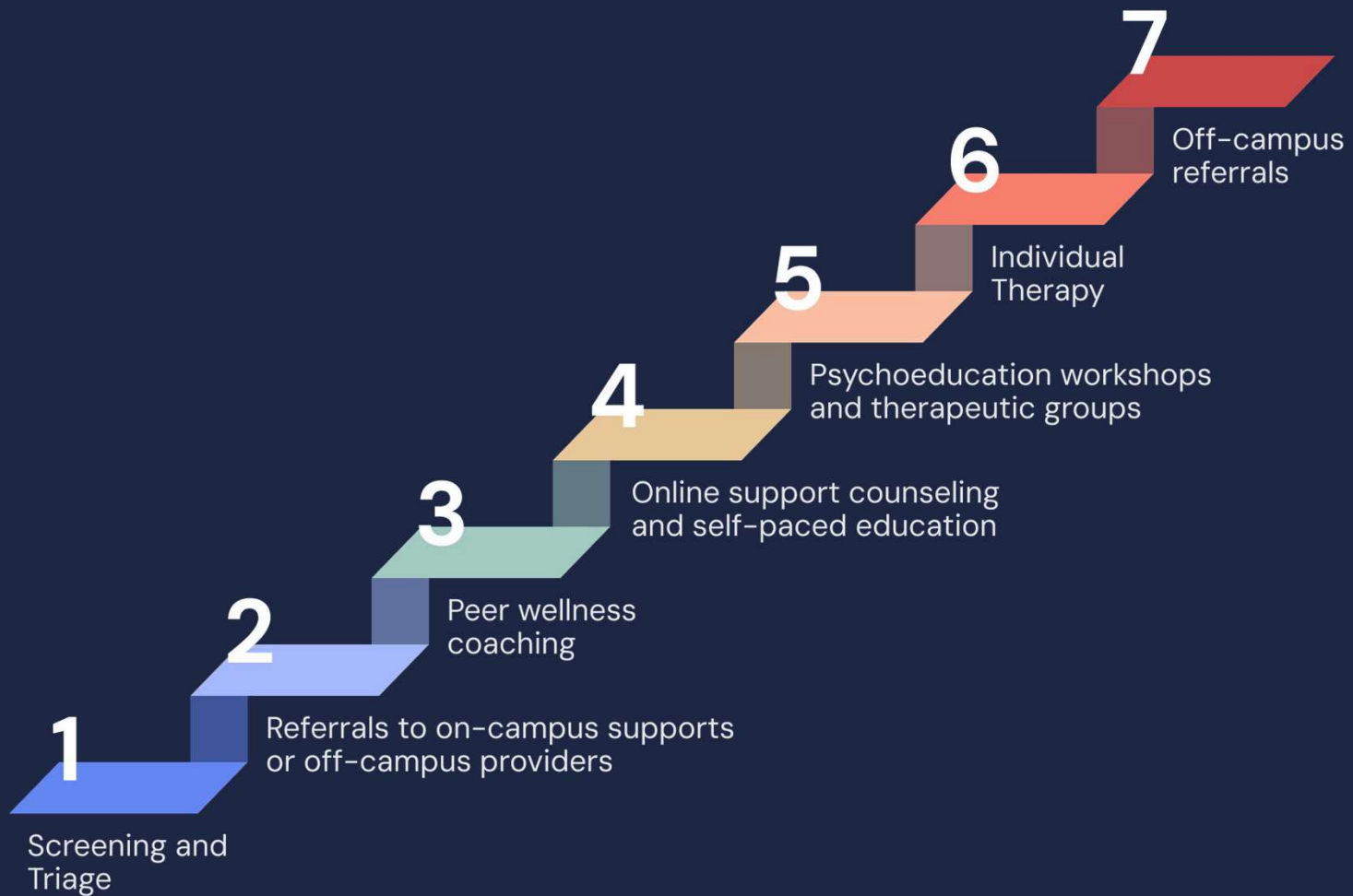
% of bachelor's students citing emotion stress as the reason they considered stopping their coursework¹





The Solution:

Stepped Care Models





Co-Occurring Disorders

What% of adults living with a substance use disorder have a co-occurring mental health disorder?

71%

0%

53%

0%

37%

0%

25%

0%

7%

0%

Of the 20.3 million adults with **substance use disorders**,

37.9%

also had **mental illnesses**.



Among the 42.1 million adults with **mental illness**,

18.2%

also had **substance use disorders**.



Source: Han, et al. Prevalence, Treatment, and Unmet Treatment Needs of US Adults with Mental Health and Substance Use Disorders. 2017.



What% of adults living with co-occurring mental health & substance use disorder do not receive treatment?

89%

0%

77%

0%

52%

0%

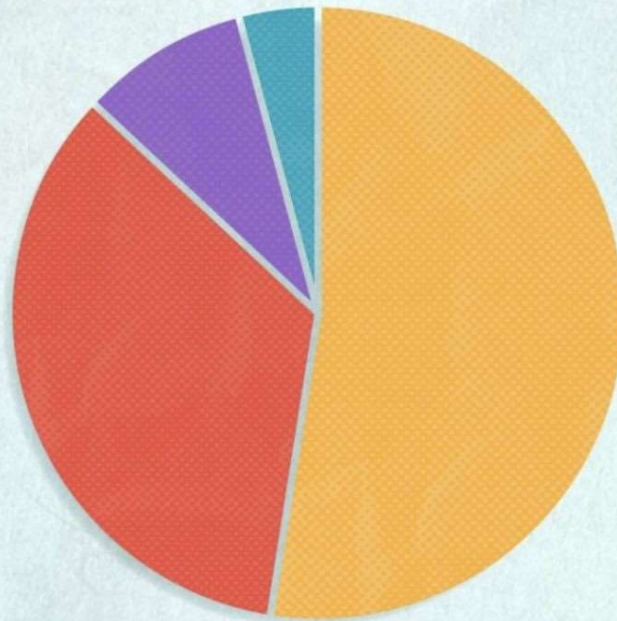
30%

0%

7%

0%

Not everyone with co-occurring conditions gets the treatment they need.



52.5%
received neither mental health care nor substance use treatment

34.5%
received mental health care only

9.1%
received both mental health care and substance use treatment

3.9%
received substance use treatment only





50%

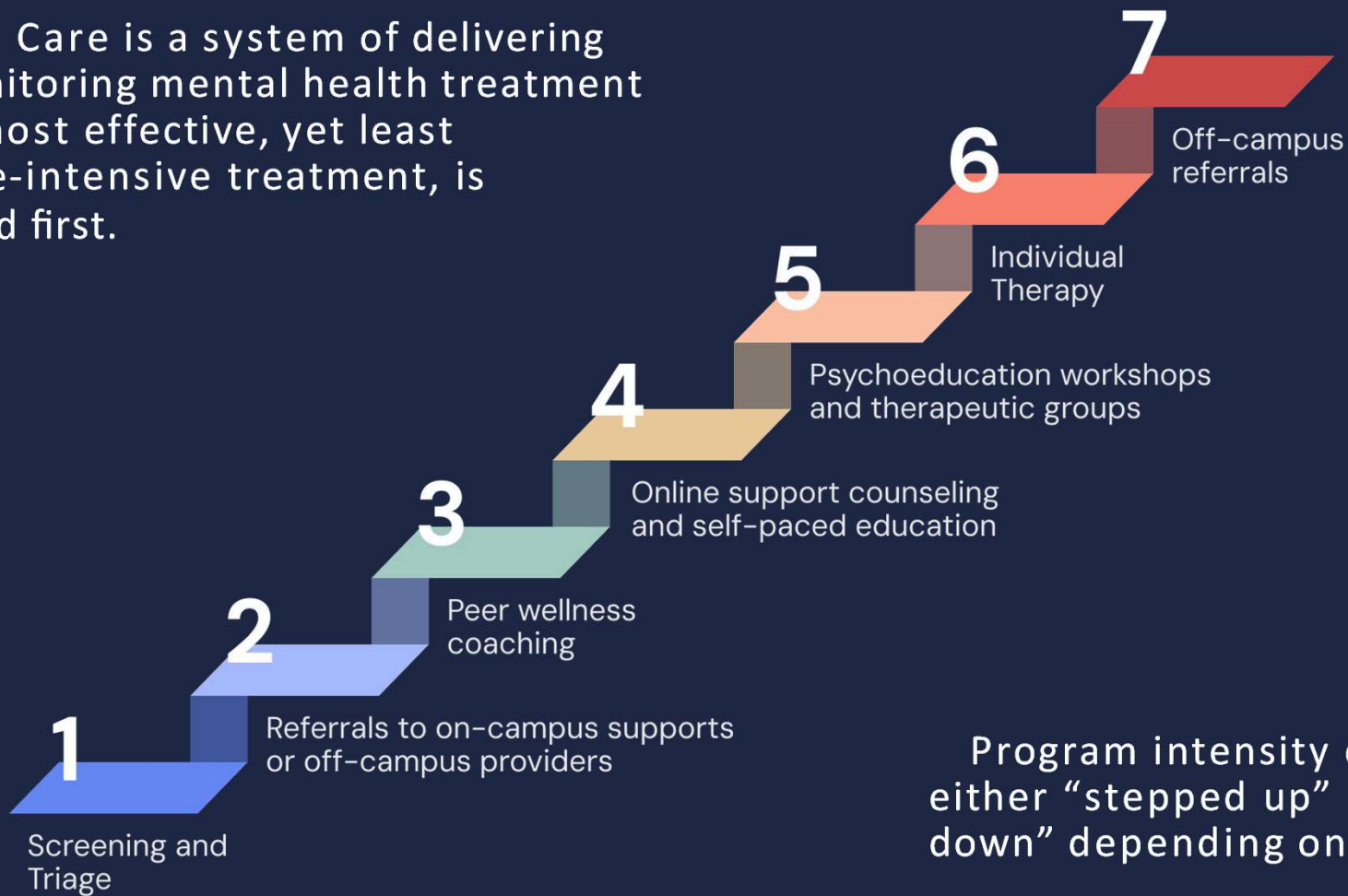
Of current college students report binge drinking or illicit drug use in the past month



Binge drinking on slight decline

Illicit and prescription drug use increasing

Stepped Care is a system of delivering and monitoring mental health treatment so the most effective, yet least resource-intensive treatment, is delivered first.

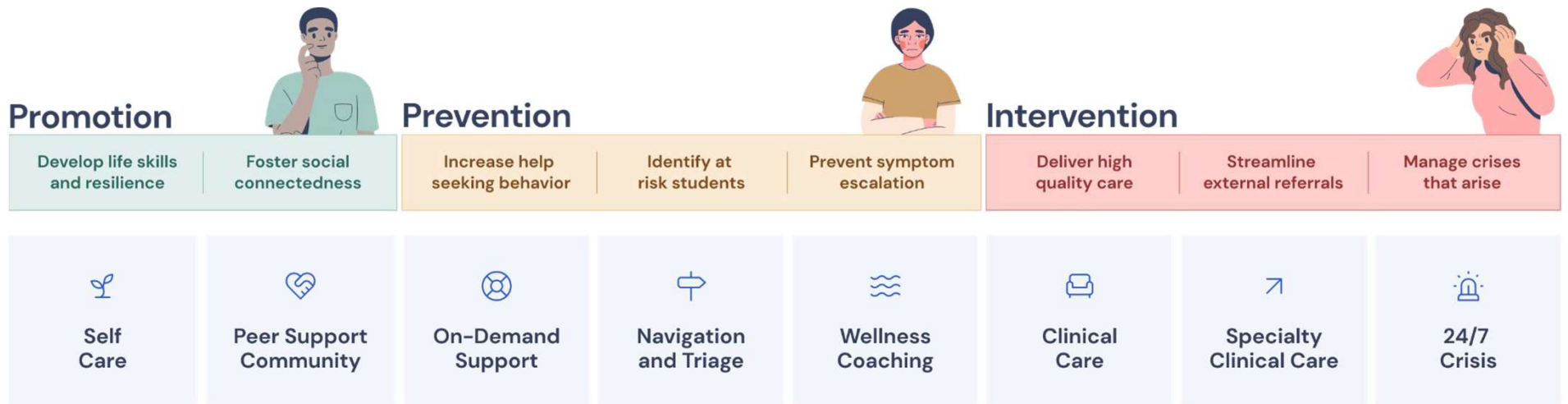


Program intensity can then be either “stepped up” or “stepped down” depending on the level of client need



End to End Mental Health Support

Stepped-Care



No Wrong Door




 Counseling Center

 Faculty or Staff Referral

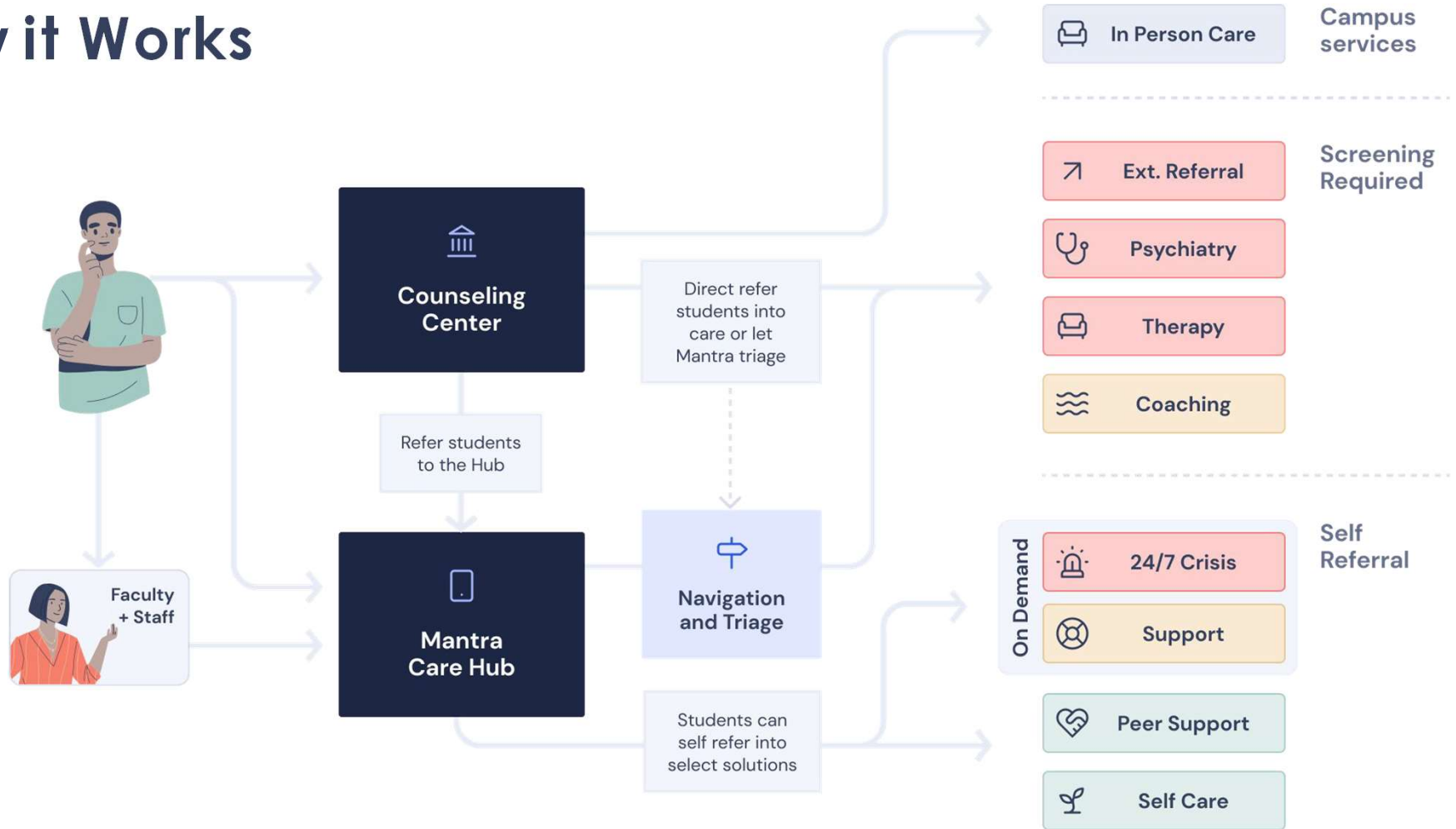
 Mantra Care Hub

 LMS


Navigation and Triage

-  Self Care
-  Peer Support
-  On-Demand
-  24/7 Crisis
-  Coaching
-  Therapy
-  Psychiatry
-  Specialty Care

How it Works





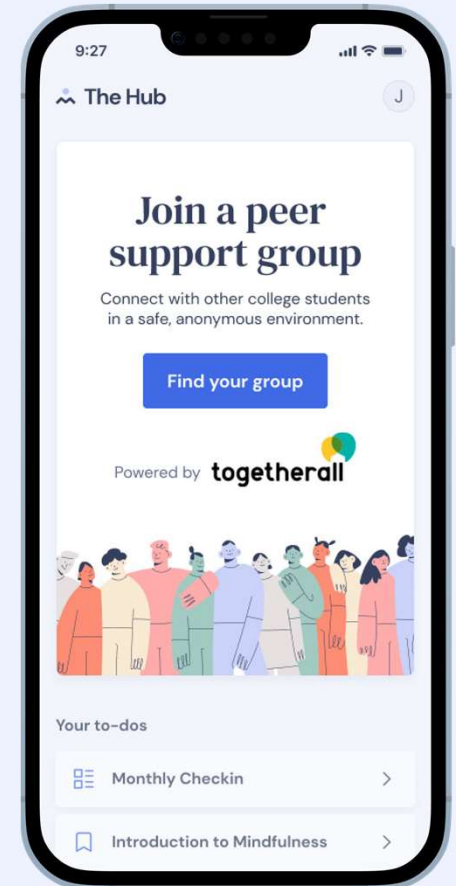
Example Levels of Intervention



Peer-to-Peer Support Community

Empowering students to seek and provide support in a welcoming, safe environment.

- ▶ Anonymous, peer-to-peer mental health support community
- ▶ Online, 24/7, and completely confidential
- ▶ Reach traditionally underserved and marginalized students
- ▶ Safely monitored by licensed and registered mental health practitioners
- ▶ Immediate risk-detection and clinical intervention, if needed



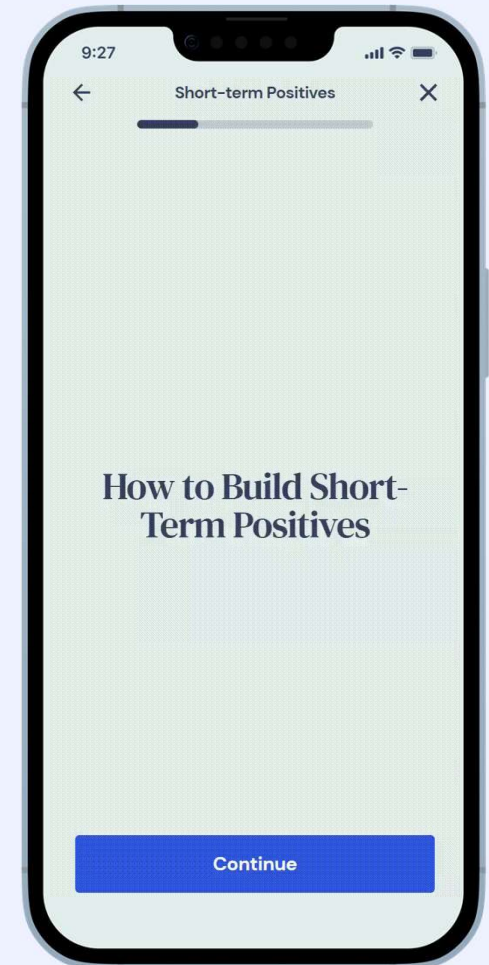
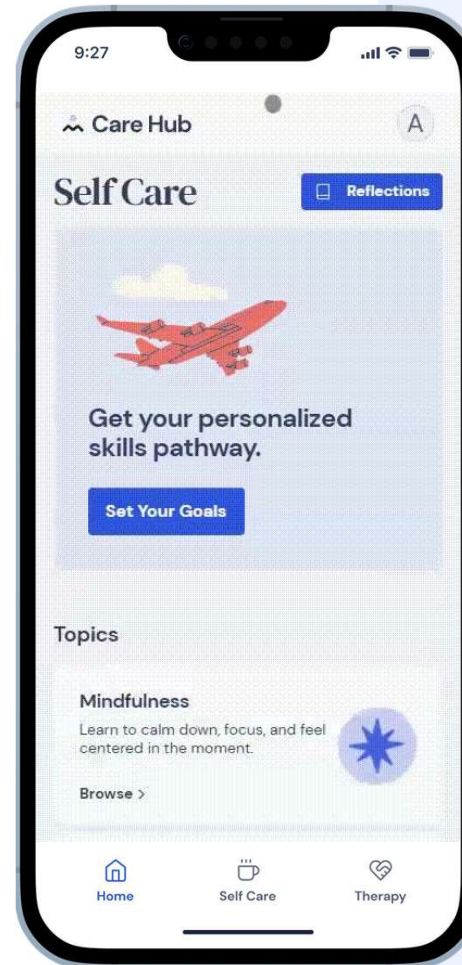


Self Care

Self-guided, evidence-based life skills, designed to support transition and resilience.

Topics:

- ▶ Mindfulness
- ▶ Emotion Regulation
- ▶ Distress Tolerance
- ▶ Interpersonal Effectiveness.





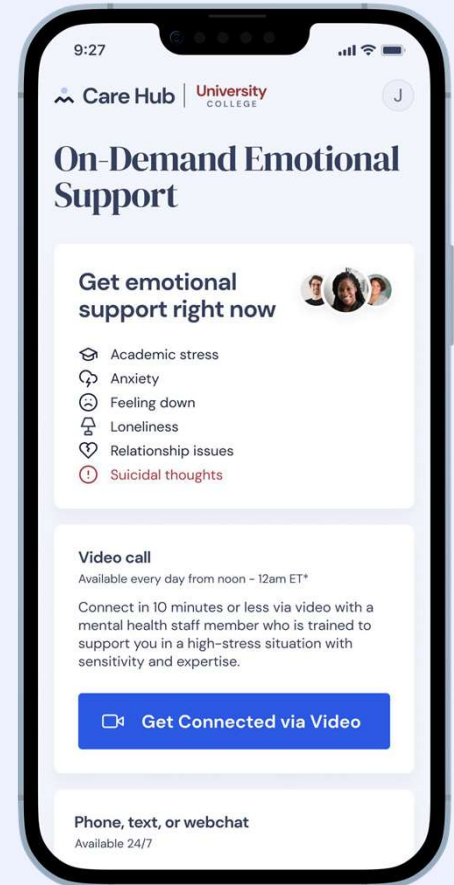
On-Demand Emotional Support

Connecting students to solution focused care in-the-moment.

- ▶ Available 12 hours a day, 7 days a week
- ▶ Dedicated mental health staff available via video in 10 minutes or less
- ▶ Specifically trained to support academic stress, anxiety, feelings of loneliness, relationship issues, and suicidal thoughts



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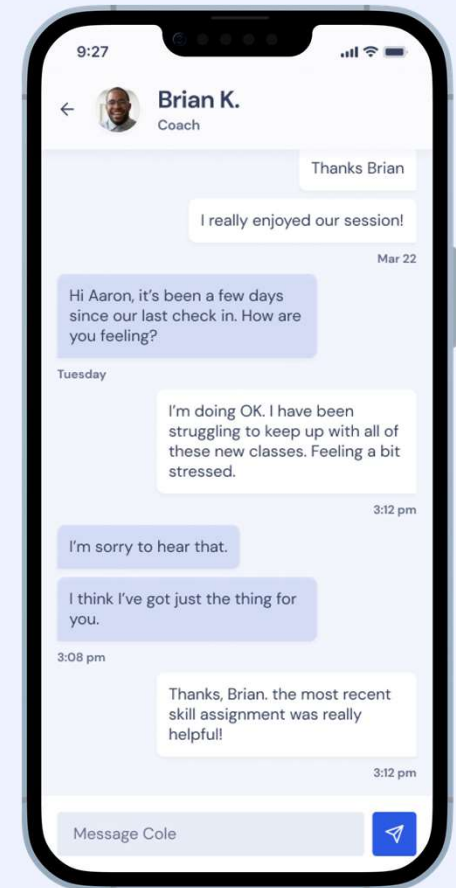
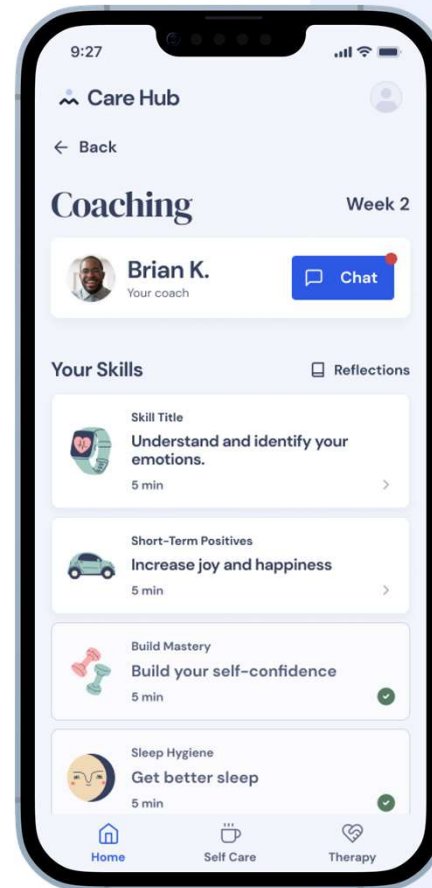




Emotional Wellness Coaching

Expanding the treatment continuum for subclinical populations.

- ▶ 8-12 week, short term, goal-oriented experience
- ▶ Provides additional level of support and accountability that builds upon our self guided DBT modules
- ▶ Reserves clinical capacity for students requiring treatment with licensed providers



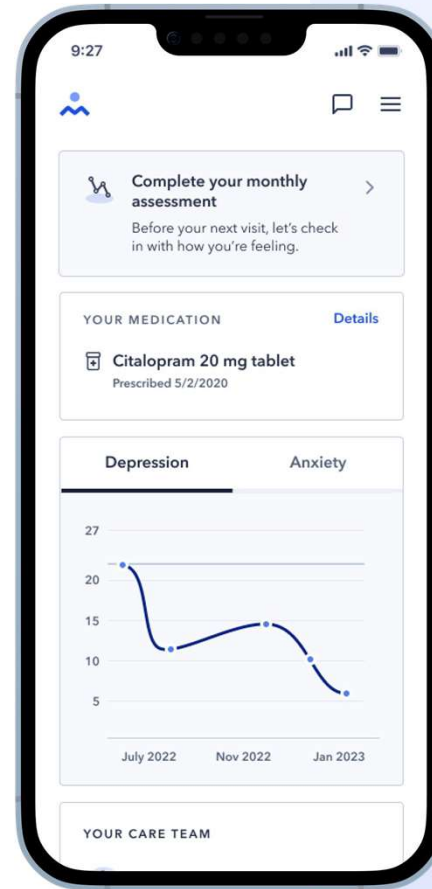


Therapy & Psychiatric Services

Questions to Explore:

- ▶ Dedicated provider group vs. contract
- ▶ Session length, limits, etc.
- ▶ Cultural Responsiveness
- ▶ After hours and weekend appointments
- ▶ Provider Diversity
- ▶ Ability to Provide High Acuity Care
- ▶ Crisis Protocols
- ▶ Reporting

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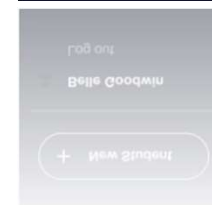
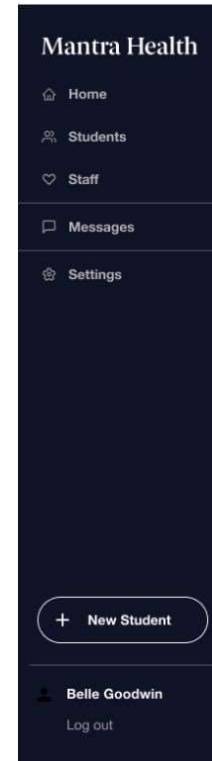
Virtual Intensive Outpatient Programming

6-10 week virtual intensive outpatient program (IOP) includes 11 hours / week of evidence-based treatment

- ▶ 9 hours of groups (3 hours/day, 3 days/week)
- ▶ 1 hour of individual therapy
- ▶ 1 hour of family therapy (optional)

Accessible from campus any time of day, including weekends

Covered by student insurance



ENROLL NEW STUDENT

Select Referral Type

Virtual Therapy and/or Psychiatry

MANTRA HEALTH

Select

Virtual Intensive Outpatient Program

IN PARTNERSHIP WITH CHARLIE HEALTH

Evidence-based programs for young people in need of a higher level of support, with comprehensive, personalized treatment plans alongside peers with common goals. 100% virtual.

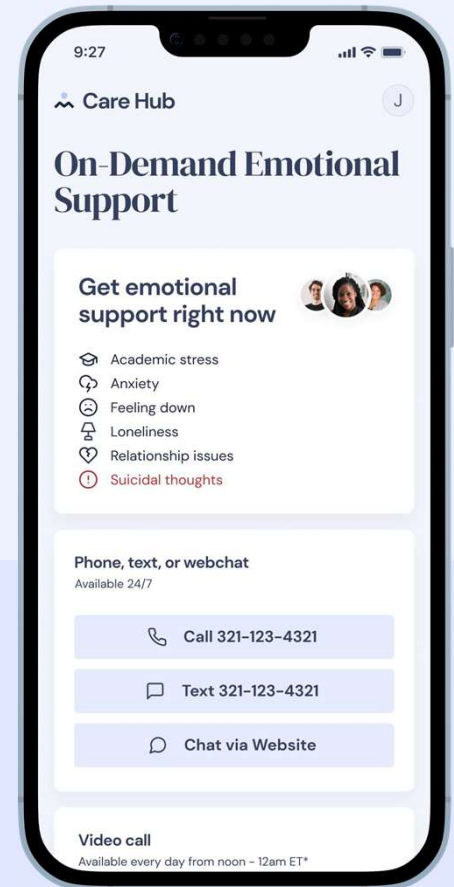
Select



24/7 Crisis Support

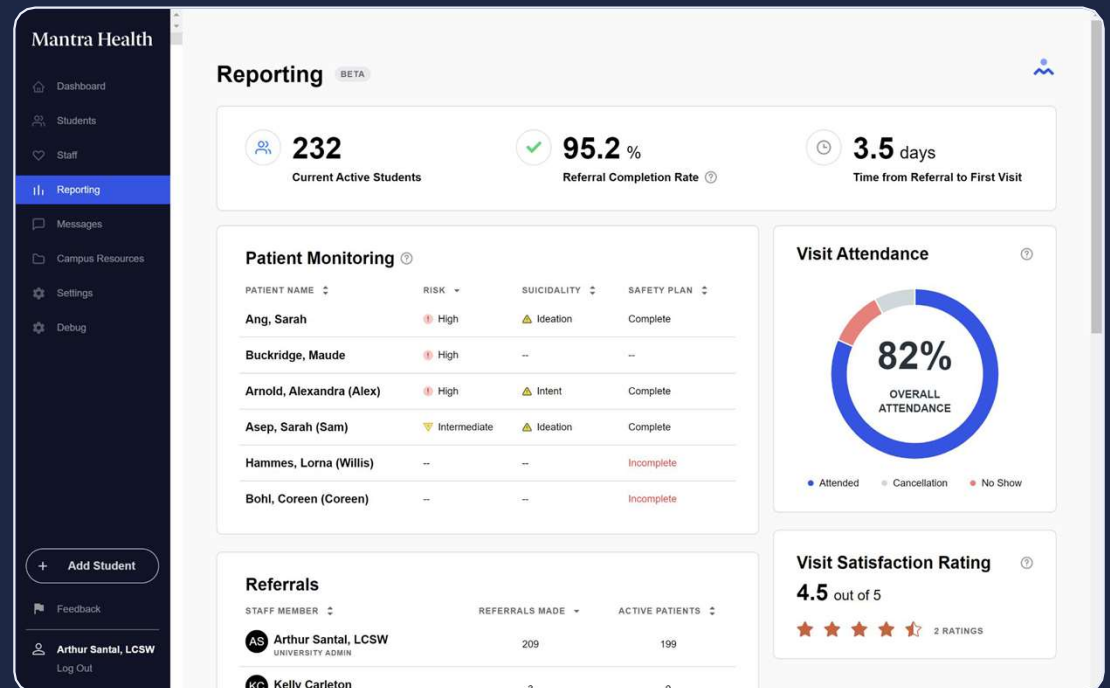
Crisis support, available 24 hours a day, 7 days a week, 365 days a year.

- ▶ Bi-lingual support
- ▶ Phone, text or chat
- ▶ 2 minute response time

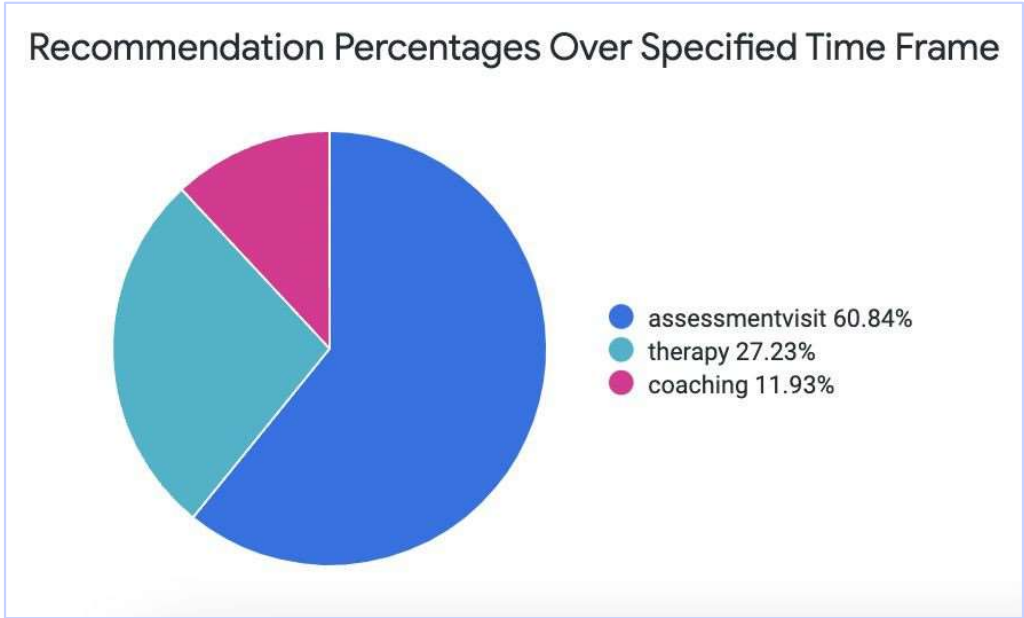


Reporting

- Single Data source for multiple interventions
- Ensure students are accessing most appropriate levels of care
- Allows for informed pivots in marketing & promotion efforts



Level of Care Assessment Funnel

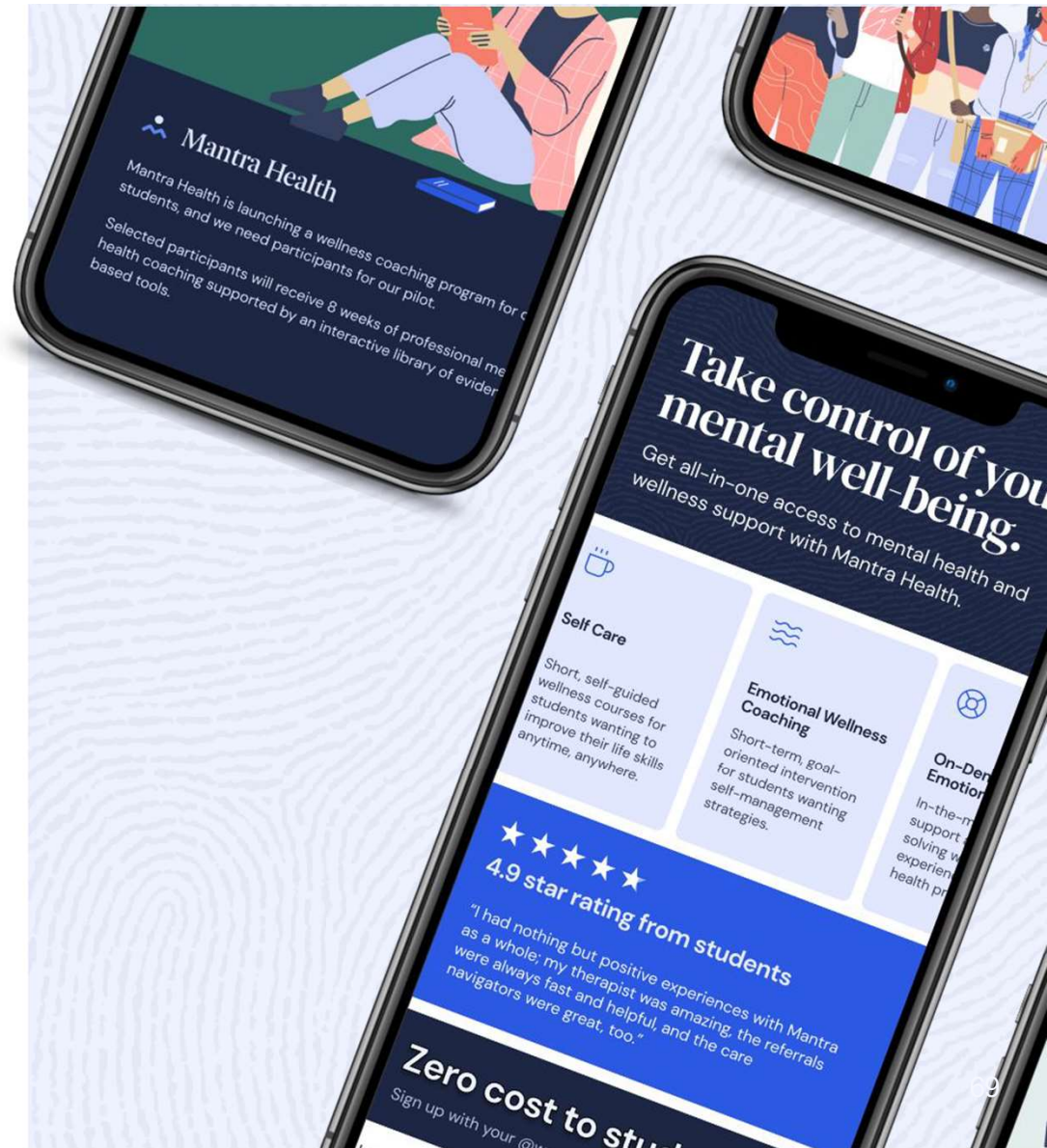




Campus Activation

Embedding Resources

- Think “evergreen”



Campus Activation

Race/Ethnicity	Student Body	Mantra Users	Delta
White	78%	68%	-10%
Hispanic	5%	10%	5%
Black	7%	6%	-1%
Asian	2%	5%	3%
Other	6%	3%	-3%
Unknown	3%	7%	4%

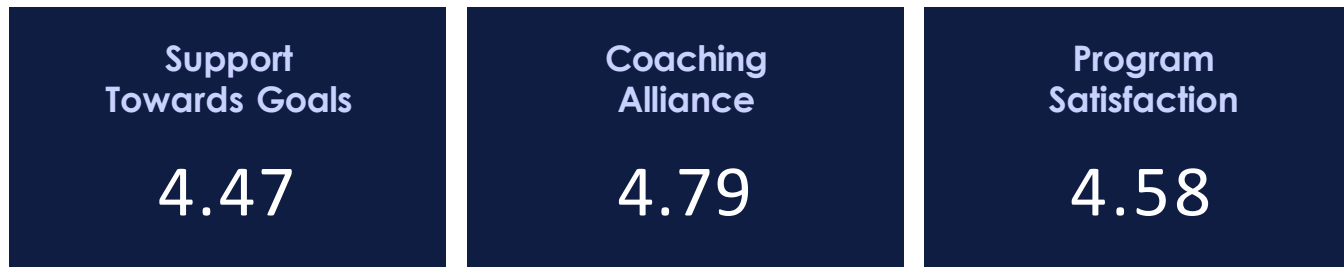


Mantra Health

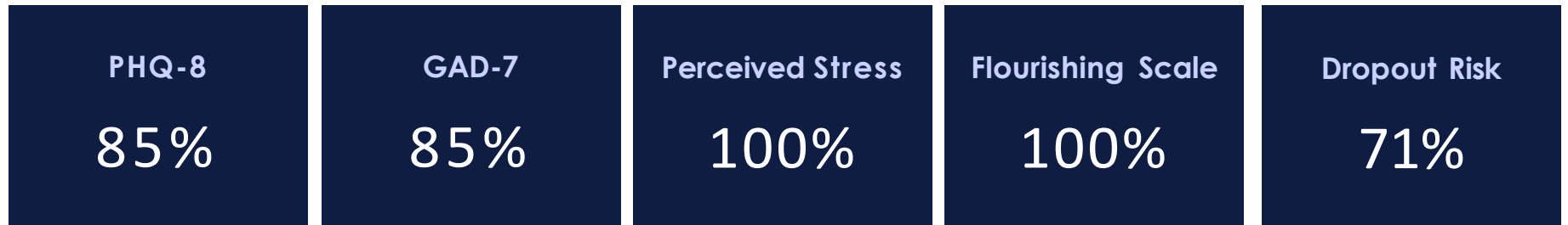
Outcomes

Coaching Outcomes

Student Satisfaction (1-5 scale)



Outcome Stability & Improvement*



*Percent of students whose scores remained stable or improved during the program



On Demand Emotional Support

▶ Reasons for Calling

- 40% Family Stress
- 40% Academics
- 20% Depression/Suicidal Ideation

▶ Average 30% reduction in self-reported distress scores

▶ 60% of ODES callers report they would not have or would not know how to seek immediate support if not for ODES

On-Demand Emotional Support

Get emotional support right now

- 🏠 Academic stress
- 👤 Loneliness
- 🌀 Anxiety
- 💔 Relationship issues
- ☹️ Feeling down
- 🚫 Suicidal thoughts



Video call

Available everyday from noon - 12 am ET*

Connect in 10 minutes or less via video with a mental health staff member who is trained to support you in a high-stress situation with sensitivity and expertise.

 [Get Connected](#)

Phone or text

Available 24/7

 [Call 1-800-555-1234](tel:1-800-555-1234)

 [Text HELP to 12345](sms:HELP)



Clinical Care Outcomes

N =
9,754

8.85

Average number of sessions
attended by students

8.8/10

Satisfaction with provider match

94.7%

Provider helped me meet my goals



Health Outcomes

67%

Improved
anxiety

GAD-7

68%

Improved
depression

PHQ-8

33%

Improved
flourishing

Flourishing Scale

82%

Of students who
entered care with
severe depression
significantly
improved.



Risk of Drop-Out

We use an item from the Healthy Minds Study designed to assess possible risk of drop-out.

On a scale from 1 (strongly agree) to 6 (strongly disagree), I am confident that I will be able to finish my degree no matter what challenges I may face.

*1-3 = low risk; 4-6 = high risk

70% improved 1+ point

62% moved from higher to lower risk category



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About Your Campus

Which steps exist on your campus?



Start the presentation to see live content. For screen share software, share the entire screen. Get help at pollev.com/app

What steps would feel most beneficial to add on your campus?

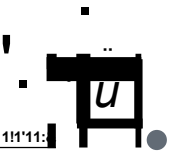


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What is the biggest barrier preventing the adoption and integration of these services on your campus?

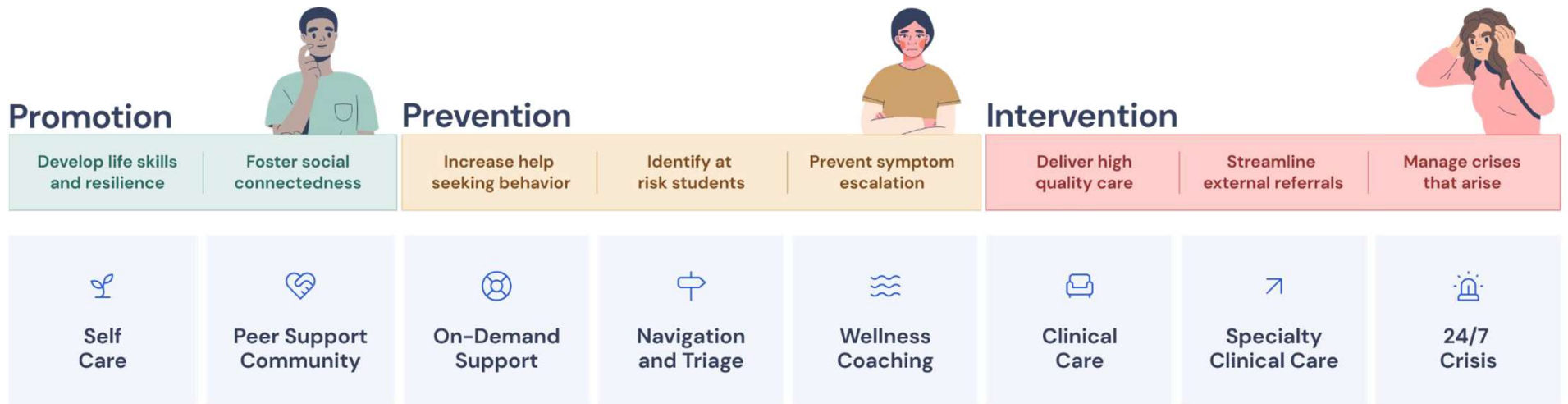
Nobody has responded yet.

Hang tight! Responses are coming in.



End to End Mental Health Support

Stepped-Care





Take Homes

Take Homes

1

With increased mental health needs on campus negatively impacting student success, integrated programming is essential to support student persistence

2

Integrated Stepped Care models offer a scalable solution to keeping up with ever increasing student mental health needs

3

Building the model is not enough, it must be:

- Meet students on their terms
- Holistic staffing & buy in
- Integrated into existing technologies
- Reporting for continuous improvement



Thank You for Joining Us!

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