

Understanding College Mental Health Needs and Solutions in 2024

Nathan Deemers, Psy.D.

January 11, 2024 – Session 1

January 25, 2024 – Session 2



Disclaimer and Funding Statement

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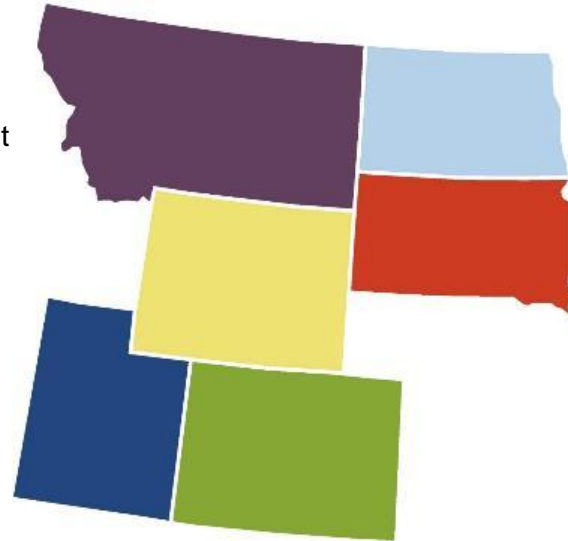
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The work of the Mountain Plains MHTTC is supported by grant H79SM081792 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

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

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(formerly Twitter)



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Mountain Plains (HHS Region 8)

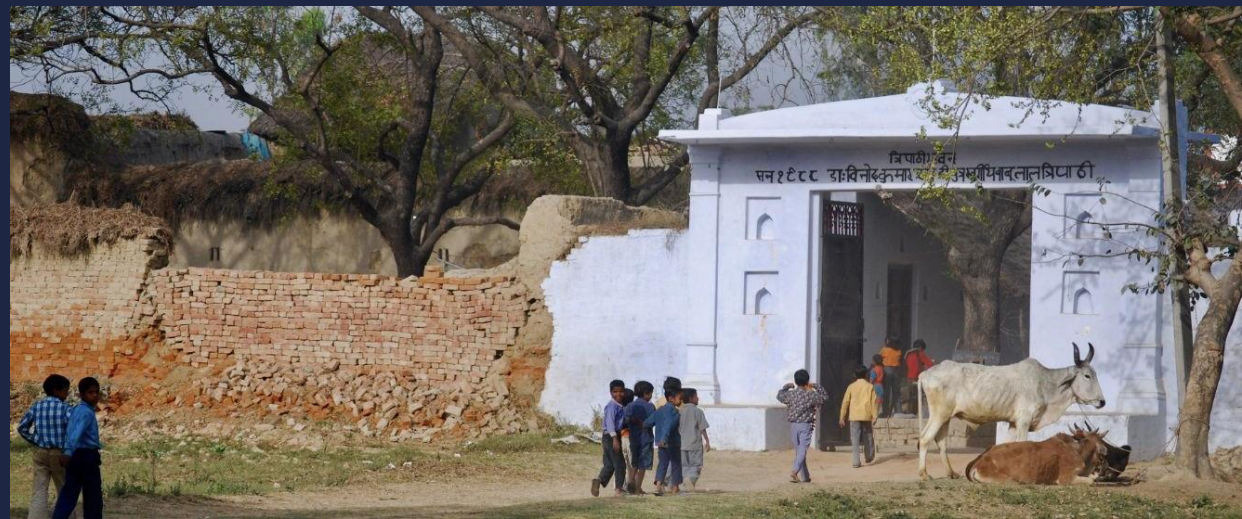
MHTTC

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 1

January 2023





UNIVERSITY of

A.B. C



WICHE

Western
for
Me



YOU

Mantra



Behavioral Health Trends:

Healthy Minds & Hope Center Data

SAMPLE CHARACTERISTICS (N=76406)

Gender



54%	Female
41%	Male
4%	Transgender and non-binary

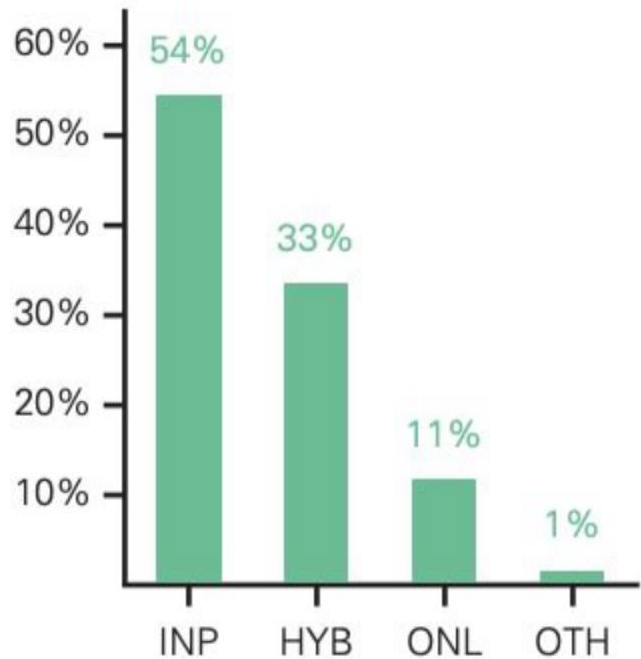
Living Arrangement



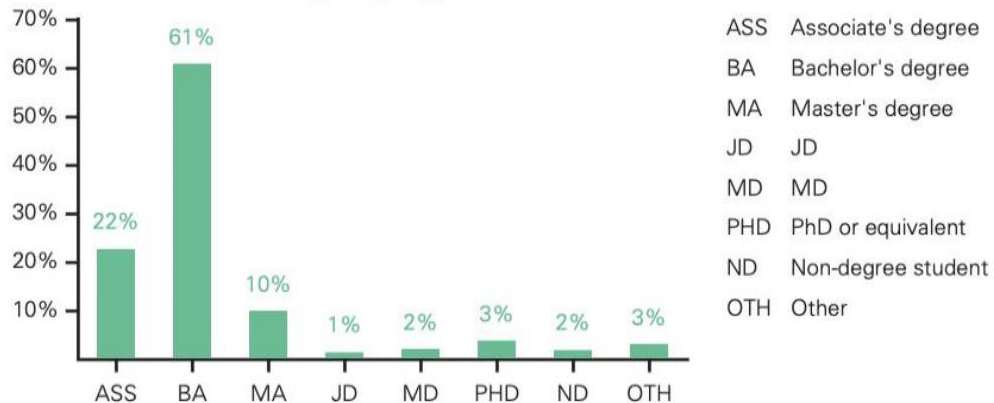
30%	Campus residence hall
1%	Fraternity or sorority house
8%	Other university housing
32%	Off-campus, non-university housing
26%	Parent or guardian's home
4%	Other



Class format



Degree program



LONELINESS

56-61%

How often do you feel...

you lack companionship



34%
37%
19%

left out



29%
39%
22%

isolated from others



29% Hardly ever
36% Some of the time
25% Often

DEPRESSION SCREEN

Any depression



ANXIETY SCREEN

Any anxiety



POSITIVE MENTAL HEALTH

Positive mental health



Knowledge of campus mental health resources

If I needed to seek professional help for my mental or emotional health, I would know where to go to access resources from my school.



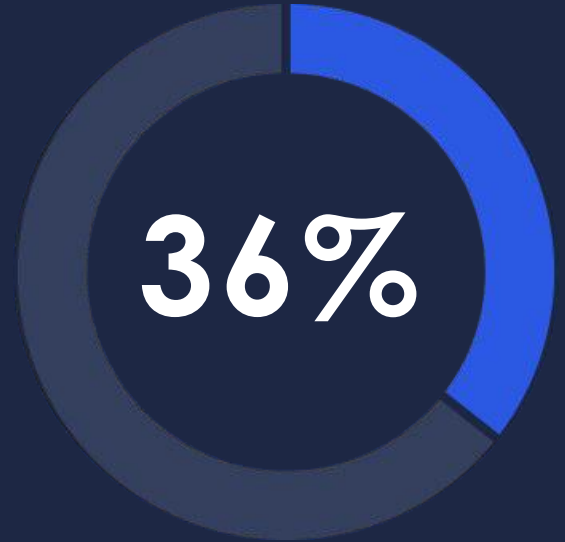
21%	Strongly Agree
25%	Agree
18%	Somewhat Agree
6%	Somewhat Disagree
8%	Disagree
5%	Strongly Disagree

19%



Mental health counseling/ therapy, all students (past year)

In the past 12 months, have you received counseling or therapy for your mental or emotional health from a health professional (such as a psychiatrist, psychologist, social worker, or primary care doctor)?



Perceived Need (Past Year)

In the past 12 months, I needed help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.



25%	Strongly Agree
17%	Agree
15%	Somewhat Agree
5%	Somewhat Disagree
12%	Disagree
13%	Strongly Disagree

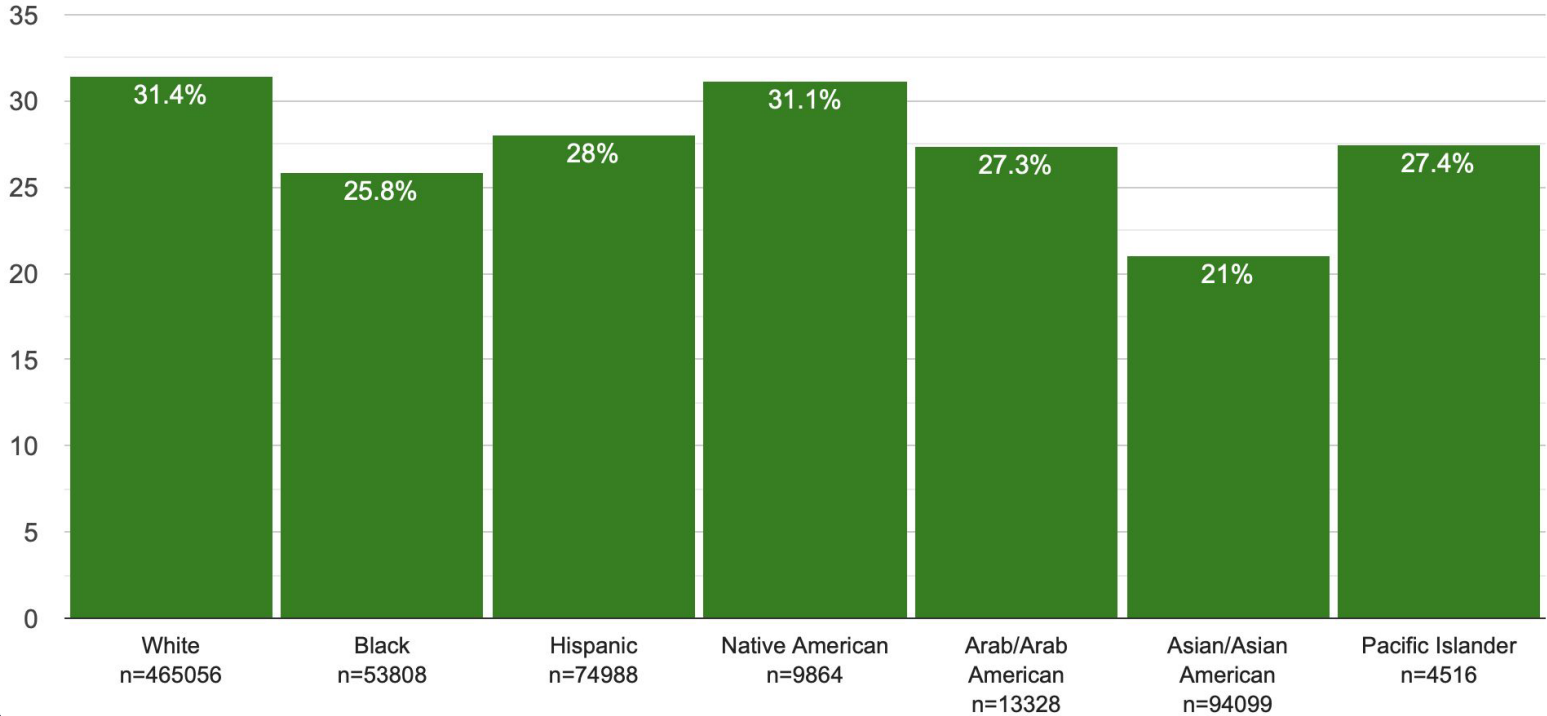
57%

- 36%

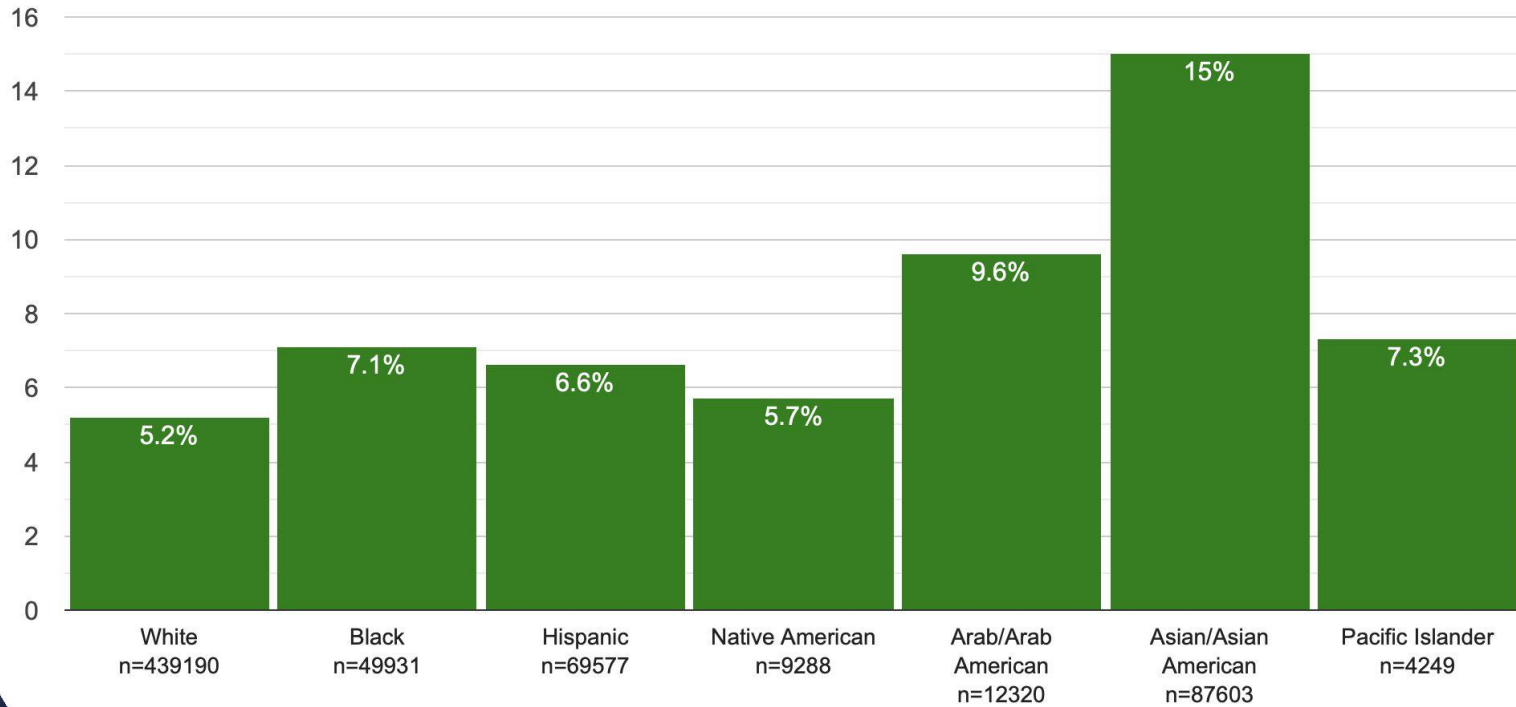
21%



Any Therapy Ever by Race



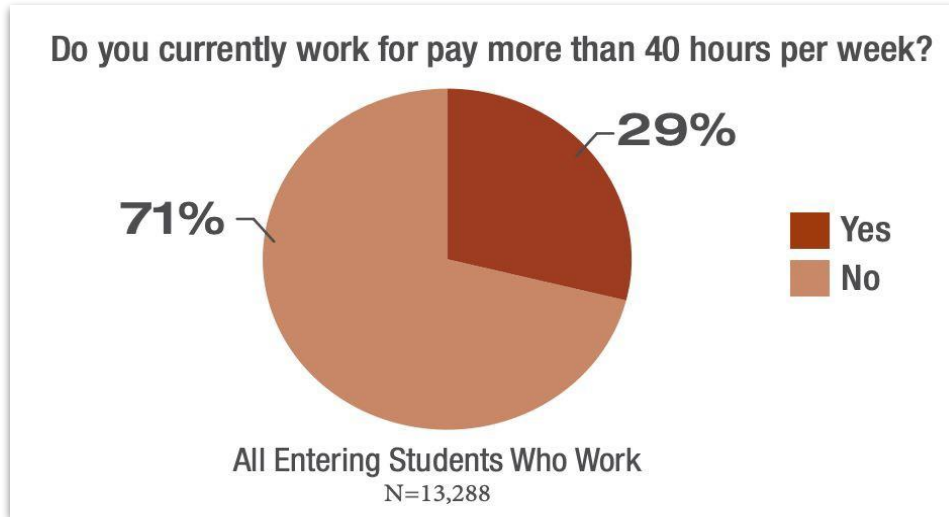
Personal Stigma by Race



Community colleges are among the most affected

	Community College	Four-Year College
Students experiencing mental health conditions	1 in 2	1 in 3
Has psychiatric services for students	8%	58%
Students who complete their degree program	20%	60%
Students who report having support from a friend/roommate	29.1%	53.4%

Additional Barriers to Student Success



- Parenting
- Transportation
- Reliable Internet
- Cultural Barriers
- SES
- Lack of study space
- Caring for family members

Basic Needs Insecurity

#RealCollegeSurvey

- 500+ institutions
- Primary goal: give campuses the information they need to support students with basic needs

2020 Findings (n = >195,000, k = 202)

- 58% of respondents had some type of basic needs insecurity
- 38% reported experiencing food insecurity during the last 30 days
- Students of color, first generation students, Pell Grant recipients, and part-time students were more likely to report basic needs insecurities





Macro/Micro Trend Summary



60%

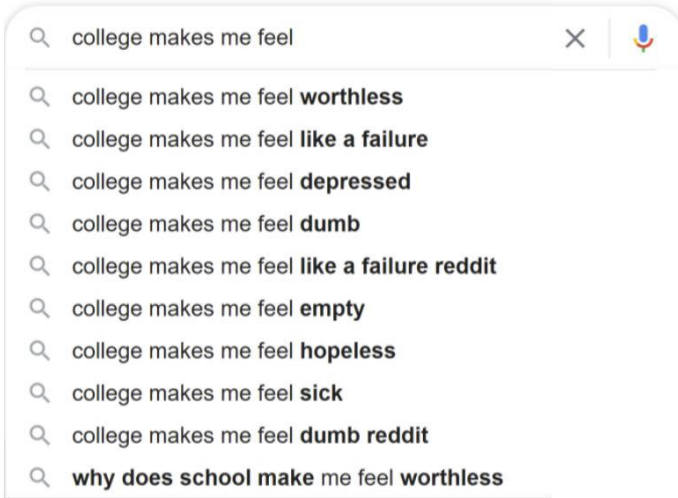
60% of college students meet criteria for at least one mental health condition. This is a 50% increase in past decade ¹

81%

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

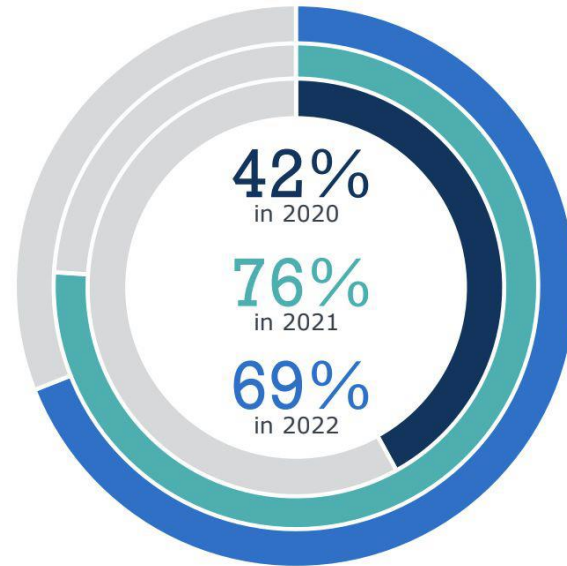
¹ [National Education Association](#)

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



¹Results are among students who say they have considered stopping coursework in the past six months.

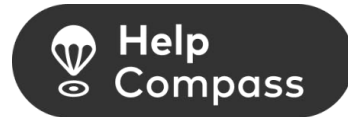


\$5.5 billion

invested in behavioral health tech in 2021

Dramatic rise in mental health solutions on campus;
however, there are associated challenges with quality
and information overload

Rise in Point Solutions



The Current Problem

**Lack of
visibility**

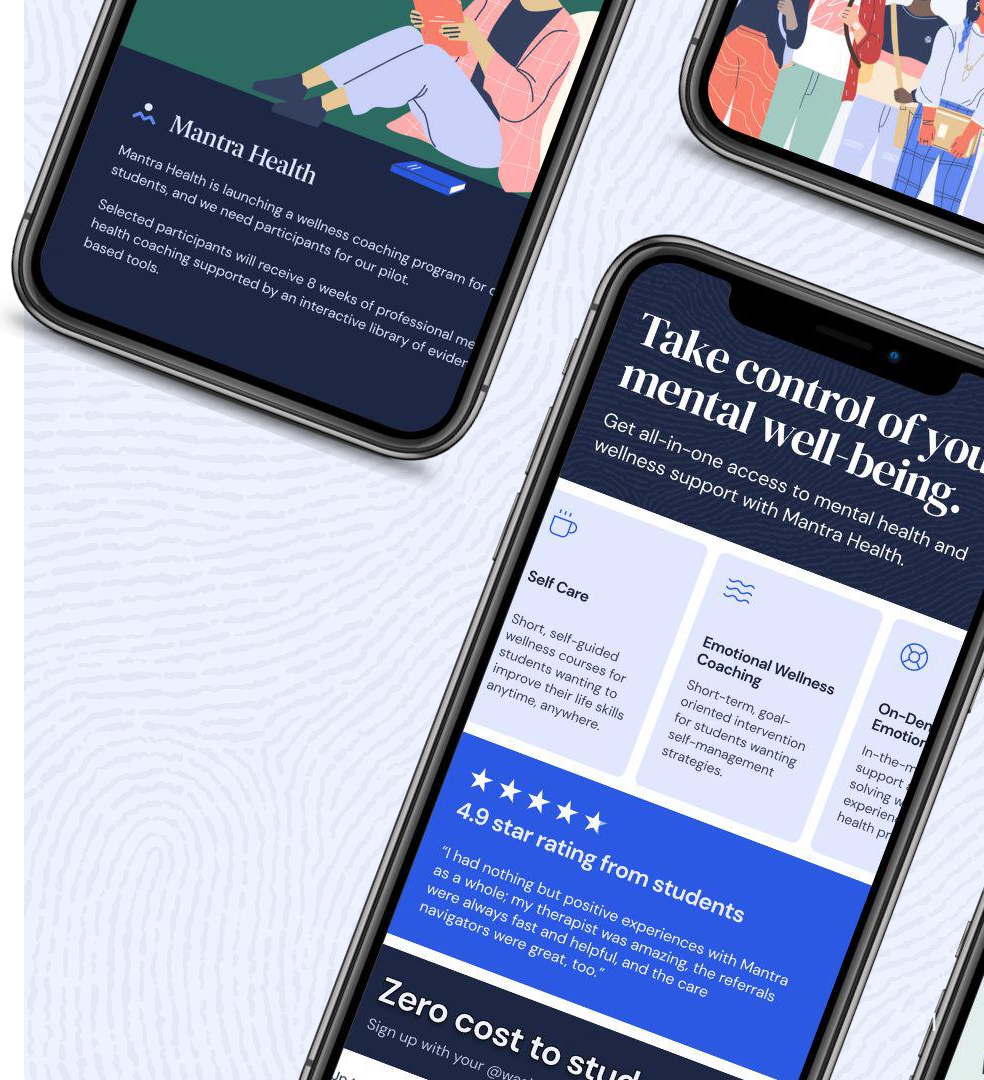


**Too many
options**



Embedding Resources

- Cross-Departmental Activation is ESSENTIAL
 - Orientation
 - Academic Advisors
 - Faculty/Staff
 - Res Life
 - Learning Management System
 - Student Success CRM

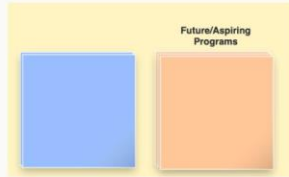


Orientation

INSTRUCTIONS

Use **BLUE** sticky notes to input integrations that currently exist on campus

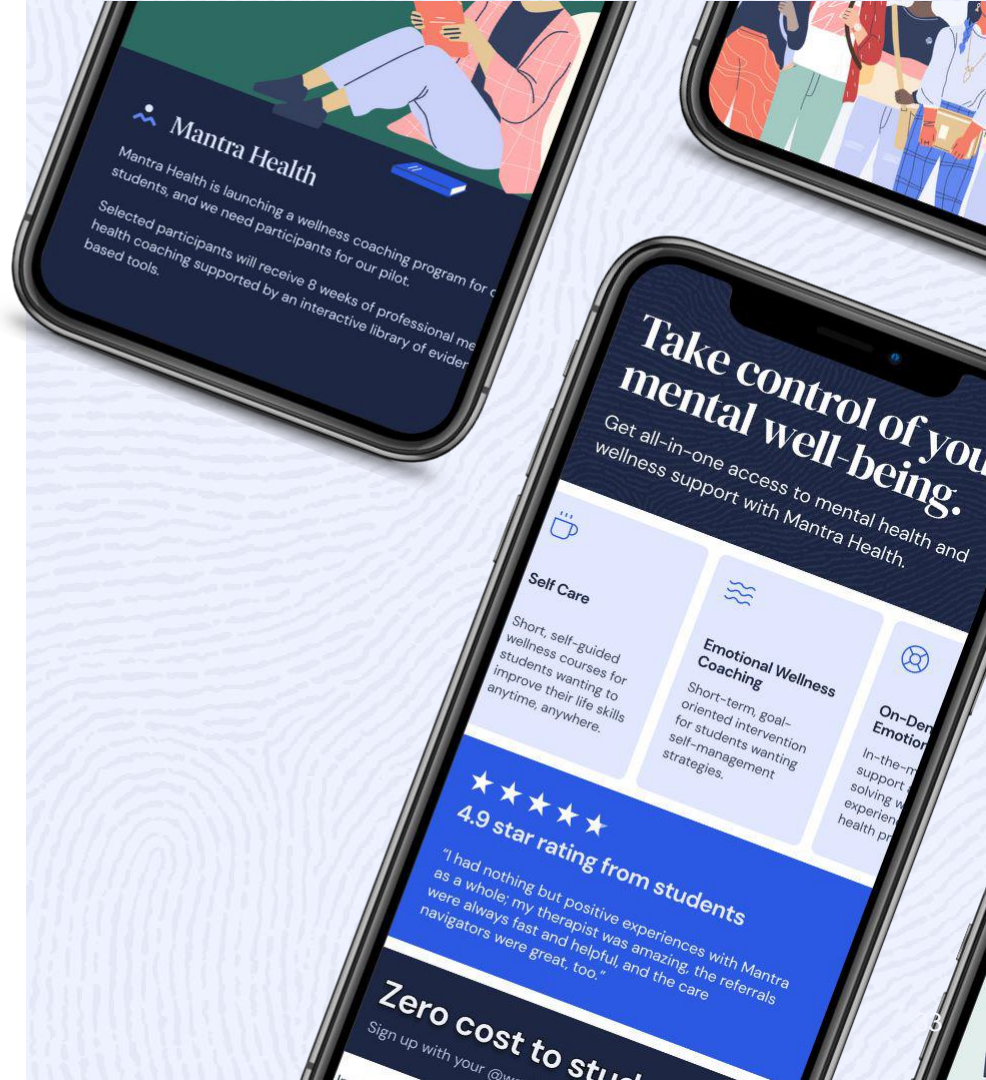
Use **ORANGE** sticky notes to input integrations that you aspire to bring to campus (feel free to think big!)



Whiteboard Session

Embedding Resources

- Think “evergreen”





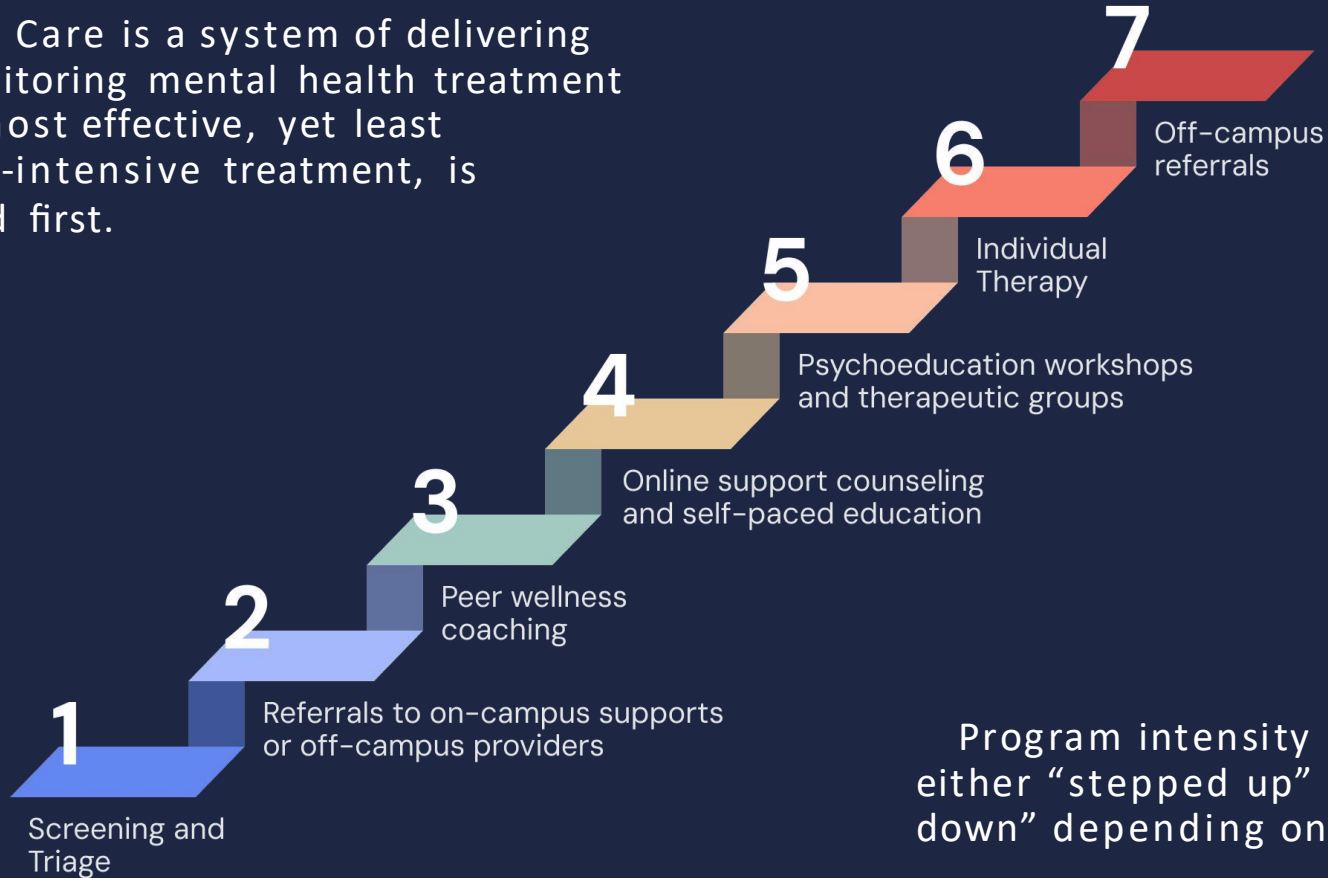
How do we ensure students connect with the right level of intervention, at the right time?



The Solution:

Stepped Care Models

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

