MENTAL HEALTH
DATA | TRENDS | RESPONSES

GLCA Presidential Summit
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ABOUT ME

• 10+ years addressing mental health on college campuses

• Co-Investigator and Lead for Diversity, Equity and Inclusion Projects, Healthy Minds Network

• Former Vice President of Student Health & Wellness, Active Minds

• PhD candidate in Public Health, University of Michigan
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

Abelson 2019
HEALTHY MINDS STUDY

- Population data
- Annual, web-based survey
- 2005– Present
- > 300 schools; > 300,000 student participants
- Random sample at each participating institution
- Project of the Healthy Minds Network

Abelson 2019
Mental health disorders are common, consequential, and largely untreated on college campuses.

- 46% of students are experiencing a significant issue
- The prevalence of problems is growing
- Almost half of students with a diagnosable problem are not receiving treatment

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PREVALENCE OF MENTAL HEALTH PROBLEMS

Source: HMS 2017-2018
N=68,427 students, 60 schools

Abelson 2019
Approximately 9.2 million college students are experiencing a diagnosable mental health concern.

Abelson 2019
STUDENTS ARE OVERWHELMED

In last 12 months, % who felt:

- **Hopeless** (53%)
- **Overwhelmed** (87%)

Abelson 2019

NCHA 2018 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 35.8% in 2017 (Center for Collegiate Mental Health)
TREATMENT RATES

Source: Healthy Minds Survey 2017-2018

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PROBLEM SCOPE

Portion of student body with a significant mental health problem (46%)

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PROBLEM SCOPE

- Portion of student body with a significant untreated mental health problem (29%)
- Portion currently receiving treatment for a mental health problem (17%)

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Institutional Variation

- Odds of depression, anxiety, and suicidal ideation are lower at private, residential, and selective schools
- Treatment rates are higher at private, highly residential, and small schools

Lipson et al. (2015)
### 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

Abelson 2019
Sample: N = 9,851 students with a positive screen for 1 or more mental health problems (depression, anxiety, eating disorder, past-year non-suicidal self-injury, and/or past-year suicidal ideation).

Data: HMS 2012-2015; 60 campuses

Citation: Lipson et al. (2018) Journal of Adolescent Health

Abelson 2019
RISK FACTORS
(HEALTHY MINDS DATA)

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

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

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

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

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CURRENT ISSUES
with implications for mental health

- Rising costs of college
- Hostile and tense campus climates
- Rising incidence of hate crimes
- Increasing use of social media
- Opioid Crisis
- Campus sexual assault

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Early prevention, detection and treatment:

College offers a critical time and unique opportunity for intervention

Why Care?

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

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ECONOMIC CASE FOR INVESTING IN
STUDENT MENTAL HEALTH

Reduced Depression

Increased Retention

Increased Student Satisfaction

Increased institutional reputation and alumni donations

Increased Tuition

Increased lifetime productivity (earnings)

Benefits to students and society

Benefits to institution

Eisenberg, Golberstein, and Hunt (2009)

Abelson 2019
ECONOMIC CASE FOR INVESTING IN STUDENT MENTAL HEALTH

Cost < $1 Million

Reduced Depression

Increased Retention

Increased Student Satisfaction

Increased institutional reputation and alumni donations

Increased Tuition

Benefits to institution

Benefits to students and society

Increased lifetime productivity (earnings)

+40 students

+2 million

+8 million

1000 students

Eisenberg, Golberstein, and Hunt (2009)
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RESPONSES NATIONALLY
KEY PLAYERS

**Campus Mental Health**
- Active Minds
- Jed
- Steve Fund
- AUCCCD/ACCA
- HEMHA

**Mental Health Nationally**
- MHA
- NAMI
- AFSP
- ACA/APA
- Crisis Text Line/NSPL
- Trevor Project
- MHFA
- QPR
- Kognito

**Health/Well-being**
- ACHA
- 20x30
- NIRSA
- Campus Well-being Initiative: ACS/PHA
- Everfi
- BHAC
- NCAC

**Higher Ed**
- ACE
- AAC&U
- ACUE
- BToP
- GLCA
- NASEM

**Measurement**
- Healthy Minds
- CCMH
- AUCCCD
- NCHA
- HERI CIRP
- NRCCCHE

**Funders**
- SAMHSA GLS
- NIMH
- RWJF
- Peg’s Foundation
- BCBS Foundation

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CAMPUS RESPONSES

To promote & protect student mental health

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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

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Food and Housing Insecurity:

- Experienced by about 45% of students at 4yr colleges
- Undermines educational experiences & credential attainment
- Associated with poor physical health, symptoms of depression, & higher perceived stress

Data from the Hope Center #realcollege Survey
• 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
Embedding counselors in units & departments across campus

Expanding screening & treatment through Stepped Care and triage models

Harnessing technology and mobile options

Addressing inequities

Campuses are:
RESTRICT ACCESS TO LETHAL MEANS

May involve building design, bridge barriers, parking structure signage, gun policies, medicine take back/buy back events, and more

www.hsph.harvard.edu/means-matter/
CAMPUS RESPONSES
LIFE-COURSE APPROACH

Pre-enrollment

Matriculation

Orientation

Transition out

Advising Years 1-4

Stress points/Risk periods

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CAMPUS RESPONSES
EMBEDDING ACROSS SETTINGS

Physical spaces

Learning environments

Campus culture & climate

Policies
WE CAN DO MORE
RESOURCES:

HEALTHY MINDS WHITE PAPERS, ANNUAL DATA REPORTS & DATA INTERFACE

healthymindsnetwork.org/research

HEALTHY MINDS ROI CALCULATOR

healthymindsnetwork.org/research/roi-calculator

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

https://tinyurl.com/yxkrzo3l

Abelson 2019
THANK YOU
FOR INVESTING IN STUDENT MENTAL HEALTH

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