

Mental Health and Substance Use on Campus: A Comprehensive, Data-Driven Approach

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Who We Are

• Origin – JED's story

• History – Evolution over the past 19 years





Among our 21 million college students . . .

... at some point this year: 3 out of 5 felt overwhelming anxiety 1 out of 3 felt too depressed to function 1 out of 3 binge drank regularly 1 out of 8 abused prescription drugs 12% had serious thoughts of suicide 8% engaged in self-harm 2% attempted suicide 1,400 died by suicide

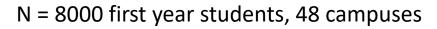
Source: ACHA-NCHA Survey 2018

Impact on Academic Performance

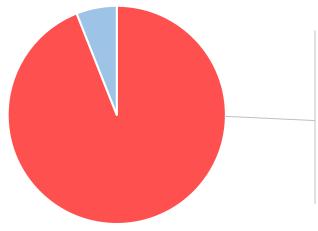
JED

2016 – 17 Healthy Minds Survey Data

Positive

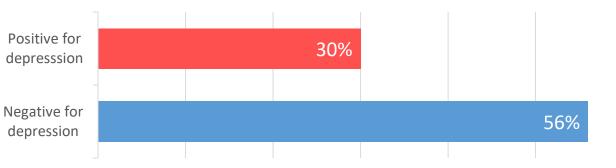


Negative 1/3 of first year students screened positive for depression Of all first year students with diagnosed depression:



94% reported that mental health difficulties had impaired their academic performance over the past month.

Students that strongly agreed they would persist to graduation:





JED'S Comprehensive Framework

We believe in a comprehensive, public health approach to promoting emotional wellbeing and preventing suicide and serious substance use.

- Campus-wide responsibility
- Support from Senior Leadership





Develop and Support Life Skills

- Resilience struggle with basic life skills little opportunity for independent navigation
- Basic life skills money management, medical care, sleep hygiene, nutrition, exercise, connection between wellness and academic performance
- Cross campus offerings campus wide support

Connectedness and Support

- Loneliness single most reported struggle among first years
- Students turn to peers first Ad Council
- Greek and athletic systems, peer mentors wellness ambassadors
- Programs to promote tolerance/inclusiveness, disconnected students EMHF
- Adequate spaces for students to gather organically/informally

Identify Students at Risk

- Collecting mental health and substance history from incoming students
- Training on how to identify, reach out to and if needed, refer students who may be struggling
- Wide, targeted, strategic
 - How to Help a Friend
- Behavioral Intervention/Care Teams (Electronic) reporting system

Increase Help-seeking



No wrong door for support – access across campus

 Campus culture is open about mental health and value of helpseeking –storytelling

Online screening tools, CBT

Campaigns designed and delivered by students

Mental Health and Substance Abuse Services



- Health services routinely screens for mental health and substance issues
- Collaboration/close communication between CC and HS
- Medication management
- Referral system, MOU's
- Naloxone
- Recovery community
- Policy for prescribing opiates
- Education re: danger of combining opiates and alcohol

Crisis Management



- Policies to address:
 - LOA's medical leaves, mandatory leaves, return from leave, AOD clear and transparent, well publicized
 - Insurance
 - Health insurance
 - Tuition insurance
 - Parental notification
 - Medical amnesty
 - Postvention protocols HEMHA Postvention Guide

Means Restrictions and Environmental JED Safety

- Environmental scanning done
- Roof, window, closet rod safety
- Firearms policy
- Prescription drug monitoring and return
- Lab safety
- 'Means Matters': www.hsph.harvard.edu/means-matter



JED Campus

Empowering schools to enhance student mental health, substance abuse and suicide prevention efforts









jedfoundation.org

Equity in Mental Health Framework and Pilot Project 2018-2020