Student Opinions of a Mental Health Services Statement

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Focusing on the First Year Conference

February 16, 2011

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Roadmap

- Presentation
  - Background
  - 2010 College Student Health Survey (CSHS) Report
  - Mental Health Services Syllabus Statement

- Campus Mental Health Perspectives Panel
Provost’s Committee on Student Mental Health

Raise awareness about student mental health

Affect policy change

Improve conditions on our campus for students with mental health disabilities

Serve as a model for campus collaboration
Active Minds

Non-profit organization based in Washington, DC

Over 300 chapters worldwide

Goals: reduce stigma, foster discussion on college campuses
National Mental Health Data

59%
18- to 29-year-olds diagnosed with mental illness within lifetime¹

One in Ten
18- to 25-year-olds has received mental health treatment in previous year²

2010 College Student Health Survey (CSHS) Report

Background

• We present results from the UMTC subset of larger survey of 17 postsecondary schools in Minnesota

• 6071 UMTC students randomly selected to participate

• 2612 students completed survey

Source: 2010 College Student Health Survey Report, Boynton Health Service, University of Minnesota, 2010.
2010 CSHS Report
A snapshot of UMTC Student Mental Health

### Mental Health Condition Diagnosis—Lifetime and Past 12 Months
**All Students**

<table>
<thead>
<tr>
<th>Mental Health Condition</th>
<th>Percent Who Report Being Diagnosed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Within Lifetime</strong></td>
</tr>
<tr>
<td>Anorexia</td>
<td>2.0</td>
</tr>
<tr>
<td>Anxiety</td>
<td>15.1</td>
</tr>
<tr>
<td>Attention Deficit Disorder</td>
<td>4.4</td>
</tr>
<tr>
<td>Bipolar Disorder</td>
<td>0.9</td>
</tr>
<tr>
<td>Bulimia</td>
<td>1.9</td>
</tr>
<tr>
<td>Depression</td>
<td>16.6</td>
</tr>
<tr>
<td>Obsessive-Compulsive Disorder</td>
<td>2.3</td>
</tr>
<tr>
<td>Panic Attacks</td>
<td>6.3</td>
</tr>
<tr>
<td>Post-Traumatic Stress Disorder</td>
<td>1.7</td>
</tr>
<tr>
<td>Seasonal Affective Disorder</td>
<td>3.4</td>
</tr>
<tr>
<td>Social Phobia/Performance Anxiety</td>
<td>3.5</td>
</tr>
</tbody>
</table>

Table Source: 2010 College Student Health Survey Report, Boynton Health Service, University of Minnesota, 2010.
1 in 4 (27.1%) UMTC students report a mental health diagnosis in their lifetime.

Data Source: 2010 College Student Health Survey Report, Boynton Health Service, University of Minnesota, 2010.

Image Sources: Stamp Out Stigma Initiative, University of Minnesota, 2010.
2010 CSHS Report

Depression: Most Reported Diagnosis on Campus

Table Source: 2010 College Student Health Survey Report, Boynton Health Service, University of Minnesota, 2010.
How well do UMTC students manage stress?

Table Source: 2010 College Student Health Survey Report, Boynton Health Service, University of Minnesota, 2010.
## Mental Health Stressors

### All Students

<table>
<thead>
<tr>
<th>Stressor</th>
<th>Percent Who Report Experiencing Within Past 12 Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>Getting Married</td>
<td>3.5</td>
</tr>
<tr>
<td>Failing a Class</td>
<td>6.9</td>
</tr>
<tr>
<td>Serious Physical Illness of Someone Close to You</td>
<td>14.0</td>
</tr>
<tr>
<td>Death of Someone Close to You</td>
<td>15.8</td>
</tr>
<tr>
<td>Being Diagnosed With a Serious Physical Illness</td>
<td>2.5</td>
</tr>
<tr>
<td>Being Diagnosed With a Serious Mental Illness</td>
<td>4.7</td>
</tr>
<tr>
<td>Divorce or Separation From Your Spouse</td>
<td>0.7</td>
</tr>
<tr>
<td>Termination of Personal Relationship (Not Including Marriage)</td>
<td>16.9</td>
</tr>
<tr>
<td>Attempted Suicide</td>
<td>0.5</td>
</tr>
<tr>
<td>Being Put on Academic Probation</td>
<td>5.4</td>
</tr>
<tr>
<td>Excessive Credit Card Debt</td>
<td>8.0</td>
</tr>
<tr>
<td>Excessive Debt Other Than Credit Card</td>
<td>10.6</td>
</tr>
<tr>
<td>Being Arrested</td>
<td>1.0</td>
</tr>
<tr>
<td>Being Fired or Laid Off From a Job</td>
<td>3.6</td>
</tr>
<tr>
<td>Roommate/Housemate Conflict</td>
<td>19.5</td>
</tr>
<tr>
<td>Parental Conflict</td>
<td>12.1</td>
</tr>
<tr>
<td>Lack of Health Care Coverage</td>
<td>6.2</td>
</tr>
<tr>
<td>Issues Related to Sexual Orientation</td>
<td>2.2</td>
</tr>
</tbody>
</table>

Source: Partial table taken from 2010 College Student Health Survey Report, Boynton Health Service, University of Minnesota, 2010.
Mental health syllabus statement: "As a student you may experience a range of issues that can cause barriers to learning, such as strained relationships, increased anxiety, alcohol/drug problems, feeling down, difficulty concentrating and/or lack of motivation. These mental health concerns or stressful events may lead to diminished academic performance or reduce your ability to participate in daily activities. University of Minnesota services are available to assist you with addressing these and other concerns you may be experiencing. You can learn more about the broad range of confidential mental health services available on campus via www.mentalhealth.umn.edu."
Mental Health Services
Statement
Faculty Survey: Introduction

Fall 2008
Gary Christenson and Jim Leger give seminar to Academy of Distinguished Teachers (ADT) on Committee work, including syllabus statement

Academy of Distinguished Teachers (ADT) decide to gauge faculty impressions of statement

Spring 2009
Karen Zentner-Bacig and ADT request any interested ADT members to use the statement in their next syllabus

Survey of participating faculty indicates a mostly positive impression of statement, with a few qualifiers
Mental Health Services Statement
Faculty Survey: Results

Positive
“.... The statement is like extending a helping hand and it gives the student the choice of taking it or not. At least they know what is available.”

Negative
Statement 1: “...Adding another piece of boilerplate (which they'll ignore, and which will make us seem like the last place to go for support because our distributed materials are so bloated, inelegant and insensitive)....”

Statement 2: “...This is NOT stuff you can put in the impersonal venue of a syllabus or a blanket one-size-fits-all announcement from the front of the room. Kids HATE this sort of bullshit.... Anyone who talks with them knows it. ... Wrong medium. Wrong message.”
Mental Health Services Statement
Student Survey: Intro and Methods

Fall 2009
In light of positive response (and qualifiers), the Committee proposes a student survey be conducted in Spring 2010

Spring 2010
Jim Leger, Ashley Brueske, and Will Menzel design survey to gauge student impressions of syllabus statement

Survey distributed in February to several undergraduate and graduate classes. Results again indicate a mostly positive response.
Mental Health Services Statement

Student Survey: Methods

- Students surveyed from nursing, public health, biology, and CFANS
- 144 respondents
- Participating faculty: 3 from Committee and 2 outside faculty

Source: Brueske, A., Menzel, W., Leger, J. Mental Health Syllabus Statement: Student Survey Analysis. In preparation
Mental Health Services Statement
Student Survey: Results

Item 3: I was glad to see the mental health statement in the syllabus

- Strongly Disagree: 5%
- Disagree: 6%
- Error: 1%

88% Neutral or Positive Response to Syllabus Statement

Source: Brueske, A., Menzel, W., Leger, J. Mental Health Syllabus Statement: Student Survey Analysis. In preparation
Mental Health Services Statement
Student Survey: Results

Item 3: I was glad to see the mental health statement in the syllabus
- Strongly Disagree: 1%
- Disagree: 5%
- Neither Disagree or Agree: 88%
- Agree: 6%
- Strongly Agree: 3%

Item 7: I feel that the inclusion of this statement in the syllabus was NOT appropriate.
- Strongly Agree: 3%
- Agree: 6%
- Neither Disagree or Agree: 15%
- Disagree: 38%
- Strongly Disagree: 29%
- Error: 1%

88% Neutral or Positive Response to Syllabus Statement
82% Neutral or Positive Response to Syllabus Statement

Source: Brueske, A., Menzel, W., Leger, J. Mental Health Syllabus Statement: Student Survey Analysis. In preparation
Mental Health Services Statement
Student Survey: Results

Half did not think it added excessive length

One-third more likely to approach their instructors

Less than ten percent thought it should not be included in the future

Source: Brueske, A., Menzel, W., Leger, J. Mental Health Syllabus Statement: Student Survey Analysis. In preparation
Mental Health Services Statement

Student Survey: Discussion

Consideration: Disparity between number of seats and students in attendance on survey day

Strengths
1: items framed in terms of favoring and not favoring the statement
2: students surveyed from a variety of departments

Source: Brueske, A., Menzel, W., Leger, J. Mental Health Syllabus Statement: Student Survey Analysis. In preparation
Mental Health Services Statement

Student Survey: Conclusions

- Students favor inclusion of this statement in syllabi
- Suggests a positive impact on students
- Further research with larger sample of students warranted

Source: Brueske, A., Menzel, W., Leger, J. Mental Health Syllabus Statement: Student Survey Analysis. In preparation
Campus Mental Health Perspectives Panel

-Panelists-

Gary Christenson
Psychiatrist and Director, Boynton Mental Health Clinic
Member, Provost’s Committee on Student Mental Health

Cynthia Fuller
Licensed Psychologist
Student Services Manager, Disability Services

Danika Hunt
Communication Studies Undergraduate, College of Liberal Arts
Officer, Active Minds at the University of Minnesota