



Overview of Student Mental Wellness

Friday, February 22, 2019



Trends in National Mental Health: Suicide

From 1999-2016, the total national suicide rate increased 28% from 10.5 to 13.4 per 100,000.

- The suicide rate among males remained nearly four times higher (21.3 per 100,000 in 2016) than among females (6.0 per 100,000 in 2016).
 - Among females, the suicide rate was highest for those age 45-54 (10.3 per 100,000).
 - Among males, the suicide rate was highest for those age 65 and older (32.3 per 100,000).

*All data from the National Institute of Mental Health



Trends in National Mental Health: All Anxiety Disorders

An estimated 19.1% of U.S. adults had any anxiety disorder in the past year. The prevalence was higher for females (23.4%) than for males (14.3%).

An estimated 31.1% of U.S. adults experience any anxiety disorder at some time in their lives.

*All data from the National Institute of Mental Health



Trends in National Mental Health: Major Depression

An estimated 16.2 million U.S. adults (6.7% of the population) had at least one major depressive episode in the past year.

- The prevalence of a major depressive episode was higher among adult females (8.5%) compared to males (4.8%).
- The prevalence of adults with a major depressive episode was highest among individuals age 18-25 (10.9%).

*All data from the National Institute of Mental Health



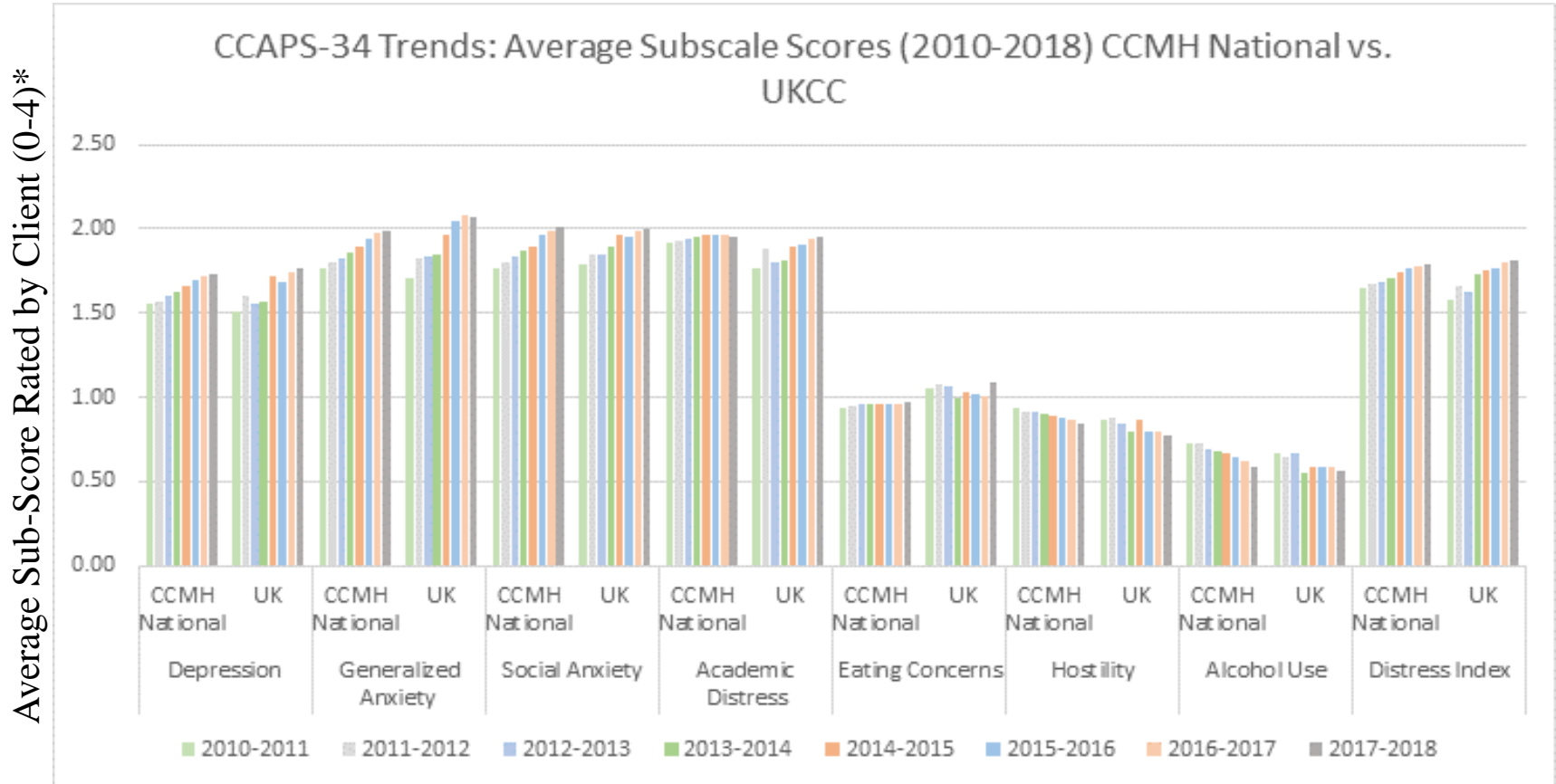
Trends in Student Mental Health

In the last 30 days have you:	UK	National
Felt things were hopeless	11.0%	10.6%
Felt overwhelming anxiety	17.0%	13.7%
Felt very lonely	13.0%	13.4%
Felt so depressed it was difficult to function	7.0%	8.2%
Felt overwhelmed by all you had to do	15.0%	16.1%
Seriously considered suicide	1.0%	2.0%

SOURCES:
American College Health Association- National College Health Assessment (ACHA-NCA-II) Undergraduate Student Reference Group Data Report- Fall 2017
American College Health Association- National College Health Assessment (ACHA-NCA-II) Institutional Data Report- Fall 2017



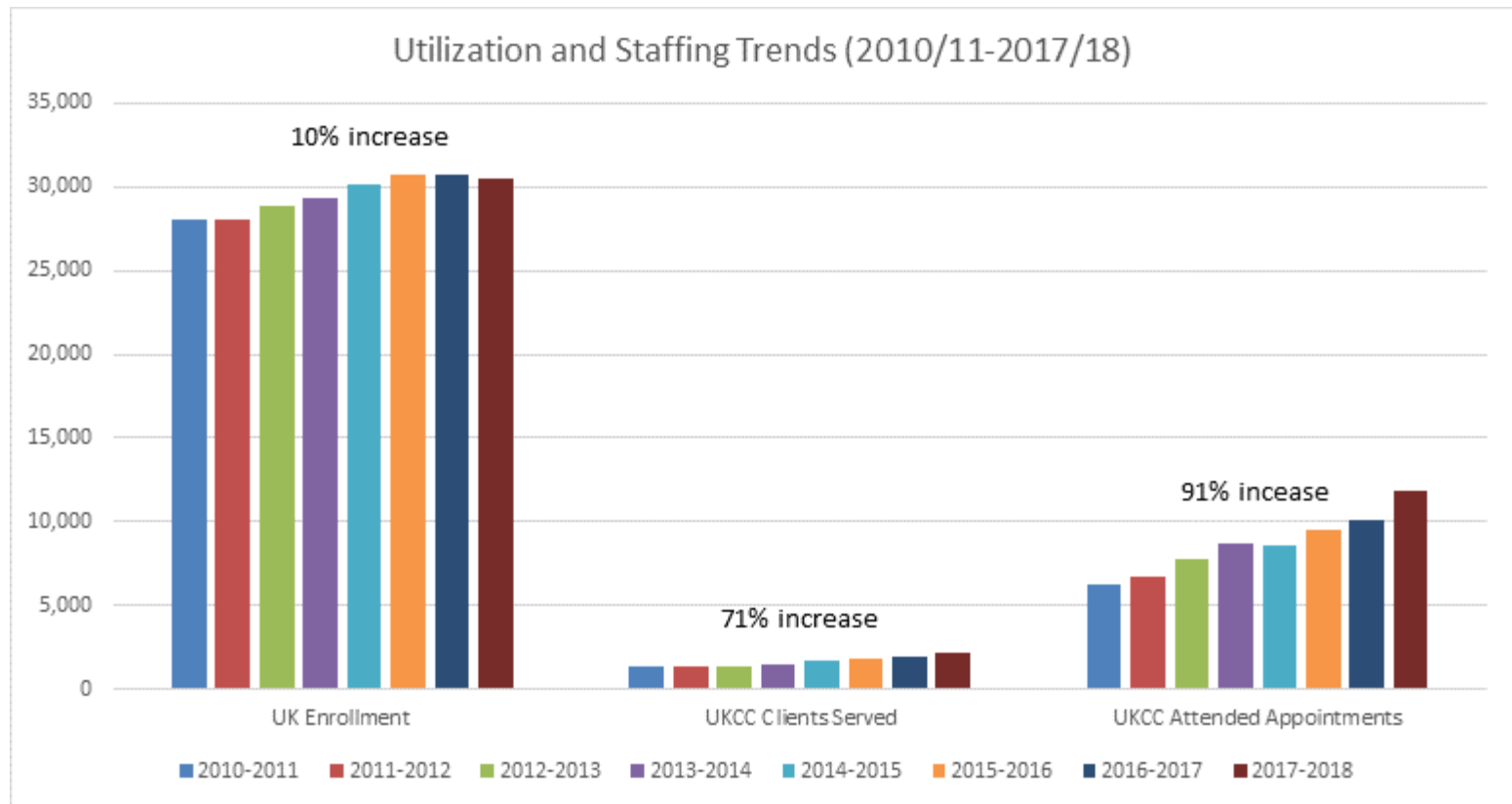
Counseling Center Assessment of Psychological Symptoms (CCAPS): Students who Visit Counseling Centers



*X Axis is a scale where 0 equates to “not like me at all” and 4 equates to “extremely like me.”



UK Counseling Center: UK Student Utilization Trends



*There has been a 64% increase in full-time staff in the UK Counseling Center during the same time period.



UK Resources for Students

- UK Counseling Center
- Community of Concern
- Dean of Students
- UK Behavioral Health Services





UK Counseling Center



Tiered services range from:

- Individual therapy
- Support groups
- Informal drop-in consultations
- Resilience workshops
- Biofeedback

Wrap-around phone consultations are available when the UK Counseling Center is closed (weekends, holiday breaks and weather delays).

Students indicating that they are in crisis **are seen for triage on the same day.**



Community of Concern Office

The Community of Concern is a multidisciplinary team that reviews and assesses serious risks and mental health concerns.

The Office manages all behavior alerts, which predominantly concern first-year students.

Referrals can come from anyone.





Dean of Students



In addition to an academic alert system, we have a behavioral alert system that is embedded within the campus culture.

For serious issues, the Dean of Students Office takes a multidisciplinary approach in close partnership with the Community of Concern.



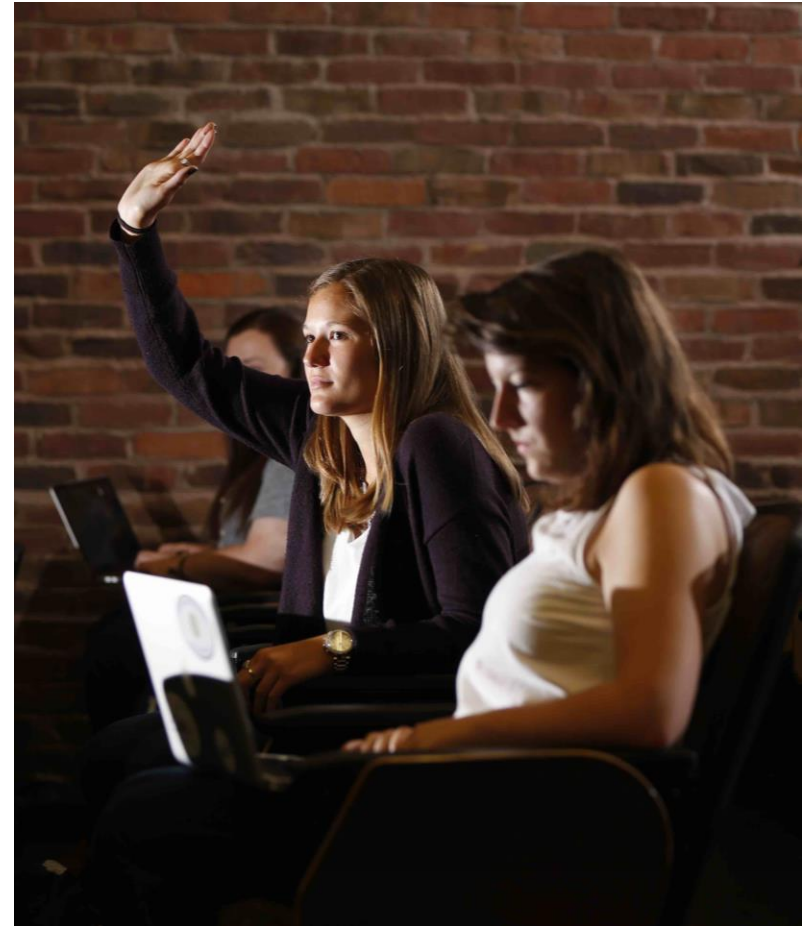
UK Behavioral Health Services

UK Behavioral Health Services provides care for a spectrum of needs:

- Existing psychological conditions
- New or unexpected psychological concerns
- Acute need for psychiatric care

Students can make an appointment to see a board certified psychiatrist or schedule online through myUK.

These services are covered by the health fee that full-time students pay.





Intentionally Increasing Awareness



Orientation and First-Year Awareness

- K-Week
- UK 101

Training and Support

- Faculty and staff
- Residence Hall and Greek Life staff
- Off-campus advisors
- Student leaders

Public Relations and Strategic Communication

- More intentional marketing of services, such as digital signage
- Content directed at key audiences
 - Students
 - Parents
 - Faculty and staff



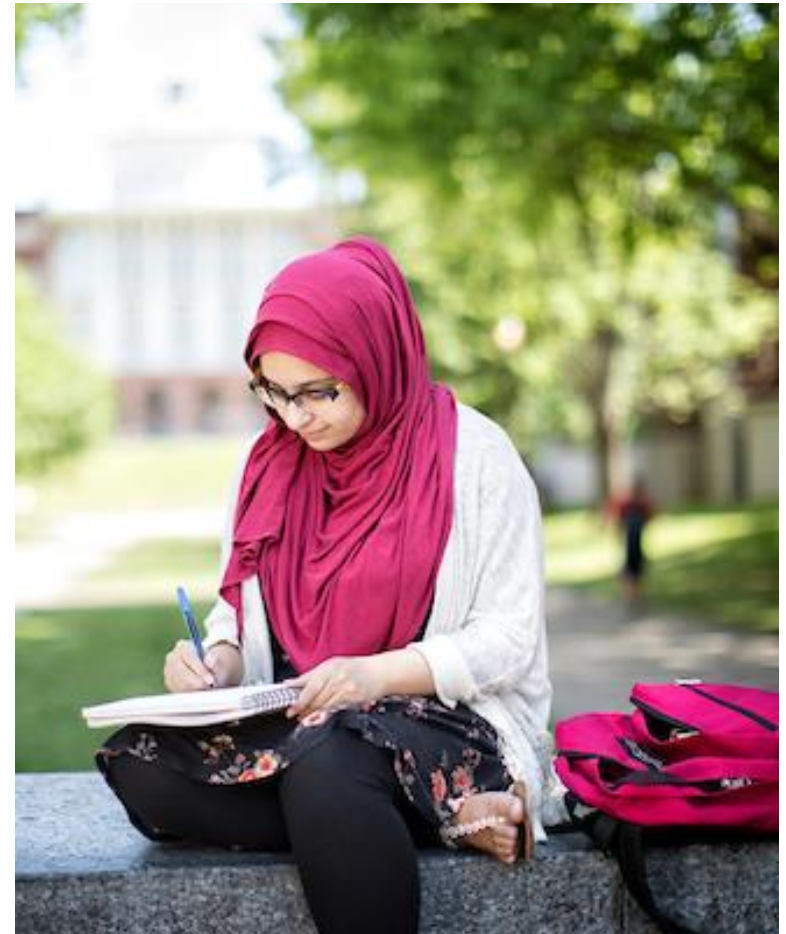
Next Steps

Immediate

- Create a task force to assess current state and make recommendations
- Implement and continuously evaluate communication strategy
- Assess services and coordination across units

Long-term

- Understand how student mental health is evolving
- Evaluate processes for mental health surveillance
- Identify state-of-the-art best practices for monitoring mental health and delivering seamless service
- Develop long-term action steps and evaluation processes





Questions?