



# Addressing College Student Mental Health and Well-being: What Senior Leaders Need to Know

## An Evidence-Based Framework

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# Who We Are

- Origin – JED's story
- History – Evolution over the past 20 years

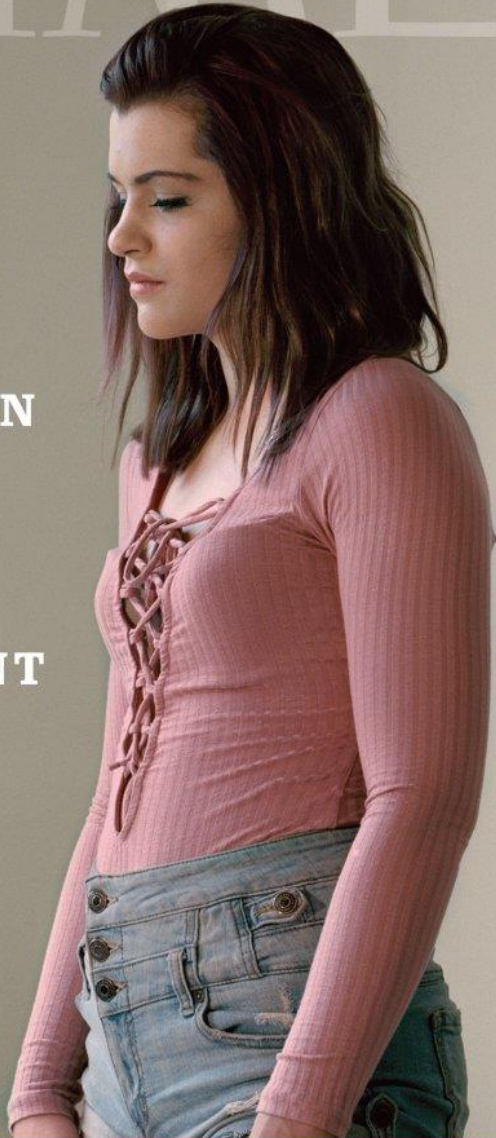




TIME

**ANXIETY,  
DEPRESSION  
AND THE  
MODERN  
ADOLESCENT**

By Susanna Schrobsdorff



## The forecast for students is dim

- Suicide is the second leading cause of death
- 62% of undergrads surveyed reported overwhelming anxiety
- 40% experienced depression that interfered with normal functioning
- Students with depression are 2x more likely to drop out and not graduate than non-depressed peers
- Depression and anxiety have a negative effect on GPA

Sources: NAMI, SAMHSA, JED Harris Poll, Healthy Minds Study





**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

2,205,000 had serious thoughts of suicide

1,533,000 cut or burnt themselves

336,000 attempted suicide

1,400 died by suicide



# 2016 – 17 Healthy Minds Survey Data

N = 8000 first year students, 48 campuses

- 1/3 of first year students screened positive for depression

Of those:

- 94% reported that mental health difficulties had impaired their academic performance over the past month.
  - Only 30% believed they would persist to graduation
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# JED'S Comprehensive Framework

We believe in a **comprehensive, public health approach** to promoting emotional well-being and preventing suicide and serious substance abuse. **Campus-wide responsibility**  
**Support from Senior Leadership**





# Assessment Identifying Gaps: Systems AND Students



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# System's Assessment: Examples

- **Life Skills** - resilience at an all time low – conflict management, interpersonal relationships, financial responsibility...
  - **Social Connectedness** - Loneliness single biggest struggle reported by first year students – gathering spaces, mentor/peer initiatives, marginalized populations
  - **Identify Students at Risk** - Training/education for everyone on campus to identify and reach out to students early on
  - **Increase Help Seeking** –Destigmatization of mental health through storytelling and other initiatives
  - **Mental Health and Substance Use Services** - Access to direct services, screen for MH in primary care, coordination of care, triage systems, referral systems, on line therapy, telehealth
  - **Crisis Management** - Medical leave, mandatory leave, return from leave, postvention policies and protocols that best support
  - **Means Restriction** - Environmental scan to assess places on campus where students can bring harm to themselves
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# **Student Assessment: Healthy Minds Study Baseline and Impact of Systems Change on Student Outcomes**



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# Strategic Planning





# Example

- Strategic Plan based on assessment data – Systems assessment AND student assessment
  - Clearly articulate goals
  - Prioritize goals
  - Develop concrete action steps to accomplish goals
  - Track progress on regular basis – ongoing technical assistance
  - Re-assess to evaluate impact of systems' change on student outcomes
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# Evaluation: Data Analytics

- Post systems assessment
  - Post student assessment
  - Measure systems change over time
  - Measure student attitudes, awareness and behaviors as result of systems' change
  - Evaluate efficacy to inform next steps
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# Thank you.



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