

UC Student Mental Health Report Overview: Crisis Rising

**Mike Yamauchi-Gleason
College Administrative Officer
Porter College & Kresge College**



UC Student Mental Health Committee Charge

- **Assess trends in student mental health**
- **Review services at UC campuses**
- **Determine the level of services needed**
- **Assess campus Resources**

Adjustment & Developmental Issues Vs. Crisis

Adjustment & Developmental Issues

- *Homesickness*
- *Roommates*
- *Relationships*
- *Achievement*
- *Independence*

Crisis

- *Suicide*
- *Homicide*
- *Stalking*
- *Sexual Assault*
- *Psychosis*
- *Eating Disorders*
- *Drugs/Alcohol*

National Trends

- **American College Health Association – ACHA 2005**
- **45.7% of respondents felt so depressed they found it difficult to function**
- **93.8% had felt overwhelmed**
- **92.2% found themselves exhausted (not from physical activity)**
- **80.7% had felt very sad**
- **63.8% had thought things were hopeless**
- **10.2% had seriously considered suicide**
- **1.5% attempted suicide**
- **Students diagnosed with depression increased from 10.3% in 2000 to 14.9% in 2004, to 16% in 2005, 35.6% were diagnosed in the past year.**

National Trends (cont.)

Jed Foundation National Survey (2006)

The New Norm

- **Stress: New Badge of Honor**
- **The one-up Game**
- **“Everyone’s Doing It”**
- **Weakness = Failure**
- **Denial “I’ve got it all under control”**

Jed Foundation National Survey (Cont.)

Stigma

- **Almost half of respondents say they would encourage a friend to seek counseling for emotional issues, yet only 22% say they are likely to themselves if it was needed.**
- **72 % of students surveyed said that embarrassment is a reason people might not seek help.**
- **Only 23% of respondents said that they would be comfortable with friends or peers knowing that they were seeking help.**

UC Mental Health Committee: A Tiered Model for Improving Student Mental Health

Tier 1

- **Critical Mental Health and Crisis Response Services**

Tier 2

- **Targeted Interventions**

Tier 3

- **Creating Healthy Learning Environments: A comprehensive Approach to Prevention**

Tier 1: Critical Mental Health and Crisis Response Services

UC Committee recommendation highlights:

- Increase psychologists**
- Competitive salaries**
- Case management strategies**

Tier 2: Targeted Interventions

UC Committee recommendation highlights:

- **Comprehensive prevention program**
- **Targeted services and restored staffing levels**
- **Parent outreach**

Tier 3: Creating Healthy Learning Environments: A Comprehensive Approach to Prevention

UC Committee recommendation highlights:

- Support & learning services**
- Student life services and programs**
- Partner with Academic Senate**

NASPA Mental Health Conference - 2007

Themes:

- **Take small steps**
- **Create a Task Force**
- **Cooperation and Collaboration**
- **Assessment**
- **Eliminate stigmatism around getting help**

UCSC Student Mental Health Task Force

Task Force charged April 2nd, 2007

Report delivered June 1st , 2007

Primary charge:

- **Do a gap analysis utilizing the UC Mental Health Committee – Final Report**
- **Identify areas of need and cost**

UCSC Student Mental Health Task Force

Task Force members:

- Ryan Andrews
- Alex Belisario
- Jane Bogart
- Peggy Church
- Dave Keller
- Mary Jan Murphy
- Lauren Reed
- Matthew Payne
- Mike Yamauchi-Gleason (chair)

Student Mental Health Task Force - Overview

77 total recommendations

- Tier 1 25
 - Tier 2 27
 - Tier 3 25
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- Report now sits with Acting Vice Chancellor Scott

Final Thoughts

- **Educate yourself**
- **Educate your staff**
- **Educate your students**

Final Thoughts – Part 2

- The creation of an environment in which organizational silos are eliminated is a critical piece of addressing the student mental health issues that face UCSC today and in the future.
- The capstone for success needs to be collaboration and cooperation among individuals and organizational units throughout the campus and beyond.