

STUDENT MENTAL HEALTH



Carruth Center for Counseling and Psychological Services
and
Healthy Minds University

Struggle is real... loneliness... isolation

The COVID-19 pandemic made U.S. college students' mental health even worse

Almost half of the students surveyed experienced high levels of emotional distress and worry



About 55 percent of college students experienced moderate to high levels of distress during the pandemic's early days, a new study shows. Those who reported the highest distress levels included women, Asians and students who knew someone with COVID-19.




By Sara Frueth

Rising Rates of Mental Health Problems in U.S. College Students Require a New Response, Report Says

College Students Have Been Stressed Out During the Pandemic. Here's How It's Affected Their Mental Health.

By Audrey Williams June | JULY 18, 2020



The New York Times

As Students Struggle With Stress and Depression, Colleges Act as Counselors



UNC Chapel Hill cancels classes amid suicide fears, mental health crisis

'What's the Point?' Young People's Despair Deepens as Covid-19 Crisis Drags On

Experts paint a grim picture of the struggle with lockdown isolation — a “mental health pandemic” that should be treated as seriously as containing the coronavirus.

Under Pressure: The Growing Demand for Student Mental Health Services

By Lee Summers Williams | Volume 26, Number 2 | Fall 2017



Student Mental Health Trends

Mental Health Trends (2012–2020)

Item	8-Year Change	2012-2020	Lowest	Highest	2019-2020
Prior Treatment					
→ Counseling	+11.6%		47.8%	59.5%	59.5%
Medication	+3.7%		32.4%	36.1%	36.1%
Hospitalization	-0.2%		9.5%	10.3%	9.9%
Threat to Self					
→ Non-Suicidal Self-Injury	+6.1%		23.0%	29.1%	29.1%
→ Serious Suicidal Ideation	+6.9%		30.1%	36.9%	36.9%
Serious Suicidal Ideation (last month)	+0.8%		6.4%	8.2%	7.8%
Suicide Attempt(s)	+2.2%		8.7%	10.9%	10.9%
Some Suicidal Ideation (past 2 weeks)	+4.6%		33.9%	39.6%	38.5%
Threat to Others					
Considered causing serious physical injury to another person	-4.1%		7.1%	11.2%	7.1%
Intentionally caused serious injury to another person	-1.8%		1.6%	3.4%	1.6%
Traumatic Experiences					
→ Had unwanted sexual contact(s) or experience(s)	+6.8%		18.9%	25.8%	25.8%
Experienced harassing, controlling, and/or abusive behavior	+5.5%		32.8%	38.7%	38.7%
Experienced traumatic event	+11.7%		31.0%	42.6%	42.6%

Trends: Average Subscale Scores (2010 to 2020)

Item	10-Year Change	2010-2020	Lowest	Highest	2019-2020
CCAPS-62					
→ Depression	+0.22		1.59	1.82	1.82
→ Generalized Anxiety	+0.27		1.61	1.88	1.88
Social Anxiety	+0.25		1.82	2.07	2.07
Academic Distress	+0.02		1.85	1.89	1.87
Eating Concerns	+0.06		1.00	1.06	1.06

- counseling center utilization increased by 30-40% while enrollment increased by 5%
- more of center resources are devoted to “rapid access” services.

A dramatic, dark storm over the ocean. The sky is filled with heavy, dark clouds, with a bright light breaking through the center, creating a vertical beam of light that illuminates the water below. The water is dark and choppy, with small waves visible. The overall mood is ominous and powerful.

ALL these =
Perfect Storm

Carruth Center

Pre-Pandemic

- 120% increase in crisis intervention appointments
- 107% increase in drop-in appointments

Post-Pandemic

- Return to in-person services, virtual as needed
- Increase in:
 - Anxiety disorders
 - Counseling appointments
- Significant increase in outreach

Carruth Center Staffing and Services

- 25 full-time clinical staff
- 3 Predoctoral Interns
- 2 Post-Masters Fellows
- 5 Administrative/Front Desk
- 6 Trainees
- 4 open positions (currently recruiting)
- Urgent/Crisis Clinic/Afterhours
- Groups/Workshops
- Short-Term Counseling
- Care Management
- Student Assistance Program
- Outreach/Liaison Program
- TalkSpace
- Crisis Text Line
- Graduate Student Training



Carruth Satellite Centers: Collaborations



Carruth Center Fall 2021

- 70 community engagement events, 4000 students served
- ~130 Weekly Crisis Clinic hours
- ~150 access/triage appointments available weekly
- 3,541 scheduled appts YTD (LYTD 2,993 prepandemic)
- 1,058 students served clinically YTD
- 147 crisis Interventions

Changes at Carruth

- 5 new positions (2 BIPOC/ Diversity focus)
 - Shared Prevention/Outreach position
 - Athletics and Health Sciences - 2nd
 - Decreased reliance on graduate trainees
 - Crises/Urgent Clinic
 - Telehealth and return to in-person appointments 20/80
 - Online Scheduling
- “Flipped” the clinical model**



Campus Engagement

- Welcome Week
- Mental Health First Aid Training/101
- Wellness Retreats
- Movement and Mood
- *RA/Advisor/RLS/GA training and campus requests*
- *Video for all First Year Experience courses*
- *Mental Health and Mud*



New Initiatives

- Let's Chat
 - Virtual and in-person informal, drop-in consultations
 - 20-minute meeting – no charge
- Virtual support space for students in quarantine or isolation
- Anxiety 101
- Koru Mindfulness Group
- Cultural Identity Groups

- Mud and Meditation



TalkSpace Telehealth Partnership

- Secure, confidential online therapy service; HIPAA compliant
- Students can send text, voice or video messages to their therapist — anytime, anywhere
- FREE for any West Virginia University student
- 402 current users (1.4% penetration rate)
 - 75.28% identify as female
 - 81.13% between 18 and 25
 - 306 Completed Live Video Sessions (as of 10/10/21)
- 60% indicate improvement in symptoms in follow-up survey



Wellness and Mental Health Student Advisory Board

WVU student stakeholders supporting the holistic well-being of WVU students through Advocacy, Feedback and Peer Influence.

- Student advocacy for campus wellness and mental health
- Reduce negative stigma related to mental health and mental health services
- Provide student perspective to WVU's wellness and mental health professionals
- Support collaborative events and activities between student mental health and wellness organizations and WVU departments
- Serve as “influencers” to student peers
- Increase partnering with SGA and other student groups

Hopes and Dreams

- Urgent/Access clinical team
- Satellite Center on the downtown campus
- Continued commitment to recruiting , retaining and diversifying staff
- Continued commitment to expanding services for diverse students
- Continue Talk Space
- Expansion of campus partner liaisons programs and the development of supports for at risk and especially diverse students
- Development of adventure/experiential counseling services/center
- Expand faculty /mental health 101 training
- Development of an after-hours crises response team with Campus police

Questions?



Healthy Minds University

Health & Education Building

Healthy Minds University

What it is...

- Multidisciplinary Behavioral Medicine & Psychiatry Ambulatory Clinic (WVU Medicine) that will assist students with longitudinal medication management and/or psychotherapy needs.
- Collaborative relationship with CCCPS, SH & Student Life
- Additional clinical support to ensure transitions of care from ED / inpatient are streamlined

Healthy Minds University

What it is not...

- Replacement for Carruth Center for Counseling and Psychological Services, BeWell, Student Health Services, CARE Team
- Replacement for the Emergency Room or Chestnut Ridge Center

Visit Breakdown

Visit types include:

- **New Patient Visit – psychiatrist, individual therapy**
 - Psychiatric hospitalization discharge
 - Emergency Department discharge
 - Individual (self/parent) referral
 - Carruth referral
 - Athletic Department
 - Student Health referral
- **Return Patient Visit – psychiatrist**
 - Established patient transfer from Carruth for psychiatrist
- **Return Patient Visit – individual therapy**

Additional services:

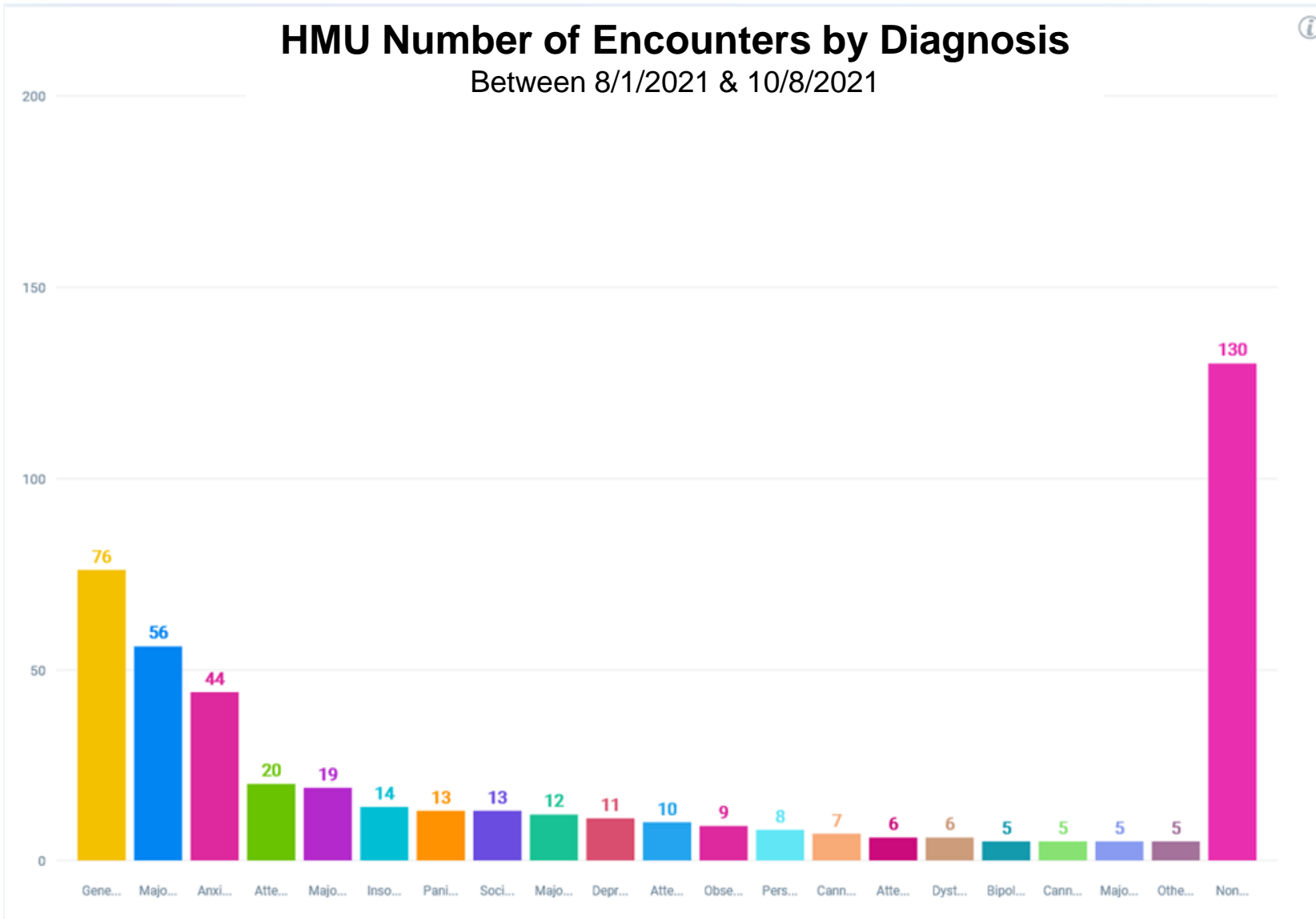
- Case management
- Case collaboration with Carruth, SH

August 23 – October 8 (7 weeks)

Scheduled	178
Seen	156
Average show rate	87.4%
Total new patients seen	141
Average age (range 18-33)	22

HMU Number of Encounters by Diagnosis

Between 8/1/2021 & 10/8/2021



Growth potential

