NATIONAL MENTAL HEALTH TRENDS

Percentage of students past 12 months

Treated for anxiety
10.4% in 2010
24.0% in 2019
131% increase

Overwhelming anxiety
46.4% in 2010
66.4% in 2019
43% increase

Source: 2010, 2019 ACHA NCHA II

NATIONAL MENTAL HEALTH TRENDS

Percentage of students past 12 months

Treated for depression

9.7% in 2010
20.0% in 2019
106% increase

So depressed it was difficult to function

28.4% in 2010
46.2% in 2019
63% increase

NATIONAL MENTAL HEALTH TRENDS

Percentage of students past 12 months

### Thoughts of suicide

6.0% in 2010

14.4% in 2019

140% increase

Source: 2010, 2019 ACHA NCHA II

NAU MENTAL HEALTH TRENDS

Experienced the following within the past 12 months:	NAU %	National %
Felt things were hopeless	61.9	57.5
Felt overwhelmed by all you had to do	85.9	88
Felt very lonely	67.9	67.4
Felt very sad	72.5	72.0
Felt so depressed it was difficult to function	49.4	46.2
Felt overwhelming anxiety	77.4	66.4
Seriously considered suicide	17.2	14.4
Attempted suicide	2.4	2.3

American College Health Assessment- National College Health Assessment Spring 2019 (N=529)

NAU MENTAL HEALTH TRENDS

High-Risk Mental Health Trends	15-16	16-17	17-18	18-19
Crisis appointments	297	275	488	590
Students hospitalized for mental health reasons	61	58	77	96

CHS MENTAL HEALTH SERVICES
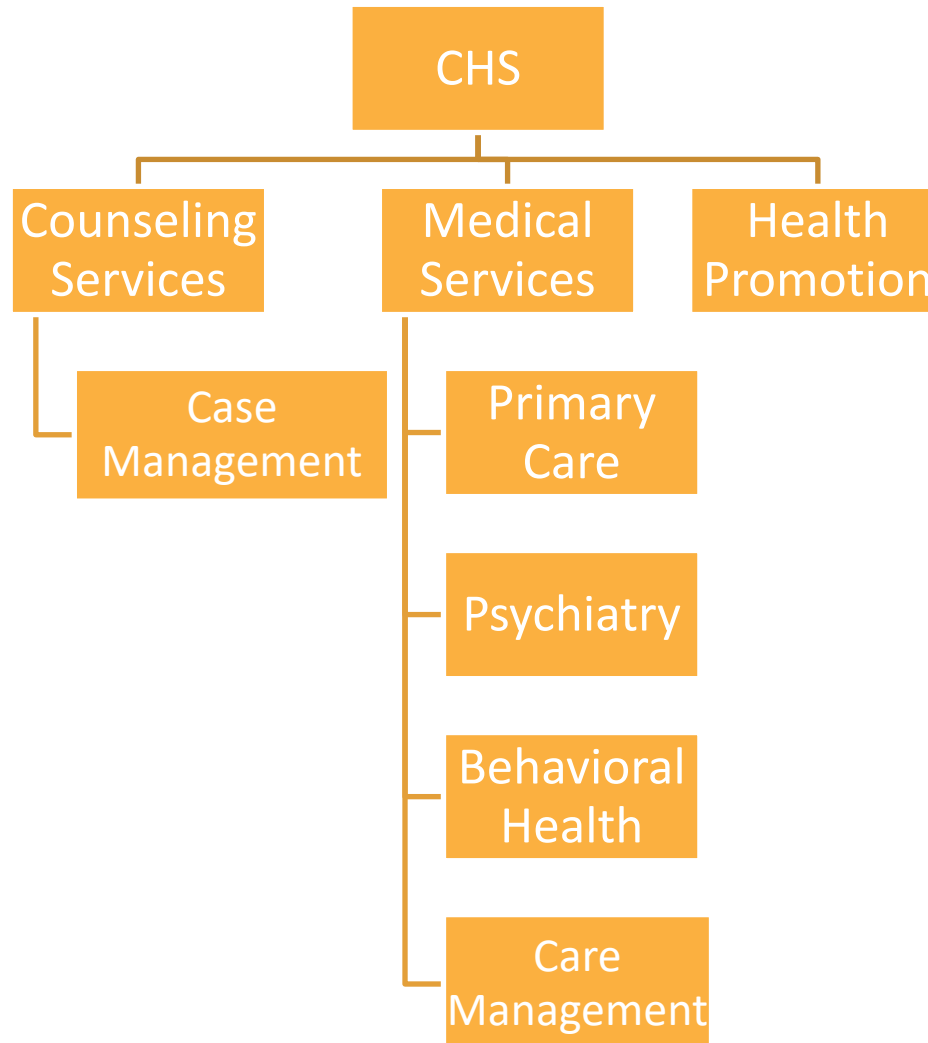
CURRENT STATE AT COUNSELING SERVICES

- Successfully hired five of six new positions during summer and fall 2019, including a Latinx Specialist.

- Unique students served up 30% over same time last year; total visits up 25%; crisis visits up 83%.

- With the continued increase in requests for services, it has become clear that the additional hires are not enough to cover demand (rise in acuity, volume, etc.).

- Counseling Services is managing a waitlist for ongoing individual counseling, but continues to offer same-day crisis visits and has immediate group therapy openings.

- Continue to carefully manage the schedule and access to services, as well as keep campus constituents apprised of availability.

Psychiatric Care

- Housed within Medical Services

- Medication management for students and employees
  - **Medications often take 3-6 weeks to start to work**

- Staffing
  - **Equivalent of 2 full-time Psychiatric NP**
  - **1 unfilled psychiatric position (psychiatrist or psych NP)**
  - **Primary care providers can prescribe medications for straightforward patients/students/employees but refer more complicated cases to psychiatric specialty care**

BEHAVIORAL HEALTH SERVICES

- Early Intervention

  Preventing progression of mental health issues

- Patients are identified for Behavioral Health (BH) services by Primary Care Providers or Counseling staff

- Behavioral Health Providers - coaching on behavioral modifications
  - **Provide same-day brief interventions**
  - **Skills-based training**

    Problem solving to address mental health issues
  - **Self-management strategies**
    - Coaching students on managing their health
    - Chronic disease and medication management
    - Sleep hygiene

Care/Case Management

- Conduit between services within CHS
- Manages high risk cases
- Helps navigate through healthcare system
    - Identifying resources
    - Referrals to outside resources
    - Transportation
    - Insurance
- Treatment adherence
    - Following provider care plan
    - Appointment attendance
    - Medication management

HEALTH LITERACY

Understanding healthcare information and services

- Keeping appointments
- Accepting available appointment/crisis times
- Understanding referrals into the community (specialty care or more frequent sessions)
- Limited capacity within CHS

Access to care

- Availability of resources
- Insurance
- Transportation

Making healthcare decisions

- Self-advocacy
- Adopting healthy behaviors

HOW CAN FACULTY HELP?

Connecting students to services

- Walking students to CHS - calling ahead is helpful so counselors can review chart
- Front desk staff have been informed that any student walked over by a staff/faculty member is to be scheduled for a crisis visit
- Students are allowed to change their minds
- Students arriving independently need to indicate whether or not they would like a crisis visit
- Student will be routed to appropriate care

Communicating consistent messaging

- CHS has a variety of mental health services
- Communicate accurate information
- Help students understand limitations of services

BUILDING CAPACITY ACROSS CAMPUS

- Training Opportunities
  - **Identifying Students in Distress – for faculty, staff, or students**
  - **Kognito – online gatekeeper training – mental health and suicide prevention**
    - For students
    - For faculty fall 2019 – HLC fee money
  - **Campus Connect – for faculty, staff or students**
    - Two hour gatekeeper training
    - Warning signs
    - How to support students
    - How to connect students to resources
  - **Faculty feedback?**

- Peer Support Program
  - **Peers supporting mental health wellness**
  - **Training students to help students at risk**
  - **Help route students to appropriate resources**