HSU Student Mental Health Needs

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Student Health & Wellbeing Services

Feb. 19, 2018 | Associated Students
Feb. 20, 2018 | University Senate

Trigger Warning
Includes Detailed Discussion of Poverty, Pain, Suicide & Self-Harm
Student Health & Wellbeing Services Provided to Students

Counseling & Psychological Services (CAPS)
- Ongoing Therapy
- Focused Coordinators
- Training Clinic
- Crisis Assessment
- Case Management

Health Education & Prevention
- FAPC, OhSURE!, System Support
- Student Peer Edu. (WellbeingMap, CIY)
- OhSNAP! Student Food Programs
- Clinical Peer Health Educators (STDs,+)
  - (Fac/Staff Wellbeing Ambassadors, CheckIT!)

Medical Services
- Acute Care
- General Medical Appointments
- Family Planning & Women’s Health
- Pharmacy
- Lab
- Radiology
- Medical Records

Psychiatry
- Consultation
- Diagnosis
- Medication Management
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2. Insufficient campus & community resources exist to meet the need.

3. The gap between students’ health needs and campus capacity is measurable, significant, and HSU has a responsibility to fix it.
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3. The gap between students’ health needs and campus capacity is measurable, significant, and HSU has a responsibility to fix it.

4. Closing the health need-capacity gap will also improve retention.
Vulnerable Populations Benchmarks

- Depression: HSU 61%, National College Average 41%
- Anxiety: HSU 68%, National College Average 53%
- Psychiatric Med Past Year: HSU 23%, National College Average 16%
- Knowledge of Services: HSU 63%, National College Average 63%
Suicidal Ideation (past year)

13%
Of HSU Students Have Attempted Suicide In the Past Year

- Suicidal Ideation (past year): 13%
- Suicide Plan (last year): 9%
- Total: 4%
Of HSU Students Have Attempted Suicide In the Past Year
Year in School

Survey respondents from Humboldt State University who reported attempted suicide in the past year grouped by year in school.
Desire for Death

- Psychological Pain
- Hopelessness
Psychological Pain

Hopelessness

Connectedness

Desire for Death

Desire to Live
Desire for Death

Psychological Pain

Hopelessness

Connectedness

Capability

Desire to Live
Psychological Pain
Hopelessness
Connectedness
Capability
Support Resources

Desire for Death
Desire to Live
Clear Targets for Intervention

1) Decrease Pain
2) Increase Hope
3) Improve Connections
4) Increase Support Resources
5) (Reduce Capacity)
Increase Student Success

1) Decrease Barriers
2) Increase Hope
3) Improve Connections
4) Increase Support Resources
Retention/Economic Impact

In 2017 economist Daniel Eisenberg helped us study the HSU student mental health needs at the population level and its connection to retention. He found:

1746 students with untreated mental health

Treating 100 prevents 6.48 dropouts
If we can treat 1000 of the 1746 = 64.8 students (conservatively)

If we treated ALL 1746 it would be 113

113 Students A Year More Who Could Persist With Required Capacity
Efficiency Improvements

- Online Vaccination Process  
  June 2017 ✔

- Reduced administrative support staff by 1 FTE  
  January 2017 ✔

- Paperless Records Systems  
  May 2018 ○

- Better Integration Medical Services, Health Ed, & CAPS  
  In progress ○

- Enforce no-notes for absences  
  January 2017 ✔

- The Interactive Wellbeing Map  
  October 2017 ✔

- Choose It Yourself (C.I.Y.) SkillShops  
  October 2017 ✔

- Clinical Peer Health Educators for asymptomatic STDs  
  Sept. 2017 ✔

- Improve Triage Process in CAPS  
  Dec. 2017 ✔

- Improve website to make resources more accessible  
  October 2017 ✔

- Faculty Staff Wellbeing Ambassadors Training Program  
  2017-2018 ✔

- Grant Funding ($300k total SAMHSA, $90k/yr CalFresh)  
  Ongoing ✔
Health Facility

Using every bit of space within our footprint

- Digital Archive of existing records  Dec 2016  ✔
- Change building flow to add space  Nov. 2017  ✔
- Health Education Services relocated, but most services are interrelated, require reception, and can’t be located in pieces around campus
- Clear out storage and offices - the health building is already at (20% over) capacity and falling apart.
## Community Ratios

<table>
<thead>
<tr>
<th></th>
<th>Civilians per Primary Care</th>
<th>Civilians per Psychiatrist</th>
<th>Kaiser Facilities within 1-2 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Luis Obispo</td>
<td>527</td>
<td>1,503</td>
<td>40+</td>
</tr>
<tr>
<td>Chico</td>
<td>999</td>
<td>5,348</td>
<td>60+ Within 2 Hours</td>
</tr>
<tr>
<td>Arcata/Eureka</td>
<td>922</td>
<td>4,600</td>
<td>Nearest facility 5-6 hours away.</td>
</tr>
<tr>
<td>(HSU)</td>
<td>1300</td>
<td>50,000</td>
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Accessing a psychiatrist on campus is even worse than in Arcata/Eureka; **23%** of HSU students arrive having been on a psychotropic medication in the past year.
Student Needs
HSU students are facing a healthcare shortage on campus and we have a responsibility to fix it.

- 1,700+ HSU students have untreated mental health concerns
- More than 100 students leave HSU each year because of untreated health barriers
- Community health resources are expensive and too few to make up for the campus shortage

Next steps - encourage students to voice their priorities:
National College Health Assessment survey includes health fee prioritization questions.

Open Forums:
- Feb. 23, 5-6:30 p.m., College Creek Great Hall
- March 5, noon-1:30 p.m., Nelson Hall East 102 (Pizza lunch provided)

humboldt.edu/healthiertogether