



Western Interstate Commission  
For Higher Education  
Mental Health Program

# Campus Behavioral Health: Challenges & Opportunities

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# Mental Health Does Matter: Prevalence on **College Campuses**

Colleges across the country have reported **large increases** in **enrollment**, or at least increased access for students.

At the same time, college counseling centers have also observed **an increase** in the **prevalence and severity of mental health issues** reported by students and **an increase** in the number of **students taking psychotropic medications**.

NAMI: National Alliance on Mental Illness

# Mental Health Does Matter: Prevalence on **College Campuses**

**75%** of lifetime cases of mental health conditions begin by age 24.

**1 out of 4** young adults between the ages of 18 and 24 have a diagnosable mental illness.

**More than 11%** of college students have been diagnosed or treated for anxiety in the past year.

**More than 10%** reported being diagnosed or treated for depression.  
Second leading cause of student death: Suicide

# Mental Health Does Matter: Prevalence on **College Campuses**

**More than 40 %** of college students have felt more than an average amount of stress within the past 12 months.

**More than 80 %** of college students felt overwhelmed by all they had to do in the past year and...

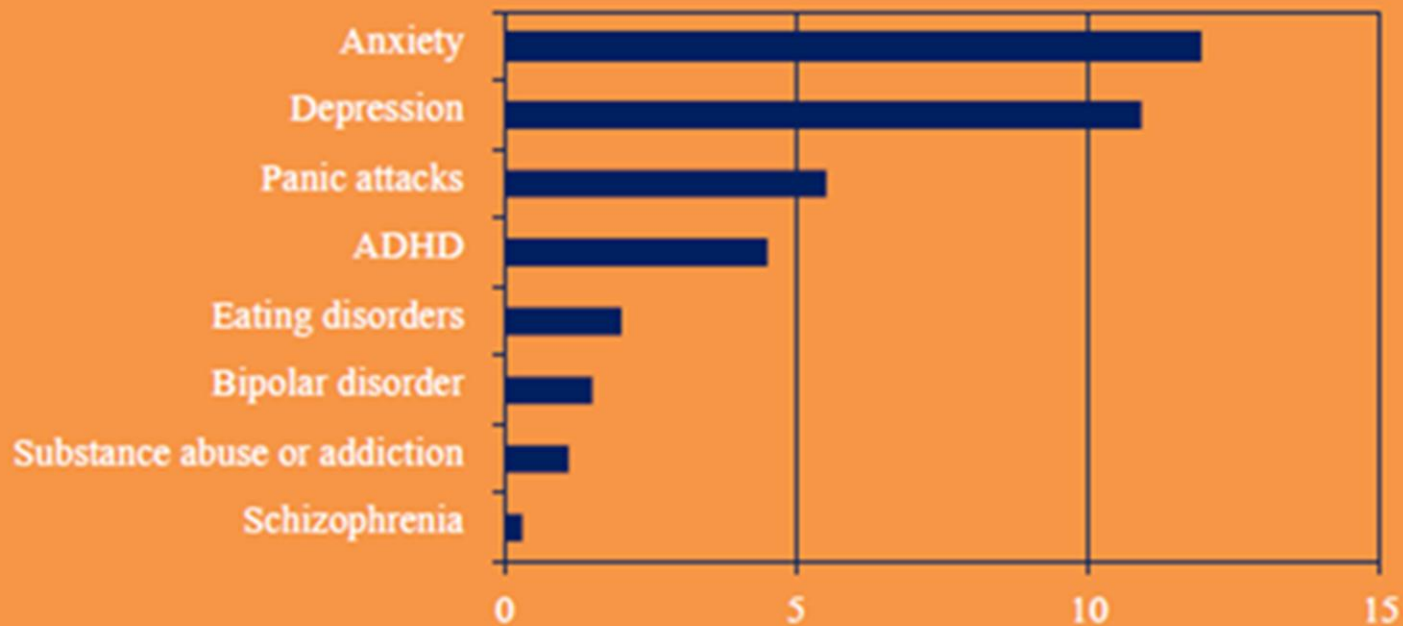
**45 %** have felt things were hopeless.

**Almost 73 %** of students living with a mental health condition experienced a mental health crisis on campus.

Yet, **34.2 %** reported that their college did not know about their crisis.

# What mental health conditions are most common?

The percent of college students diagnosed or treated by a professional for mental health conditions in the last twelve months...



#ItsTime

American College Health Association (2012)

[www.acha-ncha.org](http://www.acha-ncha.org)

# Campus Sexual Assault



One in 5 women and  
one in 16 men are  
sexually  
assaulted in college



College-aged students  
are at greater risk than  
the general population



Lives damaged:  
Negative impacts on  
completion rates and  
persistence to  
graduation

# Campus Sexual Assault: Survivor Impacts



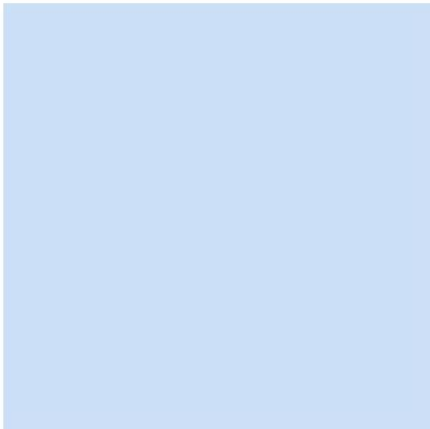
Dropping  
courses



"Institutional  
Betrayal"



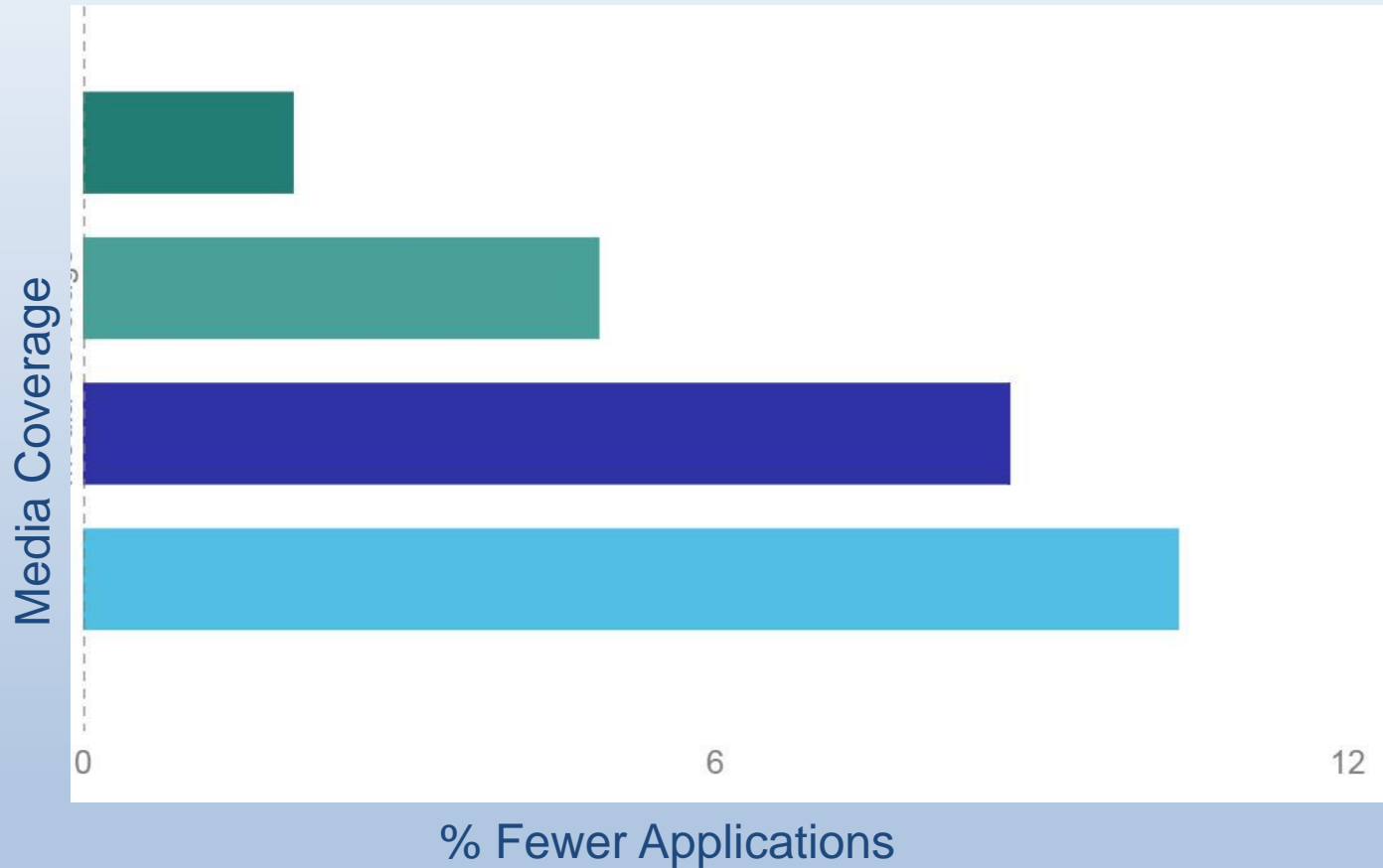
Reduced  
GPA



Leaving  
school



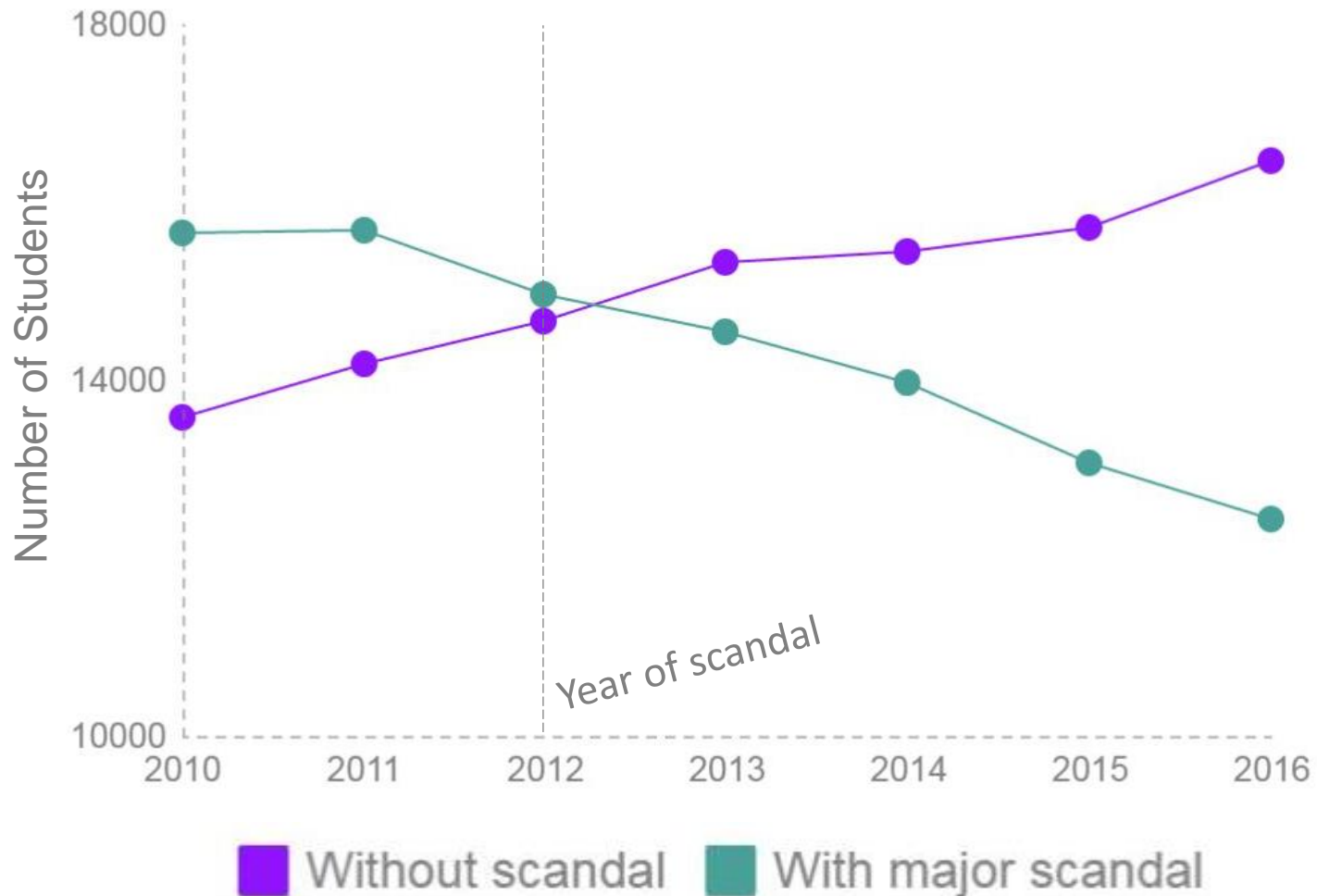
# Impact of Scandals on Applications



■ No New York Times Mentions   ■ One New York Times Mention   ■ Five New York Times Mentions  
■ Long-Form Coverage



# Enrollment Comparison at Two Major Universities in the Same State



# Mental Health and Academic Success

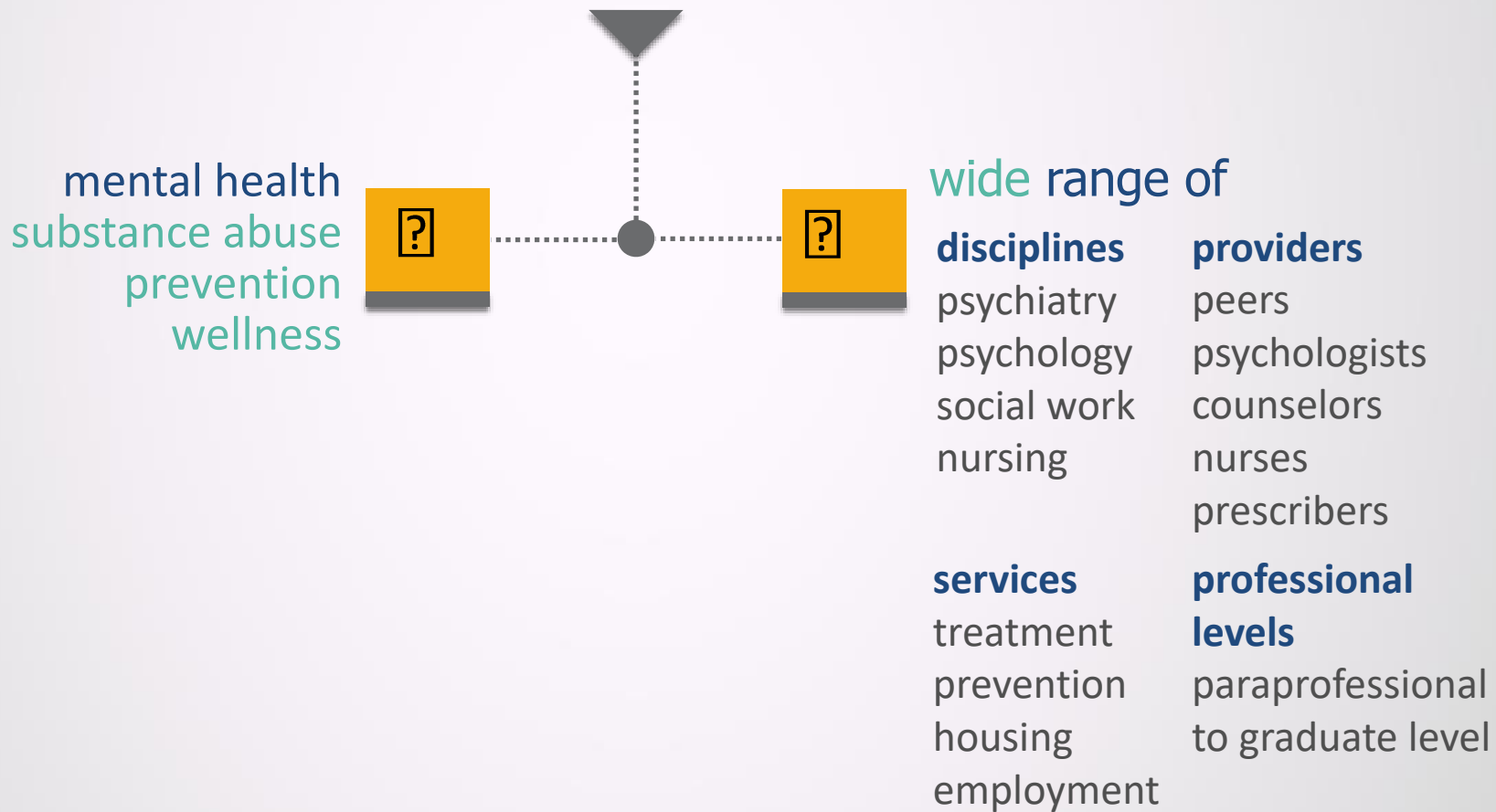
- **64 %** of young adults who are no longer in college are no longer attending college because of a mental health reason (NAMI).

Depression, bipolar disorder and post-traumatic stress disorder are the primary diagnoses of these young adults

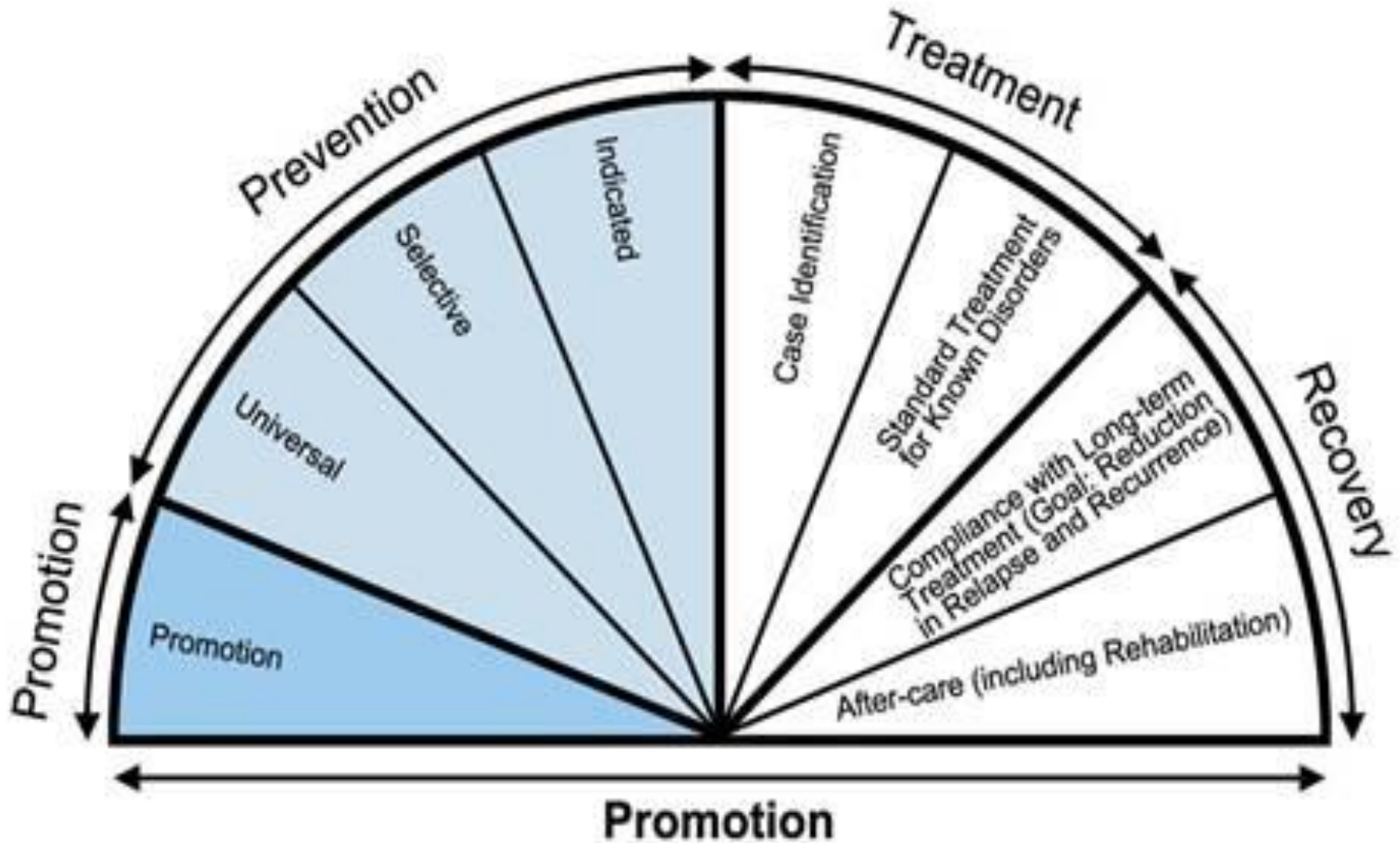
- **31%** percent of college students have felt so depressed in the past year that it was difficult to function and more than **50%** have felt overwhelming anxiety, making it hard to succeed academically.

<http://healthymindsnetwork.org/research/data-for-researchers>

# Defining Behavioral Health



# Behavioral Health Continuum of Care



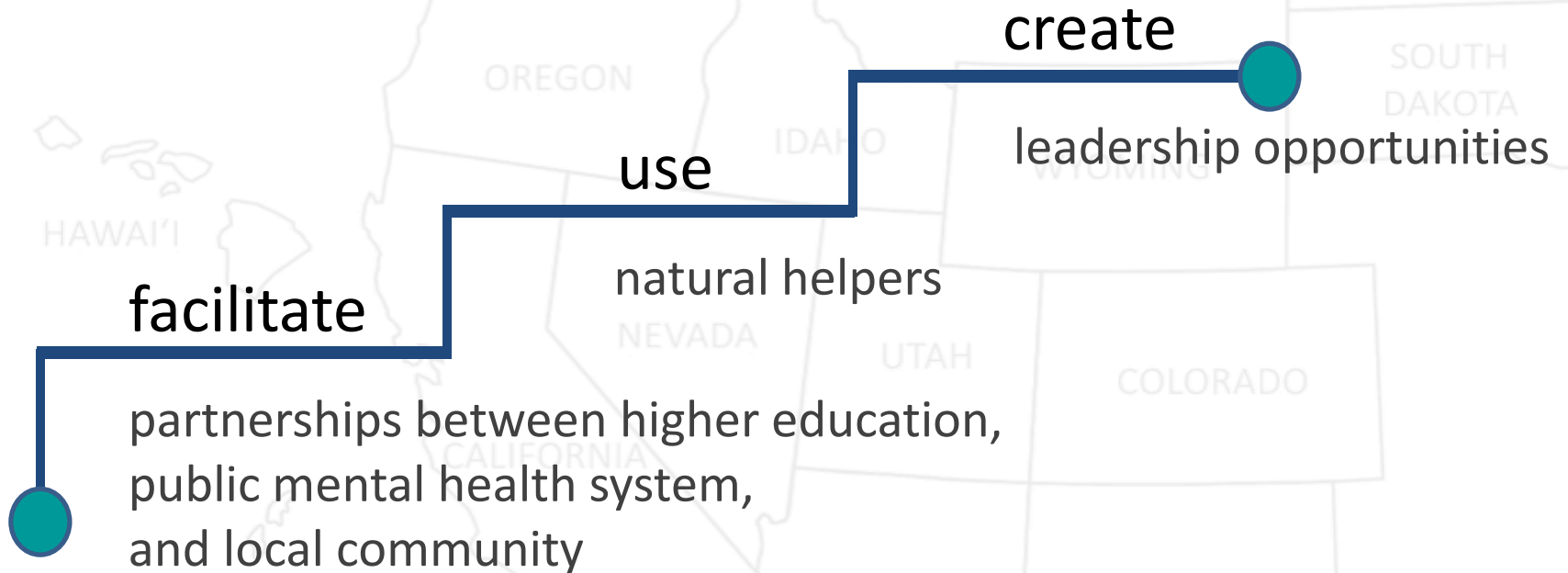
# Success = Comprehensive Attention

- Prevention and Promotion - Knowledge is essential to reducing stigma and increasing positive health outcomes.
- Accessibility – Being able to understand the need for help, knowing where to turn, and ability to get there and pay for it.
- Availability – The providers and services exist.
- Acceptability – What is available fits the culture and is evidence-based.

# What Else Works?

- There's an **app** for that
  - ✓ YOU at College
- **Campus Support**
  - ✓ ACTIVE MINDS
  - ✓ Stigma Reduction
  - ✓ Campus Culture Change
- **Assessment and Technical Assistance**
  - ✓ Right-size resources
  - ✓ Help the Helpers

# Partnering, Natural Community Supports and Leadership



# Contact Us



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