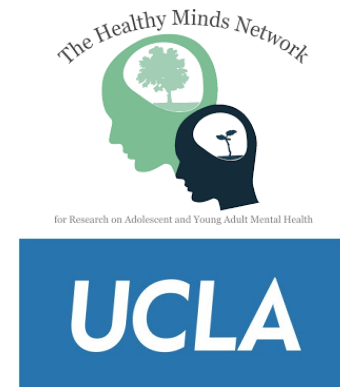


The Case for States to Invest in College Student Mental Health

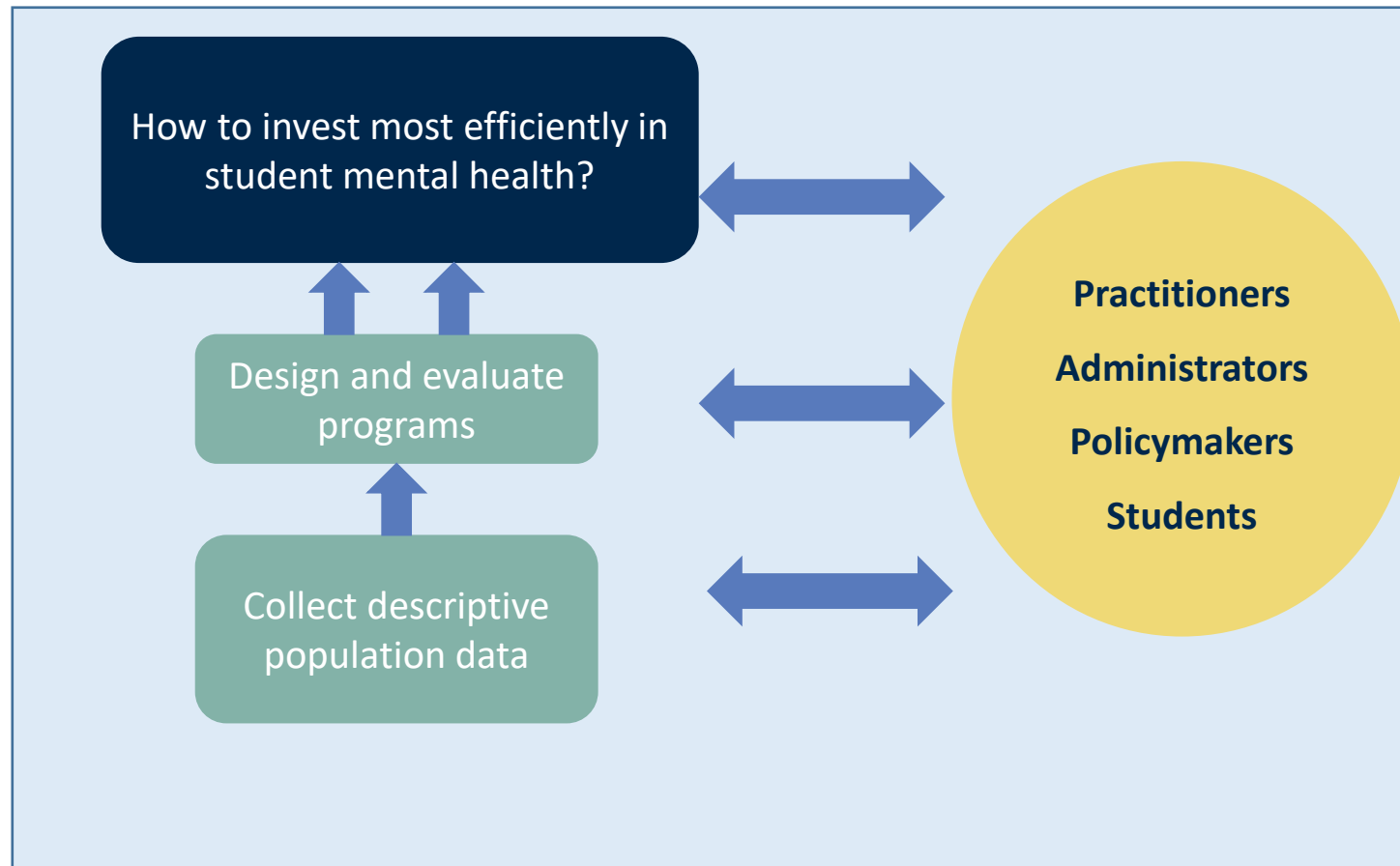
DANIEL EISENBERG
UCLA FIELDING SCHOOL OF PUBLIC HEALTH
HEALTHY MINDS NETWORK

MEETING OF WICHE'S LEGISLATIVE ADVISORY COMMITTEE (LAC)
DENVER, CO
SEPTEMBER 11, 2024





Research Agenda, Healthy Minds Network



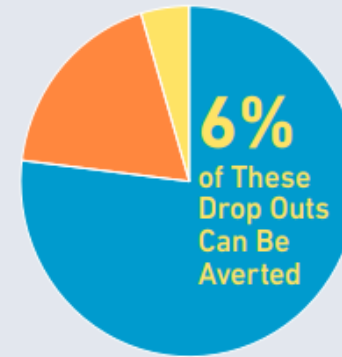
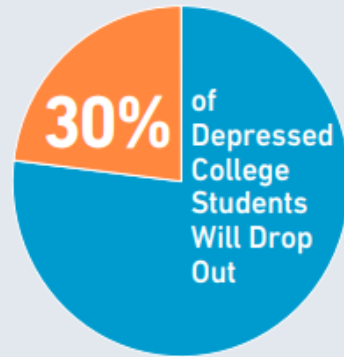
Economic Case for Investing in Student Mental Health





The Value of a Campus Counseling Center



 Without Treatment   With Treatment 



 If a Counseling Center Treats 500 Students... 



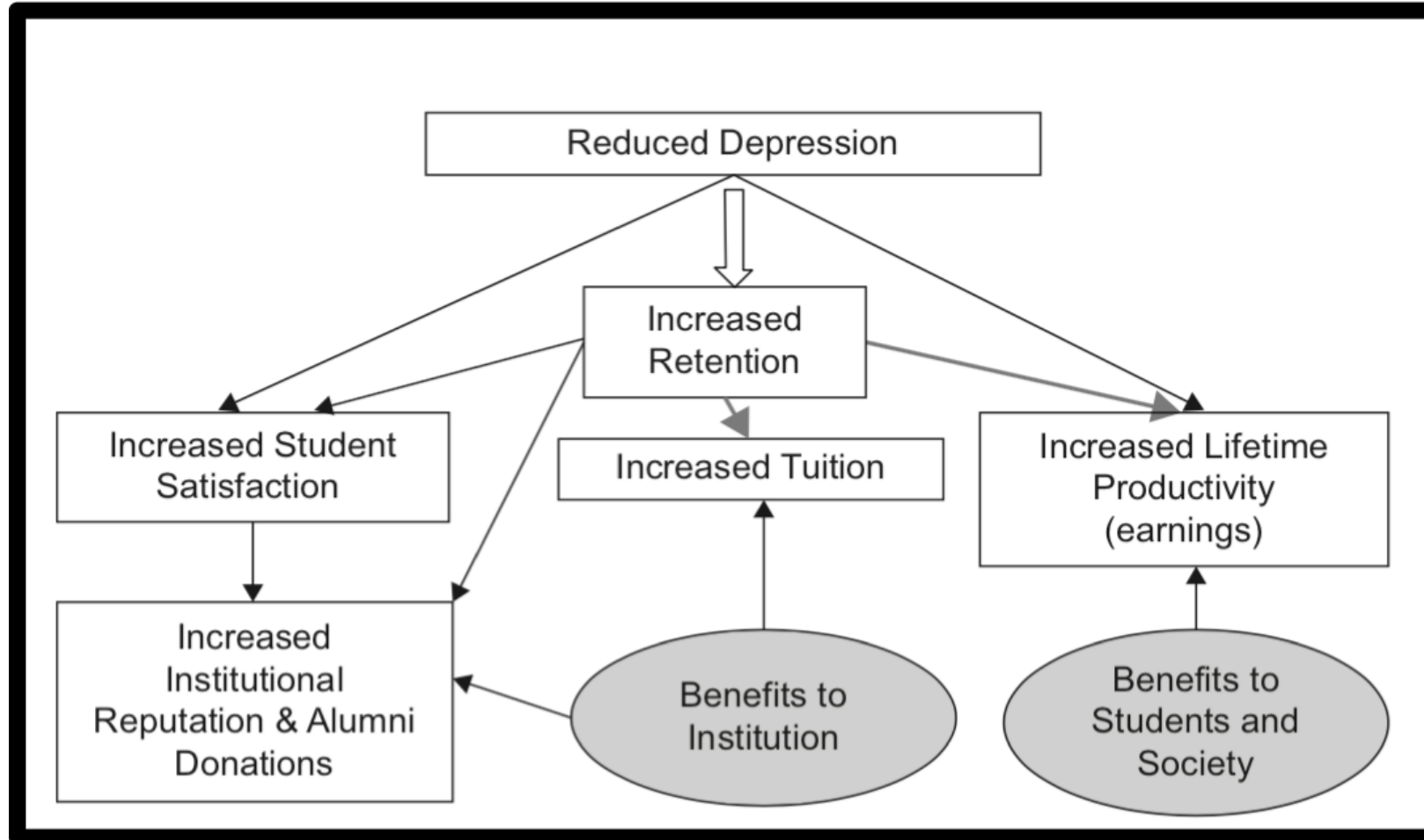
+1.2 Million
in Tuition

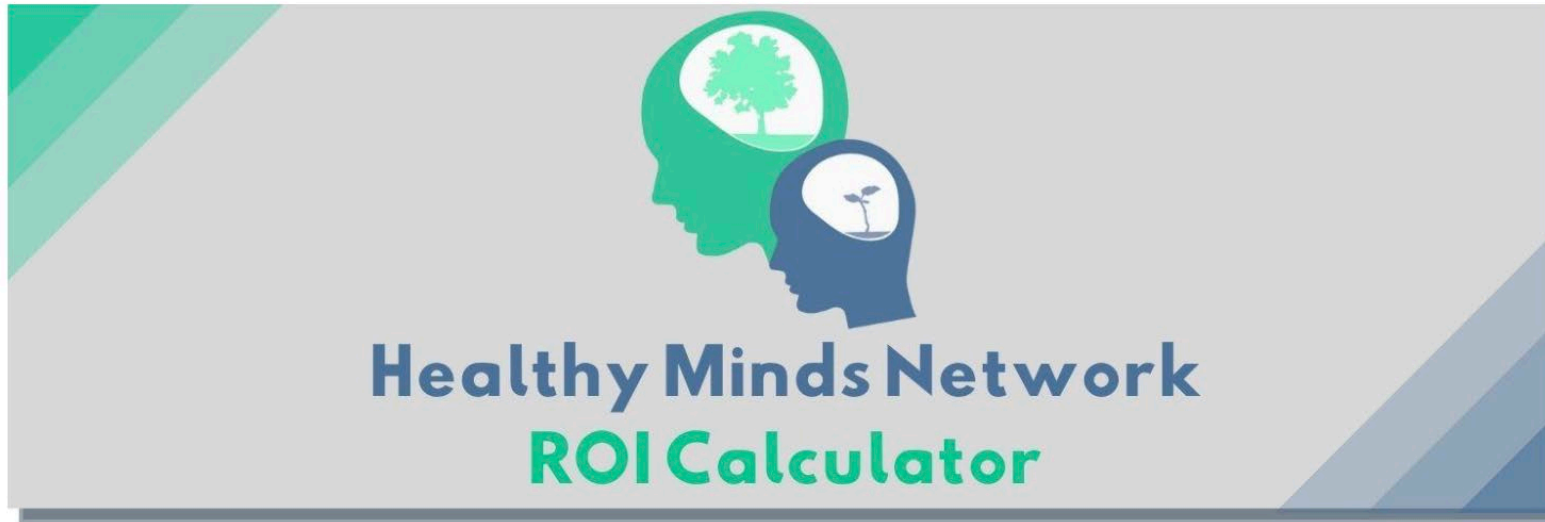
+3 Million
Lifetime Earnings

Assuming ~60 student-years of tuitions @ 20K/yr and +50K per college year of earnings

Infographic from kognito.com, based on findings from Eisenberg, D., Golberstein, E., Hunt, J. (2009). Mental Health and Academic Success in College. B.E. Journal of Economic Analysis & Policy 9(1) (Contributions): Article 40.

Research Underlying the Economic Case





**Return on Investment Calculator (R.O.I.) for
College Mental Health Services and Programs**

This tool will allow you to calculate the economic returns of services or programs that improve mental health in your student population.

https://umich.qualtrics.com/jfe/form/SV_6xN9QUSIFtgtRQh

Extensions of the Economic Case

Quantifying benefits of reduced crises

Applying the case to preventive interventions (e.g., mindfulness skills training)

Broadening the case to state-level cohorts of institutions

Re-examining a Key Assumption: *Effectiveness of Interventions*



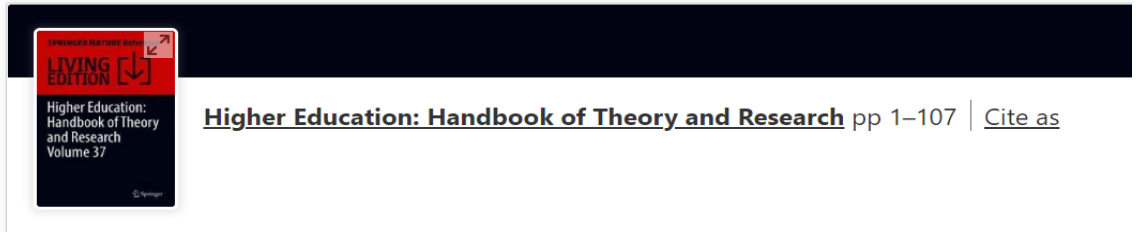
WHAT WORKS FOR IMPROVING MENTAL HEALTH IN HIGHER EDUCATION?



SARA ABELSON


SARAH KETCHEN LIPSON

DANIEL EISENBERG



[Higher Education: Handbook of Theory and Research](#) pp 1–107 | [Cite as](#)

Mental Health in College Populations: A Multidisciplinary Review of What Works, Evidence Gaps, and Paths Forward

[Sara Abelson](#) , [Sarah Ketchen Lipson](#) & [Daniel Eisenberg](#)

Living reference work entry | [First Online: 18 December 2021](#)

145 Accesses

Part of the [Higher Education: Handbook of Theory and Research](#) book series (HATR, volume 37)

Main Conclusions from Our Review of Evidence

Rich variety of interventions that address student mental health

Small number of interventions with clear evidence of effectiveness

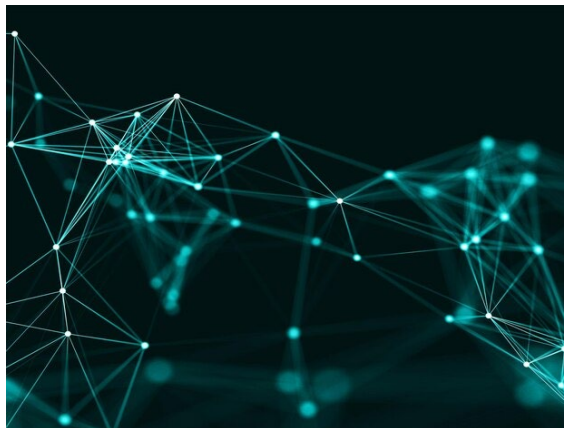
Widespread use of interventions with limited evidence of effectiveness

Broad Vision: Evidence Repository and Network

Comprehensive database of evidence

Active network supporting the use of the evidence

Upcoming pieces: peer programs, gatekeeper programs, mindfulness



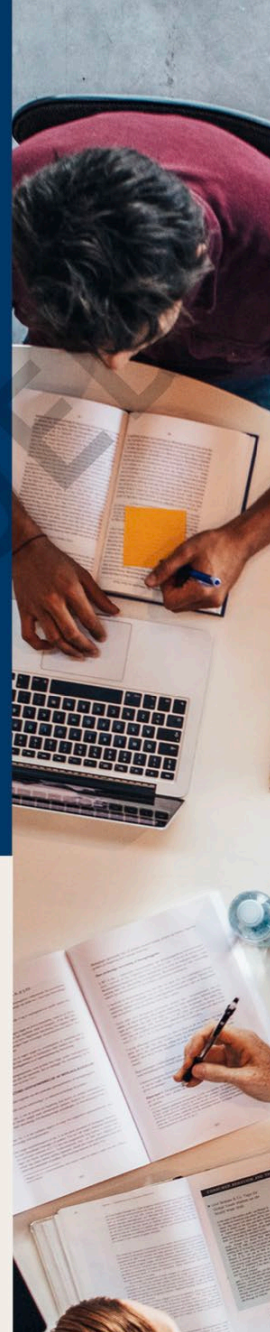
Digital Mental Health Interventions at Colleges & Universities

Understanding the Need,
Assessing the Evidence, &
Identifying Steps Forward

May 2024

AUTHORS (IN ALPHABETICAL ORDER):

**Sara Abelson, Daniel Eisenberg,
Ashley Johnston, Sarah Ketchen Lipson,
Michelle Liu, Shannon N. Ogden, &
Stephen M. Schueller**

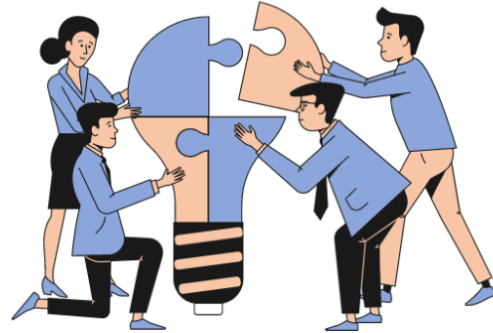


Self-Guided



Self-help tools that students can use on their own

Supported

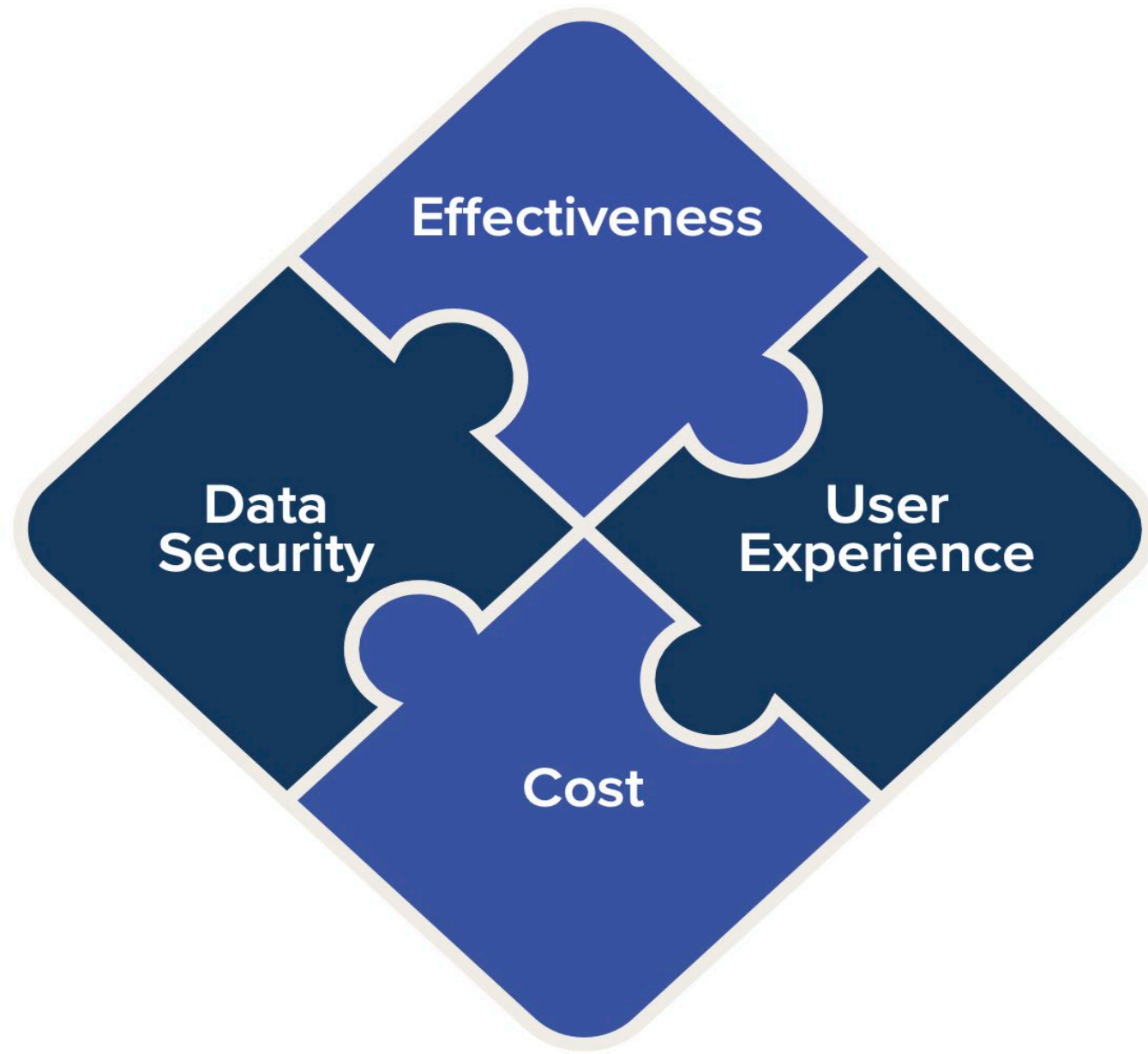


Digital tools that include a light amount of human support to help students complete the program

Digital Plus Solutions



Digital tools that include human support to provide peer support, coaching, or therapeutic support



Recommendations for higher education leaders and partners

critically consider the evidence



consider DMHIs as part of a public health approach

reassess and align financing to support goals

More information:

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