Student Wellness in the Four-Year Public Higher Education Sector

April 2018

Sona Karentz Andrews
Provost Emerita
Portland State University
Institutions Responding

- Cal Poly San Luis Obispo
- California State University Long Beach
- Colorado State University
- Eastern Oregon University
- Idaho State University
- Metropolitan State University of Denver
- Montana State University Billings
- Montana Tech
- Nevada State College
- New Mexico State University
- Montana State University Bozeman
- Oregon Institute of Technology

- Oregon State University
- Portland State University
- South Dakota State University
- Southern Oregon University
- University of Nevada Las Vegas
- University of Arizona
- University of Hawaii at Hilo
- University of Idaho
- University of Montana
- University of Montana Western
- University of Nevada, Reno
- Utah Valley University
- Washington State University
<table>
<thead>
<tr>
<th>State</th>
<th>Number of Institutions Responding to the Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arizona</td>
<td>1</td>
</tr>
<tr>
<td>California</td>
<td>2</td>
</tr>
<tr>
<td>Colorado</td>
<td>2</td>
</tr>
<tr>
<td>Hawaii</td>
<td>1</td>
</tr>
<tr>
<td>Idaho</td>
<td>2</td>
</tr>
<tr>
<td>Montana</td>
<td>5</td>
</tr>
<tr>
<td>Nevada</td>
<td>3</td>
</tr>
<tr>
<td>New Mexico</td>
<td>1</td>
</tr>
<tr>
<td>Oregon</td>
<td>5</td>
</tr>
<tr>
<td>South Dakota</td>
<td>1</td>
</tr>
<tr>
<td>Utah</td>
<td>1</td>
</tr>
<tr>
<td>Washington</td>
<td>1</td>
</tr>
<tr>
<td>Title of Survey Respondents</td>
<td>Frequency</td>
</tr>
<tr>
<td>-------------------------------------------------------------------------------------------</td>
<td>-----------</td>
</tr>
<tr>
<td>Provost/Vice President for Academic</td>
<td>7</td>
</tr>
<tr>
<td>Vice Provost/Associate Vice President (Student Affairs or Academic Affairs) or Dean of Students</td>
<td>7</td>
</tr>
<tr>
<td>Director of Campus Health Center or Counseling Division or Program Coordinator</td>
<td>7</td>
</tr>
<tr>
<td>Vice President/Vice Chancellor for Student Affairs</td>
<td>3</td>
</tr>
<tr>
<td>Administrative Assistant</td>
<td>1</td>
</tr>
<tr>
<td>Enrollment Trends FY 13-FY17</td>
<td></td>
</tr>
<tr>
<td>-----------------------------</td>
<td>---</td>
</tr>
<tr>
<td>Number of Institutions with Headcount Increase</td>
<td>14</td>
</tr>
<tr>
<td>Number of Institutions with Headcount Decrease</td>
<td>11</td>
</tr>
</tbody>
</table>

### Average Student Enrollment FY13-FY17

#### Average Enrollment FY13-17

<table>
<thead>
<tr>
<th>Student Headcount Enrollment</th>
<th>Number of Institutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;1500</td>
<td>1</td>
</tr>
<tr>
<td>5,001-10,000</td>
<td>2</td>
</tr>
<tr>
<td>&gt;20,000</td>
<td>8</td>
</tr>
</tbody>
</table>
### Mental Health-Related Counseling

#### Counselling Appointment Trends FY 13- FY17*

<table>
<thead>
<tr>
<th>Category</th>
<th>Increase</th>
<th>Decrease</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Institutions with Appointment Increase</td>
<td>19</td>
<td>4</td>
</tr>
</tbody>
</table>

#### Average Counselling Appointment FY13-17

**Average Counseling Appointments FY13-FY17**

![Bar chart showing scheduled counseling appointments across different institution sizes.](chart_image)

- **Non-reporting**: 0 appointments
- **1,001 - 5,000**: 2 appointments
- **5,001 - 10,000**: 4 appointments
- **10,001 - 15,000**: 8 appointments
- **15,001 - 20,000**: 2 appointments
- **20,001 - 34,000**: 1 appointment
## Counseling Appointments

<table>
<thead>
<tr>
<th></th>
<th>FY13</th>
<th>FY14</th>
<th>FY15</th>
<th>FY16</th>
<th>FY17</th>
<th>5-Year Appointments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Average</strong></td>
<td>6,312</td>
<td>6,676</td>
<td>6,807</td>
<td>7,165</td>
<td>7,242</td>
<td><strong>6,576</strong></td>
</tr>
<tr>
<td><strong>Minimum</strong></td>
<td>550</td>
<td>550</td>
<td>550</td>
<td>550</td>
<td>34</td>
<td><strong>34</strong></td>
</tr>
<tr>
<td><strong>Maximum</strong></td>
<td>29,136</td>
<td>30,823</td>
<td>32,567</td>
<td>37,931</td>
<td>38,645</td>
<td><strong>33,820</strong></td>
</tr>
</tbody>
</table>

## Change in Counseling Appointments

<table>
<thead>
<tr>
<th></th>
<th>FY13-FY14</th>
<th>FY14-FY15</th>
<th>FY15-FY16</th>
<th>FY16-FY17</th>
<th>Change from FY12-FY17</th>
<th>% Change from FY13-FY17</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Average</strong></td>
<td>650</td>
<td>371</td>
<td>357</td>
<td>376</td>
<td>1,249</td>
<td>11.9%</td>
</tr>
<tr>
<td><strong>Minimum</strong></td>
<td>-466</td>
<td>-913</td>
<td>-1,590</td>
<td>-489</td>
<td>-902</td>
<td>-36.0%</td>
</tr>
<tr>
<td><strong>Maximum</strong></td>
<td>10,951</td>
<td>3,570</td>
<td>5,364</td>
<td>2,591</td>
<td>9,509</td>
<td>57.8%</td>
</tr>
</tbody>
</table>
Change in Enrollment Compared to Counseling Appointments FY13-FY17

% counseling appointment change FY13-FY17  % enrollment change FY13-17
Average Wait Time for Counseling Appointment FY13-17

Number of Institutions
Policy/Practice Changes

<table>
<thead>
<tr>
<th>Policies And Procedures Changes In Response To Student Demand Over The Past Five Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Institutions with No Policy Changes</td>
</tr>
<tr>
<td>Number of Institutions with Policy Changes</td>
</tr>
</tbody>
</table>

- Triage
- Reduce or limit session time
- Assign case managers
- Partnerships and contracts
- Educational and online resources
- Group counselling
- Staffing
## Student Conduct Violations

### Student Conduct Code Violations Trends FY 13-FY17*

<table>
<thead>
<tr>
<th>Number of Institutions with an Increase in Violations</th>
<th>15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Institutions with a Decrease in Violations</td>
<td>9</td>
</tr>
</tbody>
</table>

### Average Violations FY13-17

<table>
<thead>
<tr>
<th>Number of Violations</th>
<th>Number of Institutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;10</td>
<td>3</td>
</tr>
<tr>
<td>11-100</td>
<td>7</td>
</tr>
<tr>
<td>249-250</td>
<td>6</td>
</tr>
<tr>
<td>251-500</td>
<td>1</td>
</tr>
<tr>
<td>501-1000</td>
<td>1</td>
</tr>
<tr>
<td>Maximum Deceases in the Student Conduct Code Violations Trends FY 13- FY17*</td>
<td></td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| ![Table](image)

- Alcohol and endangering/threatening behavior (it should be noted that many institutions reported a decrease in counseling appointments for alcohol, but that the data show this is still an issue on campuses)
- More hate/bias incidents
- Students voicing their options more
- Recreational marijuana
- Self-medicated drug use
- Title IX misconduct violations
## Accommodations for Students with Disabilities

### Students Seeking Accommodations

<table>
<thead>
<tr>
<th></th>
<th>FY13</th>
<th>FY14</th>
<th>FY15</th>
<th>FY16</th>
<th>FY17</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AVERAGE</strong></td>
<td>743</td>
<td>812</td>
<td>823</td>
<td>855</td>
<td>926</td>
</tr>
<tr>
<td><strong>MINIMUM</strong></td>
<td>20</td>
<td>39</td>
<td>37</td>
<td>50</td>
<td>38</td>
</tr>
<tr>
<td><strong>MAXIMUM</strong></td>
<td>3,033</td>
<td>2,985</td>
<td>2,751</td>
<td>2,755</td>
<td>2,858</td>
</tr>
</tbody>
</table>

### Change in Students Seeking Accommodations

<table>
<thead>
<tr>
<th></th>
<th>FY13-14</th>
<th>FY14-15</th>
<th>FY15-16</th>
<th>FY16-17</th>
<th>Change from FY13-17</th>
<th>% Change from FY13-17*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AVERAGE</strong></td>
<td>46</td>
<td>11</td>
<td>64</td>
<td>71</td>
<td>181</td>
<td>24.4%</td>
</tr>
<tr>
<td><strong>MINIMUM</strong></td>
<td>0</td>
<td>0</td>
<td>2</td>
<td>0</td>
<td>2</td>
<td>10.0%</td>
</tr>
<tr>
<td><strong>MAXIMUM</strong></td>
<td>310</td>
<td>323</td>
<td>290</td>
<td>643</td>
<td>905</td>
<td>29.8%</td>
</tr>
</tbody>
</table>
Common trends:

- More and more for testing accommodations and alternative testing
- Time extensions for assignments
- Attendance accommodations
- Emotional support animals
- Single room housing requests
- More deaf and hard of hearing students
- More low vision or blind students
- Less sigma around disabilities
- More students with multiple disabilities
Food Insecurity

Trends:

• The need for food increasing each year
• An increase in staff and faculty accessing pantries
• Increased demand at the end of the month
• Need for more space for food storage and/or distribution
• Increased challenges in supporting differences in food culture as students in need become more diverse
• Efforts to provide healthy options such as fresh produce and protein
## Student Homelessness

<table>
<thead>
<tr>
<th>Student Homeless Reporting</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of institutions that reported some data on homelessness*</td>
<td>8</td>
</tr>
<tr>
<td>Number of institutions that had no data to report on homelessness</td>
<td>17</td>
</tr>
</tbody>
</table>

Short-term strategies:
- Campus spaces with access to showers, laundry, lockers, couches for naps, refrigerators, and kitchens
- Partnering with residence life to set aside rooms in residence halls for students with short-term, emergency housing needs
- Implementing hotel voucher programs
- Referrals to local homeless shelters
- Seeking donor support to create emergency housing assistance funds
Conclusions

• Increase in:
  • Counseling health –related service
  • Student Code of Conduct violations
  • Disability accommodations
  • Food insecurity
  • Homelessness

• Questions:
  • Student success
  • Institutional size and resources
Please direct suggestions/edits/questions to the draft report to:

Sona K. Andrews
sona.andrews@pdx.edu
Student Behavioral Health: Challenges & Opportunities

Hannah Koch
Research and Technical Assistance Associate

Western Academic Leadership Forum
April 25-27, 2018
Vancouver, WA
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...

- Anxiety
- Depression
- Panic attacks
- ADHD
- Eating disorders
- Bipolar disorder
- Substance abuse or addiction
- Schizophrenia

#ItsTime

American College Health Association (2012)  
www.acha-ncha.org
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
behavioral health continuum of
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.
Partnering, natural community supports and leadership

Facilitate partnerships between higher education, public mental health system, and local community

Use natural helpers

Create leadership opportunities
contact us

1 - 303 - 541 - 0254

hkoch@wiche.edu

WICHE 3035 Center Green Drive, #200
Boulder, CO 80301
Strategies at the Campus Level

Carlos J. Crespo, DrPH
Portland State University
Major points

State of student wellness (PSU)
  ◦ American College Health Association-National College Health Assessment II

Diversity of student and needs

Strategic programmatic opportunities
Diversity of students

Race/ethnicity
Sexual identity
Living arrangements
Family relationships
Access to health care
The National College Health Assessment covers the following topics:

- Alcohol, tobacco, and other drug use
- Sexual health
- Weight, nutrition, and exercise
- Mental health
- Personal safety and violence
State of Wellness at Portland State University
Percent distribution by age category (n=1089)

- 18-20 yrs.: 16%
- 21-24 yrs.: 25%
- 25-29 yrs.: 25%
- 30+ yrs.: 34%
Housing arrangements, percent distribution

- Campus/residence hall, 11%
- Fraternity/sorority house, 0.2%
- Other university housing, 3.4%
- Parent/guardian home, 15.9%
- Other off campus housing, 63.8%
- Other, 5.7%
Sexual orientation, percent distribution

- Heterosexual, 69.1%
- Bisexual, 10.6%
- Asexual, 4.4%
- Pansexual, 3.5%
- Queer, 3.7%
- Lesbian, 1.6%
- Gay, 3%
- Questioning, 1.7%
- Another identity, 2%
Proportion of students reporting any of the following conditions

- ADHD, 9.7%
- Chronic disease, 9.3%
- Deafness, 3.5%
- Learning disability, 6.5%
- Mobility disability, 1.9%
- Partial sightedness/blindness, 1.9%
- Psychiatric condition, 14.4%
- Speech/language disorder, 0.6%
- Other disability, 5.7%
Major conditions affecting academic performance in the past 12 months

- Anxiety: 31.9%
- Cold/flu/sore throat: 15.3%
- Concerned for friend/family: 14.4%
- Depression: 22.5%
- Finances: 13%
- Relationship: 11.9%
- Sleep: 23.9%
- Stress: 37.3%
- Work: 21.3%
Spring 2016: Within the last 12 months have any of the following affected your academic performance?

- **Stress**: National - 31.8%, Portland State - 37.2%
- **Anxiety**: National - 23.2%, Portland State - 32.0%
- **Depression**: National - 15.4%, Portland State - 22.4%
PRE-EXISTING CONDITIONS

Spring 2016: Within the last 12 months have you been diagnosed or treated by a professional for any of the following?

- Anxiety, Treated: 29.5% (National), 12.6% (Portland State)
- Anxiety, Not Treated: 6.5% (National), 4.4% (Portland State)
- Depression, Treated: 19.7% (National), 10.9% (Portland State)
- Depression, Not Treated: 5.2% (National), 3.0% (Portland State)
SPRING 2016: HAVE YOU...WITHIN THE LAST 12 MONTHS?

- Felt very sad: National 65.0%, Portland State 70.7%
- Felt overwhelming anxiety: National 58.4%, Portland State 66.2%
- Felt things were hopeless: National 49.7%, Portland State 55.5%
- Felt so depressed that it was difficult to function: National 36.8%, Portland State 44.7%
- Seriously considered suicide: National 9.8%, Portland State 13.0%
Percent who reported using prescription drugs that were not prescribed to them, past 12 months

- Antidepressants: Male 3.2, Female 3
- Erectile Dysfunction: Male 1.4, Female 0.1
- Pain Killers: Male 6.9, Female 8.8
- Sedatives: Male 4.3, Female 5.7
- Stimulants: Male 6.5, Female 7.1
Percent of students who in the past 30 days used any of the following:

- Cigarettes: 16.4% Male, 14.7% Female
- E-cigarettes: 5.8% Male, 2.5% Female
- Water pipe (Hookah): 4.7% Male, 2.5% Female
- Marijuana: 33.8% Male, 30.2% Female
- Alcohol: 73.1% Male, 70.1% Female
College students reported usually eating the following number of fruits/vegetables servings per day.

- 0 servings: 6.9, 3.6
- 1-2 servings: 54.5, 48
- 3-4 servings: 31.4, 38.5
- 5+ servings: 7.2, 10
Percent of students who in the past 7 days engaged in \textit{moderate} physical activity for 30 minutes
Percent of students who in the past 7 days engaged in **vigorous** physical activity for 20 minutes.
Percent distribution according to Body Mass Index

<table>
<thead>
<tr>
<th>BMI Range</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>BMI &lt;18.5</td>
<td>3.3</td>
<td>4.3</td>
</tr>
<tr>
<td>BMI 18.5-24.9</td>
<td>50.9</td>
<td>56.5</td>
</tr>
<tr>
<td>BMI 25-29.9</td>
<td>28.6</td>
<td></td>
</tr>
<tr>
<td>BMI 30-34.9</td>
<td></td>
<td>9.2</td>
</tr>
<tr>
<td>BMI 35+</td>
<td></td>
<td>8</td>
</tr>
</tbody>
</table>
Diversity of wellness needs

Mind
- Stress
- Substance abuse
- Depression
- Suicide
- ADHD

Body
- Smoking
- Alcohol
- Nutrition
- Physical activity
Healthy Campus Initiative
What is WHAT
Wellness and Health Action Team

• A team of undergraduate peer health educators in the Health Promotion Department at the Center for Student Health and Counseling (SHAC).

• “WHAT” staff has the opportunity to talk with their peers about health and wellness topics that directly influence their academic and personal success.
WHAT Goal for Peer Mentors is “IDEA”

• **Inform** the Portland State community about relevant health topics and available resources;

• **Develop** engaging programs on campus to promote healthy decision-making;

• **Empower** students to utilize accessible strategies to achieve long-term health;

• **Advocate** for change in campus policies that facilitate student wellness and success.
Peer mentors help design and conduct workshops on selected topics

- Body Image
- Fitness
- Nutrition
- Positive Mental Attitude (PMA)
- Sexual Health
- Sleep Hygiene
- Stress Management
- Life Transitions
Healthy Campus Initiative (HCI) Structure

**Steering Committee**
- Administrators, executive directors, faculty, staff, and others

**Healthy Eating Task Group**
- Directors, staff, administrators, faculty, students

**Safe Campus Task Group**
- Directors, staff, administrators, faculty, students

**Stress Management Task Group**
- Directors, staff, administrators, faculty, students

**Marketing & Communications Task Group**
- Directors, staff, administrators, students
Healthy Campus Initiative Focus Areas

Healthy Mind
Manage Stress

Healthy Body
Healthy Eating

Healthy Community
Safe Campus
Manage Stress
Collaborate with faculty/staff to create a culture in which students can effectively manage stress.
Healthy Eating
Healthy Eating

Actively work with campus vendors to designate healthier food options.
Safe Campus
Safe Campus

- Increase institutional support for violence prevention programming.
- Author and implement the Responsible Action Protocol.
- Gather focus group information from students, faculty and staff regarding safety on campus.
CALL TO ACTION

- Healthy Department Certification
- Faculty/Staff Health Behavior Survey
- Manage stress task group
- Recruit for Healthy Campus Initiative task group
In Summary

• Diversity of students come with diversity of needs
• Universities need to be prepared
• Peer mentoring is an untapped resource
BUILD EXITO Project
Multitier mentoring program

• Peer mentors
• Career mentors
• Research mentors
Peer mentors – BUILD EXITO

1. Give scholars a sense of connection to PSU and EXITO communities
2. Provide peer guidance and support for scholars as they learn to navigate university services such as housing, financial aid, and recreational offerings
3. Provide personal insights and counsel on how to best take advantage of EXITO courses, resources, and research experiences
4. Provide academic advice from a student perspective to give scholars an additional viewpoint on PSU offerings and opportunities
5. Provide concrete examples of strategies for navigating the university experience successfully
Peer mentor responsibilities

Develop and maintain mentoring relationships with 11-13 second year (sophomore) Scholars who are part of the EXITO program

During the 2017-18 academic year, dedicate up to 10 hours a week to mentoring duties including:

- Participating in and helping lead two-hour enrichment sessions for Scholars every other week
- Having two individual meetings with each assigned student each quarter
- Travel to a local-area community college to meet onsite with Scholars once each quarter
- Maintaining regular email, phone or video-calling contact with scholars
- Attending onboarding and ongoing training sessions
- Participating in EXITO activities
- Assisting with staffing the EXITO front desk (Cramer Hall)

Serve as a positive role model for EXITO scholars

Provide ongoing feedback and guidance for Scholars as they learn to navigate EXITO program and university systems such as housing, financial aid, and recreational offerings

Complete regular online logs regarding mentoring relationship activities and progress using the EXITO Mentoring Support Network (EMSN)