HSU Student Mental Health Needs

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Student Health & Wellbeing Services

Feb. 19, 2018 | Associated Students
Feb. 20, 2018 | University Senate
Student Health & Wellbeing Services Provided to Students

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

Health Education & Prevention
- FPACT, 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
Here’s what we know:

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2. Insufficient campus & community resources exist to meet the need.
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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%

Legend: Green = HSU, Blue = National College Average
Of HSU Students Have Attempted Suicide In the Past Year
Of HSU Students Have Attempted Suicide In the Past Year
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
Desire for Death

Psychological Pain

Hopelessness

Connectedness

Desire to Live

Capability
Psychological Pain
Hopelessness
Capability
Connectedness
Support Resources
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
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. X
### Community Ratios

<table>
<thead>
<tr>
<th>Location</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>
<td></td>
</tr>
</tbody>
</table>

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