



The California
State University



CENTERS FOR DISEASE
CONTROL AND PREVENTION



HealthyMinds



HSU Student Mental Health Needs

Brian Mistler, Mira Friedman, and Corrina Wells
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

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

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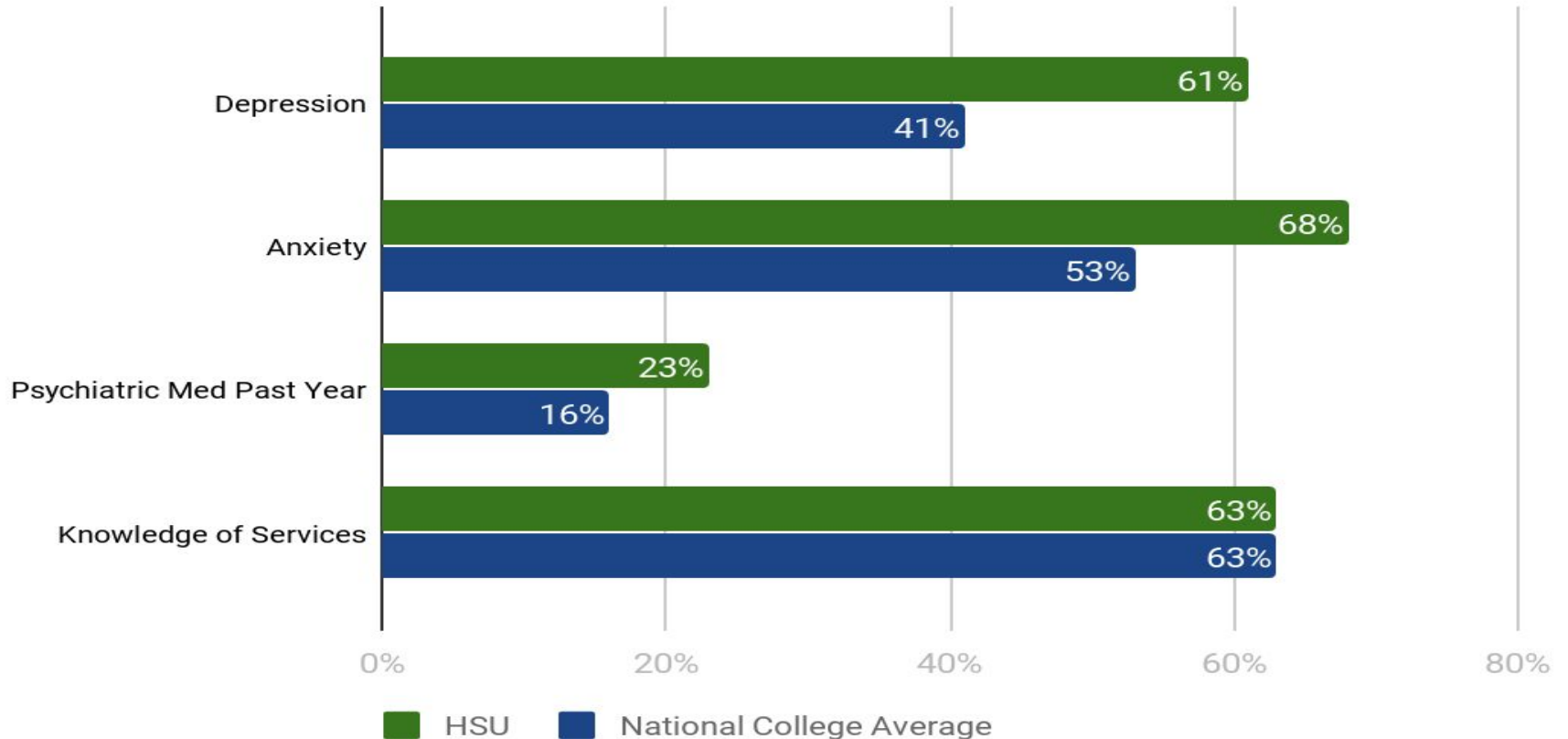
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3. The gap between students' health needs and campus capacity is measurable, significant, and HSU has a responsibility to fix it.

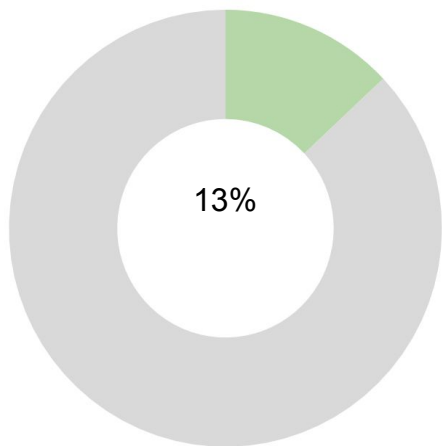
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3. The gap between students' health needs and campus capacity is measurable, significant, and HSU has a responsibility to fix it.
4. Closing the health need-capacity gap will also improve retention.

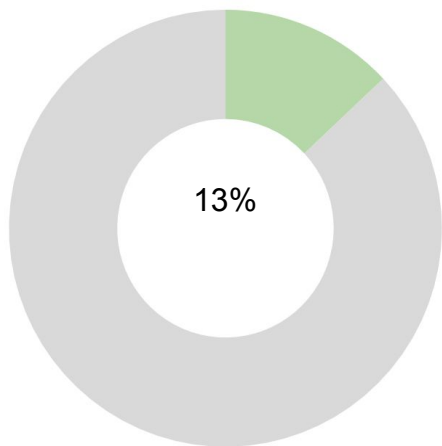
Vulnerable Populations Benchmarks



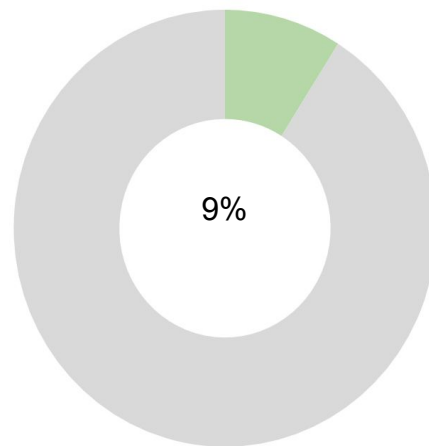
Suicidal Ideation (past year)



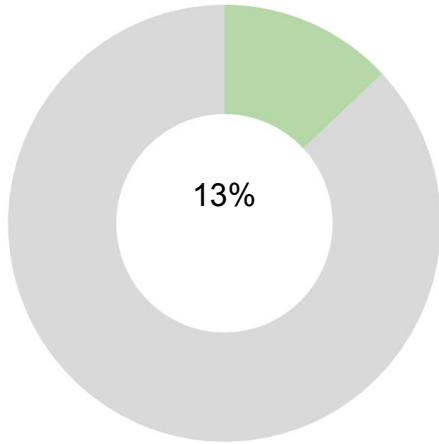
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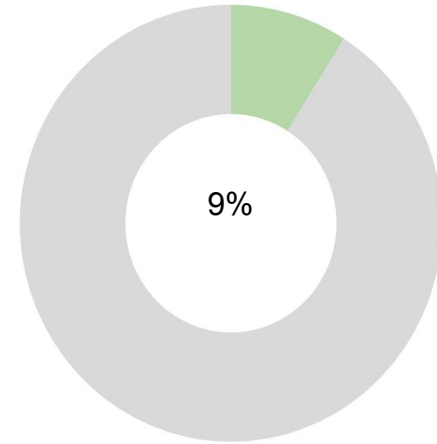
Suicide Plan (last year)



Suicidal Ideation (past year)

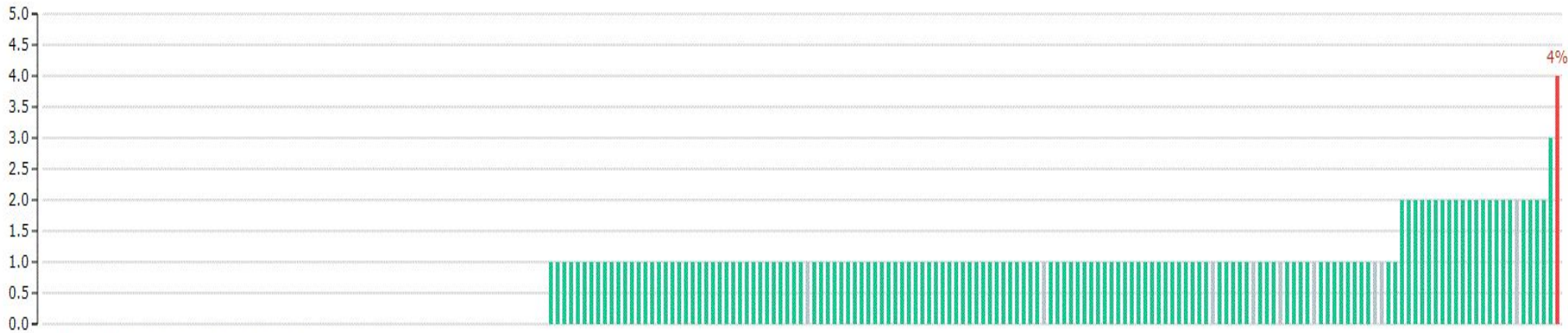


Suicide Plan (last year)



4%

Of HSU Students Have Attempted
Suicide In the Past Year



COMPARE TO OTHER SCHOOLS

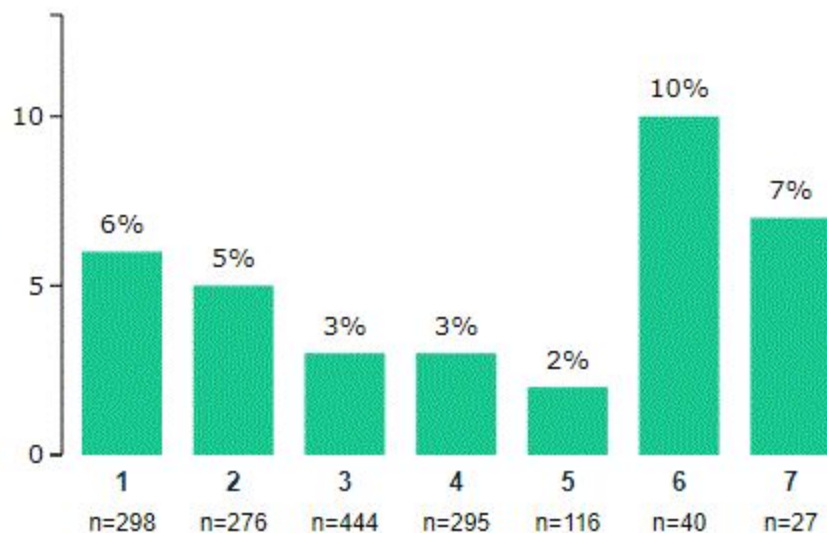
Percentage of students from all schools to date in the Healthy Ccmhs Study (Humboldt State University in red) who reported attempted suicide in the past year in all survey years.

- Other institutions
- Peer institutions ?
- Humboldt State University

4%

Of HSU Students Have Attempted Suicide In the Past Year

**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

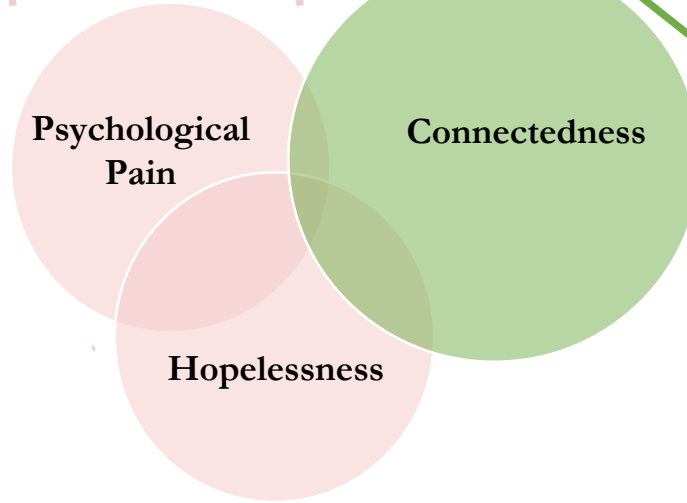


**Psychological
Pain**

Hopelessness

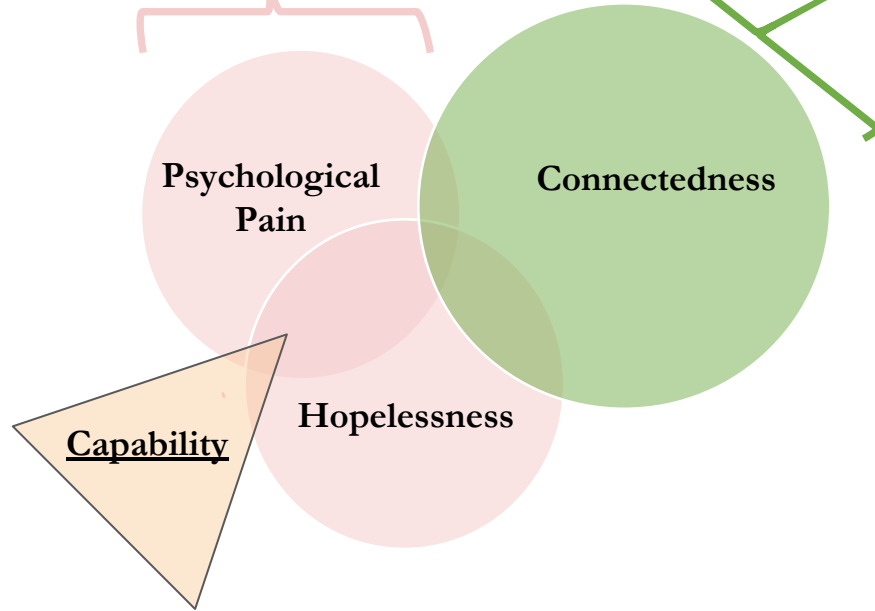
Desire for Death

Desire to Live



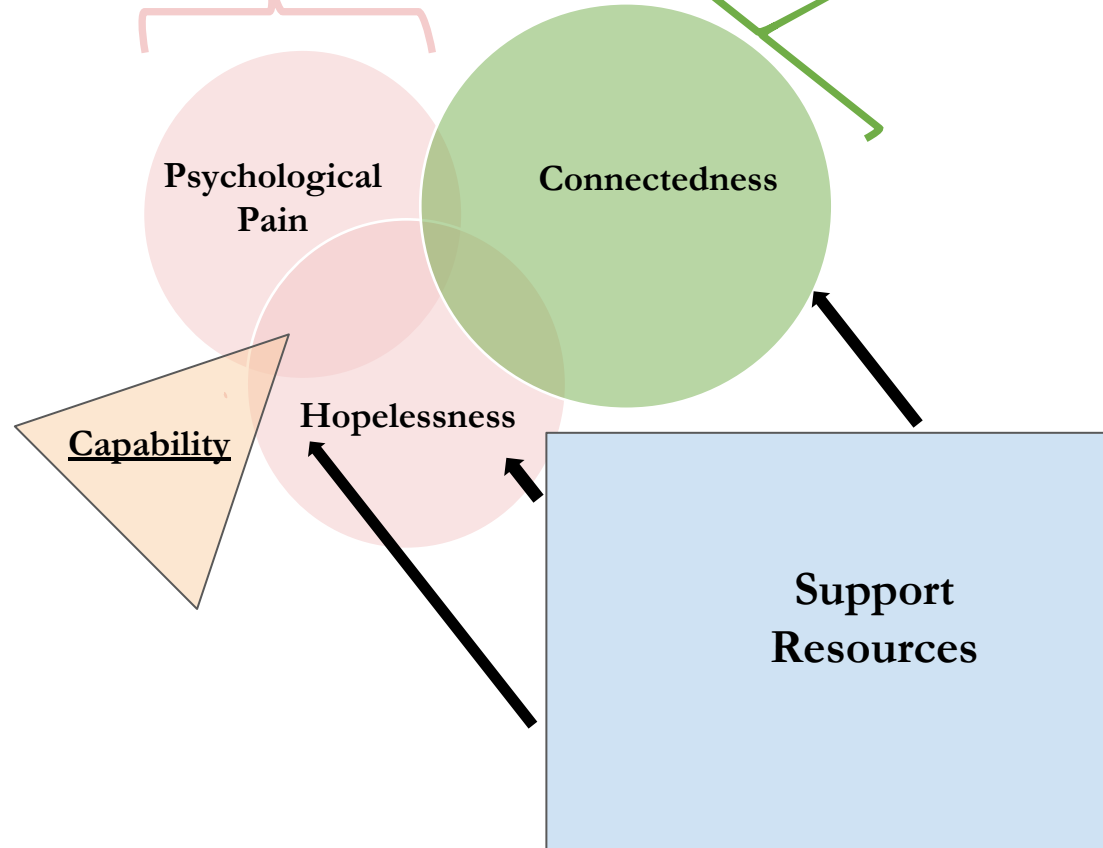
Desire for Death

Desire to Live



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

	Civilians per Primary Care	Civilians per Psychiatrist	Kaiser Facilities within 1-2 hours
San Luis Obispo	527	1,503	40+
Chico	999	5,348	60+ Within 2 Hours
Arcata/Eureka	922	4,600	Nearest facility 5-6 hours away.
(HSU)	1300	50,000	

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.

HSU Healthier TOGETHER

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