



# Student Mental Health

Ryan M. Fox, Student Body President

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# Student Academic Support Committee

- Henry Aigbedo (Chair), School of Business Administration
- Jessie Hurse, Dean of Students Office
- Gabrielle Schwartz, Student Congress
- Tyler Parsons, Student Congress
- Ryan M. Fox, Student Congress
- Jill Tyus-Coates, Financial Services
- Steve Farver, Professional Adviser Council
- Terressa Benz, College of Arts & Sciences
- Joanna Hernandez, School of Nursing
- Lan Jiang, College of Arts & Sciences
- Yoel Joa, Orientation and New Student Programs
- Danielle Ligocki, School of Education & Human Services
- Susan McCarty, College of Arts & Sciences

# A National Crisis

- 75% of lifetime cases of mental health conditions begin by age 24.\*
- A study of college students shows that 36% of students have lifetime diagnoses of mental health conditions, an increase of almost 39% over the past 10 years.\*\*
- There has also been an increase in suicide rates among young people; it is now the third highest cause of death for young people in the U.S.\*\*\*

\*"College Student Mental Health Statistics." *CSC.edu*, Chadron State College, [www.csc.edu/bit/resources/statistics/](http://www.csc.edu/bit/resources/statistics/).

\*\*Lipson, Sarah K., et al. "Increased Rates of Mental Health Service Utilization by U.S. College Students: 10-Year Population-Level Trends (2007–2017)." *Psychiatry Online*, 5 Nov. 2018, [ps.psychiatryonline.org/doi/10.1176/appi.ps.201800332](https://ps.psychiatryonline.org/doi/10.1176/appi.ps.201800332).

\*\*\*"Young U.S. Adults Vulnerable to Injuries and Violence." *PRB.com*, Public Reference Bureau, 19 July 2010, [www.prb.org/usyoungadultinjury/](http://www.prb.org/usyoungadultinjury/).

# Academic Impairments

- In an American College Health Association report released in 2011, students cited depression and anxiety as among the top impediments to academic performance.\*
- 31% 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.\*
- The Bill and Melinda Gates Foundation found that mental health is one of the leading causes behind students dropping out of college.\*\*

\*"College Student Mental Health Statistics." *CSC.edu*, Chadron State College, [www.csc.edu/bit/resources/statistics/](http://www.csc.edu/bit/resources/statistics/).

\*\*Lewin, Tamar. "College Dropouts Cite Low Money and High Stress." *New York Times*, 9 Dec. 2009, [www.nytimes.com/2009/12/10/education/10graduate.html](http://www.nytimes.com/2009/12/10/education/10graduate.html)



# Impacts on Oakland University

- There was a 246% increase in requested emergency/crisis hours at Oakland University in the month of October 2018 when compared to the same time frame six years ago.\*
- Roughly 40% of students report that their grades have been impacted by stress; 31% report that anxiety affects their ability to succeed.\*
- Student wait times at the OU Counseling Center expanded to 3 weeks during the 2018 fall semester. Oakland hired two full-time temps to help with the increased work load.

\*American College Health Association. American College Health Association-National College Health Assessment II: Oakland University Executive Summary Spring 2017. Hanover, MD: American College Health Association; 2017.



# Difficulties with Outreach

- Stigmatization of mental illness is a driving factor as to why students do not seek help, according to a study by UCLA.\*
- Students downplay their needs.
- Students often do not know where to get help.
- OU Counseling Center wait times are long.

\*Wolf, Jessica. "Study shows stigma around mental health on campus correlates with students not seeking treatment." *newsroom.ucla.com*, UCLA, 23 Jan. 2018.



# Our Goals

- Promote student success; potentially save a life.
- Increase student awareness of resources.
- Improve retention.
- Provide resources for faculty and staff to assist students.
- Increase conversations and reduce stigma around mental health.



## Next Steps

- Include OU Counseling Center information on all syllabi.
- Make sure your colleagues have it on their syllabi.
- Go over mental health resources in class.
- Share this information in department meetings.



## Recommended Addition to Your Syllabi

- Oakland University is committed to advancing the mental health and well-being of its students. If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. For help, contact The OU Counseling Center at Graham Health at (248) 370-3465. Student resources can also be found at [www.oakland.edu/deanofstudents](http://www.oakland.edu/deanofstudents) by clicking on Student Health & Safety Resources.



Questions?