



STUDENT MENTAL HEALTH IN HIGHER EDUCATION

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AGENDA



- 1) What students are saying about their mental health and overall wellbeing
- 2) Mental health and student athletes
- 3) Issues that impacted academic performance
- 4) The changing technological landscape
- 5) How KWC promotes mental wellbeing; training programs and impacts

2022-2023 – SOME GOOD NEWS

Students reported:

Overall general health to be good/very good/excellent – 86%

Colleges/universities prioritized health and wellbeing – 52.9%

Feeling a sense of belonging on campus – 66.3%

Campus overall looks out for each other – 53.8%

Feeling safe on their campuses during the daytime – 83.5%

Feeling no or low psychological distress – 78.7

Sleeping 7-9 hours nightly – 53.1%

Never using marijuana recreationally – 66.6%

A negative suicidal screening – 73.7%

Knowledge of campus resources – 64%



American College Health Association, 2024; Healthy Minds Network, 2024

HOWEVER, STUDENTS ALSO REPORTED:

Needing help for emotional/mental difficulties in the past 12 months – 57%

Their emotional/mental difficulties hurt academic performance – 45%

Received counseling/therapy for their emotional/mental health – 36%

Barriers to seeking help:

No need for services – 35%

Not enough time – 24%

Preferred to deal with it on their own – 21%

Financial reasons – 21%

Received support from a friend (42%), a family member (41%) or significant other (32%)

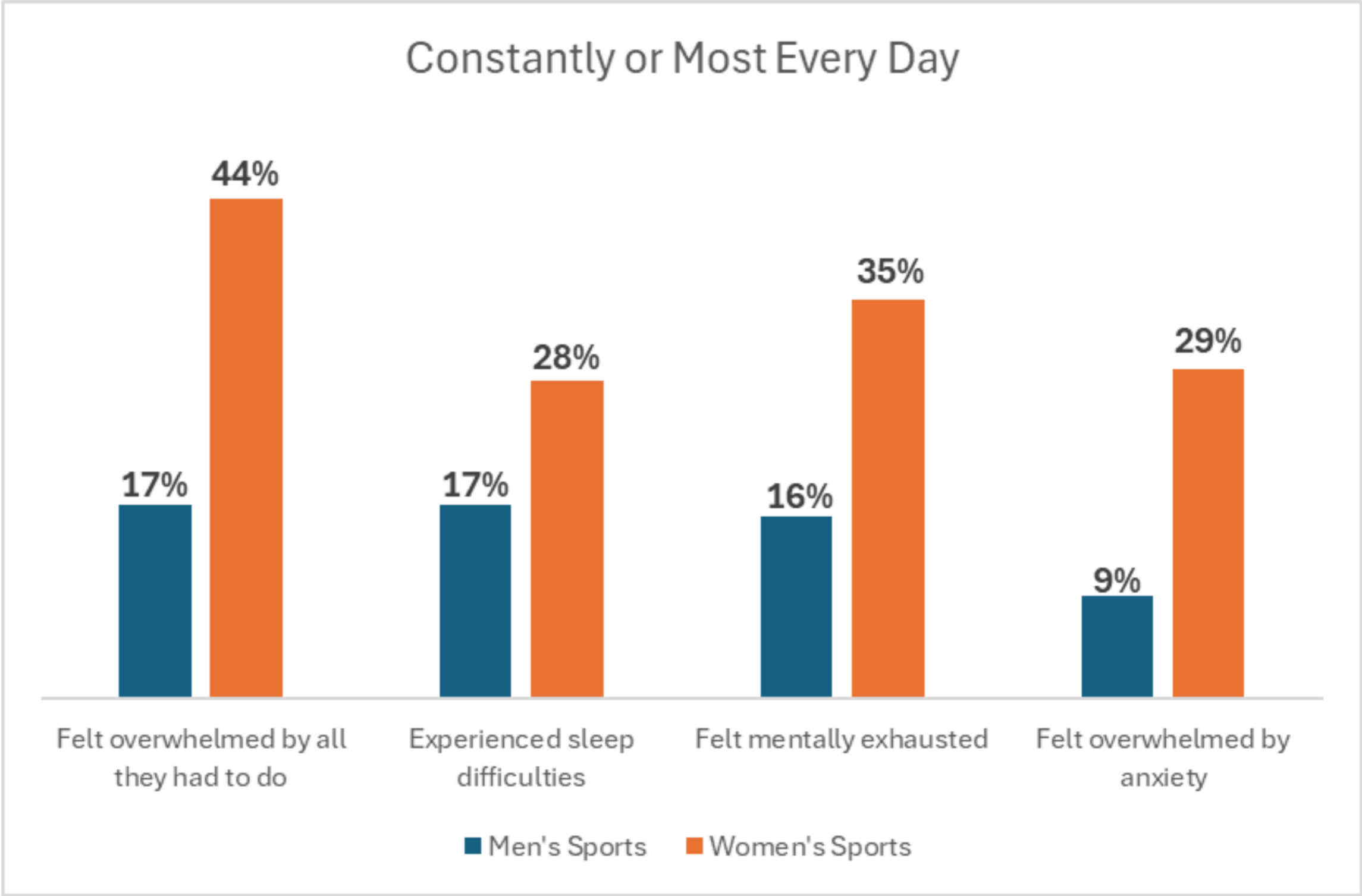
>50% STUDENT ATHLETES REPORTED:



- Their coach cared about their mental wellbeing.
- Athletes on campus took mental health concerns of teammates seriously.
- There were trusted people on campus that would give them support.
- They knew where to go on campus for mental health concerns.

*While 59% in men's sports agreed that mental health was a priority to their athletics department, only **47% in women's sports** agreed. Additionally, 54% of men's sports participants reported that they would feel comfortable talking with their coaches about mental health concerns; however, only **40% in women's sports** felt comfortable doing so.*

STUDENT ATHLETES REPORTED:



“I feel comfortable seeking services from a mental health provider on campus”: **M-51%, W-49%**

NCAA.org, 2023



WHAT IMPACTED ACADEMIC PERFORMANCE?

Stress – 37.3%

Anxiety – 30.4%

Sleep difficulties – 22%

Depression – 21.2%

Procrastination – 47.5%

Finances – 17%

Career – 12.9%

Family – 11.2%



Other contributors:

Felt tired or sleepy during the day, 3 or more days – 75.1%

Felt lonely – 51.5%

+ suicidal screening – 26.3%

THE CHANGING TECHNOLOGICAL LANDSCAPE

Think back to your college/university days.

What type of technology was available at the time?

What technological means did you use to communicate?

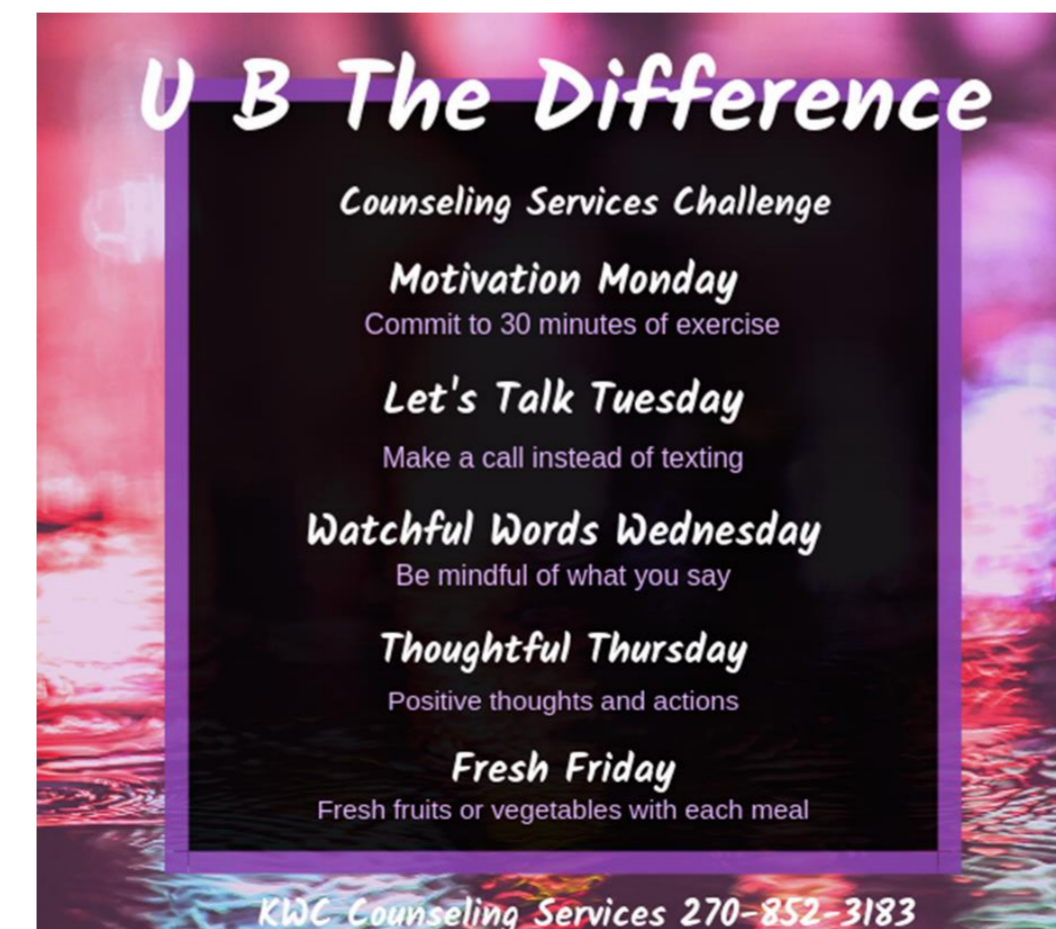
What type of technology or tools did you use to complete assignments and research papers?



HOW KWC PROMOTES MENTAL WELLBEING

In little ways:

- + Positivity Notes
- + Special Emphasis Days: World Mental Health Day, World Kindness Day
- + U B The Difference Counseling Challenge
- + Stress Panthers with Counseling Services contact information
- + Mental health services information on syllabus and on Learning Management System
- + Emails before breaks: information on campus counseling services provided as well as crisis phone/text lines
- + Crisis phone/text lines on back of ID card



HOW KWC PROMOTES MENTAL WELLBEING

In other ways:

- + In person counseling services
- + Telehealth services
- + Campus update – RAs
- + New Student Orientation
- + MH presentations – topical, athletes, Greek organizations
- + Stress Management – Exercise Science Classes
- + Stress Free Zone – 1 each semester
- + Health and Fitness Fair
- + Every Life Matters, Suicide Awareness and Prevention Week - ELM Organization
- + Alcohol Awareness Week - SGA
- + Bandana Project - SAAC



MENTAL HEALTH TRAINING PROGRAMS

Mental Health First Aid (MHFA)

- * Why MHFA? Here's my story ...
- * Internationally recognized, evidence-based; 8-hour training
- * Many issues related to mental health are addressed
- * Learn enhanced listening skills; what to say, when and how to refer to professional services
- * Can be generalized to other population groups
- * Training available throughout the semester
- * 3-year certification
- * Optional training for members of the Bandana Project



Mental Health First Aiders Certified or Recertified: 393

Participants registered for trainings in August: 70



MENTAL HEALTH TRAINING PROGRAMS

QPR – Question, Persuade, Refer

- * Internationally recognized, evidence-based; 1-hour Gatekeeper Training
- * Practical training in suicide prevention
- * Like CPR, QPR saves lives
- * Instruction on recognizing warning signs
- * Instruction on how to question, persuade, and refer person to help
- * 2-year certification
- * Training offered periodically throughout the year
- * Mandatory training for members of the Bandana Project



QPR Gatekeepers Certified or Recertified: 446

****Goal: All student athletes complete training by December, 2024****



CORINA'S STORY

IMPACT OF MENTAL HEALTH PROGRAMS

1) Skills learned have lifesaving effects

2) Increases level of support

“When someone shows concern, or simply listens, that can make all the difference ...” – The Chronicle of Higher Education

3) Students are more likely to seek support

Studies indicate that if help is suggested by someone close to an individual, the person will seek help.

4) Fills the gap for students who lack access to mental health services

Equips those who interact the most with students (peers, RAs, faculty) to recognize distress and to intercede.

5) Increases learning outcomes

Early intervention helps to reduce stress and aids in recovery.

6) Satisfies NCAA’s updated mental health best practices

7) Benefits employees when offered as part of benefit package

Mentalhealthfirstaid.org, 2024; Brown, 2020; NCAA.org

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EACH OF US MAKES A DIFFERENCE



THANK YOU!

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