

Emotional Wellness at Goucher

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JED Initiative

- Update on JED partnership 2017
 - JANUARY - Initiated JED partnership
 - MARCH - Administered Healthy Minds Study (HMS)
 - APRIL - Completed self assessment
 - MAY - Site visit
 - MAY/JUNE - Initiated action planning

JED PRIORITIES

– SUMMER ‘17 PRIORITIES

- Review/refine policies/protocols
 - Medical leave
 - Substance use
- Direct messaging to new incoming students who self-identify with mental health/substance hx about services and resources on campus prior to arrival.

JED PRIORITIES

– FALL '17 PRIORITIES

- Postvention planning
 - Prepare/coordinate efforts for anniversary of student suicide
- Implement campus wide educational campaigns
 - Fresh Check Day
- Gatekeeper training – “soft launch”
 - Kognito - Avatar based computer simulation
- Campus environmental scan
- Review HMS data

JED PRIORITIES

– SPRING '18 PRIORITIES

- Development of Student Group
- Gatekeeper training
 - Prioritize faculty, student leaders, athletics
- Web/social media presence
- Suicide Postvention plan –
 - create subcommittee to edit/modify
- Environmental Action Plan
 - Create subcommittee to identify priorities, timeline, budget to address areas of concern

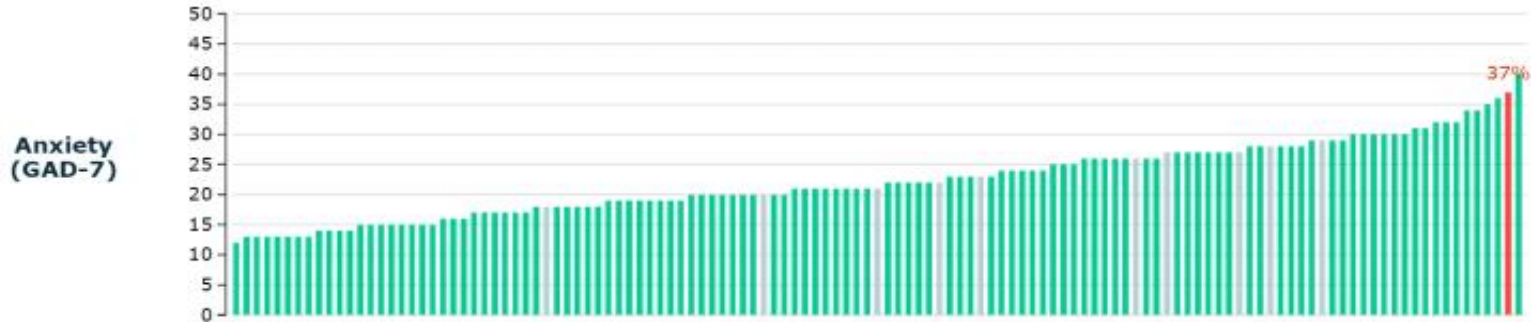
Healthy Minds Study (UMI)

- 2016-2017
 - 54 institutions participated
 - 34% response rate (23% nationwide)
 - Any previous dx of mental disorder
 - 49% (36% nationally)

ANXIETY

Goucher College (2017)

37%



COMPARE TO OTHER SCHOOLS

Percentage of students from all schools to date in the Healthy Minds Study (Goucher College in red) who screened positive for anxiety (GAD-7) in all survey years.

Other institutions

Peer institutions ?

Goucher College

Nationally - 26%

Goucher College (2017)

14%



COMPARE TO OTHER SCHOOLS

Percentage of students from all schools to date in the Healthy Minds Study (Goucher College in red) who screened positive for severe anxiety (GAD-7) in all survey years.

Other institutions

Peer institutions ?

Goucher College

DEPRESSION

Goucher College (2017)

43%



COMPARE TO OTHER SCHOOLS

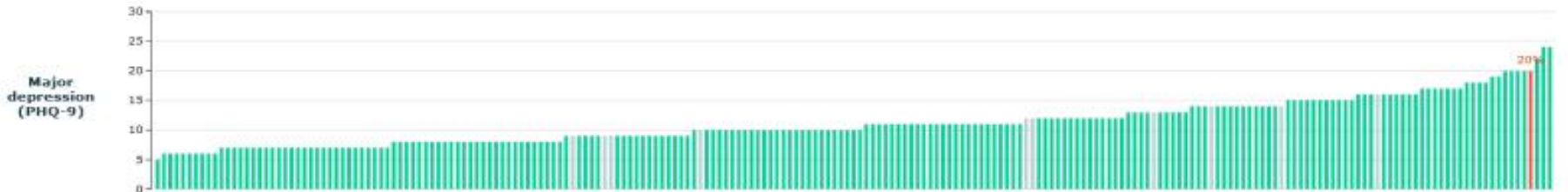
Percentage of students from all schools to date in the Healthy Minds Study (Goucher College in red) who screened positive for any depression (PHQ-9) in all survey years.

Other institutions
Peer institutions ?
Goucher College

Nationally - 31%

Goucher College (2017)

20%



COMPARE TO OTHER SCHOOLS

Percentage of students from all schools to date in the Healthy Minds Study (Goucher College in red) who screened positive for major depression (PHQ-9) in all survey years.

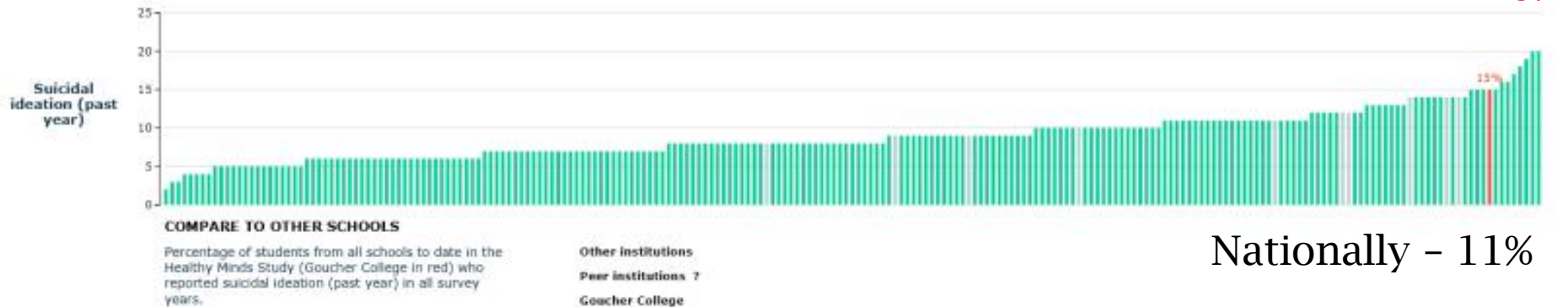
Other institutions
Peer institutions ?
Goucher College

Impairment from depression (1)

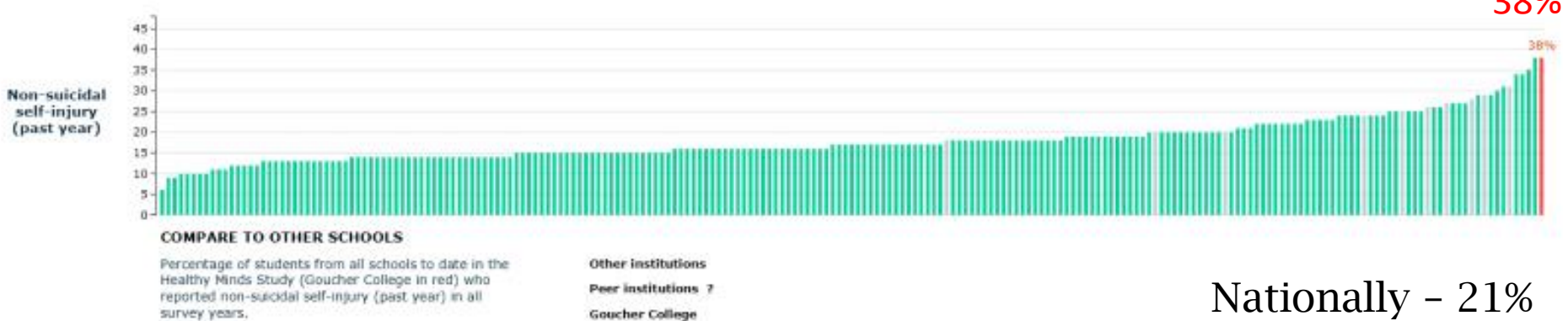
Not difficult at all	17%	(13%, 21%)	31%	X
Somewhat difficult	55%	(50%, 60%)	53%	
Very difficult	21%	(17%, 25%)	12%	X
Extremely difficult	7%	(4%, 9%)	4%	X

SUICIDE AND SELF-INJURY

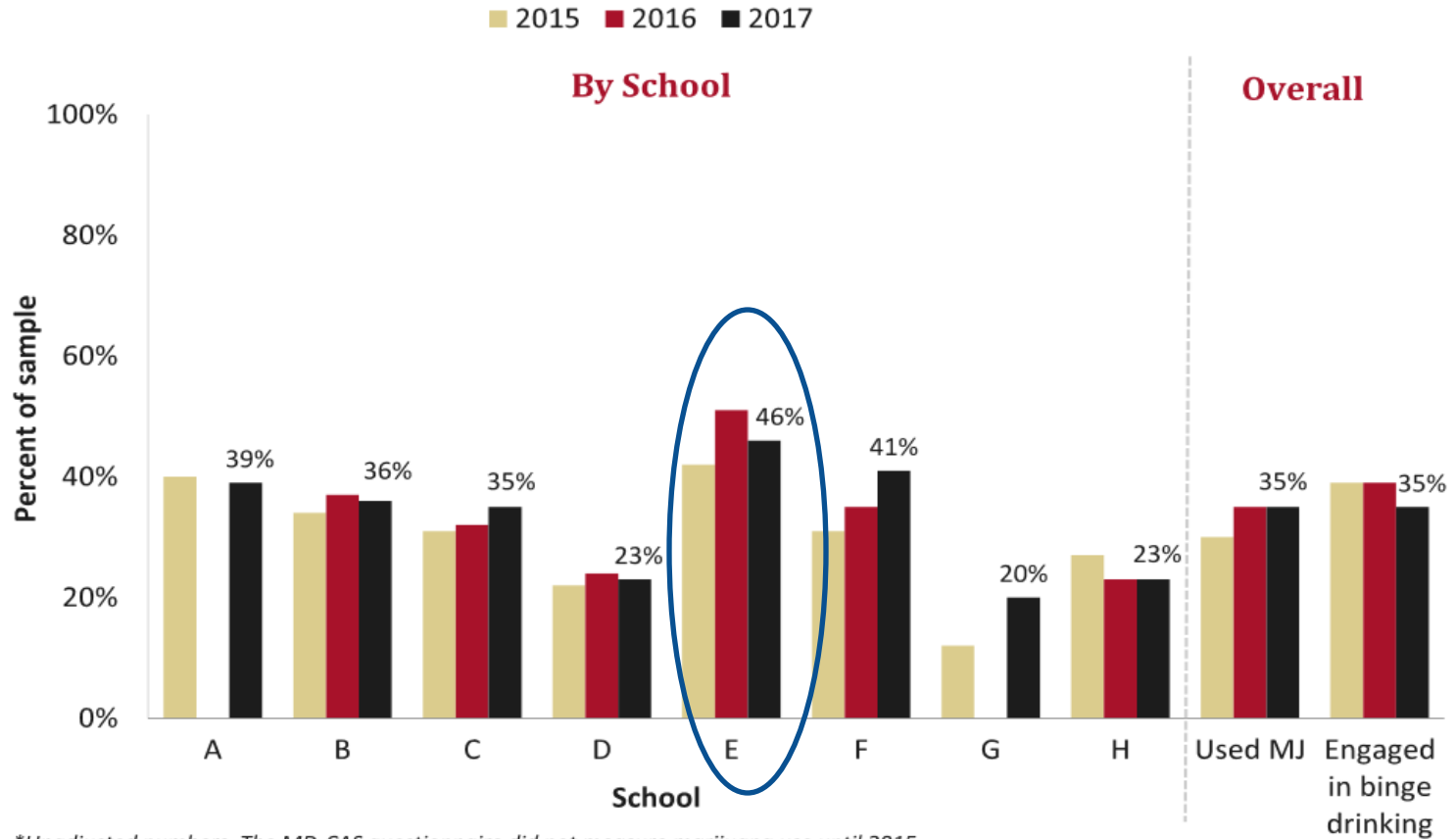
Goucher College (2017)



Goucher College (2017)



School-level Variation in Past-Year Marijuana Use, MD-CAS 2015-2017*

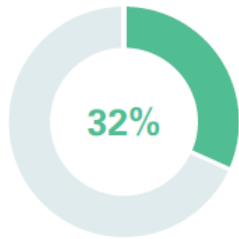


63% of marijuana users are binge drinkers

Data from Maryland Collaborative to Reduce College Drinking and Related Problems

POSITIVE MENTAL HEALTH

Positive mental health



Positive mental health (psychological well-being) is measured using The Flourishing Scale, an eight-item summary measure of the respondent's self-perceived success in important areas such as relationships, self-esteem, purpose, and optimism (Diener, Wirtz, Tov, Kim-Prieto, Choi, Oishi, & Biswas-Diener, 2009). The score ranges from 8-56, and we are using 48 as the threshold for positive mental health.

Nationally - 44%

Goucher College (2017)



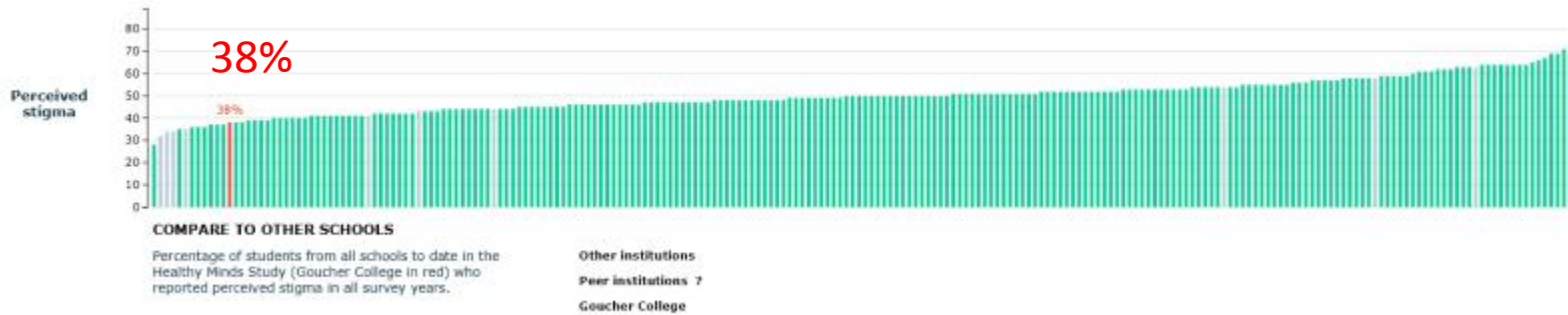
COMPARE TO OTHER SCHOOLS

Percentage of students from all schools to date in the Healthy Minds Study (Goucher College in red) who met criteria for 'flourishing' on Diener's Flourishing Scale in all survey years.

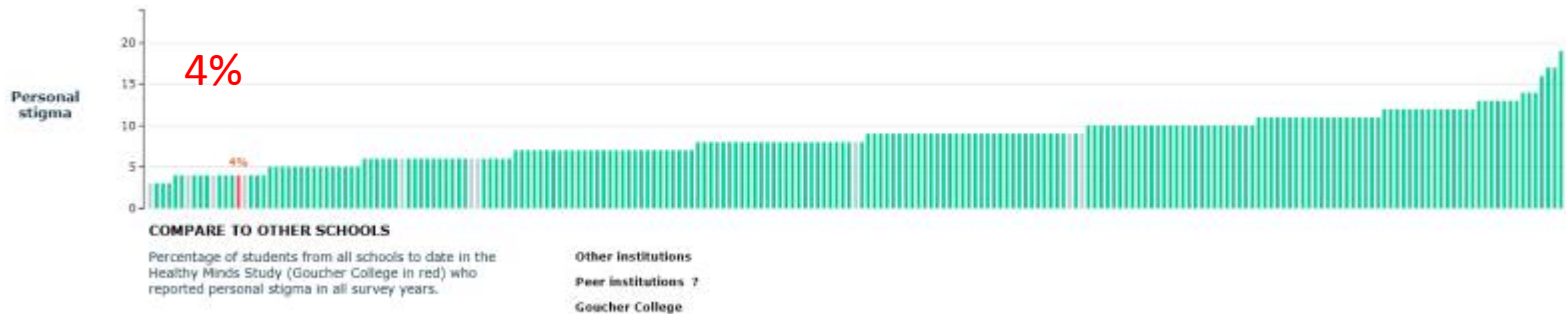
Other institutions
Peer institutions ?
Goucher College

PERCEIVED STIGMA

Goucher College (2017)



Goucher College (2017)



...think less of someone who has received mental health treatment.

I...
 Most people...

4%
 38%

(2%, 7%)
 (33%, 43%)

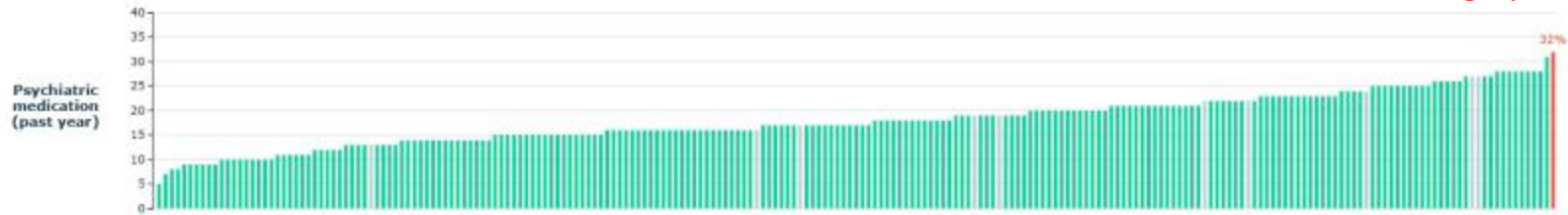
6%
 47%

X

PSYCHIATRIC MEDICATIONS

Goucher College (2017)

32%



COMPARE TO OTHER SCHOOLS

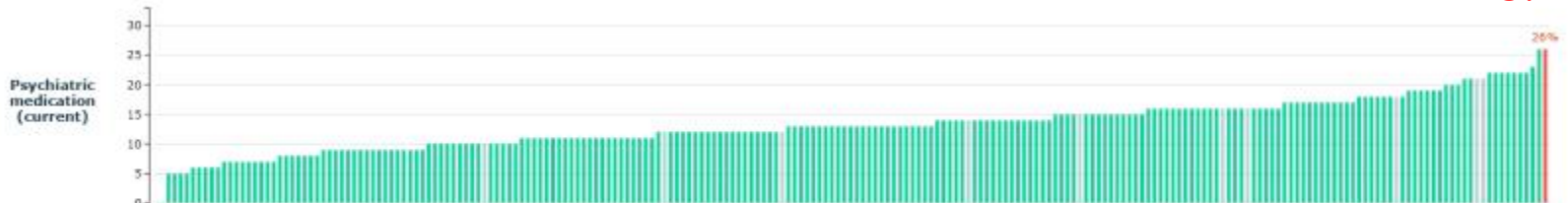
Percentage of students from all schools to date in the Healthy Minds Study (Goucher College in red) who reported psychiatric medication (past year) in all survey years.

Other institutions
Peer institutions ?
Goucher College

Nationally - 22%

Goucher College (2017)

25%



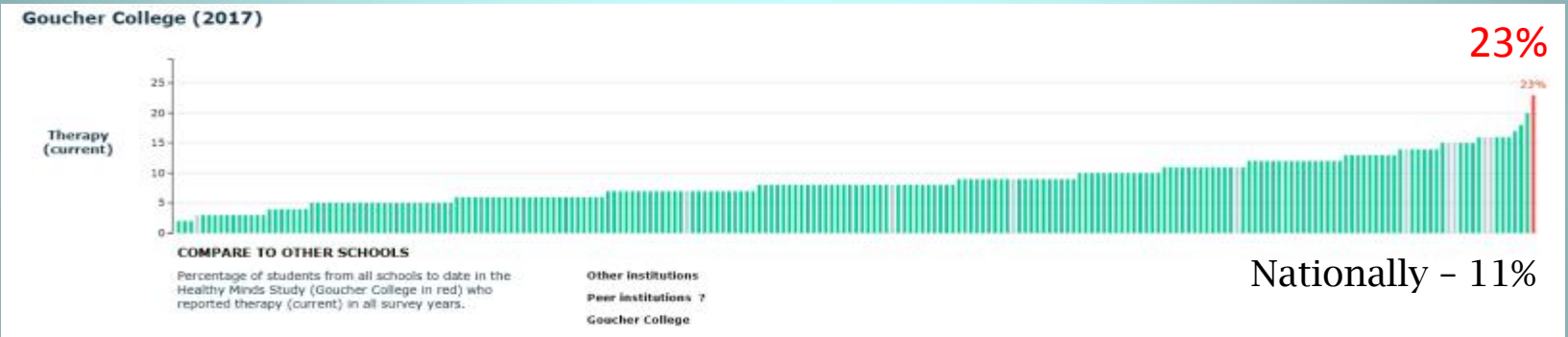
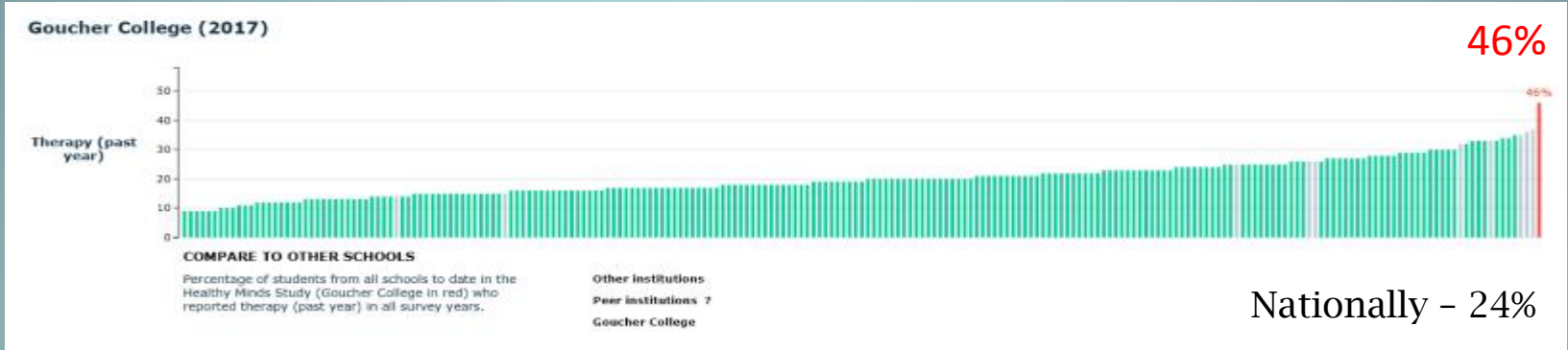
COMPARE TO OTHER SCHOOLS

Percentage of students from all schools to date in the Healthy Minds Study (Goucher College in red) who reported psychiatric medication (current) in all survey years.

Other institutions
Peer institutions ?
Goucher College

Nationally - 16%

THERAPY



Visits in past year, among those with any				
1-3	23%	(17%, 28%)	42%	X
4-6	18%	(13%, 24%)	20%	
7-9	17%	(12%, 21%)	13%	
More than 10	13%	(9%, 18%)	7%	X

- Knowledge of mental health resources on campus - 87% (N=74%)
- Think counseling was “very helpful for your mental health - 37% (N=31%)
- Satisfaction with Therapy on Campus
 - Hours - 86% (N=84%)
 - Quality of Therapists 88% (N=86%)
 - Scheduling w/o long delays 87% (N=78%)

ACADEMIC IMPAIRMENT

In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?



- 15% None
- 30% 1 - 2 days
- 26% 3 - 5 days
- 30% 6 or more days

Nationally - 26%

Nationally - 18%

Persistence/retention

Am confident I will finish my degree no matter the challenges

76%

(72%, 80%)

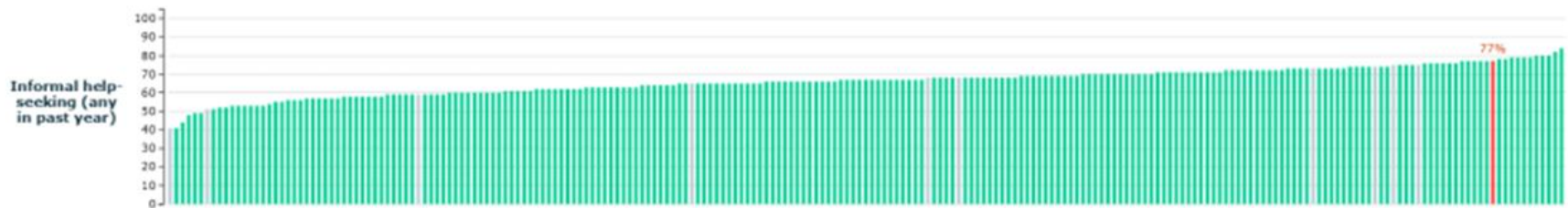
83%

X

INFORMAL HELP-SEEKING

Goucher College (2017)

77%



COMPARE TO OTHER SCHOOLS

Percentage of students from all schools to date in the Healthy Minds Study (Goucher College in red) who reported informal help-seeking (any in past year) in all survey years.

Other institutions
Peer institutions ?
Goucher College

<i>Talked with any academic personnel about mental health problems affecting performance</i>	31%		(26%, 35%)	13%		X
<i>Supportiveness of response by academic personnel</i>		95%			91%	
Very supportive	50%		(40%, 59%)	51%		
Supportive	45%		(36%, 54%)	40%		
Not supportive	5%		(1%, 9%)	7%		
Very unsupportive	1%		(0%, 2%)	2%		
<i>Whom would you talk to about mental health problems affecting academic performance</i>						
Professor from one of classes	38%		(34%, 43%)	30%		X
Academic advisor	35%		(31%, 40%)	28%		X
Another faculty member	11%		(8%, 14%)	6%		X
Teaching assistant	1%		(0%, 1%)	2%		X
Student services staff	11%		(8%, 14%)	11%		
Dean of Students or Class Dean	6%		(4%, 9%)	4%		X
Other	24%		(20%, 28%)	32%		X
No one	7%		(4%, 9%)	6%		