

REACHING OUT

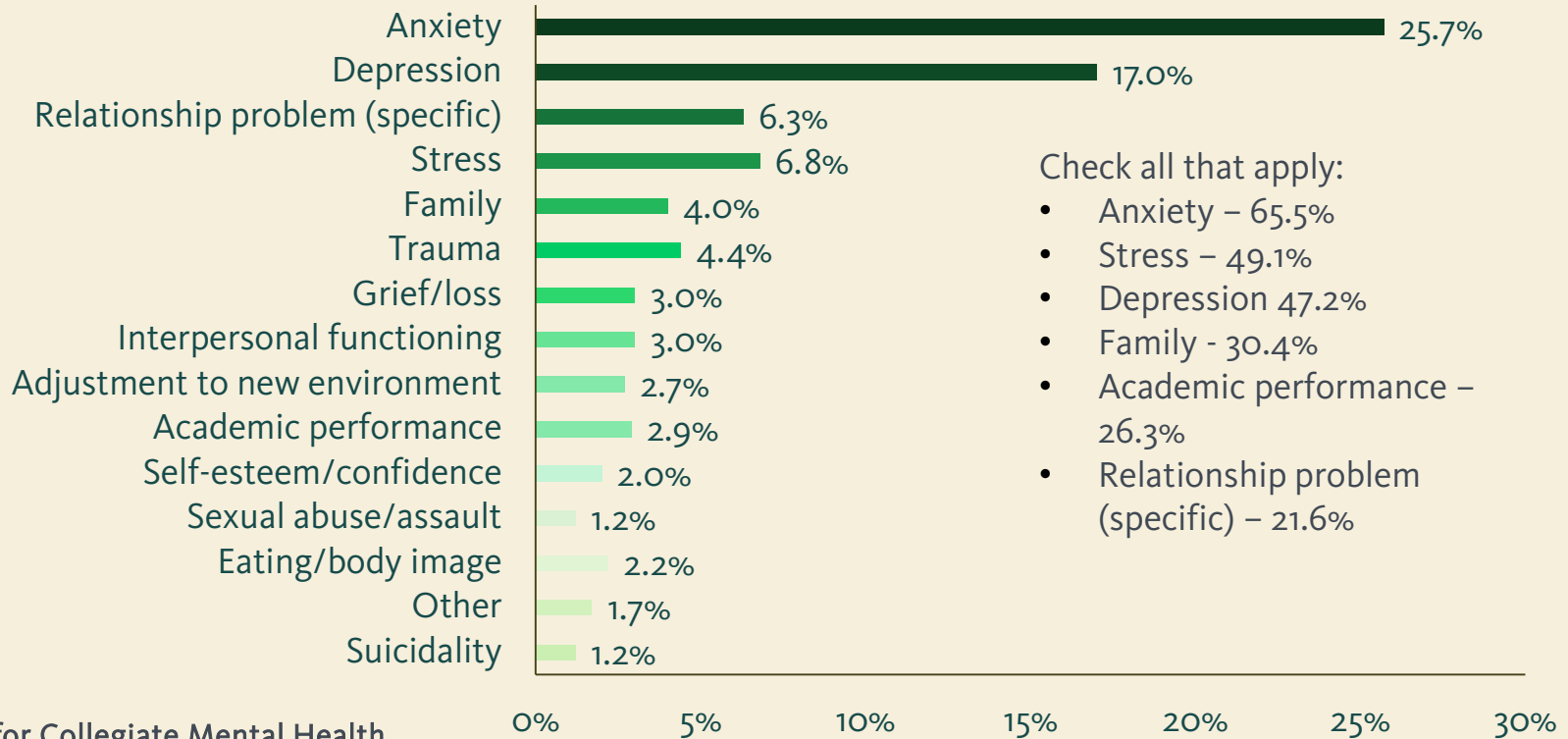
Student Mental Health



Mariko M. Lin, Ph.D.

**Assistant Director,
Education and Prevention Outreach Director
Counseling Services**

Primary Concerns of Students (2020-2021)

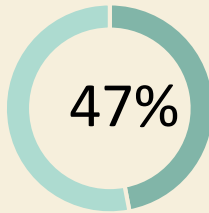


Center for Collegiate Mental Health
Annual Report, 2021
180 university counseling centers
N = 153,233 students

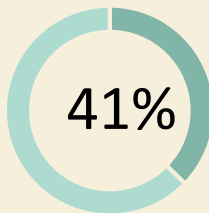
Prevalence of Mental Health Problems

Depression

Oregon

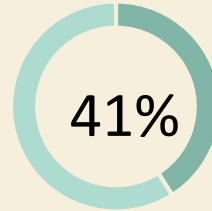


National

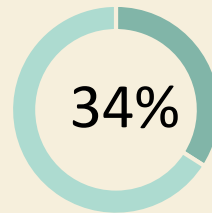


Anxiety

Oregon

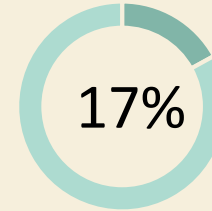


National

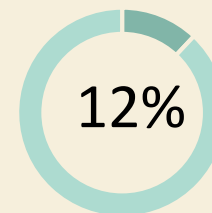


Eating Disorder

Oregon



National



Psychiatric medications in the past year (30%, 25%)

Quantifying the Need for Support

	2021	Total Students
Estimated proportion of students “experiencing symptoms of at least one significant mental health problem, such as depression, anxiety disorders, suicidal thoughts, self-injury, or eating disorders.”	67% (2019-46.9%)	14,617 (2019-10,655)
“Seriously thought about attempting suicide, past year”	14%	3,052
“Made a plan for attempting suicide, past year”	7%	1,526
“Attempted suicide, past year”	1%	218

ACADEMIC IMPAIRMENT

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



10% None
25% 1 - 2 days
29% 3 - 5 days
35% 6 or more days

Academic Impairment

6 or more days

National – 27%

2019 – 23%

2017 – 16%

Success is ...



*That they know you care
AND
that they can come to you
for support.*



Signs to Look Out For



Academic/Work

- Excessive absences or tardiness
- Missed, late, or incomplete assignments
- Repeated requests for special consideration
- Bad or worsening grades
- Falling asleep in class
- Problems staying focused or paying attention

Behavioral

- Withdrawal from friends, family, peers, instructors
- Change in personal hygiene or dress
- Tired appearance
- Changes in eating/sleeping
- Mood swings, change in personality
- Taking excessive risks, being reckless

References to Suicide

- Verbal or written references to suicide or death
- Talking about being a burden
- Feelings of hopelessness
- Overt references to suicide
- Seeking out things that could be used in a suicide attempt, such as weapons and drugs



Conversation Goals



Your primary goal is to convey understanding and concern

Secondary goal/s:

- See how the student is doing
- Assisting in identifying support

Back Pocket Question



How can I
support you?



Consultations with CS staff



- Call Counseling Services
- Indicate your role on campus
- “I’d like to consult about a student.”

541-346-3227

counseling.uoregon.edu

Communication Tips



- Convey a sense of interest and caring
- Acknowledge your observations
 - Avoid judgment or blame
- Listening carefully and sensitively
- Encourage students to share their story
- Empathetic reflection shows that you understand
- Role model self-care and vulnerability

Report an Academic Concern



The screenshot shows the University of Oregon Academic Advising website. The header includes the University of Oregon logo and navigation links: One Stop, Apply, Visit, Give, Search. The main heading is 'Academic Advising' with the subtitle 'Division of Undergraduate Education and Student Success'. A navigation bar contains links for 'Work with an Advisor', 'Explore Majors', 'Stay on Track', 'Registration Decisions', 'Faculty/Staff Resources', 'FAQ', and 'About'. A 'PeerLink is Hiring!' banner is also present. The 'Faculty/Staff Resources' section is active, displaying a sidebar with links like 'Resources for Advisors', 'Resources for Faculty Advisors', and 'UO Navigate Resources'. The main content area features the heading 'Faculty/Staff Resources' and a sub-heading 'Report an Academic Concern about a Student'. A prominent button labeled 'Report an Academic Concern' is centered. Below the button, text explains the purpose of the report form: to address student behaviors negatively impacting academic performance. A separate paragraph provides instructions for reporting COVID-19 related academic issues, including a link to 'Academics and Classes FAQs related to the coronavirus'.

<https://advising.uoregon.edu/facultystaff-resources>

Community Care and Support Form

- Puts the student on the radar of other people who can help, e.g. Dean of Students, ResLife
- Another layer of safety and protection
- Can be helpful for trickier situations:
 - Resistant to getting help
 - Might not follow through with your referral
 - May get to UCS and then not follow through
- Access through dos.uoregon.edu

Kognito

- Evidenced-based online, interactive, role-play simulation
- 40 minute student module
- 45 minute faculty/staff module



uoregon.kognito.edu

TEP Student Wellbeing Toolkit



The screenshot shows the University of Oregon website's Teaching Support and Innovation page. The header includes the university logo and navigation links like 'One Stop', 'Apply', 'Visit', 'Give', and 'Search'. The main navigation menu contains 'Home', 'Request Services', 'Browse Resources', 'Engage Community', 'Improve Curricula', and 'Meet Us'. The page title is 'Student Wellbeing Toolkit'. A central image features a stack of stones with a text box that reads: 'Concerned about a student? Call Counseling Services at 541-346-3227 to consult or submit a report to the Student Care Team'. Below the image, there is a 'Table of Contents' section with links to 'Defining Wellbeing', 'The Impact of Wellbeing on Learning', 'Systemic Impacts on Wellbeing', 'How Faculty Can Impact Student Wellbeing', 'Appreciation', and 'References'. A paragraph of text discusses the importance of wellbeing in higher education, particularly in the context of COVID-19. The University of Oregon logo is visible in the bottom right corner.

UNIVERSITY OF OREGON

Office of the Provost
Teaching Support and Innovation

Home Request Services Browse Resources Engage Community Improve Curricula Meet Us

Student Wellbeing Toolkit

Concerned about a student? Call Counseling Services at 541-346-3227 to consult or submit a report to the Student Care Team

Table of Contents

- [Defining Wellbeing](#)
- [The Impact of Wellbeing on Learning](#)
- [Systemic Impacts on Wellbeing](#)
- [How Faculty Can Impact Student Wellbeing](#)
- [Appreciation](#)
- [References](#)

Wellbeing—as a topic, as a need, and as a call-to-action—has increasingly been part of the conversation in higher education. The far-reaching impacts of COVID19 have only made the role of wellbeing in learning more obvious. Instructors have increasingly become primary contacts for students experiencing crisis, burnout, or challenges that interfere with their academic success.

But as the Association for College and University Educators note in *Creating a Culture of Caring*, “We must not lose sight of faculty members’ primary responsibility to students: effective teaching that leads to meaningful learning. Faculty are experts in their disciplines and, for most, mental health is not their field. Although faculty cannot (and should not) be expected to replace the role of mental health professionals, they can take actions as helpers, not clinicians, to support struggling students” (Active Minds, 2020).

UNIVERSITY OF OREGON

Mental Health Syllabi Statement

Mental Health and Wellness

"Life at college can be very complicated. Students often feel overwhelmed or stressed, experience anxiety or depression, struggle with relationships, or just need help navigating challenges in their life. If you're facing such challenges, you don't need to handle them on your own--there's help and support on campus.

As your instructor if I believe you may need additional support, I will express my concerns, the reasons for them, and refer you to resources that might be helpful. It is not my intention to know the details of what might be bothering you, but simply to let you know I care and that help is available. Getting help is a courageous thing to do—for yourself and those you care about.

University Health Services help students cope with difficult emotions and life stressors. If you need general resources on coping with stress or want to talk with another student who has been in the same place as you, visit the Duck Nest (located in the EMU on the ground floor) and get help from one of the specially trained Peer Wellness Advocates. Find out more at health.uoregon.edu/ducknest.

University Counseling Services (UCS) has a team of dedicated staff members to support you with your concerns, many of whom can provide identity-based support. All clinical services are free and confidential. Find out more at counseling.uoregon.edu or by calling 541-346-3227 (anytime UCS is closed, the After-Hours Support and Crisis Line is available by calling this same number)."



COUNSELING

SERVICES

WHO WE ARE AND

WHAT WE DO

Free, confidential mental health services with professionals who specialize in working with college students

- **Same Day Appointments (or within the week)**
- **In-person and teletherapy**
- **Individual Therapy**
- **Group Therapy**



COUNSELING

SERVICES



GROUPS

WEEKLY TIMES

Creating Healthy Relationships (CHR)	Mon 2 pm (LGBTQ+), Tues 4, Wed 3, Thurs 1:30
Parents/Graduate/Nontraditional Students Group	Thursdays 2:00-3:30 pm
Me Too Process Group	Tuesdays 2-3:30 pm
Sista Circle	Tuesdays 4:30-6PM
Black Community Table	Wednesdays 12:00–1PM
Kuponya: Centering Black Healing	Wednesdays 1:00-2:00 PM, Odd weeks
Black Joy Sessions: Centering Black Joy	Wednesdays 1:00-2:00 PM, Even weeks
Healing from Family Challenges	Winter Term TBD



CASE

MANAGER

SUPPORT

- Answer insurance questions
- Find in-network providers
- Connect with low-cost/no-cost services
- Identify additional university support services

ALL students have access to phone consults with our Case Managers

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Lindsay Crane-Martens, MA
Mondays 3:00–5:00 pm, Zoom



Mariko Lin, Ph.D.
Tuesdays 10:00 am–12:00 pm, Zoom/CMAE



Cecile Gadson
Wednesdays 2:00–4:00 pm, BCC



Carolyn Meiller, Ph.D.
Wednesdays 4:00–6:00 pm
Peterson 203/Zoom



Nikki Chery, Ph.D.
Thursdays 2:00–4:00 pm, Zoom/MCC



Rachel Barloon, LCSW
Thursdays 4:00–6:00 pm, Zoom, GSH



Juliene Fresnedi, MS
Fridays 1:00–3:00 pm, Zoom/CMAE

- **Informal one-on-one consultation**
 - **No paperwork**
 - **No scheduling**

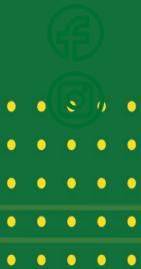


Additional CS Services

- Consultations about students of concern
- After-Hours Support and Crisis Line
- Online self-care kit
- Outreach and Education

counseling.uoregon.edu
541-346-3227

 UO Counseling Services
 @UOcounselingservices



THANK YOU

AND

BE WELL