

Community-Wide Discussion on Student Mental Health Services

April 22, 2008
7:00 pm, JRC 101

Sponsored by the Mental Health Review Committee: Sheree Andrews, Lisa Bard, Chris Bulbulia, Karen Cochran, Kathleen Connolley, Halley Feil, Chris Hildebrand, Sue Hopwood, Daveen Litwin, Kathleen Skerrett, Joyce Stern (chair), and Caitlin Vaughan.

The Committee has two charges:

1. To answer the question: Is the College currently addressing the needs of our students by providing adequate mental health services?
2. To review policies and procedures related to student mental health. Do we have reasonable policies regarding leaves of absence and risk to self?

Student Mental Health Services & Use Patterns

Mental Health Services for Grinnell College Students

- 8 visits at PCMHC; additional care charged to student's insurance
- Walk-in counseling on campus (at the Health Center), staffed 10:30 – 4:30 daily with one, sometimes two, therapists
- Emergency Services – to talk with a therapists in the evening or on the weekend call 236-6137; call Security (x4600) to reach the RLC on call; or call 911 or go to the local Emergency Room
- Special Outreach; Preventative Services; Consultation with college staff
- Residence Life staff – provide interpersonal counseling to students
- Chaplain & Rabbi – provide both spiritual *and* non-spiritually-based counseling

Student Visits at Poweshiek County Mental Health Center

	<u>2004-05</u>	<u>2005-06</u>	<u>2006-07</u>
Total Students Seen	198	196	143
Non-Psychiatric Hours	847	655	531
Psychiatric Hours	192	184	112

Walk-in Services on Grinnell College Campus

	<u>2004-05</u>	<u>2005-06</u>	<u>2006-07</u>
Hours per Week	45	45	45
Number of Sessions	-----	853	899

Not including psychiatric services, the current level of use translates to the equivalent of four full-time therapists. The standard of care in colleges and universities is approximately one full-time therapist for every 1500 students.

A Picture of Student Mental Health on Campus

Incoming Students Self-report of Existing Mental Health Condition

Incoming students' Health Cards reporting prior mental health counseling, diagnosis of a mental health condition, or use of one or more prescription medications used to treat mental illness or conditions including ADHD.

2003-04	16.9%
2004-05	12.8%
2005-06	16.7%
2006-07	14.25%
2007-08	14.3%

ACHA-NCHA Student Health Survey Data, April 2006

Grinnell students surveyed in Spring 2006 in the last 3 weeks of the semester with a response rate of 24%. This survey is given nationally to more than 70,000 students at more than 100 colleges and universities.

General Mental Health

Within the last school year, students reported experiencing:

	Grinnell	Other Sm. Colleges	National
Depression	26.4%	20.2%	18.4%
Anxiety Disorder	20.7%	15.6%	13.4%
Seasonal Affective Disorder	15.8%	10.7%	7.7%
Anorexia	2.4%	2.3%	1.8%
Bulimia	2.1%	2.1%	2.2%
Substance abuse problem	5.8%	3.8%	4.0%

College students reported having been **diagnosed with depression**:

Grinnell	Other Sml Colleges	National
22.0%	16.8%	15.3%

Of those students reporting ever having been diagnosed with depression in the item above...

	Grinnell	Other Sm. Colleges	National
Diagnosed with depression in the last school year	31.9%	35.6%	32.5%
Currently in therapy for depression	31.9%	31.2%	24.8%
Currently taking medication for depression	44.4%	41.1%	34.9%

Academic Impacts

Within the last school year, student reported the following factors affecting their individual academic performance, i.e., received an incomplete, dropped a course, received a lower grade in a class, on an exam, or on an important project:

	Grinnell	Other Small Colleges	National
Stress	38.8%	36.3%	34.1%
Sleep difficulties	28.7%	26.5%	26.1%
Depression/anxiety/seasonal affective disorder	27.2%	20.0%	16.3%
Concern for a troubled friend or family member	24.5%	18.9%	19.0%
Relationship difficulty	21.1%	16.8%	16.4%
Internet use/computer games	19.0%	17.4%	16.3%
Drug use	5.2%	2.6%	3.0%
Eating disorder/problem	1.5%	1.5%	1.4%

Depression/Suicide

Students reported experiencing the following within the last school year:

	Never (GC)	Never (Oth)	Never (Natl)	1-10 times (GC)	1-10 times (Oth)	1-10 times (Natl)	11+ times (GC)	11+ times (Oth)	11+ times (Natl)
Feeling overwhelmed by all they had to do	3.0	3.6	6.8	54.5	64.1	66.3	42.4	32.4	26.8
Feeling exhausted (not from physical activity)	5.8	5.1	9.1	52.1	62.0	64.9	42.1	32.9	26.0
Feeling very sad	13.7	14.2	20.8	65.7	69.4	65.9	20.7	16.4	13.3
Feeling things were hopeless	30.9	32.5	36.7	52.4	55.9	53.3	16.7	11.6	10.0
Feeling so depressed it was difficult to function	45.0	49.0	55.0	39.9	43.0	37.9	15.1	8.0	7.4
Seriously considering attempting suicide	87.6	89.0	90.2	11.2	10.1	8.8	1.2	0.9	1.0
Attempting suicide	99.1	98.9	98.5	0.9	1.1	1.4	0.0	0.0	0.2