

# Student Wellness

## ACHA-National College Health Assessment II (ACHA- NCHA II)

### 2010

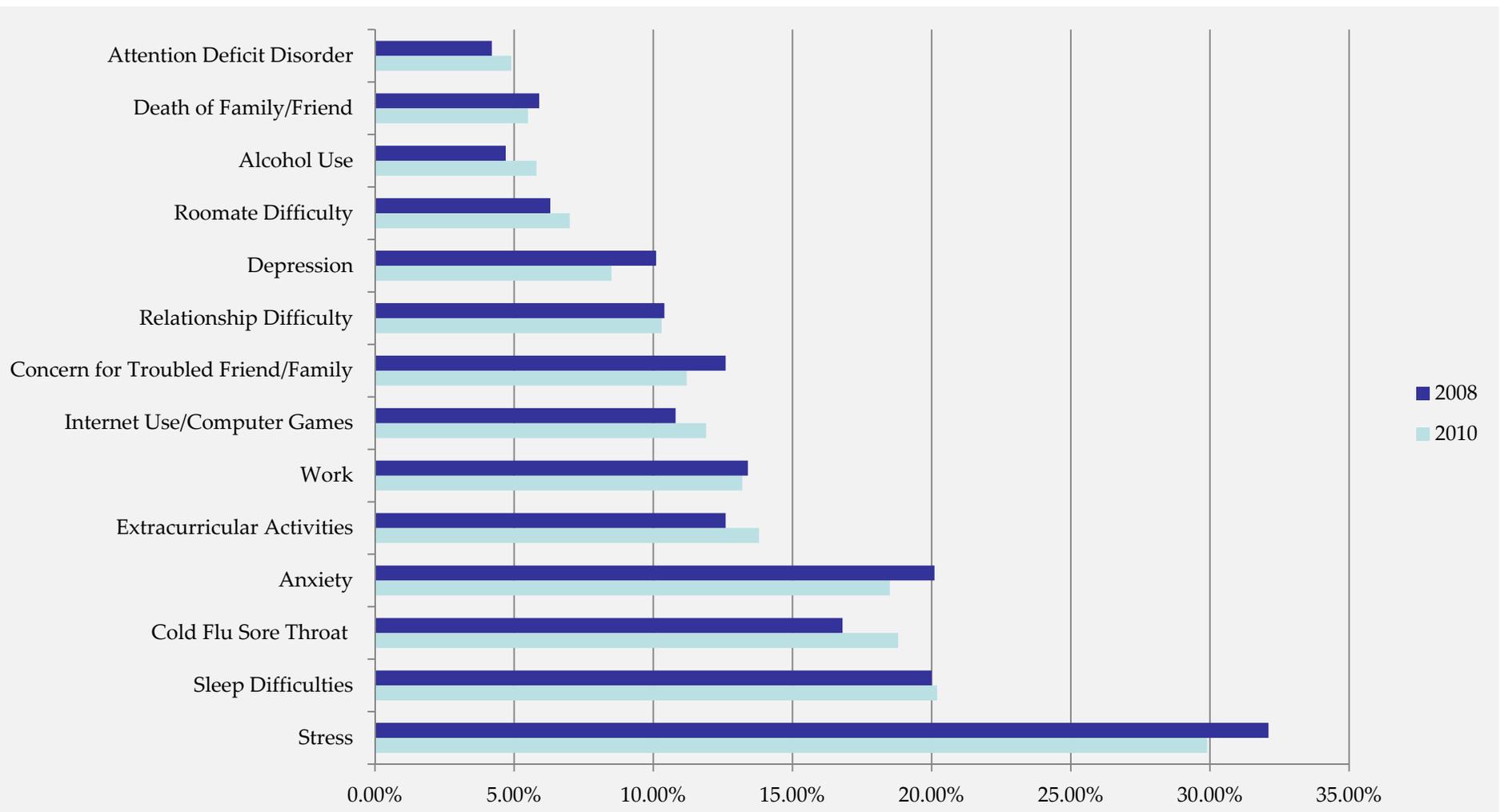
ACHA-National College Health Assessment II (ACHA-  
NCHA II)

Administration - Fall 2010

Representative Sample of 2,115 students



# Factors affecting academic performance in USD students



# MENTAL HEALTH AND PSYCHOLOGICAL NEEDS

# Psychological Needs of Students at USD

- Over the past decade more and more students have been reporting emotional and psychological difficulties.
- Universities have had to rethink how to provide mental health services.
- Counseling Centers across the nation report significant increases in utilization rates and more severity in the conditions that bring students to seek treatment.



# Relevant Data from the ACHA-NCHA II: Factors Affecting Academic Performance (2/2)

- A closer examination of the data on stress and anxiety indicates that USD students reported experiencing as much or more overwhelming anxiety and more than average stress than the students in the national reference group experienced.

**Table 1: Incidence of overwhelming anxiety and high stress within the last 12 months**

| <b>Concern</b>                        | <b>USD Data<br/>Fall 2010</b> | <b>National Data<br/>Fall 2009*</b> |
|---------------------------------------|-------------------------------|-------------------------------------|
| Felt overwhelmed by all you had to do | 90%                           | 85%                                 |
| Felt overwhelming anxiety             | 51%                           | 47%                                 |
| More than average stress              | 56%                           | 50%                                 |

\* 2010 Fall National Reference Summary is not available yet



# Relevant Data from the ACHA-NCHA II: Mental Health Conditions Diagnosed/Treated

•Consistent with 2008 USD data, the 2010 ACHA data also indicated that 18% of USD students reported having been diagnosed and/or treated by a professional for a mental health condition within the last 12 months.

•**Table 2: Top Mental Health conditions diagnosed or treated within the past 12 months**

| Diagnosis                                | USD | National |
|--|-----|----------|
| Anxiety                                  | 10% | 10%      |
| Depression                               | 8%  | 10%      |
| Panic Attacks                            | 4%  | 5%       |
| Attention Deficit Hyperactivity Disorder | 5%  | 4%       |
| Insomnia                                 | 3%  | 3%       |
| Bipolar Disorder                         | 1%  | 1%       |



# Relevant Data from the ACHA-NCHA II: Manifestations of Depressive Symptoms (1/2)

- 9% of USD students identified Depression as a factor affecting academic performance and 8% reported a clinical diagnosis of depression.

**Table 4: Manifestation of depressive symptoms in USD students**

| <b>Experience</b><br>(anytime within the last 12 months) | <b>USD</b> | <b>National</b> |
|--|------------|-----------------|
| Felt things were hopeless                                | 42%        | 46%             |
| Felt so depressed it was difficult to function           | 27%        | 30%             |
| Intentionally cut or injured yourself                    | 3%         | 5%              |
| Seriously considered suicide                             | 3%         | 6%              |
| Attempted suicide  | .5%        | 1%              |



# Relevant Data from the ACHA-NCHA II: Manifestations of Depressive Symptoms (2/2)

- The percentage of students acknowledging seriously considering attempting suicide has decreased at USD:

| Year | Percentage of USD Students | National Data |
|------|----------------------------|---------------|
| 2006 | 8%                         | 9%            |
| 2008 | 4%                         | 6%            |
| 2010 | 3%                         | 6%            |

- Of the 3% of students who reported seriously considering suicide, the Counseling Center estimates that only about half accessed services



# Mental Health Services at USD (1/3)

- The **Counseling Center (CC)** is staffed with Licensed Psychologists, Interns and a Part-time Psychiatrist whose core purpose is to enhance the emotional, relational, and psychological well being of students.

- This past 2009-10 academic year, the **CC** provided direct services to **605 students**
  - 8.5%** of the student population

- These services included:

- 556 walk-in sessions
- 369 intake sessions
- 2,404 follow-up counseling sessions

} 3,329 clinical contacts

- The **CC** also provided

- 449 face-to-face consultations and 106 telephone consultations to 242 students
- 259 consultations to faculty, parents and staff



# Mental Health Services at USD (2/3)

- The **CC**'s consulting psychiatrist provided **61 initial psychiatric evaluations** for as many students and **240 psychiatric medication** management appointments for **66 students**.
- In addition, the **CC** continued to provide after-hours emergency coverage for the university community 24 hours-a-day and 7 days-a-week throughout the year.
  - In 2009-10, the emergency pager was activated **37 times** to address student concerns including depression and suicidal thoughts, anxiety, bipolar symptoms and post-trauma conditions
- During their initial intake sessions, USD students were diagnosed with a wide range of Mental Health Disorders including:
  - Mood Disorder (22%)
  - Anxiety (21%)
  - Adjustment Disorders (15%)
  - Substance Disorders (12%)
  - Eating Disorders (5%)



# ALCOHOL AND DRUG USE

# Alcohol and Drug Use

- More than three quarters of the USD student population reported using alcohol at least once during a 30 day period.
- USD students consistently overestimate the actual use of alcohol and other drugs
- The number of USD students who acknowledged binge drinking behavior by consuming 5 or more drinks in one sitting was 44% (47% in 2008)



## USD students Actual versus Perceived use of alcohol and other drugs during a 30 day period

| Substance                 | Actual Use | Perceived Use |
|---------------------------|------------|---------------|
| Alcohol                   | 77%        | 96%           |
| Cigarette                 | 13%        | 80%           |
| Marijuana                 | 18%        | 88%           |
| All other drugs combined* | 12%        | 76%           |
|                           |            |               |

\*The two most widely drugs used by students other than marijuana are stimulants (8%) and pain killers (8.5%)



# Center for Health and Wellness Promotion

- During the 2009-10 academic year at **CHWP**, there were a total of **518 Alcohol & Other Drugs (AOD) individual student visits**.
  - 166 students were seen for individual sessions
  - 246 individual students attended a total of 52 mandated Alcohol Education classes
  - 1,054 first-year students completed the required MyStudentBody.com web based alcohol education course



# General Health and Disability

•69% of USD students described their health as being very good or excellent with greater frequency than the reference group sample (61%).

•96% of our students reported their health to be good to excellent.



Proportion of college students being diagnosed or treated by a professional for a health problem in a 12 month period

| Condition       | USD | National |
|-----------------|-----|----------|
| Allergies       | 20% | 20%      |
| Sinus Infection | 18% | 16%      |
| Strep throat    | 12% | 10%      |
| Back pain       | 11% | 13%      |

58% of USD students reported being diagnosed with one of the above or other health conditions

# Most common disabilities or chronic medical conditions reported by students

| Condition  | USD | National |
|--|-----|----------|
| Attention Deficit Hyperactivity Disorder                       | 6%  | 5%       |
| Chronic illness (e.g. diabetes, auto-immune disorders, cancer) | 3%  | 4%       |
| Learning disability  | 3%  | 4%       |
| Psychiatric condition  | 3%  | 4%       |

# Student Health Center

- The SHC offers primary medical care for USD students including : services for acute illness and injuries, diagnosis and treatment of medical problems, and preventive health services
- Of the 7,868 students registered at USD 48% (3,782) used the services of the SHC in 2009-10.
- 9,767 appointments – 4,018 phone consultations
- 1,202 in-office laboratory examinations
- 3,770 vaccinations and TB skin tests
- 493 in-office procedures were performed
- 4,970 laboratory specimens were sent out



# Common Diagnosis (09-10)

| Diagnostic Category | Number | %  |
|---------------------|--------|----|
| Respiratory         | 3452   | 37 |
| Dermatology         | 1024   | 11 |
| HEENT               | 664    | 7  |
| Orthopedics         | 429    | 5  |

# Efforts to Respond to Students' Needs

During the past few years, the Wellness Area has launched a series of initiatives in an effort to better serve the needs of students and to reach out to those in need.

## These efforts include:

1. Creation and distribution of a faculty guide to identify and know how to respond to disruptive students and students in distress.
  - These guides were distributed to core and adjunct faculty and to staff in Student Affairs, Athletics and Academic Centers
  - The guides will be updated every 2 to 3 years and will continue to be distributed to new faculty on a yearly basis
2. Ongoing training of Residential Life, Student Affairs, Faculty and Athletics staff to identify students in need of assistance and how to respond
3. Presentation to parents during Torero days on student adaptation to college and available resources at USD



## Efforts to Respond to Students' Needs (2/3)

4. Development of comprehensive and integrated crisis response processes aimed at early and proactive interventions (CIRT, SIT and SACC).
5. Development of a new process for mandatory assessments in the Counseling Center when students present with behavior that is indicative of possible risk to self or others.
6. Implementation of a new Medical Leave of Absence and Reinstatement process in 2009.

### Medical Leaves of Absence processed by the Wellness Area

|   | 2008-09 | 2009-10 |
|---|---------|---------|
| <b>Medical Leaves of Absence (MLOA)</b> | 45      | 49      |

Consistent with the data from 2008-09, the majority of students requesting MLOAs reported psychological and/or psychiatric difficulties (63%), followed by medical/health concerns (26%)



## Efforts to Respond to Students' Needs (3/3)

7. Piloting a screening process for anxiety, alcohol and depression problems at the Student Health Center where 5,000 students receive care every year.
8. Wellness Peer Programs and Peer to Peer education programs.
9. Outreach and Health promotions events (199 during the 2009-10 academic year)
10. The for the 2010-11 Committee for Health and Wellness Initiatives (CoHWI) cycle, initiatives and materials focusing on Stress, Sleep and Balancing Competing Demands are being created



These efforts represent an ongoing attempt to help students in need identify the available resources on-campus, to create an environment where students care for fellow students, and where faculty and staff are trained and empowered to recognize the needs of students and how to best respond



# Looking into the Future

The Wellness Area continues to search for efficient and creative approaches to appropriately identify and respond to students' psychological needs.

## **Some Initiatives identified for the near future include:**

1. Expansion of the Student Health Center (SHC) screening process for alcohol, depression and anxiety for students accessing services.
3. Development of a collaborative care model at a new SHC allowing CC staff and psychiatrist to be available on-site to screen students and consult more directly with medical staff.
4. Expansion of peer-to-peer programs.
5. Review and further development of depression and suicide prevention campaigns.
6. Implementation of CoHWI initiatives to help students better cope with stress, manage competing demands and sleep better.

