

Meeting the Mental Health Challenges of Community College Students

A Strategy of Nash Community College

Presented by

Marbeth Holmes, MA, MSW, LCSWA, LCAS

Mental Health Statistics

1 in 5 American Adults Diagnosable MH each year

50% of All Americans meet Criteria; Half by 14y

25% of Children in NC live in Chronic Poverty and Neglect

Over 50% Adults Feel Overwhelmed and Overworked

Populations Most At Risk

People Who are Marginalized Disenfranchised or Stigmatized

People who are Homeless or Live in Chronic Poverty

Survivors of Abuse and / or Trauma

People who Abuse Drugs or Alcohol

Caretakers of Disordered or Diseased People (MH PH or DD)

People Previously Incarcerated

LGBTQ Community

The State of Student

57% of women and 40% of men reported experiencing episodes of “overwhelming anxiety” in the past year

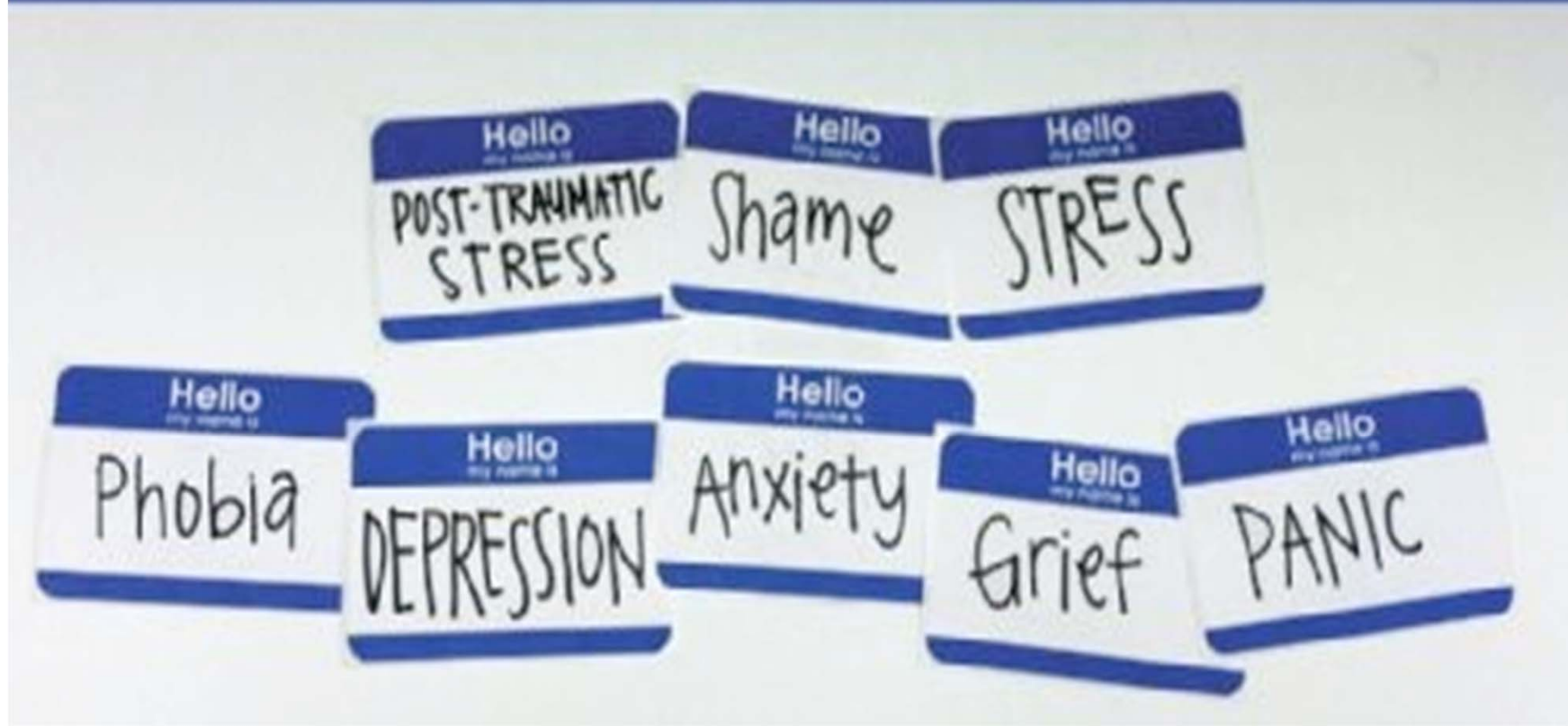
33% of women and 27% of men reported a period in the last year of feeling so depressed it was difficult to function.

One study found that the average high school student in the year 2000 has the same level of anxiety as the average psychiatric patient did in the 1950s

Trending Significant increase in Depression, Anxiety, and PTSD

MH Issues Our Students Experience

Mental Health Awareness





1 in 3 students reported prolonged periods of depression

Only 7% of parents reported their college students as experiencing mental health issues



50%
received no education on mental health issues prior to college

MENTAL ILLNESS

IN COLLEGE STUDENTS

1 in 4 students reported having suicidal thoughts or feelings

1 in 7 students reported engaging in abnormally reckless behavior



30%
reported problems with school work due to a mental health issue

50% of students rated their mental health below average or poor

All data gathered from the National Alliance on Mental Illness, www.nami.org
Graphics by Andres Garcia

Meeting Our Students Where They Are in the Open Door

Financial Aid, Attendance Tracking, Faculty Outreach,
Academic Referrals, Active SGA,
Service Learning, NC Live,
Public Transportation Access

Pre DRE/DMA Fundamental Coursework
DRE/DMA Foundation Courses

PAL Tutoring, Math Tank, and English Studios

Blue Love

Needs Assessment

Experts in specific targeted areas were invited to attend round table session to identify student needs
and

Share suggestions of strategies to meet those needs

Psychology, SGA, MALE, Human Services, Library Resources, Criminal Justice, Veterans, Nursing, Admin

Needs Identified

Food insecurity, affordable day care, test anxiety, veterans' center, learning disabilities, transportation, mental health, financial needs, substance use, access to technology and health care

Special populations with need of therapeutic support groups included veterans, single mothers, formerly incarcerated students, survivors of trauma and domestic violence, ATOD abusers

Wrap Around Strategies

Therapeutic Services

Food Pantry

Support Groups

Health Screenings

Access to Resources

Mentoring

Life Skills Training

Help with Paperwork

Referrals for Services

Learning Disabilities Assessment

Cultural Competence and Community Realities

Chronic Poverty Economic Stagnation

Sources: NC Epidemiology Reports, NCDHHS,
Edgecombe and Nash Co. Health Human Service

Statistical Facts

#1 **HIV/AIDS** rate in the State

3rd leading killer of AA women 18-40 yrs

Highest Teen pregnancy rate: 175% + AA; most whites

First Sexual Initiation as early as 13-yrs-old w 4 partners

4th most violent small town in America

Longest & Highest Unemployment rate in State

Disproportionate Incarceration Rates: 60% AA

Lowest Life Expectancy rate in State: 72.4 v 77.2

Gang Violence, Drugs Use, Domestic Violence

Emergence of Student Wellness Center and Implementation Strategy

Comprehensive Holistic Focus

Partnerships: Campus and
Community

Integration into Campus Culture

Reducing Stigma: Normalizing

Appropriate Referral Process

Building Trust and Bridges

Purpose Statement: Outcome Objective

To empower the **whole** student at Nash Community College with **personal, social, and community** resources for self-development and personal enrichment, thereby **enhancing** academic success and retention through improved **student wellness**.

Scope of Wellness Services

Holistic Wraparound Services

Screening & Assessment

Crisis Intervention

Therapeutic Clinical Services: Individual and Groups

Community Referral Services

Primary Therapeutic Treatment Modalities

Psycho-education

Cognitive-Behavioral Therapy

Solution-Focused-Brief Therapy

Interpersonal Therapy

Motivational Interviewing

Trauma-Informed Therapy

Ethics and HIPAA

Services provided are in compliance with the ethical standards and professional practices of the National Association of Social Workers (NASW), Health Insurance Portability and Accountability Act (HIPAA), and 42 Code of Federal Regulations (42CFR).

Community referrals include government agencies and non-government organizations.

Utilization of NIMH, SAMHSA and Clinical Intake and Assessment forms; Release of Liability forms; Confidentiality Compliance forms; Release of Information forms, and Treatment plans

Outcomes to Date

Students Served 1,035

Clinical Hours of Service 1,761

Record Graduation Rates 3 years in a Row

Wellness Fairs and On-Campus Health Screenings

HIV/AIDS Awareness Events and Testing

Recovery Celebrations; Collegiate Recovery Program

Wrap Around Services All Around Campus

Questions?

Discussion
Suggestions

References

National Institute on Mental Health (NIMH)

Substance Abuse and Mental Health Service Agency (SAMHSA)

Department of Health and Human Services (US and NC)

National Association of Social Workers (NASW)

Governor's Coalition on Juvenile Justice

Psychology Today

NCC Institutional Effectiveness