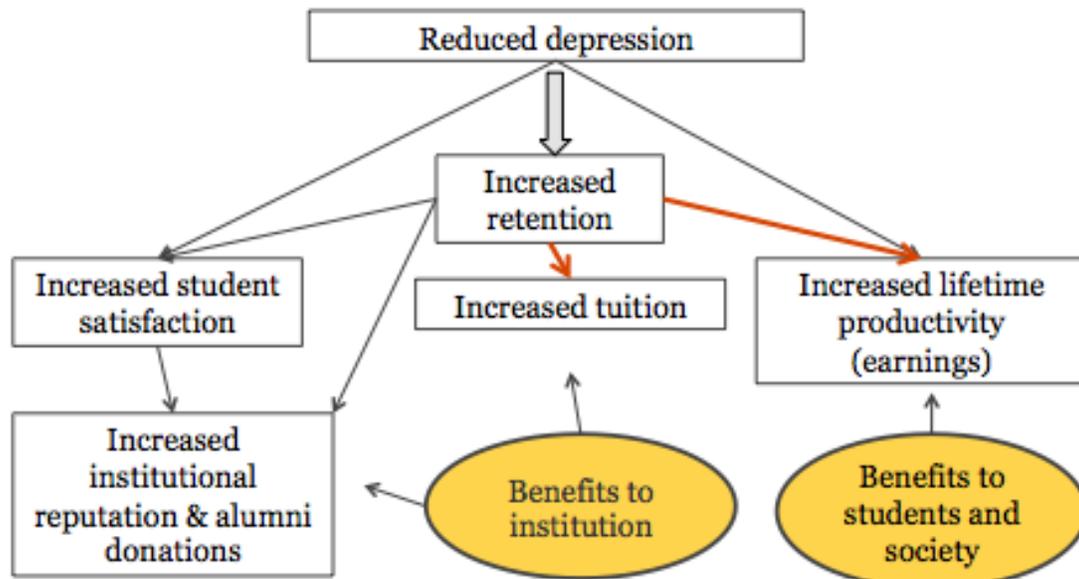




Economic Case for Mental Health Services in Higher Education¹

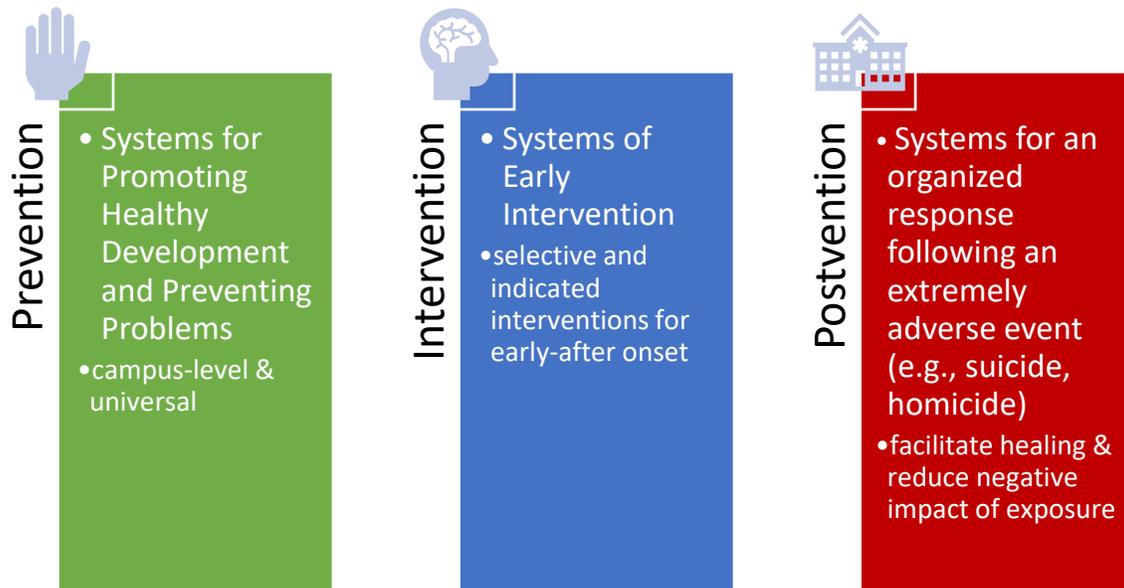


Institutions of higher education have significant demand in responding to trends in college mental health and substance abuse. More students than ever are experiencing mental concerns and are seeking support and services on campus. Universities can promote wellness and optimal states of wellbeing and attainment of academic career goals. Healthy Minds Study (HMS) supports targeting students with low grade point averages and mental health symptoms as an effective means for addressing student retention. The likelihood in a return on investment for reducing depression will increase retention, leading to increased revenue through tuition dollars for the institution. Additional benefits to the institution may encompass increased student satisfaction and institutional reputation. Further benefits to students and society are also probable with an associated increase in student wellbeing and lifetime of productivity.

¹ For More information on the Health Minds Study research, and to learn more about the Return on Investment Calculator for College and Mental Health Services and Programs please visit: https://umich.qualtrics.com/jfe/form/SV_6xN9QUSIFgtRQh



Continuum of Strategies to Promote Mental Health in Higher Education



1) Prevention:

- ✚ Kognito: Recognition & referral for suicide
- ✚ Mental Health First Aid: Recognition & referral for mental disorders
- ✚ Question Persuade Refer (QPR): Recognition & referral for suicide
- ✚ Mental Health Task Force: Conduct university-wide review of student mental health, wellness & holistic engagement (e.g., JED Foundation & Active Minds)
- ✚ Stigma Reduction & Education on Mental Disorders: JED Foundation & Active Minds
- ✚ Means Restriction for the Prevention of Suicide: JED Foundation
- ✚ Increase Life Skills (e.g., money management, distress tolerance, study skills): JED Foundation
- ✚ Screening, Brief Intervention, and Referral to Treatment (SBIRT): Evidence-based practice to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs (<https://www.integration.samhsa.gov/clinical-practice/sbirt>)
- ✚ Match Mental Health Resources to Demand: One counselor to 1,000/1,500 higher education students (International Accreditation of Counseling Services, <https://iacsinc.org/>)



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- ✚ Healthy Minds: Student led organization to promote mental health
- ✚ NAMI on Campus: Student led organization to promote mental health
- ✚ Collegiate Recovery Communities: Student led organization to promote recovery from substance use disorders
- ✚ Crisis Intervention Team (CIT) : Help direct persons with mental illness into treatment instead of inappropriate incarceration <https://www.neomed.edu/cjccoe/cit/>
- ✚ Crisis Text Line in Ohio: Text “4hope” to 741741
- ✚ TAO Connect: Digital platform of tools and educational materials to promote campus-wide mental health

2) **Intervention:**

- ✚ Collaborative Assessment and Management of Suicidality (CAMS): A therapeutic framework for suicide-specific assessment and treatment of a patient’s suicidal risk
- ✚ Care Teams/Behavioral Interventions Teams: formal crisis protocols National Behavioral Intervention Team Association (NaBITA)
- ✚ Motivational Interviewing: A person-centered counseling/educational style for eliciting behavior change by helping people explore and resolve ambivalence
- ✚ Brief Alcohol Screening and Intervention for College Students (BASICS): A harm-reduction intervention for college students designed to help students make better decisions about using alcohol
- ✚ Cognitive Behavioral Therapy: A short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving
- ✚ FIRST Coordinated Specialty Care for First Episode Psychosis: Programs available throughout Ohio committed to providing the best treatment services for individuals experiencing an initial episode of psychotic illness and their families as early in the course of illness as possible <https://www.neomed.edu/bestcenter/practices/first/>
- ✚ MOUs: A agreement between two or more parties outlined in a formal document, such as between a college/university and a federally qualified health center.
- ✚ Medical Leave Policies: Provides a framework for the types of medical leave that can be taken by students, staff and faculty (JED Foundation)

3) **Postvention:**

- ✚ Ohio House Bill 28: (131st General Assembly) To enact section 3345.37 of the Revised Code with regard to suicide prevention programs at state institutions of higher education
- ✚ Safe Postvention Messaging for the Higher Education Community: American Federation for Suicide Prevention’s *Reporting on Suicide: Recommendations for the Media* - <https://afsp.org/wp-content/uploads/2016/01/recommendations.pdf>; JED



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Foundation; SAMHSA - <https://www.samhsa.gov/safe-schools-healthy-students/resources/suicide-prevention>; Suicide Prevention Resource Center-
https://www.sprc.org/sites/default/files/resourceprogram/Spotlight_Postvention_Resource_Sheetv03.pdf

- ✚ Outreach People Impacted by Suicide/Homicide: JED Foundation, SAMHSA, Suicide Prevention Resource Center



National Prevalence of Suicide²

- ✚ More than half of college students have had suicidal thoughts and 10% think seriously about attempting suicide
- ✚ 1,100 suicides at colleges each year, 7.5 per 100,000 students
- ✚ 80-90% of college students who die by suicide were not receiving help from college counseling centers
- ✚ Suicide is the 2nd most common cause of death among college students (2019)
- ✚ 1 in 5 College Students Reported Thoughts of Suicide in 2017
- ✚ 6% of undergraduates & 4% of graduate students seriously considered attempting suicide in the past year. Nearly half of each group did not tell anyone

Suicide Prevalence in Ohio³

- ✚ The rate of suicides in Ohio increased by 24 percent from 2008 and 2017
- ✚ There were 15,246 suicides deaths in Ohio over that 10-year span, for an average annual rate of 13.3 deaths per 100,000 people
- ✚ Suicide rates increased more than 36 percent for ages 20 to 29

Ohio Healthy Minds Study

The Healthy Minds study is an annual mental health survey administered online to random student samples at each campus. Data includes both undergraduate and

² Source: Association of American Universities <https://www.aau.edu/research-scholarship/featured-research-topics/one-five-college-students-reported-thoughts-suicide/>; The JED Foundation <https://www.jedfoundation.org/implications-for-jed-on-the-cdc-report-about-rising-suicide-rates/>, Center for Disease Control <https://www.cdc.gov/media/releases/2018/p0607-suicide-prevention.html>, Safe Colleges <https://www.safecolleges.com/suicide-second-highest-cause-of-death-among-college-students/>, Crisis on Campus: The Untold Story of Student Suicide-Infographic- <https://infographicjournal.com/crisis-on-campus-the-untold-story-of-student-suicides/>

³ Source: 2019 Ohio Population Health Alliance <https://www.ohiopopulationhealthalliance.com/>, Ohio Department of Health-Ohio Public Health Information Warehouse <http://publicapps.odh.ohio.gov/EDW/DataBrowser/Browse/Mortality>



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graduate students and is generally completed in 20-30 minutes. Though response rates vary, at most institutions the rates vary between 20-30%. This survey was administered in 2017 to a cohort of 9 colleges in Ohio via a collaboration among PEG'S Foundation, Healthy Minds, and JED Foundation.

- **N = 7616 students from cross section of Ohio campuses (n = 9)**
- **Gender: Male (43.78%); Female (54.57%); Trans male (0.25%); Trans female (0.07%); Gender non-conforming (0.7%); Self-identified (0.6%)**
- **Age: 18-22 (65.62%); 23-25 (12.41%); 26-30 (8.32%); 31+ (13.65%)**
- **Race: Black (10.9%); American Indian/Alaskan Native (1.5%); Asian (4.1%); Hispanic (3.8%); Pacific Islander (0.4%); Middle Eastern/Arab (1.5%); White (82.4%)**

2017 Ohio Healthy Minds Key Findings	
11% suicidal ideation	20% binge drinking (5+) (2X) past 2-weeks
30% depressive symptoms past 2-weeks	20% binge drinking (3-5X) past 2-weeks
27% anxiety symptoms past 2-weeks	13.4% marijuana use past 30-days
35.1% mental health diagnosis	75.5% no illicit drug use past 30-days
47% perceived stigma from others	46% accessed student counseling
5.6% endorsed stigma	

To date about 300 colleges and universities have participated in the Healthy Minds Study (HMS). Colleges and universities voluntarily enroll in the study. Most campuses are in the U.S., but there have been a handful of Canadian institutions. There is a different set of institutions that participate each year. The HMS team is at University of Michigan and Boston University. For more information regarding the Healthy Minds Study please visit: <https://healthymindsnetwork.org/research/hms/>



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Mental Health Resources for Higher Education

A guide to Campus Mental Health Action Planning- <http://www.jedfoundation.org/wp-content/uploads/2016/07/campus-mental-health-action-planning-jed-guide.pdf>

Campus MHAP: A guide to campus mental health action planning <https://www.sprc.org/resources-programs/campus-mhap-guide-campus-mental-health-action-planning>

College and University Substance Abuse and Mental Health Resource Kit
SAMHSA (Behavioral Health Among College Students Information & Resource Kit)

<https://store.samhsa.gov/system/files/sma19-5052.pdf>

Crisis Protocols

Framework for Developing Institutional Protocols for the Acutely Distressed or Suicidal College Student
(The JED Foundation)

http://www.jedfoundation.org/assets/Programs/Program_downloads/Framework_bw.pdf

Suicide Prevention Resource Center: <http://www.sprc.org/comprehensive-approach/postvention>

Recognition and Referral for Suicide and Mental Health

Kognito - <https://kognito.com/>

Mental Health First Aid - <https://www.mentalhealthfirstaid.org/>

Question. Persuade. Refer. Institute - <https://qprinstitute.com/>

Student Organizations

Active Minds: <http://www.activeminds.org/index.php>

NAMI on Campus: <http://www.nami.org/Find-Support/NAMI-Programs/NAMI-on-Campus>

Collegiate Recovery Communities: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3952555/>



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Electronic Resources

Crisis Text Line in Ohio:

<https://mha.ohio.gov/Portals/0/assets/FamiliesChildrenandAdults/Get%20Help/CrisisTextLine/CTL-fact-sheet.pdf?ver=2019-01-15-092448-153>

Tao Connect: <https://www.taoconnect.org/>

Veterans Resources

Understanding and Supporting the Emotional Health of Student Veterans (JED Foundation): Online training for those who serve veterans. <https://www.jedfoundation.org/the-jed-foundation-partners-with-the-bob-woodruff-foundation-to-support-student-veterans/>

VA Campus Toolkit- <https://www.mentalhealth.va.gov/studentveteran/staff.asp>

Surveys, Data and Reports

American College Health Association-National College Health Association

https://www.acha.org/NCHA/ACHA-NCHA_Data/Publications_and_Reports/NCHA/Data/Reports_ACHA-NCHA1c.aspx

Healthy Minds Network- <https://healthymindsnetwork.org/research/data-for-researchers/>