



Supporting Students' Mental Health

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Presentation Goals

- Provide context for the mental health work we all do
- Explain OSU's strategy for supporting students
 - Strengthening OSU's culture of care
 - Student Care Team
 - CAPS
- Try Kognito online training
- Review CARE folder
 - Practice its application
- Brainstorm other ways you can help
- Tell us how we can help you

Introductions

- Name
- Role at OSU
- Reason for attending this training

What are you seeing?

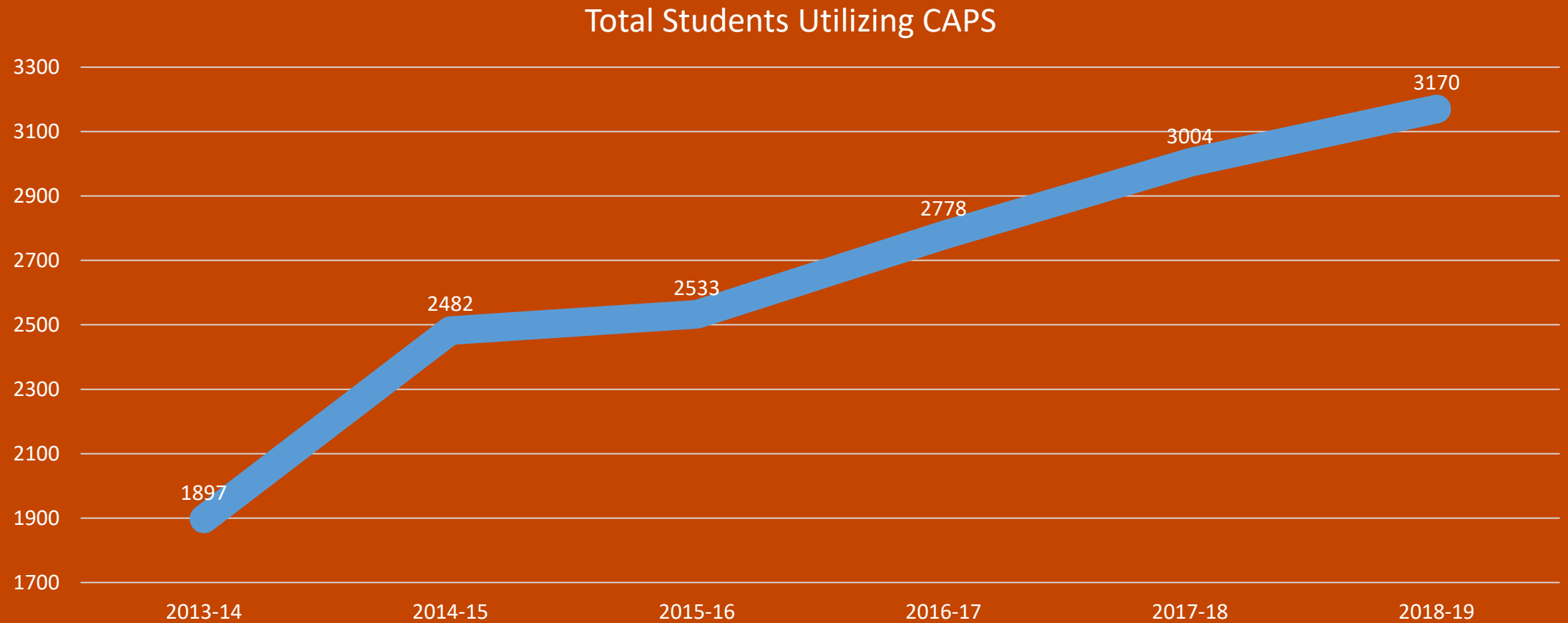
Why should we care?!

National Collegiate Mental Health Trends



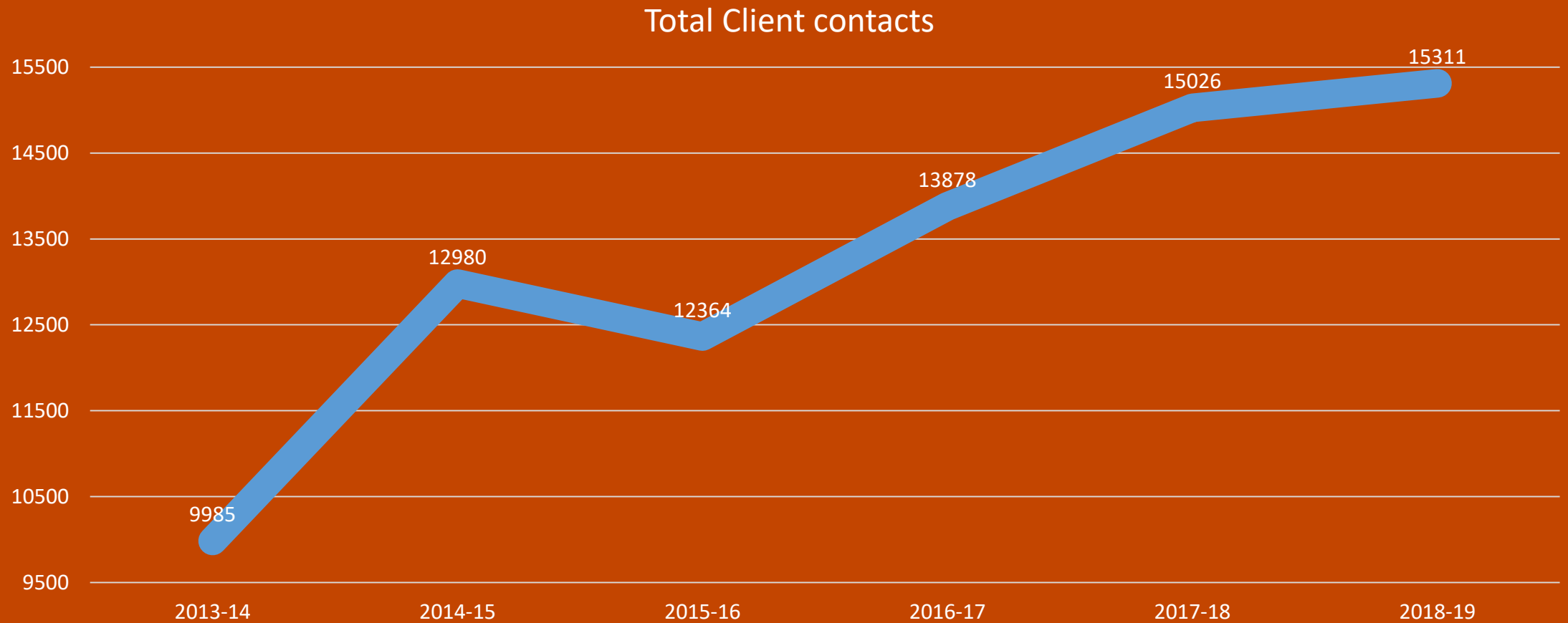


Number of Students Served by CAPS



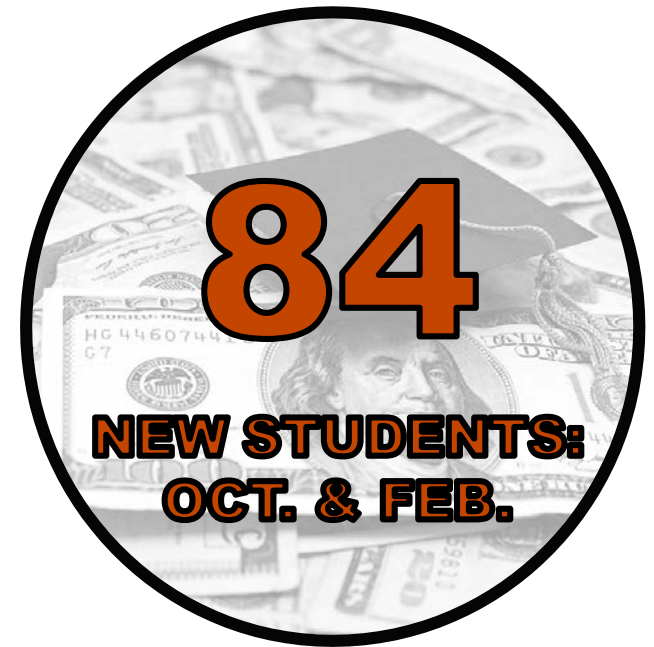
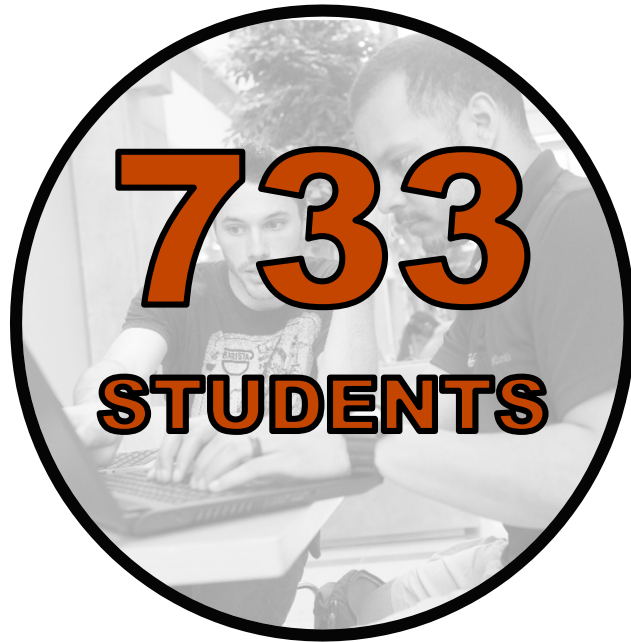


Number of Student Clinical Contacts











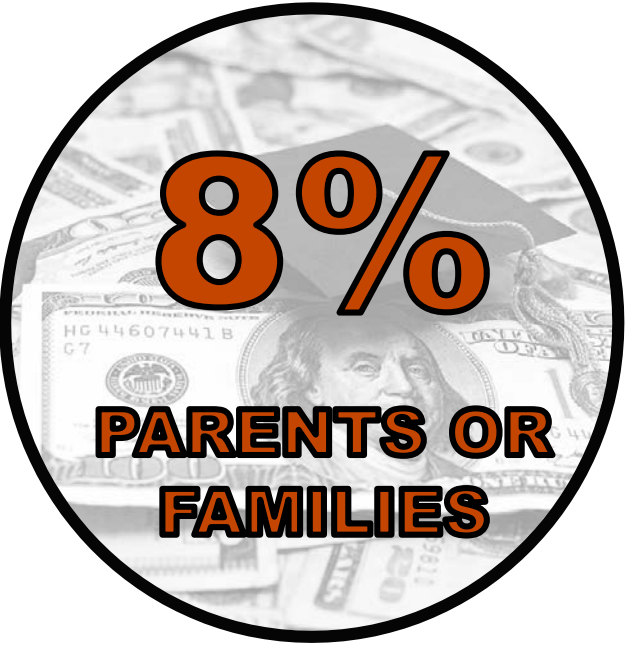
21%

**ACADEMIC
COLLEGES**



16%

**INDIVIDUAL
STUDENTS**



8%

**PARENTS OR
FAMILIES**



160

**COLLEGE OF
LIBERAL ARTS**



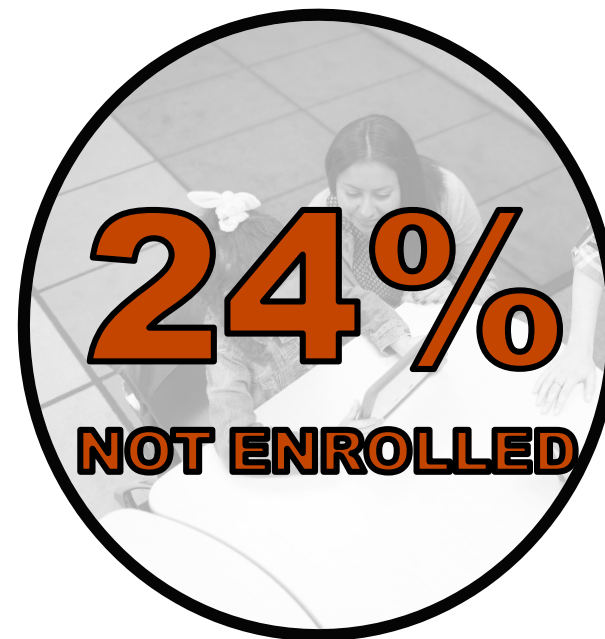
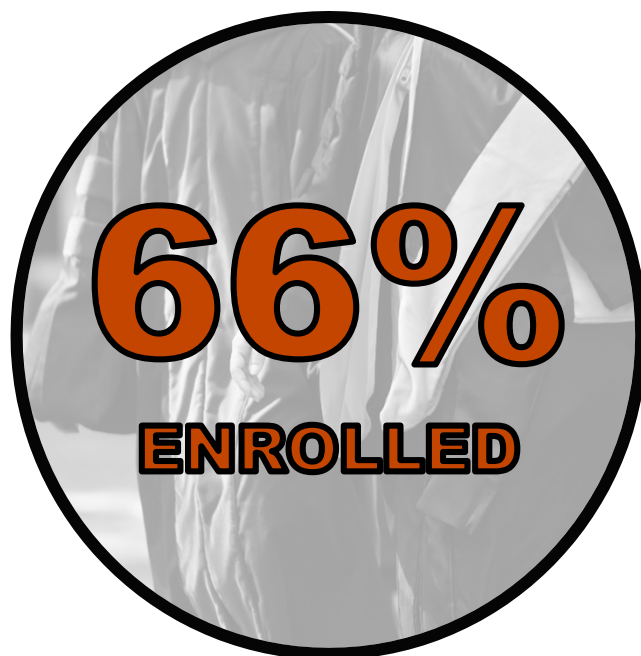
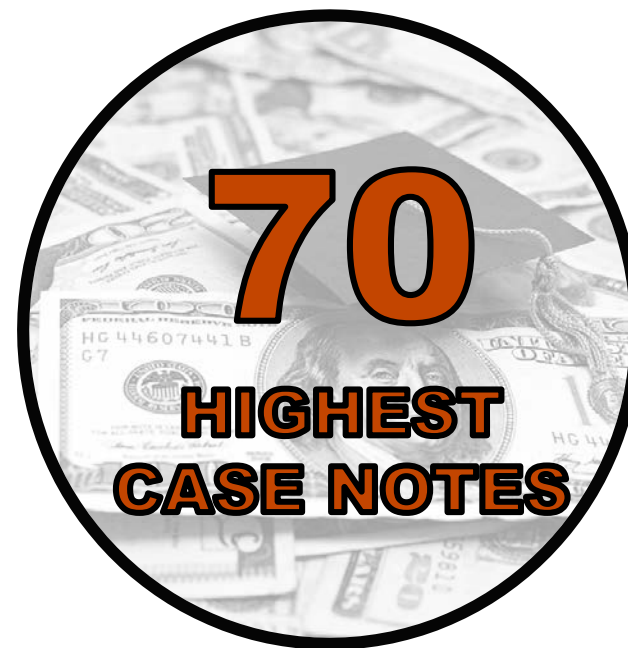
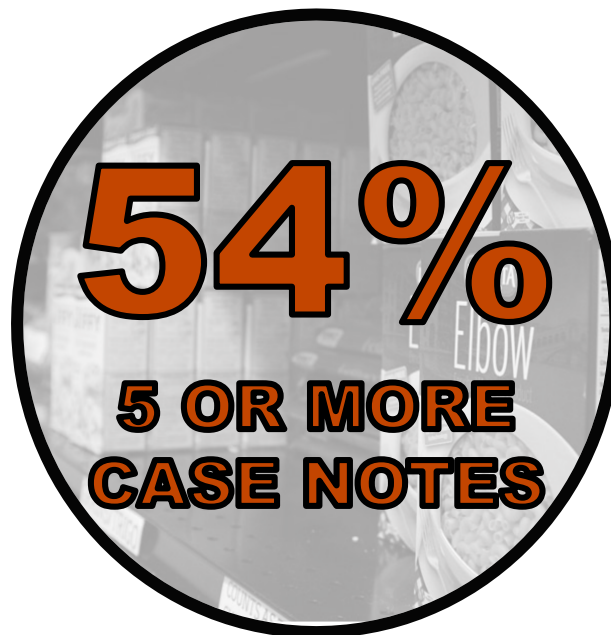
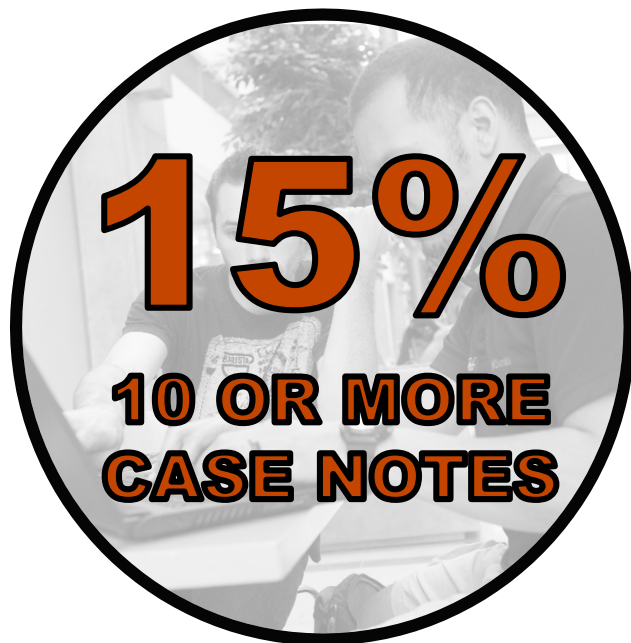
133

**COLLEGE OF
ENGINEERING**



100

**COLLEGE OF
SCIENCE**



"One area that I am most troubled by is student mental health."

"We are working to enhance a culture of caring. Improving student wellness is among the university's priorities because we know that student success is founded on student wellness."

--President Ed Ray (2019 State of the University address)

What exactly is OSU doing about this mental health crisis?

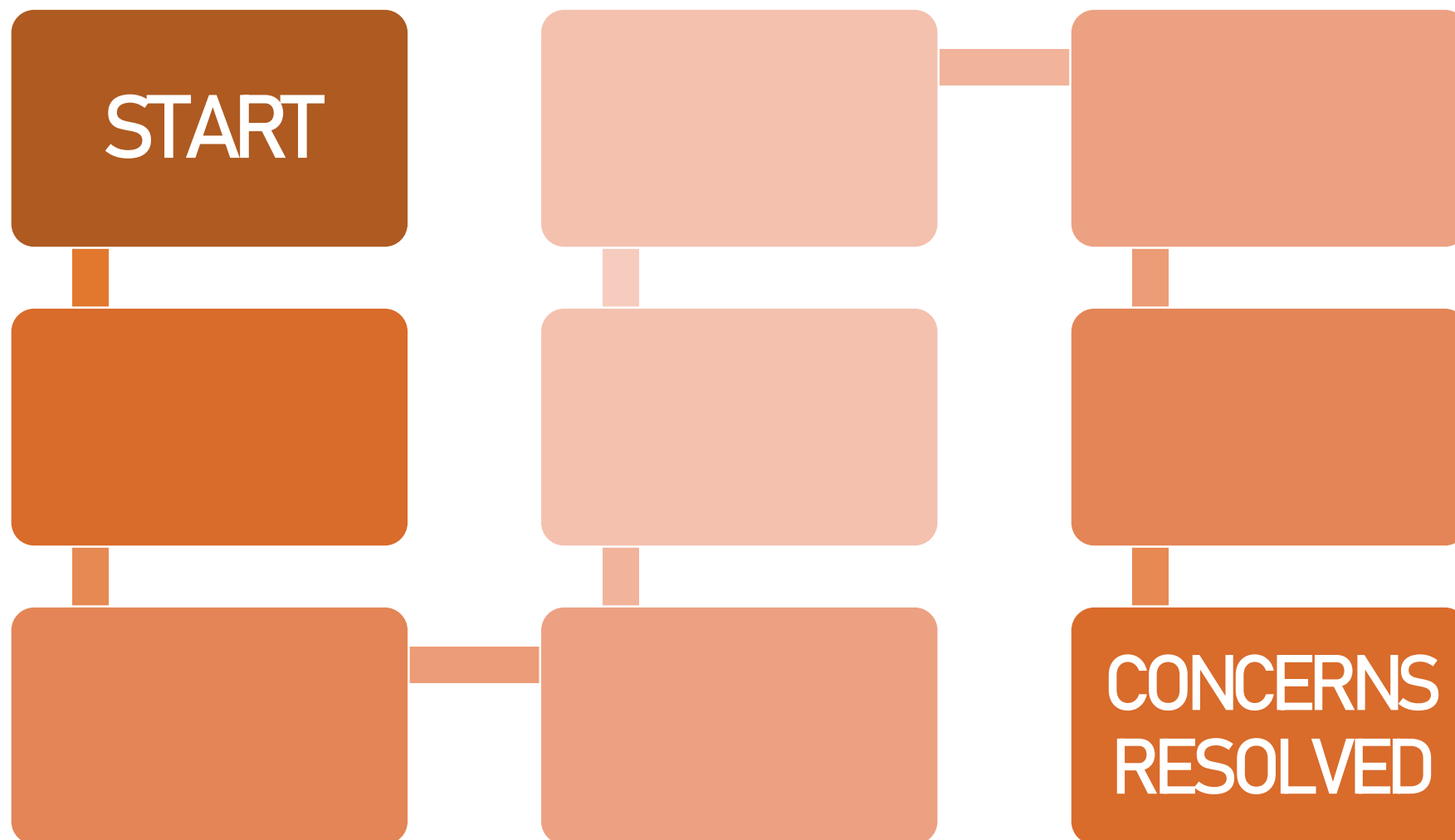
Student Care Team

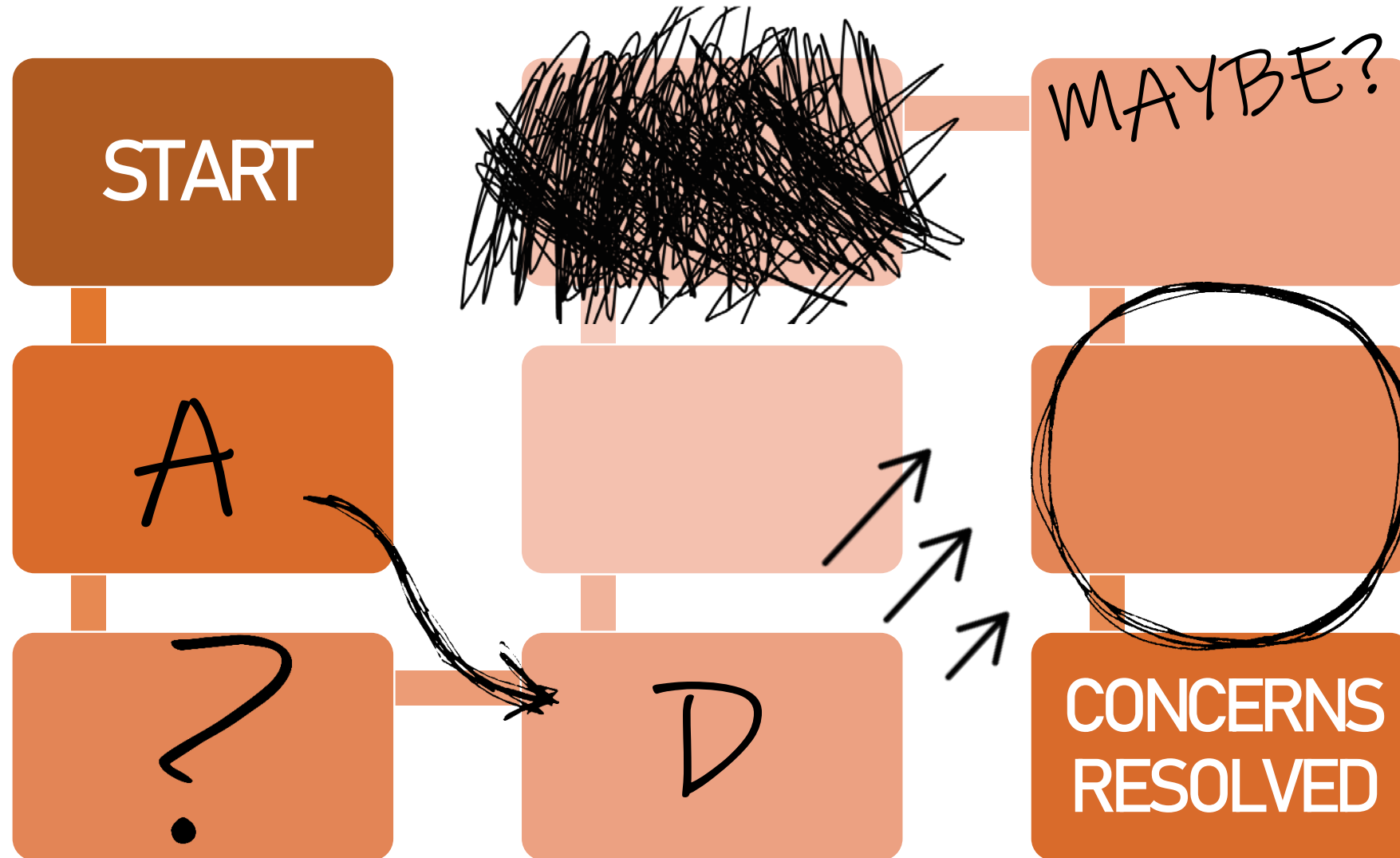
- The SCT addresses student behaviors that are indicative of crisis and elevated concern. The SCT consists of a group of qualified and dedicated OSU professionals who collaborate together as they focus on:
 - Eliminating fragmented care and information
 - Providing a structured method for addressing student needs and behaviors that impact the university community
 - Balancing the individual needs of the student and those of the greater campus community
 - Initiating appropriate intervention and resource connections

SCT Case Management

- Upon referral you can expect:
 - An initial phone consultation with a Student Care case manager
 - Coordinating a meeting with the student or direct resource referral within 1-2 business days
 - Follow-up until student's needs are addressed*

*As allows or in the best interest of the student and university





CAPS' Evolving Clinical System

- Diversifying staff to connect with non-dominant groups
- Embedded counselors (College of Veterinary Medicine and Athletic Department)
- Maximizing Student Access
 - On call clinic
- Stepped Care Approach



Stepped Care Approach

- Range of services
 - Triage
 - Psychoeducation
 - Self-guided online interventions
 - Workshops
 - Single Session Clinic
 - Group therapy
 - Beavers Belong Support Network
 - Referrals
 - Brief Individual therapy
 - Crisis services (24-hour on call support)

Mandatory Syllabus Statement

Reach Out for Success: University students encounter setbacks from time to time. If you encounter difficulties and need assistance, it's important to reach out. Consider discussing the situation with an instructor or academic advisor. Learn about resources that assist with wellness and academic success at oregonstate.edu/ReachOut. If you are in immediate crisis, please contact the Crisis Text Line by texting OREGON to 741-741 or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

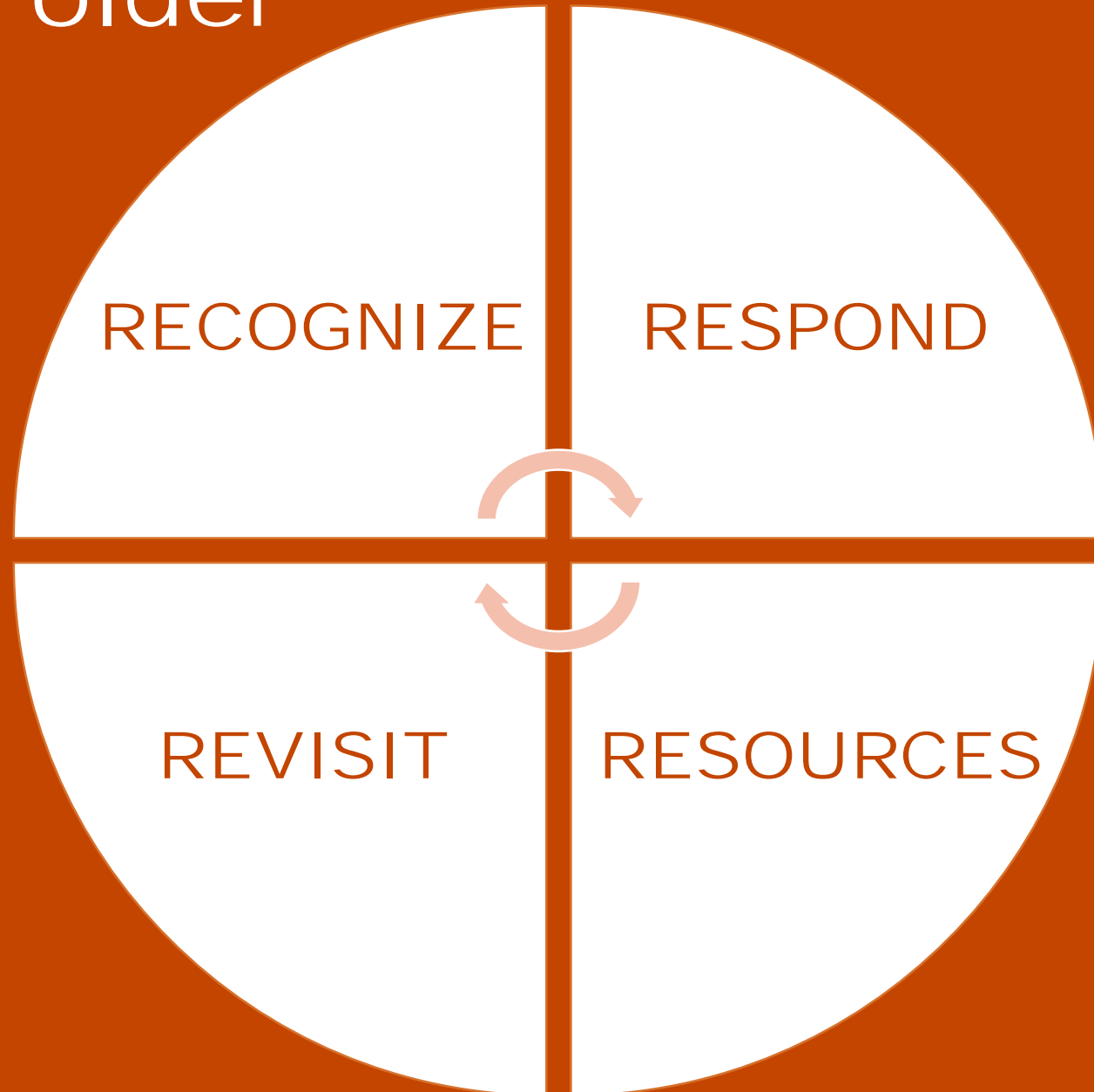
Kognito Faculty, Staff, & Student Online Training



CARE Folder



CARE Folder



Practice Scenario #1

A faculty member, Dr. Stark, stops by your office and ask if Jessica is one of your advisees. You confirm that she is. Dr. Stark asks if you have noticed a change in behavior to which you respond that you haven't seen them in about a month. Dr. Stark tells you that Jessica recently submitted a reflection assignment that indicates a history of abuse and recent thoughts of self-harm. Dr. Starks asks you what they should do, if anything.

Practice Scenario #2

It is two weeks until the end of the term. A student comes into the office and meets with you. They are overwhelmingly upset as they have just found out that their father died unexpectedly in a car accident. The funeral is scheduled for the following week and they just spent the remaining amount of their FASFA check on an emergency flight home. The student is unsure of what to do and are afraid they are going to fail their finals that are coming up.

Practice Scenario #3

A student who regularly attends and participates in your classes has missed three classes this week. When you ask the lab instructor about their attendance, they share that the student has been to their class either. You consult with the head advisor and plan to reach out to the student via canvas. The student hasn't responded to two prompting e-mails and have now missed almost two weeks of class.

The student responds a few days later and says, "I'm sorry I haven't been around. There's a lot going on. It's just too much. I'm going to give up on this term."



How You Can Help

- Pair up with someone and identify specific ways you can strengthen OSU's culture of care
- Group share



How We Can Help You

- What feedback do you have for CAPS, SCT, and OSU around students' mental health?

Questions or Comments?

Thanks!!!