Supporting Students’ Mental Health

Aubrie Piper, Director, Student Care
Ian Kellems, PhD, Executive Director, CAPS
Oregon State University
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

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Students Utilizing CAPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013-14</td>
<td>1897</td>
</tr>
<tr>
<td>2014-15</td>
<td>2482</td>
</tr>
<tr>
<td>2015-16</td>
<td>2533</td>
</tr>
<tr>
<td>2016-17</td>
<td>2778</td>
</tr>
<tr>
<td>2017-18</td>
<td>3004</td>
</tr>
<tr>
<td>2018-19</td>
<td>3170</td>
</tr>
</tbody>
</table>
Number of Student Clinical Contacts

Total Client contacts

- 2013-14: 9985
- 2014-15: 12980
- 2015-16: 12364
- 2016-17: 13878
- 2017-18: 15026
- 2018-19: 15311
21% ACADEMIC COLLEGES

16% INDIVIDUAL STUDENTS

8% PARENTS OR FAMILIES

160 COLLEGE OF LIBERAL ARTS

133 COLLEGE OF ENGINEERING

100 COLLEGE OF SCIENCE
15% 10 OR MORE CASE NOTES
54% 5 OR MORE CASE NOTES
70 HIGHEST CASE NOTES
66% ENROLLED
10% GRADUATED
24% NOT ENROLLED
“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?
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)
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

beav.es/ZUi
A faculty member, Dr. Stark, stops by your office and asks 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.
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.
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!!!