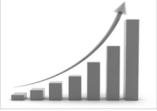


STRESS in the PIPELINE...

Anxiety is on the rise.




In the US, among the MOST frequently diagnosed mental health condition in childhood.

As many as 10% of YOUNG children may have an anxiety disorder. About 35-40% are treated.

About 50% of kids with anxiety disorders also have a second emotional or behavioral disorder e.g., depression or aggression.

And oh... Yeah... we're




COMING SOON


TO A COLLEGE NEAR YOU !!

Another Explanation?

EXCELLENCE HAS BECOME THE NEW AVERAGE...



And the result?



"Lions, and Tigers, and Instagram! Oh, My!"

And the stress that comes from Social Comparison and Social ISOLATION. Kids don't know how to talk or interact LIVE!

College Stress Stats:

20% of college students say they feel stressed "most of the time."

10% had thoughts of suicide.

34% report feeling depressed at least at one point within the last 90 days.

13% have been diagnosed with depression, anxiety or other mental health condition.

80% say they sometimes or often feel stressed.

About half of surveyed college students felt **overwhelmed with anxiety** at least once within the last **12 months**

[Sources: APA, Anxiety and Depression Association of America]



DIGGING A LITTLE DEEPER: STRESS AND ANXIETY NATIONALLY

Source: The American College Health Association
[Survey 2013 National College Health Assessment](#)

- 21.9%** anxiety affected their academic performance
- 13.8%** depression affected their academic performance
- 30%** stress affected their academic performance
- 20%** sleep difficulties affected their academic performance
- 47.7%** feeling that things were hopeless
- 85.6%** feeling overwhelmed by all they had to do
- 56.9%** feeling overwhelming anxiety
- 34.5%** feeling so depressed that it was difficult to function
- 1.4%** attempting suicide
- 15.8%** diagnosed with, or treated for, anxiety problems
- 13.1%** diagnosed with, or treated for, depression

Anxiety is a global phenomenon:

2018 Mental Health Survey

14,000 first-year college students in 8 Countries

Findings: 35 percent struggled with a mental illness, particularly depression or anxiety.

In the U.S., college students seeking mental health services report that ANXIETY is their #1 concern.

*Journal of Abnormal Psychology
American Psychological Association 2018, Vol. 127, No. 7
WHO World Mental Health Surveys International College Student Project:
Prevalence and Distribution of Mental Disorders

“Environmental Hazards” to Mental Health

Some colleges and universities have become settings of discrimination, homophobia, political extremism and intolerance, and xenophobia.



Unless universities work to reduce or eliminate these negative forces, feelings of marginalization and isolation can be harmful to mental health. For students who may be perceived of as “The Other,” especially those who have a pre-existing mental illness, such acts of alienation can actually worsen their condition.

TRENDS in Mental Health on College Campuses:

66% of student affairs administrators identified mental health as their top concern.

College enrollments grew by 5.6% between 2009 and 2015.

While the number of students seeking mental health services increased by 29.6%,

...and the number of attended appointments increased by 38.4%.

Source: The 2014-2015 report from the Center for Collegiate Mental Health

A UNIQUE EXPERIENCE and a UNIQUE OPPORTUNITY

“For many students, especially those who live on campus, the college years are the only time when a single setting encompasses not only their primary activities—both career-related and social—but also their health and other support services.”

Given the unique nature of the traditional college campus, faculty and staff, as well as campus organizations, are often well positioned to help identify students with potential mental health problems and to facilitate treatment (e.g., by identifying at-risk behaviors, educating students about mental health issues, and combating stigma associated with mental illness) by referring the students to appropriate mental health services.”

From: The Rand Study

Some important things to consider....

Mental Health Awareness and Intervention has to be Inclusive



EQUITY IN MENTAL HEALTH
FRAMEWORK

A Framework of Recommendations for Colleges and Universities to Support the Mental Health of Students of Color

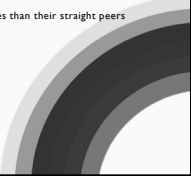
To take Action: Equity in Mental Health Framework developed by the Steve Fund in collaboration with the Igd Foundation. These resources can help young people of color thrive socially, academically and emotionally.



LGBTQ Students: Pertinent Data

- Compared to straight peers, LGBTQ students reported higher overall levels of stress over the past month (63 versus 55 percent).
- Nearly twice as likely to have used some type of mental health services in college (31 versus 18 percent).
- LGBTQ students had higher rates of psychological distress (26 versus 18 percent) than straight peers.
- More likely to report academic impairment related to mental health problems (17 versus 11 percent)
- More likely to worry about confidentiality and to use off-campus mental health services than their straight peers

Source Info: RAND study (2014-15) one of the largest surveys ever of college students about mental health issues. More than 33,000 students from 33 public four-year and two-year colleges in California surveyed about mental health. 7 percent — roughly one in 15 — identified as LGBT or questioning. The study was published online by the Journal of Adolescent Health





STRESS!



What, no more tenure?

No more COLLEGE, you IDIOT!

Will you two just SHUT UP?



Let's take a look at
what **STRESS** can
do!

5000 ?

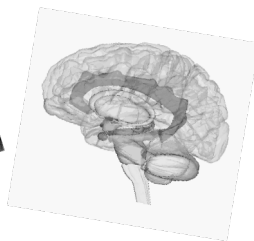
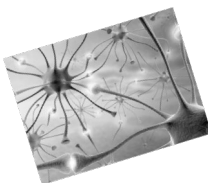


hmm...
or is it
4100 ?



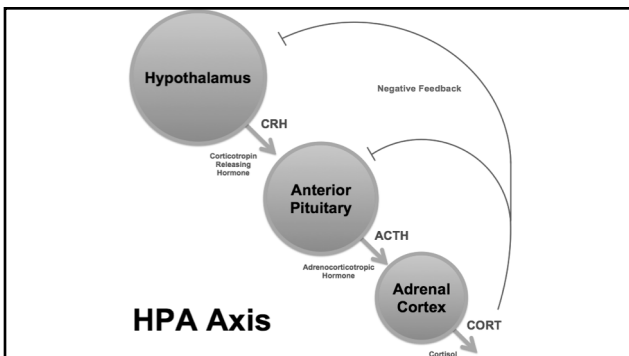
THE NEUROBIOLOGY OF STRESS

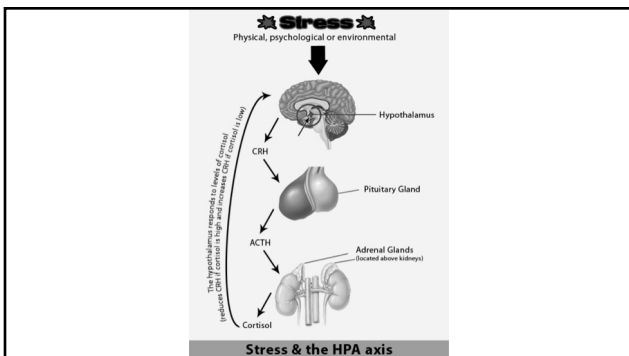
It's all in your head !



Well, almost...

HOW? Stress triggers the production of a hormone called cortisol.





Under traumatic or *continuous* stress, this feedback system
breaks down

Too little or too much cortisol is
NOT GOOD!!!

Executive functioning areas disengaged

Frontal Executive Functioning Areas: Disengaged
The prefrontal cortex is the "CEO" of the brain. It regulates decision making, judgment, planning, moral reasoning, and sense of self. Stressful experiences (academic pressure, sleep deprivation, substance abuse, etc.) disengage the frontal lobes. Over time, this can lead to impulsive, short-sighted, even violent behavior; increased anxiety; depression; alcohol and drug abuse; learning disorders; and increased stress-related diseases.

Subcortical Fight or Flight Areas: Engaged
The subcortical arousal system—thalamus, hippocampus, brainstem, and hypothalamus—mobilizes the body for action, increasing heart rate, respiratory rate, and muscle tone. The nature of this system is to bypass the frontal executive functioning and trigger the fight or flight mode.

Q: What's the relationship between stress and anxiety?

A: Stress is a kind of pressure created by a threat in situation.
Anxiety is a *reaction* to the stress.
Strong coping (survival) skills help to mitigate anxiety.

STRESSORS

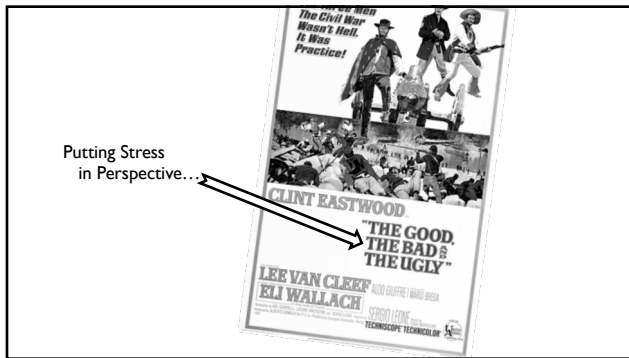
→


COPING SKILLS

→

ANXIETY

leah@leahcohen.com
<http://leahcohen.com> ©2013






GOOD STRESS
aka Positive Stress


challenging situations that we feel or know we can overcome...

"Ready...Set....."

DIFFERENT LEVELS AND KIND OF STRESS...

Operating on "The Cusp of Competence"





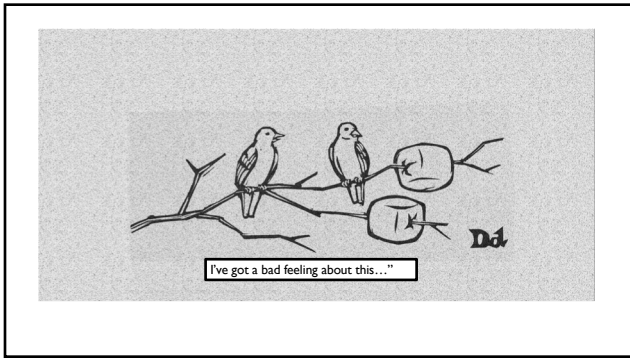
TOLERABLE STRESS

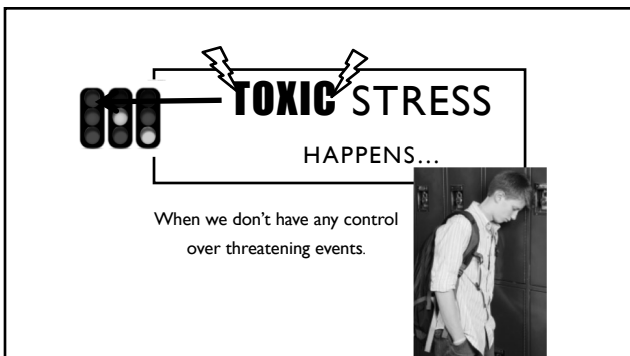
short term adverse events that we overcome or to which we adapt.

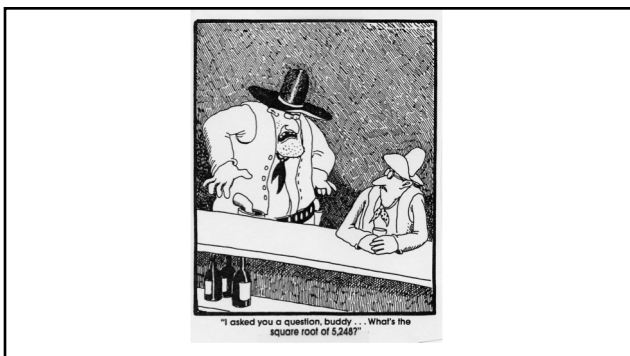
(e.g. loss, separation, a test, a family argument, roommate gets sick...)

"...this too shall pass."

DIFFERENT LEVELS AND KINDS OF STRESS...







What are anxious students thinking about?

- What if I don't make friends? What if it's harder than I thought?
- What if I don't like the school? What if I can't find my classes? What if I don't like my roommate? What if my roommate doesn't like me?
- What if I get homesick? What if I can't live on my own?
- What if I can't handle the work?
- Am I the only one in this place who feels this way?
- What about all that money my parents paid for this?
- What about my student loan debt?
- Should I tell someone my roommate has drugs?
- Will someone tell someone that I have drugs?
- No one here would believe what my life has been like.
- Will I be perceived of as a terrorist, a LIBERAL or a racist?
- What if I get anxious!!!! (A circular effect)



Impediments to Seeking Help for Mental Health Issues

- #1! STIGMA
- Embarrassment (only 24% OK with disclosure)
- Concerns over Confidentiality
- Finances
- Fear (If I am getting help = I can't lead a productive life)

≡ students keep emotional troubles to themselves, reinforcing the stigma and making life far more difficult than it need be.

The College Campus/Classroom as Screening Clinic:



Observing Student BEHAVIOR is the key to identification of stress and anxiety

Source: The Georgetown Voice: Stressed And Silent: Georgetown's Culture And Mental Health

A conversation between students during midterm week:

'Hey, how are you?' '

Well, I have **nine tests and 10 essays**, and oh yeah, a cappella Fest.'

Translates to: "I am working harder than you, I am doing truly inhuman work."

Create impossible expectations. Creates a "Stress Culture" environment. Harmful to students' mental health

"Stress culture is further exacerbated by the facade of perfection,"
(the need to do more internships, take on leadership roles, clubs, etc.)

Antidote: asking students to slow down and be better stewards of their mental health.

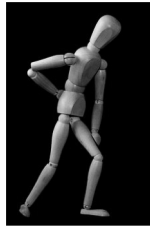
BUT... This may sound like we're asking students to do less,
and that conflicts with their ambitions.

The key is to enhance mental health as a way to *accomplish more* and in a better way.

Physical Symptoms of Anxiety the student might experience, (but you may not see)



Getting sick more often than normal
Reduced libido
Chest pain with or without tachycardia
Headaches
Nausea/Bowel problems
Irregular or missed periods
Muscle aches
Trouble sleeping
Heartburn or indigestion
Fatigue
Flushed skin
Clenched teeth
Involuntary twitching or shaking
Unusual changes in weight



Emotional Symptoms the May Signal Stress



Lack of patience
Feelings of sadness and/or depression
Feelings of being overwhelmed
Restlessness
Reduced or eliminated desire for activities once enjoyed or regularly done
Irritability
Sense of isolation
Trouble coping with life's issues
More frequent or extreme pessimistic attitude



Cognitive Symptoms Caused by STRESS & ANXIETY

Impaired concentration

Trouble with remembering things, such as homework assignments or deadlines

Chronic worrying

Anxious thoughts or feelings

Reduced or impaired judgment

Impaired speech (mumbling or stuttering)

Repetitive or unwanted thoughts



Behavioral Symptoms

- Change in eating habits
- Change in sleeping habits
- New or increased use of drugs, tobacco or drugs
- Nail biting
- Pacing
- Unexpected failure or delay to complete everyday responsibilities
- Significant change in school or work performance
- Unusual desire for social isolation
- Frequent lying
- Trouble getting along with peers, such as coworkers, classmates or teachers



Source: www.leapsofpsychology.org

Additional Behavioral Indicators:

Nervous mannerisms

Emotional Lability/ Dysregulation

Withdrawal, extreme shyness

Frightened, teary


Poor personal hygiene

Procrastinates, does sub-par work

Poor attendance




WHAT MESSAGES DO WE CONVEY TO STUDENTS?



"Welcome to College. Here at Lalaland University, we're going to do everything we can to make your life as stress-free as possible, so you can chill out, have fun... and maybe even eventually graduate."


The Lebowsky Model



BETTER: "College is not meant to be easy. You're supposed to be challenged, not just academically, but in every way. And you have the opportunity to grow in all aspects of life. Making it here will require you to come out of your comfort zone, accept and push through your anxiety, prioritize, and make wise choices."

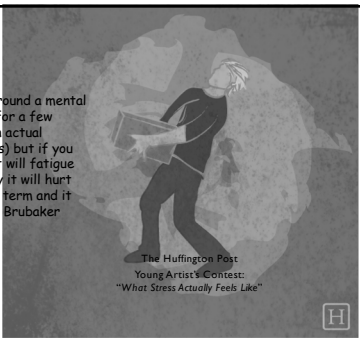
Ken Goodman, LCSW [The Anxiety Solution Series: Your Guide to Overcoming Panic, Worry, Compulsions and Fear. A Step-by-Step Self-Help Audio Program](#)

BEST: "...and we have created experiences and learning opportunities that will help you do just that. Some of you will need this more than others. We're not going to do it FOR you, or TO you; it's a shared responsibility."




SELF KNOWLEDGE and AWARENESS are the KEYS To SUCCESS

"Stress feels like carrying around a mental cinderblock. You can hold it for a few minutes and not get tired (an actual cinderblock weighs 28 pounds) but if you carry it around for an hour it will fatigue you, carry it around for a day it will hurt you, continue to carry it long term and it can literally kill you." -- John Brubaker



The Huffington Post
Young Artist's Contest:
"What Stress Actually Feels Like"

"I think what really made me grow into my own at Tulane was learning to be uncomfortable. Knowing that it's okay to feel uncomfortable, awkward, and to feel a little out of place, and to embrace those emotions, and roll with it."

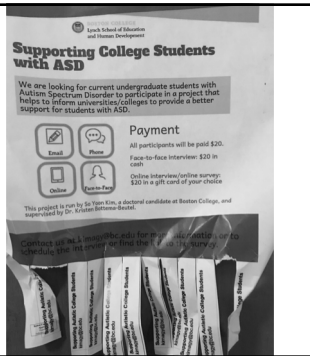


So, what can be done?

(One example, seen last week at Boston College)

Direct outreach to and
involvement of students

...WHAT ELSE?



COLLEGES ARE DOING CREATIVE THINGS TO ADDRESS THE MENTAL HEALTH NEEDS OF STUDENTS

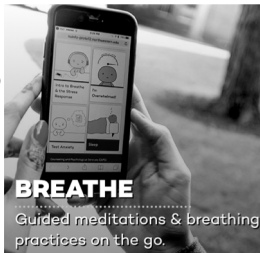


- Pre-Admission Screening
- MH component at Orientation
- Courses Focusing on Mental Health and Wellness
- On-campus events that reduce stigma about mental illness (E.g. **Active Minds** at Tufts hosts *Mental Health Monologues*)
- On-campus mental health centers
- Peer Counseling Programs
- Referrals to, contracts with off-Campus MH resources
- Faculty Training and Psychiatric Consultation
- Student Mental Health Training (e.g.) <http://counseling.tamucc.edu/assets/videos/suicideprevention.mp4>
- Technology-based resources & programs



A stress management resource created for
Undergraduate & Graduate students
at Northwestern University

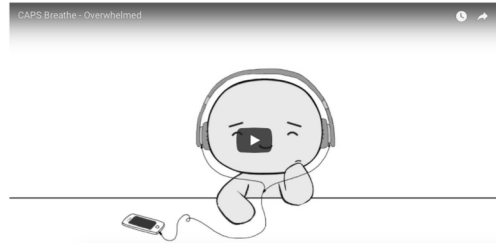
CAPS (Counseling & Psychological Services)



SAMPLE SLIDE FROM BREATHE

I'm Overwhelmed!

Here is an animated video for when you are having one of those days!



SAMPLE AUDIOTAPES

Practices to Reduce Feeling Overwhelmed**Don't Panic!**

- Breath to Reduce Panic Audio (8:34)
- Learn a breathing and mindfulness technique to help decrease symptoms of panic.

Stop and Hit the Reset Button

- Stop and Hit the Reset Button (4:44)
- Take a mini-break from a stressful situation to regroup and keep your cool.

Soothing Moment

- Soothing Moment Audio (8:14)
- Offer yourself some kindness and compassion, soften perfectionism and self-criticism, and generally be your own best friend when you need a friend the most!

Find a Comfortable Rhythm

Student Tele-Help 24/7 student-based program provides students with 24/7 direct "virtual access" to top state-licensed virtual psychiatrists, NPs, psychologists, therapists, and counselors, referrals to specialists and prescriptions, when necessary.

SilverCloud Health - Digital Mental Health Platform

(2016) Among the more than 200 academic institutions using this are:

Colorado State University
Middlebury College
University of Wisconsin, Madison

College SOS Program

The College SOS Program is a one-hour peer-based interactive mental health wellness and suicide prevention program. The SOS curriculum includes an educational DVD that profiles college students who struggled with depression and suicidal ideation and are now in recovery thanks to the support of peers and mental health professionals. The College SOS Program can be presented in a 50 or 90 minute long format.

QPR**Suicide Prevention Gatekeeper Training for Suicide Prevention**

Included on the Suicide Prevention Resource Center's Best Practices Registry and is one of the most well established gatekeeper training programs. During this training, participants learn to recognize the warning signs of suicide and how to intervene and help someone who is depressed or suicidal by learning the three steps of QPR (question, persuade, refer).

**Glass People.**

Film about Anxiety
2013 ADAA Conference
La Jolla, CA

<https://adaa.org/about-adaa/press-room/multimedia/glass-people>

<https://vimeo.com/64255657>

MENTAL HEALTH RESOURCES for COLLEGES:**HEALTHY MINDS NETWORK**

Research on Adolescent and Young Adult Mental Health

Provided by the American Psychiatric Association, has information on mental health, including prevention, symptoms and treatment and tips for students and parents. healthymindsnetwork.org



A screening tool and contact information for university counseling centers. **The Self Evaluator** developed for ULifeline by Duke University School of Medicine. Screens for 13 common mental health conditions.

ID's problems that could be impacting thoughts, feelings and behaviors. The screening process also provides information on these conditions and how to reach out for help. Ulifeline.org


Half of Us features inspirational interviews with artists and athletes along with information on mental health. Also access a screening tool here. www.halfofus.com

DEALING WITH... GET THE FACTS TAKE ACTION HELP A FRIEND FIND HELP NOW



The Jed Foundation provides resources and research on mental health and suicide prevention for parents, students and colleges. www.jedfoundation.org

Campus Calm gives high school and college students the tools to combat stress. Focus on women. www.campuscalm.com





VIRTUAL TRAINING PROGRAMS : **KOGNITO** at-risk

If it were **ONLY** anxiety:

What about the student who is...

Suspicious (Paranoid)

Physically intimidating, threatening or aggressive

Not in touch with reality (psychotic)

Passive, excessively needy

Probably using alcohol or drugs

Depressed

May be suicidal

ANALYSIS OF A PROBLEM...and steps toward a solution.

Ideal counselor-to-student ratio is 1 : 1,000 or 1,500

May be OK at a small college, but

At a large institution (like Penn State -- 46,000 undergrads)

= many therapists. Should Colleges Charge Fees?

Increase in "rapid-access hours per client," (short notice or emergency visits)

Decrease in "routine-access hours per client" — non-urgent individual appointments

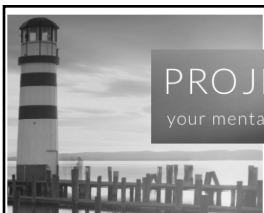
Result: unless students are having an emergency, it's getting harder and harder to see a counselor.

How are college campuses responding?

"Trending": Increase in the variety of prevention initiatives

Focus: Prevention vs. Treatment

Goal: making campus and students healthier and more resilient



PROJECT LIGHTHOUSE
your mental health matters to us

Project Lighthouse Georgetown University - a peer to peer support service
developed in consultation of the Georgetown Counseling And Psychiatric Services (CAPS),
the office of the Assistant Vice President for Student Health, and Health Education Services (HES).
We provide an easy-to-access resource for Hoyas to anonymously voice their concerns to a sympathetic ear,
and we discuss and explain resources that could help.

Anonymous Peer Support - Open 7 PM to 1 AM Nightly

And Finally,
Changing School Culture
(dare I say from the bottom up?)

THE STALL SEAT JOURNAL

Publication posted on the backs of stall doors in restrooms at Georgetown.
To help students understand what "normal" means on a high-pressure campus.
Also provides information about other health topics, including alcohol and drug use,
sexual health, emotional health, and flu-prevention strategies.



- Understand that addressing this issue is not optional.
- Involve, enlighten and teach administration, faculty and students (and their parents)
- Work to ensure that the school culture supports students with mental health needs.
- Be Creative: Be open to alternative approaches
- Be Persistent
- Be Optimistic.
- And realize...

Have a great rest of the day...
and let's keep in touch!

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Clinical Neuropsychologist

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www.jeromeschultz.com

tweet: @docschultz

My Blog:
www.huffingtonpost.com/jerome-schultz/
