A Public Health Approach to Mental Health on UChicago’s Campus

BHAC Summit 2017
Julie Edwards, MHA
Director, Health Promotion and Wellness
• How many of you have heard of Mental Health First Aid?

• Have you implemented it on your campus?
UChicago Facts

- Private institution
- Quarter system
- Located in Hyde Park, south of the Loop near Lake Michigan
- Designated a botanic garden in 1997
UChicago Enrollment*

• Ethnicity/Race
  – White: 42%
  – Asian: 13%
  – Hispanic: 13%
  – Black: 4%
  – Multi-racial: 3%

• International: 23%

• 15,427 total students

• Academic units
  – 5,978 undergraduates
  – 5,287 masters
  – 3,197 doctoral
  – 965 PhD

*Autumn quarter 2016 enrollment, UChicago Registrar
What Does Our Data Tell Us?

- Healthy Minds Study, 2014 Data Report

<table>
<thead>
<tr>
<th></th>
<th>College (Reference)</th>
<th>Graduate (Reference)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Received any mental health therapy/counseling (in the past year)</td>
<td>22% (21%)</td>
<td>24% (22%)</td>
</tr>
<tr>
<td>Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (in the past year)</td>
<td>45% (47%)</td>
<td>42% (44%)</td>
</tr>
<tr>
<td>Used Student Counseling Services for mental health</td>
<td>16% (12%)</td>
<td>14% (10%)</td>
</tr>
</tbody>
</table>
What Does Our Data Tell Us?

- Healthy Minds Study, 2014 Data Report

In the past 12 months, have you received counseling or support for your mental or emotional health from any of the following sources:

- No, None of These: 32%
- Other Non-Clinical Source: 3%
- Support Group: 1%
- Religious Counselor/Contact: 3%
- Family Member: 38%
- Significant Other: 33%
- Friend: 47%
- Roomate: 16%
What Does Our Data Tell Us?

- **ACHA-NCHA, Spring 2013**

<table>
<thead>
<tr>
<th></th>
<th>College</th>
<th>Graduate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Felt so depressed that it was difficult to function in the past 12 months</td>
<td>41.5%</td>
<td>31.0%</td>
</tr>
<tr>
<td>Felt overwhelming anxiety</td>
<td>59.4%</td>
<td>49.8%</td>
</tr>
<tr>
<td>Felt more than average stress</td>
<td>53.3%</td>
<td>48.0%</td>
</tr>
</tbody>
</table>

- 36% of students agree that the UChicago campus climate encourages free and open discussion about mental and emotional health
- 33% of students agree that UChicago views students’ mental and emotional well-being as a priority
What Does Our Data Tell Us?

• Key informant interviews
  – Deans of Students
  – Campus partners
  – Students

• Feedback supported the data collected from our surveys:
  – Students are feeling overwhelmingly stressed
  – Don’t know when to seek help
  – Don’t always know where to seek help
  – Concerned about the stigma associated with seeking help
Public Health Approach
Public Health Approach

Define the Problem

- 75% of mental illnesses develop before the age of 25\(^1\)
- 22% of undergrads and 29% of grads have been previously diagnosed with a mental illness\(^2\)
- Almost half of our students are reporting higher feelings of anxiety, depression and stress\(^3\)

Identify Risk and Protective Factors

**Risks**
- Students lack knowledge of when and where to seek help

**Assets**
- Student Counseling Service
- Let’s Talk
- Health Promotion and Wellness
- Active Minds RSO

Develop and Test Prevention Strategies

- MHFA is proven to be effective and listed in SAMHSA’s National Registry of Evidence-Based Programs and Practices

Assure Widespread Adoption

- Pilot in 2015-2016
- Expansion in 2016-2017
Why Mental Health First Aid?

The Jed Foundation/Suicide Prevention Resource Center

Comprehensive Approach to Mental Health Promotion and Suicide Prevention

- Develop Life Skills
- Promote Social Connectedness
- Identify Students at Risk
- Increase Help-seeking Behavior
- Restrict Access to Potentially Lethal Means
- Follow Crisis Management Procedures
- Provide Mental Health Services
Why Mental Health First Aid?

• Mental health concerns are common
• Stigma is associated with mental health concerns
• Many people are not well informed about mental health concerns
• Professional help is not always on hand
• People often do not know how to respond
• People with mental health concerns often do not seek help
What is Mental Health First Aid?

• 8-hour training that covers:
  – How to identify signs and symptoms of mental health issues
  – How to have a conversation with someone you’re concerned about
  – How to refer them to the appropriate resources to seek help
• Similar to CPR
• People are trained to recognize signs and symptoms, not to diagnose
• MHFA action plan (ALGEE)
• Interactive scenarios given throughout the course where participants practice using the ALGEE action plan
## MHFA Logic Model

<table>
<thead>
<tr>
<th>Inputs</th>
<th>Activities</th>
<th>Participants</th>
<th>Outcomes/Impact</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Staff time to be trained as instructors</td>
<td>• Facilitate MHFA training</td>
<td>• Deans of Students</td>
<td><strong>Short-term</strong></td>
</tr>
<tr>
<td>• Staff time to facilitate MHFA</td>
<td>• Evaluate MHFA results</td>
<td>• UChicago Police Department</td>
<td>• Raise awareness of mental health issues</td>
</tr>
<tr>
<td>• MHFA manuals purchased</td>
<td>• Develop resources to utilize</td>
<td>• Student services staff</td>
<td>• Increase participants’ awareness of campus resources</td>
</tr>
<tr>
<td>• Printed materials</td>
<td>• Conduct quarterly luncheons</td>
<td>• College advising</td>
<td>• Increase mental health conversations</td>
</tr>
<tr>
<td>• Emma email to register participants</td>
<td>• Connect with other campus partners</td>
<td>• Students</td>
<td>• Increase identification of at-risk students</td>
</tr>
<tr>
<td>• Survey Monkey for evaluation</td>
<td></td>
<td>• Housing staff</td>
<td></td>
</tr>
<tr>
<td>• Collaboration with Linden Oaks for CEUs</td>
<td></td>
<td>• Dining staff</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Faculty</td>
<td></td>
</tr>
</tbody>
</table>

**Long-term**

- Decrease mental health stigma
- Increase help-seeking behaviors on campus
- Create a campus culture of caring around mental health issues
MHFA Specifics

• We utilize the adult version of MHFA, higher education module
• MHFA must be conducted as one full 8 hour day or two consecutive 4-hour days
• No changes can be made to the PowerPoint to maintain the fidelity of the program
• We inserted UChicago statistics into talking points throughout the course
• We tailored the scenarios to be UChicago-specific
How Did We Gain Buy-in?

• Presented mental health data to Dean of Students in the University
• Discussed MHFA training as a strategy to educate staff, faculty and students
• Meetings to discuss the outcomes we hoped to achieve with:
  – Deans of Students
  – Campus partners
  – Students
2015-2016 Implementation

• Trained two HPW staff as MHFA instructors in summer 2015

• First pilot training held in August 2015
  – Student Counseling
  – UChicago Police Department
  – Resources for Sexual Violence Prevention
  – Center for Leadership and Involvement
  – Physical Education and Athletics
  – Disabilities Services
2015-2016 Implementation

• Open trainings (4)
  – Open to anyone who registers
  – Allows for diverse feedback from group
  – Brings awareness to resources people may be unfamiliar with
    (i.e. AA group in Hyde Park)

• Closed trainings (2)
  – Designated for those who may have confidential information they’d
    like to share with one another
  – i.e. Deans of Students, Student Emergency Response System (SERS)
Hello [% member.first_name default="Colleague" %].

On behalf of the Health Promotion and Wellness office, I would like to extend an invitation to participate in our Mental Health First Aid training on Tuesday, November 22. The training will be a full day from 8am to 5pm in the Alumni Room at Student Counseling Service and a light breakfast and lunch will be served.

Mental Health First Aid (MHFA) is an effective evidence-based training that is designed to give people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. These trainings are now being offered as one of HPW’s initiatives to help enhance mental wellbeing for our students and the overall UChicago campus community.

The course uses role-playing and simulations to demonstrate how to recognize and respond to the warning signs and symptoms of a mental illness or emotional crisis. Individuals trained in MHFA can help increase awareness in mental health, reduce stigma, and encourage those in crisis to seek help on our campus and in our community.

Regardless of your role at the university, you impact our students’ wellbeing. We sincerely hope that you will join us for our upcoming training.

All participants in the training need to officially register so we can provide appropriate certification for you after the course. To register, please click the blue button below.

Click Here to Register
MHFA Registration

• All participants complete the pre-test through Survey Monkey prior to the course (by registering)
• They must attend the full 8 hours to receive MHFA certification
• If they are unable to attend the full time, we recommend other training dates to accommodate their schedule
2015-2016 Results

<table>
<thead>
<tr>
<th>Campus &amp; Student Life</th>
<th>Graduate Schools &amp; Divisions</th>
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</thead>
<tbody>
<tr>
<td>Student Health &amp; Counseling Services</td>
<td>Law School</td>
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<td></td>
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<tr>
<td>Center for Leadership &amp; Involvement</td>
<td>Booth</td>
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<td></td>
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<tr>
<td>Physical Education &amp; Athletics</td>
<td>Physical Sciences Division</td>
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<td></td>
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<tr>
<td>Student Disabilities</td>
<td>Social Sciences Division</td>
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<td></td>
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<tr>
<td>Office of Multicultural Affairs</td>
<td>Humanities</td>
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<td></td>
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<td>Office of Spiritual Life</td>
<td>BSD</td>
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<td>Office of International Affairs</td>
<td>Harris</td>
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<td>RSVP</td>
<td>Graham School</td>
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<tr>
<td>Student Emergency Services</td>
<td>UChicago GRAD</td>
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<td>Leadership/Admin</td>
<td>Provost/Alumni Services</td>
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<td></td>
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<tr>
<td>College</td>
<td>Office of University Events and Ceremonies</td>
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<td>College Housing</td>
<td>Faculty Relocation/Dual Career Services</td>
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<td></td>
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<td>Career Services</td>
<td>CEERES</td>
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<td></td>
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<tr>
<td>UChicago Police Department</td>
<td>Library Services</td>
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<td></td>
<td></td>
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<tr>
<td>Total Number of Participants Trained: 99</td>
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</tbody>
</table>
2015-2016 Results

Average Gatekeeper Behavior Scale

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
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<tbody>
<tr>
<td>MHFA Quiz Score</td>
<td>34</td>
<td>42</td>
</tr>
</tbody>
</table>
| N=96; p<0.000 (strong statistical significance)
Scale Range: 11-44

MHFA Quiz Score

<table>
<thead>
<tr>
<th></th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>MHFA Quiz Score</td>
<td>7.5</td>
<td>12.5</td>
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</tbody>
</table>
| N=96; p<0.000 (strong statistical significance)
Scale Range: 0-15
2015-2016 Results

• 95% would recommend MHFA to their colleagues

• 71% strongly agreed that by participating in MHFA training they felt more confident discussing mental and emotional health on campus (26% agreed)

• 97% agreed that they felt confident in their ability to help a suicidal student seek help (a 47% increase)

• 77% strongly agreed that it was part of the role of faculty, staff, and administration to connect students experiencing psychological distress with mental health services

• 65% strongly agreed that by participating in MHFA training they felt their school cared about students’ mental and emotional well-being (35% agreed)
MHFA Resources

University of Chicago Mental Health Resource Guide

How to Help a Friend

A Pocket Guide to Helping a Friend Who Might Be in Distress at UChicago

If you, or someone you know, is struggling, seek help.
Other MHFA Resources

- MHFA Quarterly Luncheons
  - Campus partners present to staff trained in MHFA
- MHFA Quarterly Newsletter
  - Highlights newly trained staff
  - Markets the quarterly luncheons
  - Highlights any new MHFA information (i.e. 9/26/16: House unanimously passed the Mental Health First Aid Act)
2016-2017 Growth

• Summer 2016: hosted MHFA instructor training on our campus
  – Trained 6 new UChicago MHFA instructors
  – Opened for others across country to become instructors
• Open staff trainings: 2 per quarter
• Closed staff trainings:
  – UChicagoGRAD: all staff
  – College Advising: all staff
• Student pilots: 2 this year
Questions?
Contact Information

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