

College Student Mental Health: a primer for classroom and library faculty

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Session Outcomes

Participants in today's session will be able to:

- *discuss common student mental health issues*
- *understand what WCC counselors can do for students*
- *use and share online and community mental health resources, and*
- *consider some ways you can promote mental health awareness and prevention.*



College Student Mental Health

- More than 80% felt overwhelmed by all they had to do in the past year, and 45% have felt things were hopeless.
- Over 40% of students with diagnosable mental illness did not seek help.
Concern of stigma is the #1 reason students do not seek help.
- 64% of young adults who are no longer in college are not attending college because of a mental health related reason.
- Without adequate treatment, young adults with mental health issues are more likely to receive lower GPAs, drop out of college or be unemployed.

Source: National Alliance on Mental Illness (NAMI)

COMMUNITY COLLEGE MENTAL HEALTH

1 in **4** students have diagnosable
MENTAL HEALTH PROBLEMS

40%
of students with
mental health
problems go
UNTREATED

61%
of students come from
LOW-INCOME FAMILIES

Nearly **40%** of districts
OFFER NO ON-CAMPUS
MENTAL HEALTH SERVICES

ONE DOLLAR of
mental health investment equals
\$11 IN BENEFITS

Common Mental Health Concerns for College Students

- Anxiety
- PTSD/Trauma <http://www.halfofus.com/video/anxiety-disorders/>
- Depression
- Suicide

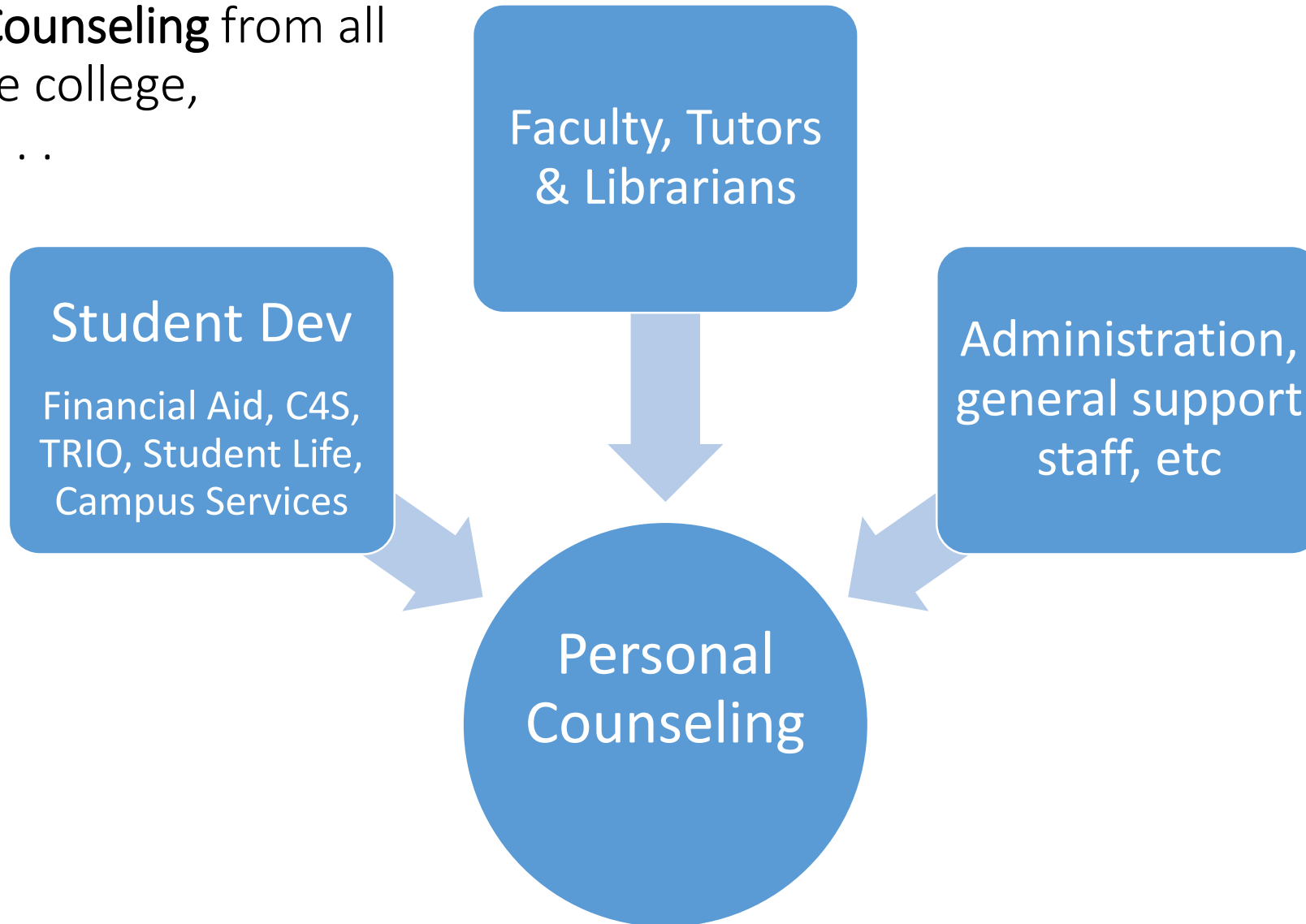
Mental Health Awareness: Help Break the Stigma!

- **Most people** who experience mental health problems **recover fully**, or are able to live with and manage them, especially if they get help early on.
- Even though so many people are affected, there is a strong social stigma attached to mental ill health, and people with mental health problems can experience discrimination in all aspects of their lives.
- Nearly nine out of ten people with mental health problems say that **stigma and discrimination** have a negative effect on their lives.
- This is because society in general has **stereotyped views** about mental illness and how it affects people. Many people believe that people with mental ill health are violent and dangerous, when in fact they are more at risk of being attacked or harming themselves than harming other people.
- Isolation, poor housing, unemployment and poverty are all linked to mental ill health. So stigma and discrimination can trap people in a **cycle of illness**.

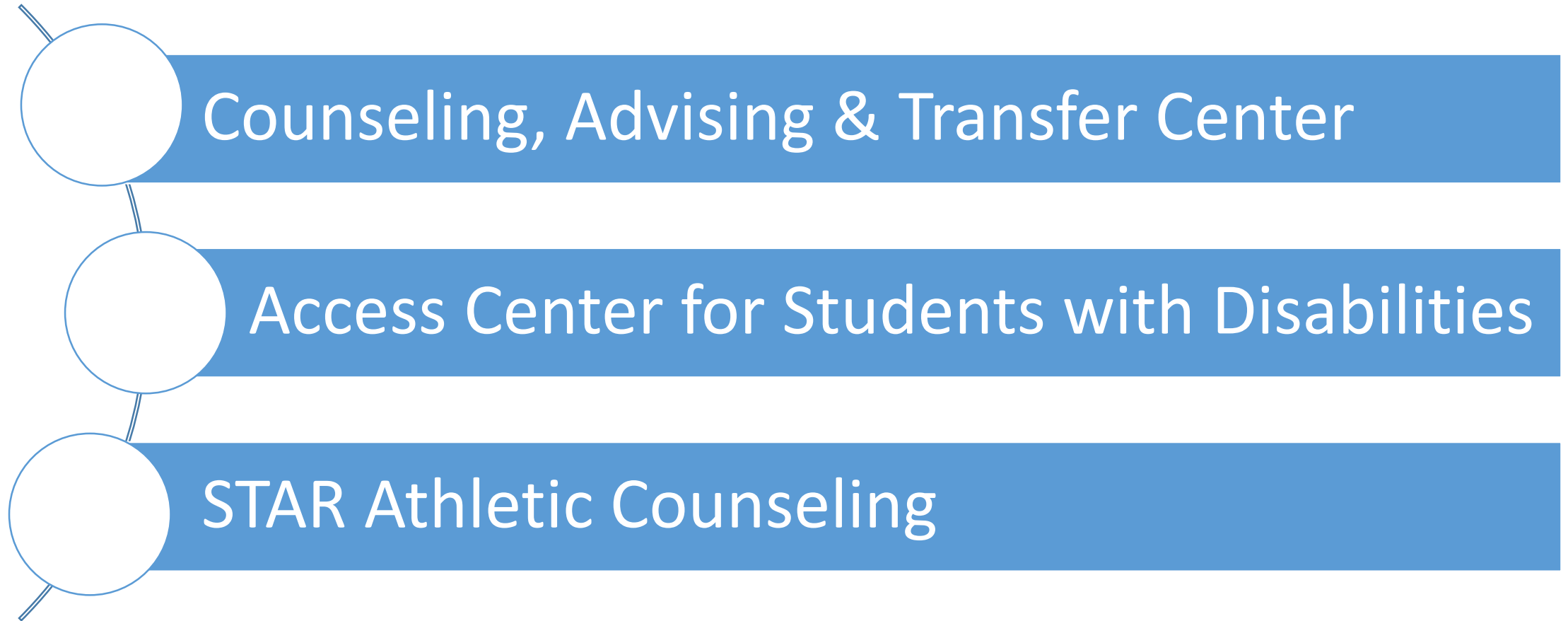
What's a Prof to do?



Students are referred for **Personal Counseling** from all around the college, including . . .



WCC Personal Counseling Referrals



Ways to refer

- Bring the student over to CATC.
- Call a counselor over to your class or office.
- Consult with a counselor ... discuss the situation and figure out some solutions together.
- Give the student the CATC contact info and suggest they see us.
- Ask a counselor to do a “wellness check” phone call to the student.
- Promote counseling services in general terms by inviting a counselor to give a 10-15 minute presentation at the start of class.

Early Referrals are Key

- Don't make the mistake of waiting too long . . .



- Classroom faculty *can and should* share info with counselors! (Not a violation of privacy/FERPA.)

What we do when you refer someone to us....

- We call or reach out to the student if requested.
- We try to engage the student and build trust.
- We want help the student reach their goals.
- We follow-up to help them stay on track.
- We ensure student safety and secure hospitalization if student indicates moderate/severe suicide ideation.
- We refer to community resources, etc. as needed



Things to keep in Mind

- “Warm hand offs” are always best!
Harder for counselors to engage with “cold calls.”
- Student has the ultimate choice
 - (WCC can not *mandate* contact with CATC outside of the Conduct process.)
- Each student is unique and on a different journey ... Different levels of readiness for change

To WIF or not to WIF?

You can always contact WCC Counseling.

- service hours on 4 campuses!
- generally best when the primary concern is about a student's well-being.

You can always submit a WIF.

- FYI when concern is very general/tentative.
- generally best when the concern is related to conduct, behavior or impact on others

**** Remember: Per Title IX (and VAWA etc): Always report ANY concerns related to harassment and/or sexual misconduct. www.waubonsee.edu/titleix*

Waubonsee Talk Line and Community Resources are 24/7 help options.

www.waubonsee.edu/counseling

Emergencies call Campus Police and/or 911.

Mental Health Awareness Events

WCC Personal Counseling Awareness Events - at SG and DWNTN

Simply Destinee “Shine a Light on Suicide” - September 2017

WCC Mental Health Awareness Days – February 2018

WCC Mental Health Advocacy Group – counselor team, ongoing

Mental Health First Aid – 8-hour certification program for “laypeople”

National Awareness/Support Resources

- Suicide Prevention Services

<http://www.spsamerica.org>

- Jed Foundation

<http://www.jedfoundation.org>



GET HELP NOW

Text "START" to 741-741 or call 1-800-273-TALK (8255)

<http://www.npr.org/2016/04/01/472451687/how-can-text-messaging-save-lives>

- **www.crisistrends.org**

- Half of Us

<http://www.halfofus.com>



- National Alliance on Mental Illness

<http://www.nami.org>



Waubonsee Counseling Resources*

Counseling, Advising and Transfer Center

Full-Time Faculty Counselors*

Ulysses Diaz

David Barreto

Evelyn Aviles-Davis

Therese Kewin

Kristin Santillan

Heidy Kindelin, Access Center

Part-Time Counselors*

Patricia Klonoski

Marta Peregi

Tom Piekarczyk

.....

STAR Counselors (Erikson x2525)

Melissa Forte

Cindy Weber

*(630) 466-7900 ext 2361

Local Resources www.waubonsee.edu/counseling

Personal Counseling

Crisis Info and Referrals

Resources

Personal Counseling Resources

- ▶ [Addiction](#)
- ▶ [Credit Counseling](#)
- ▶ [Domestic Violence](#)
- ▶ [Eating Disorders](#)
- ▶ [Grief & Loss](#)
- ▶ [Health Services](#)
- ▶ [Individual and Family Counseling](#)
- ▶ [Legal](#)
- ▶ [Sexual Assault / Abuse \(Male & Female\)](#)
- ▶ [Veterans](#)

AND REFERRALS

Personal Counseling

Crisis Info and Referrals

Resources

Crisis Information and Referrals

Waubonsee's counselors may refer you to other professionals or agencies in the area for more specialized, long-term help. Some of those are listed below.

- **Waubonsee Talk Line 24/7**
(630) 264-0394
- **The Crisis Line of the Fox Valley 24/7**
(630) 966-9393
- **Suicide Prevention Services - Suicide Hotline**
(800) 273-8255
www.spsamerica.org
- **Depression Hotline**
(630) 482-9696
- **Suicide/Depression Hotline-Spanish**
(888) 628-9454
- **Mutual Ground - Domestic Violence 24/7**
(630) 897-0080
- **Mutual Ground - Sexual Assault 24/7**
(630) 897-8383

CALL 911 FOR AN EMERGENCY

If you are currently in crisis and it's an emergency, call 911 for immediate help.

Questions?

What kinds of issues have come up in your classroom?

Success stories?

Collaboration interests?

Epiphanies?