Student Health and Wellness
Mental Health

BY
DR. CHETAN JOSHI
What am I attempting to do here?

- Talk about our partnership – connection is prevention
- Talk about recognizing and understanding the continuum of student distress and ways to respond
- Talk about the services that we provide
- Answer any questions
What are students experiencing? Anxiety is primary!!

Depression and Social Anxiety

Loneliness

FELT VERY LONELY WITHIN LAST 12 MONTHS
NATIONAL COLLEGE HEALTH ASSESSMENT

FA15  SP15  FA16  SP17
Male  Female

63   65.2  67.4
51.3 54.3  56.4

63.8
Relative risk of loneliness, 2009–2015

- Sports/exercise
- In-person social interaction
- Religious services
- Working
- Print media
- Homework
- Internet news
- Social networking websites
- TV
Loneliness as a public health issue

- Loneliness is the equivalent of smoking 15 cigarettes a day.
- Acts on same parts of brain as physical pain
- Social support is protective
- Loneliness is not being alone - subjective experience independent of the size of network.
- Emptiness
- Worthlessness
- Lack of control
- 16-24 y.o. most likely of all age groups to report feeling lonely
To Summarize

Over the last 10 years, students are presenting with
1. Increased anxiety
2. Increased depression
3. Increased loneliness
4. Increased self-threat indicators
So what has this got to do with me?

- Students need at least one key individual who supports them through their college journey.
- Students spend a lot of time with you.
- Students are looking for mentorship and connection.
- Connection is prevention—doing the up-river work—a story.
# Defining the Problem: Mental Health as a Continuum

<table>
<thead>
<tr>
<th>Health</th>
<th>Reacting</th>
<th>Injured</th>
<th>Severe/Persistent Impairment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Informal Self Help Community Supports Coping Family/Friends</td>
<td>Common Reversible Supportive Services Self-Care Skill Building</td>
<td>Significant Functional Impairment Time-Out Course of Treatment</td>
<td>High Risk Duration Difficulty with independent functioning Multidisciplinary treatment</td>
</tr>
</tbody>
</table>
Doing the Up-River Work: Developing a Resilience Focus

**Recognize**
Admit (normalize) struggles/challenges

**Reframe**
Setbacks direct innovation and growth

**Reflect**
Define personal role in success

**Reach out**
Connect to resources - success doesn’t happen in isolation
Focus on Resilience: NORMALIZE the Struggle

Statement on Success

Success in this course program depends heavily on your personal health and wellbeing. **Recognize** that stress is an expected part of the college experience, and it often can be compounded by unexpected setbacks or life changes outside the classroom. Your instructors and I strongly encourage you to **reframe** challenges as an unavoidable pathway to success. **Reflect** on your role in taking care of yourself throughout the term, before the demands of exams and projects reach their peak. Please feel free to **reach out** to me about any difficulty you may be having that may impact your performance in your courses or campus life as soon as it occurs and before it becomes too overwhelming. In addition to your academic advisor, I strongly encourage you to contact the many other support services on campus that stand ready to assist you.
Making a Referral

Tier 1 = in need of immediate assistance

- Immediate danger – call 911 or UConn Police 860-486-4800
- UConn Student Health and Wellness – Mental Health (SHAW-MH)
  24/7 On-Call – 860-486-4705

Tier II = in need of support / consultation

- SHAW-MH: 860-486-4705
- National Suicide Prevention Lifeline – 1-800-273-8255
- Crisis Text Line – Text “HOME” to 741741
SHAW-MH
SHAW- MH Circle of Care

CMHS Circle of Care

Self Help
Meditation
Crisis Support
Yoga
Referrals
Support Drop-in
Psychiatry
RIO Workshops
Group Therapy
Brief Therapy
CONSULTATION & SUPPORT
DROP-IN HOUR

Feeling stressed?
Overwhelmed?
Concerned about a Friend?

Stop by for FREE, confidential consultation with one of our therapists.

Fall semester:
Monday through Friday, 1-3pm at SHAW-MH
Tuesdays, 10am-12pm in Student Union 410
Meditation & Neurofeedback

WEDNESDAYS AT 12PM
ARJONA 403
FREE!

Meditation class is 12-12:30pm.
Neurofeedback info session is 12:30-1pm (must first participate in the meditation class).

To learn more, visit: counseling.uconn.edu

UCONN
YOGA FOR STRESS RELIEF
Classes Offered Weekly Throughout the Semester

Thursdays
11-12 pm & 12:15-1:15 pm

counseling.uconn.edu
Contact Us

**SHAW - MH**
- 860-486-4705
- counseling.uconn.edu

**Suicide Prevention Lifeline**
- 800-273-8255
- suicidepreventionlifeline.org
THANK YOU!!!