

New Dean and Department Head Orientation

Friday, August 21, 2020

9:45 a.m. – 10:10 a.m.

Student Health and Wellness



Suzanne Onorato, PhD
Executive Director
Student Health & Wellness
(SHaW)

UConn

STUDENT HEALTH
AND WELLNESS

SHaW Service Lines:



Medical Care

Hilda May Williams Building
234 Glenbrook Road
860-486-4700



Pharmacy



Mental Health

Arjona Building
4th Floor
337 Mansfield Road
860-486-4500



Health Promotion

Wilson Building
South Campus
860-486-9431

Overview of SHaW Services

Medical Care and Pharmacy:

- Primary Care
- Women's Health
- Orthopedics and Sports Medicine
- Nutrition Services
- *Sexual Assault Services (SAFE)*
- Transgender Care
- *24 Hour Advice Nurse Line*
- Allergy and Travel Medicine
- Pharmacy
- Radiology
- *Overnight Infirmary*

Mental Health:

- *Emergency Triage & Crisis Support*
- Routine Assessment
- Individual and Group Therapy
- Psychiatric Services
- Alcohol and Other Drugs Counseling Services
- Eating Disorders Services

Health Promotion:

- Wellness Coalition
- Collective Impact Approach
- Wellness Framework
- *UConn Recovery House*

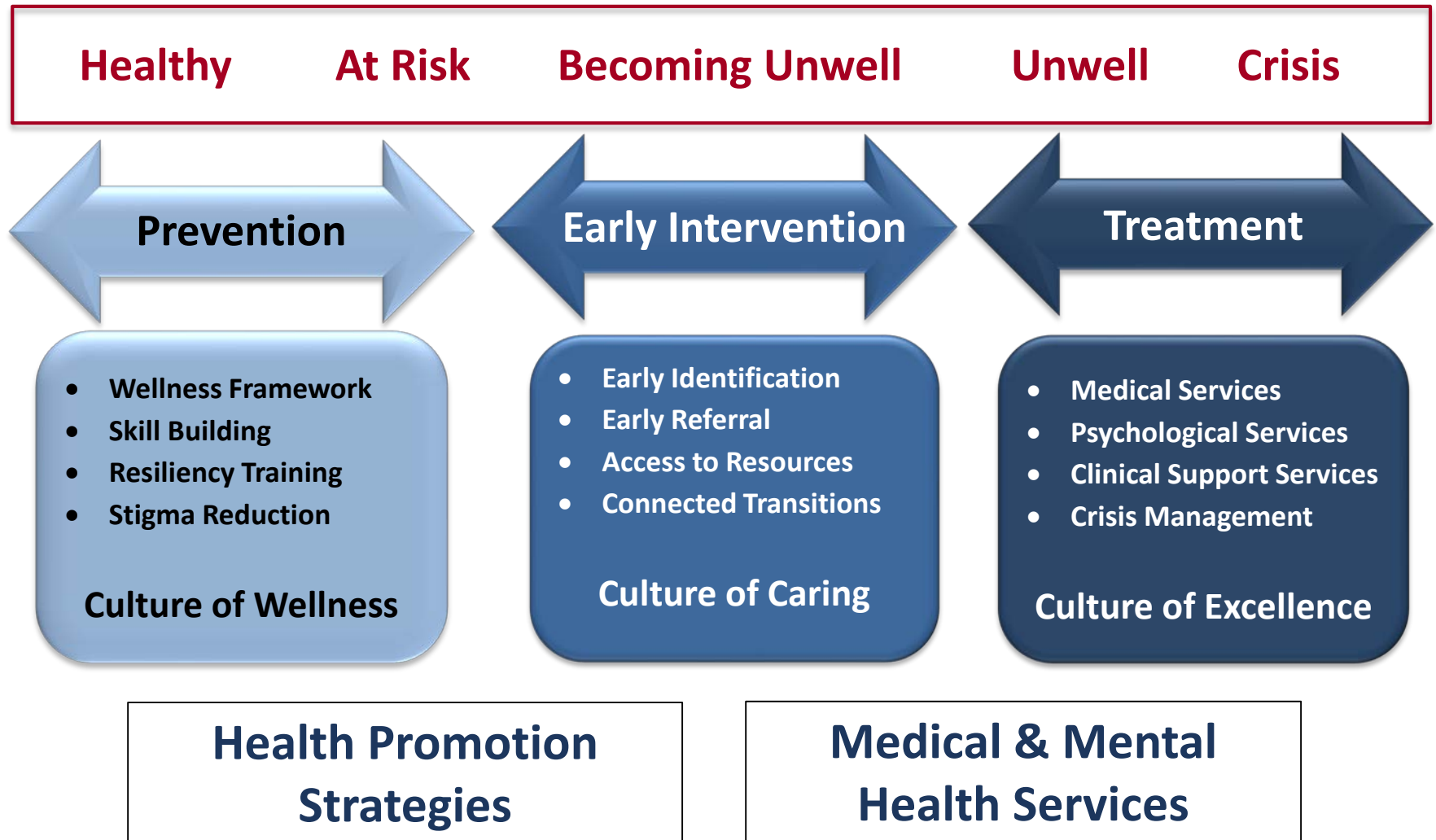
SHaW Vision Statement

To Cultivate Optimal Health
and Lifelong Well-being
for Every UConn Student



PROACTIVELY REACH EVERY UCONN STUDENT

Leveraging the Continuum of Care



Student Mental Health Needs

Mental Health “Epidemic” Headlines in the News

College Students of Color: Confronting the Complexities of Diversity, Culture, and Mental Health

April 2, 2018
By Annelle B. Primm

HIGHEREDUCATIONTODAY

College Students (And Their Parents) Face A Campus Mental Health 'Epidemic'

May 28, 2019
Heard on [Fresh Air](#)



Colleges struggling to meet rising demand of students seeking mental health help

November 25, 2019

AP Associated Press

Trans Students Often Struggle With Mental Health

Gender-nonconforming students are four times more likely than peers to report mental health issues such as depression and suicide,.

By [Jeremy Bauer-Wolf](#)
August 20, 2019

INSIDE
HIGHER ED

The Costs of Overpromising

It is impossible to identify and treat all the college students who experience anxiety and depression, and we must determine

which groups we can effectively assist.

By [Billie Wright Dziech](#)
October 8, 2019

INSIDE
HIGHER ED

The College Student Mental Health Crisis

Today's college students are suffering from an epidemic of mental illnesses.

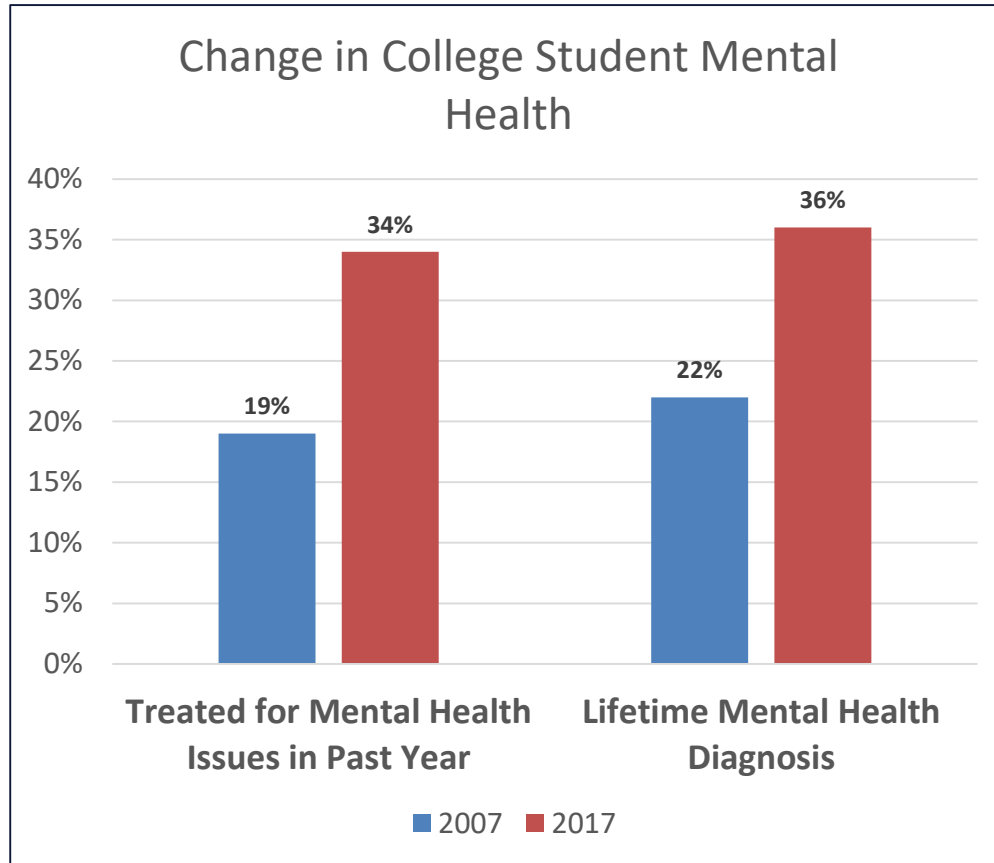
Feb 15, 2014

Psychology Today

Student Mental Health Needs

Increased Rates of Mental Health Service Utilization by U.S. College Students: 10-Year Population-Level Trends (2007–2017)

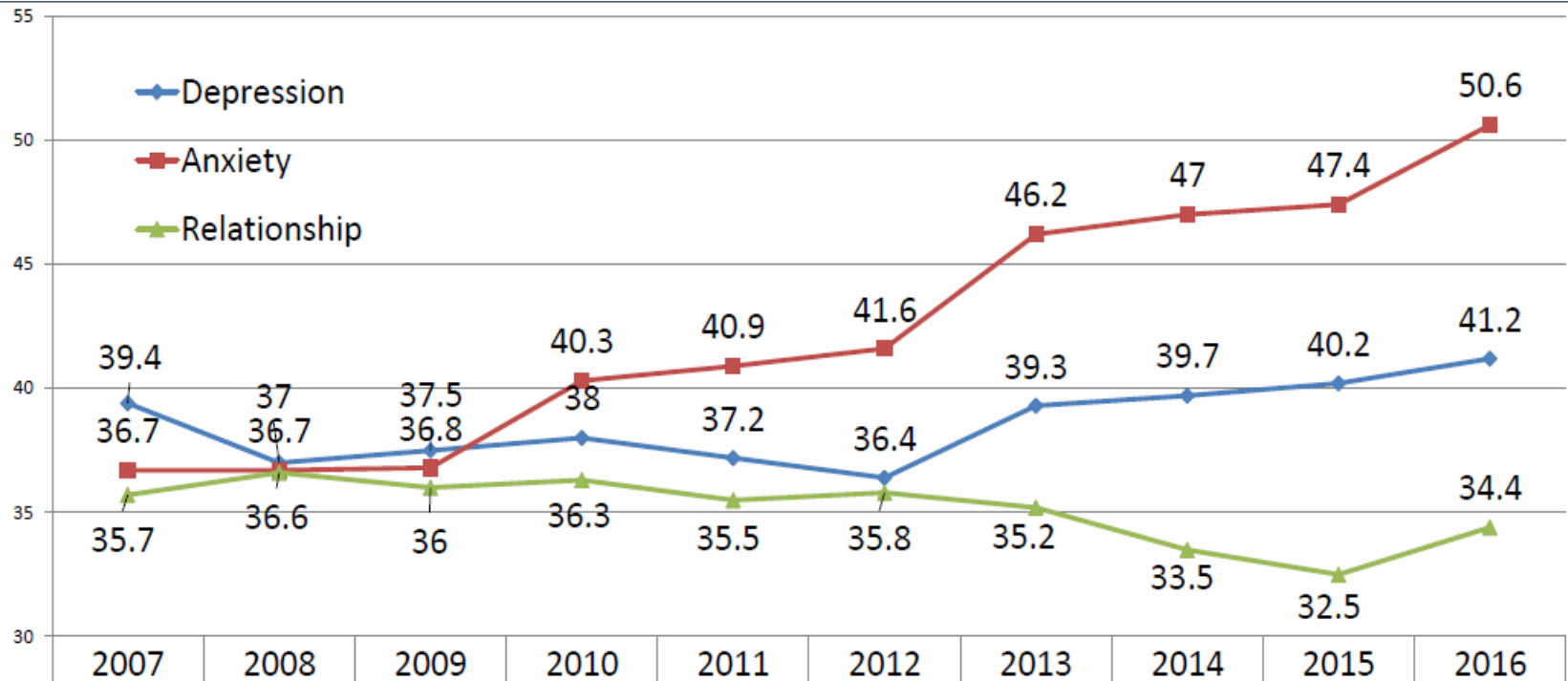
Sarah Ketchen Lipson, Ph.D., Emily G. Lattie, Ph.D., Daniel Eisenberg, Ph.D., American Psychiatric Association, 2018.



- 155,000 students at 196 college campuses.
- 79% increase in students treated for mental health issues in past year from 2007 to 2017.
- 64% increase in students with lifetime mental health diagnosis from 2007 to 2017.

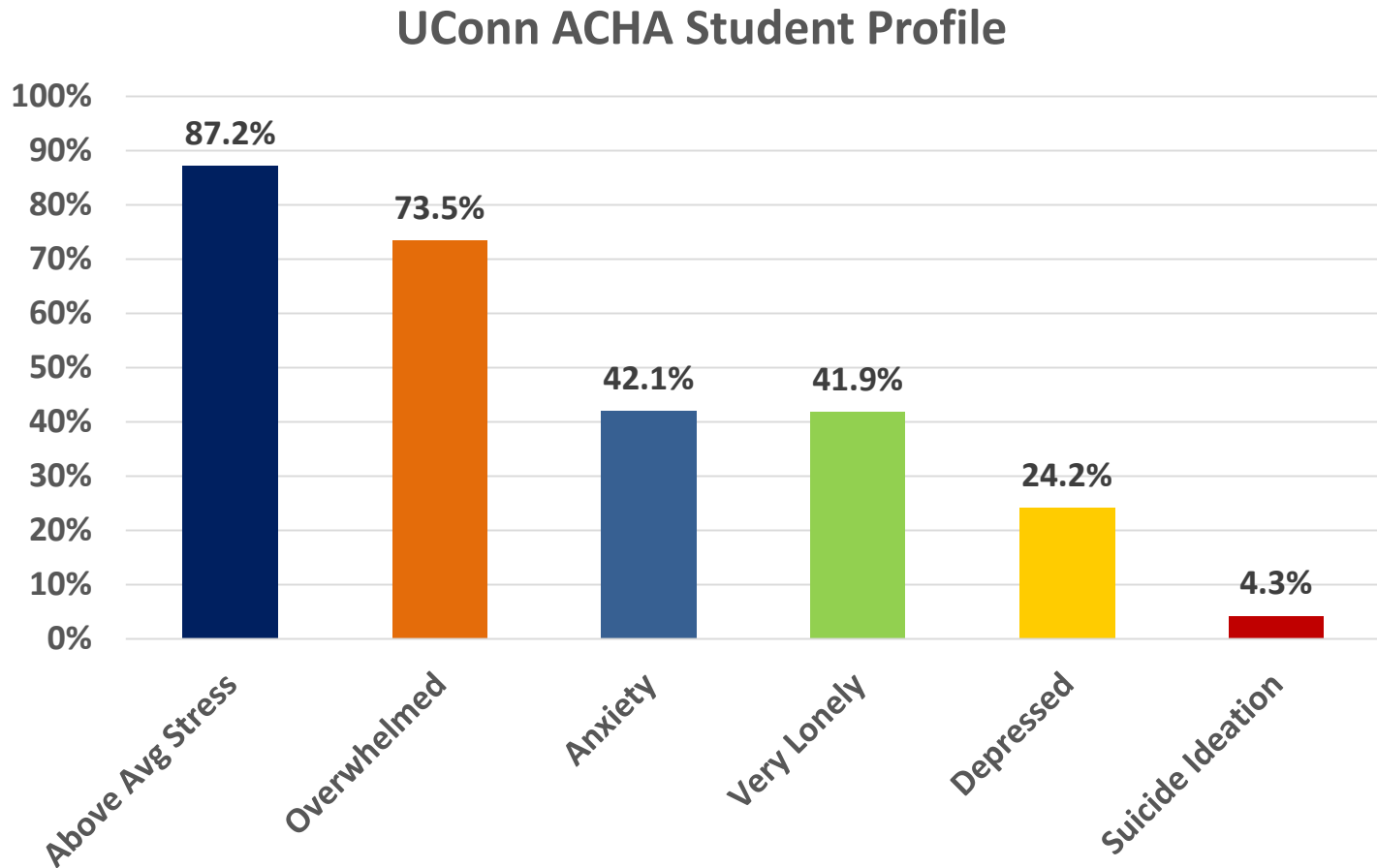
Student Mental Health Needs

National Student Mental Health Trends 2007-2016



	2007	2008	2009	2010	2011	2012	2013	2014	2015	2016
Depression	39.4	37	37.5	38	37.2	36.4	39.3	39.7	40.2	41.2
Anxiety	36.7	36.7	36.8	40.3	40.9	41.6	46.2	47	47.4	50.6
Relationship	35.7	36.6	36	36.3	35.5	35.8	35.2	33.5	32.5	34.4

UConn American College Health ACHA Survey Results - 2019

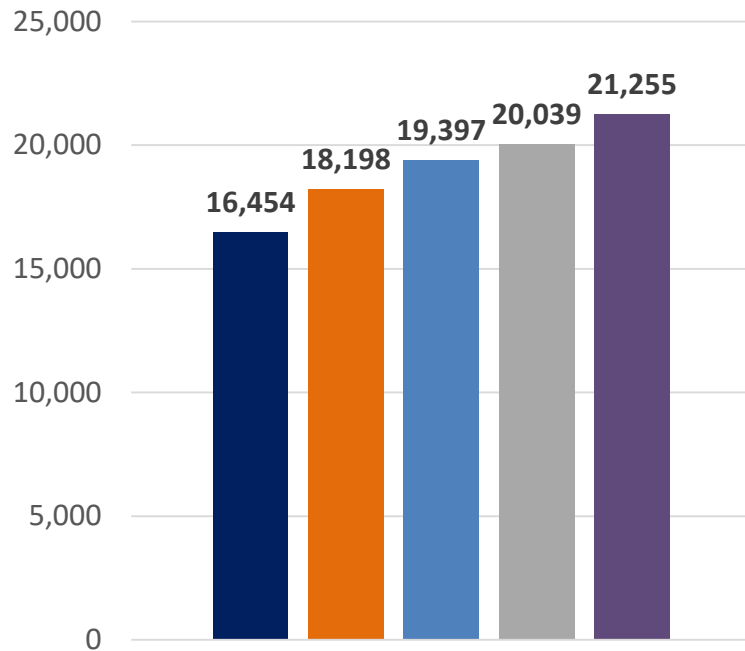


** All measures are for past 30 days*

SHaW Mental Health Services

Total Encounters and Total Distinct Students

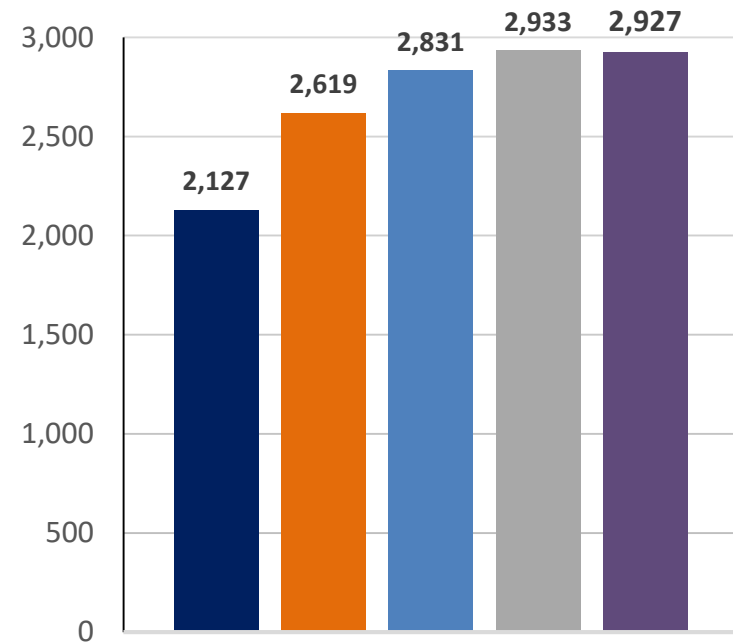
FY15 - FY19



SHaW-MH Total Encounters

■ FY15 ■ FY16 ■ FY17 ■ FY18 ■ FY19

29% Increase

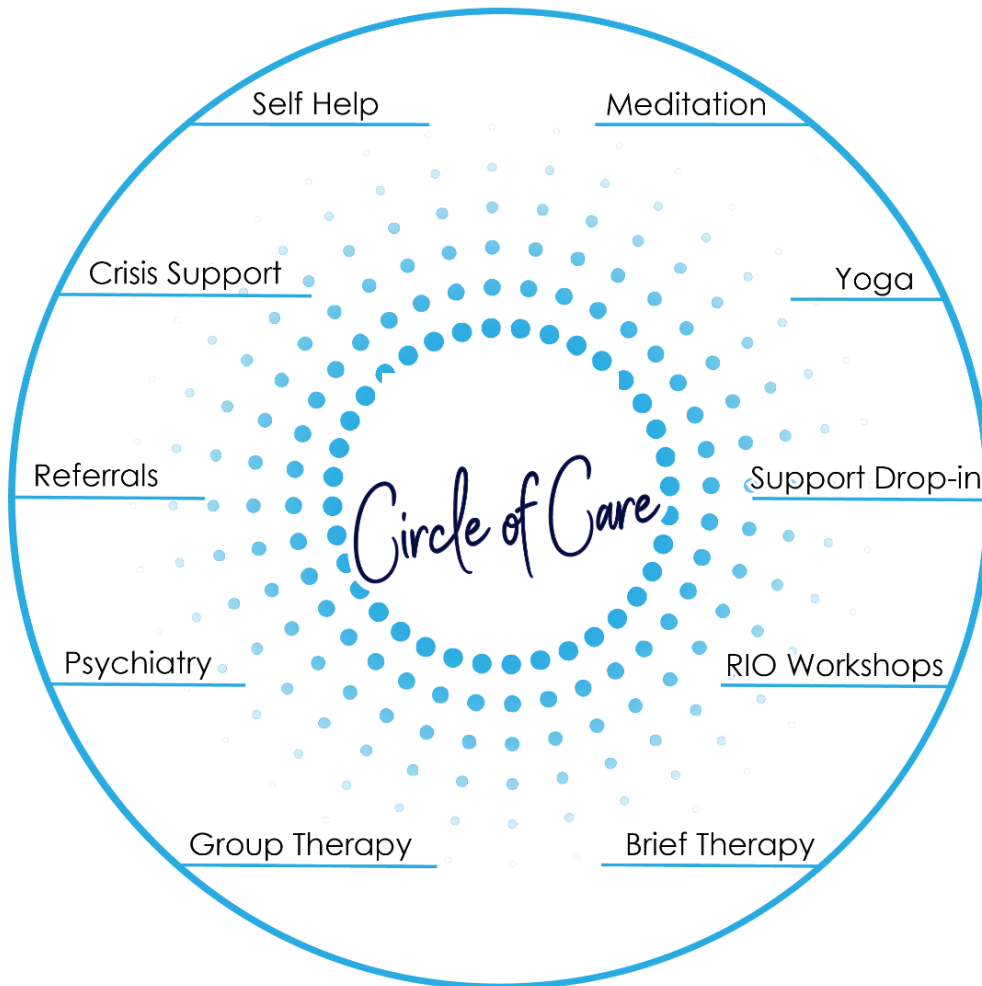


SHaW-MH Distinct Students

■ FY15 ■ FY16 ■ FY17 ■ FY18 ■ FY19

12.6% of UConn Students Utilize SHaW-MH

SHaW-MH Stepped Care Model



Traditional Services:

- Brief Individual Therapy
- Group Therapy
- Psychiatry

Rapid Access Services:

- Same Day Triage
- Day On-Call
- Single Session
- Drop-In Support

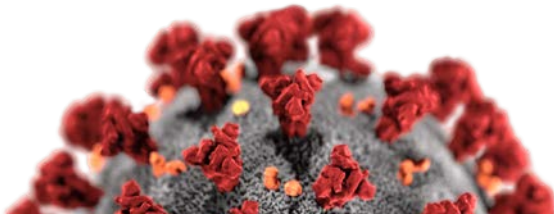
Skill Building Services:

- Yoga
- Meditation
- Mindfulness Workshops

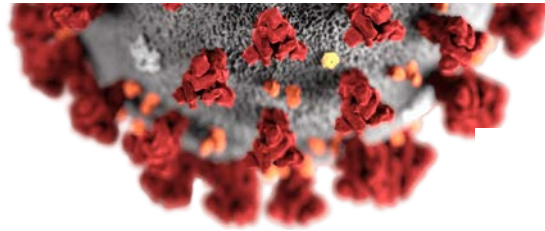
Transitional Services:

- Crisis Support
- Referrals

Fall 2020 Challenges



Coronavirus



SHaW Mental Health

Consultation Services for Faculty

Examples of consultation activities include:

- Providing information about campus and community mental health resources
- Working with faculty and staff in teaching students positive mental health practices
- Crisis response and planning strategies to avert a potential crisis
- Managing group conflict

Faculty Are the Front Line

1. Faculty are often the first to notice concerning behavior from our students.
2. Open communication is one of our best ways to reduce problem behaviors and help our students in need.

Any concerns or questions, just ask!

- Consult with fellow faculty members
- Call SHaW Mental Health
- Contact the Dean of Students Office
- Many on the UConn campus are here to help

Faculty & Staff Information

How to Refer a Student with Mental Health Needs:

1. If you have concerns about a student's safety and need **immediate assistance**, call 911 or UConn Police 860-486-4800
2. For **urgent needs**, immediately contact SHaW Mental Health 24/7 On-Call service
3. For **less urgent needs**, encourage the student to call SHaW Mental Health for an appointment or walk the student over to the SHaW Mental Health office.
4. If a student is not an imminent risk, but is perceived to be threatening or harming to self or others and is **refusing your support** in contacting our office, you may also consider making a referral to the UConn Student CARE Team.

Faculty & Staff Training





JED Campus Baseline Assessment Question

Which of the following characterizes your school's approach to promoting and protecting the emotional health (including substance abuse and suicide prevention) of your students?

- 1. All or almost all of the responsibility lies within the counseling service; other departments are relatively uninvolved.**
- 2. The counseling service has responsibility, but other departments and stakeholders also provide some input and/or support.**
- 3. Emotional health is seen as a campus-wide issue with significant involvement from multiple campus departments and stakeholders.**

What Can Faculty Do?

We ask all members of our community to:

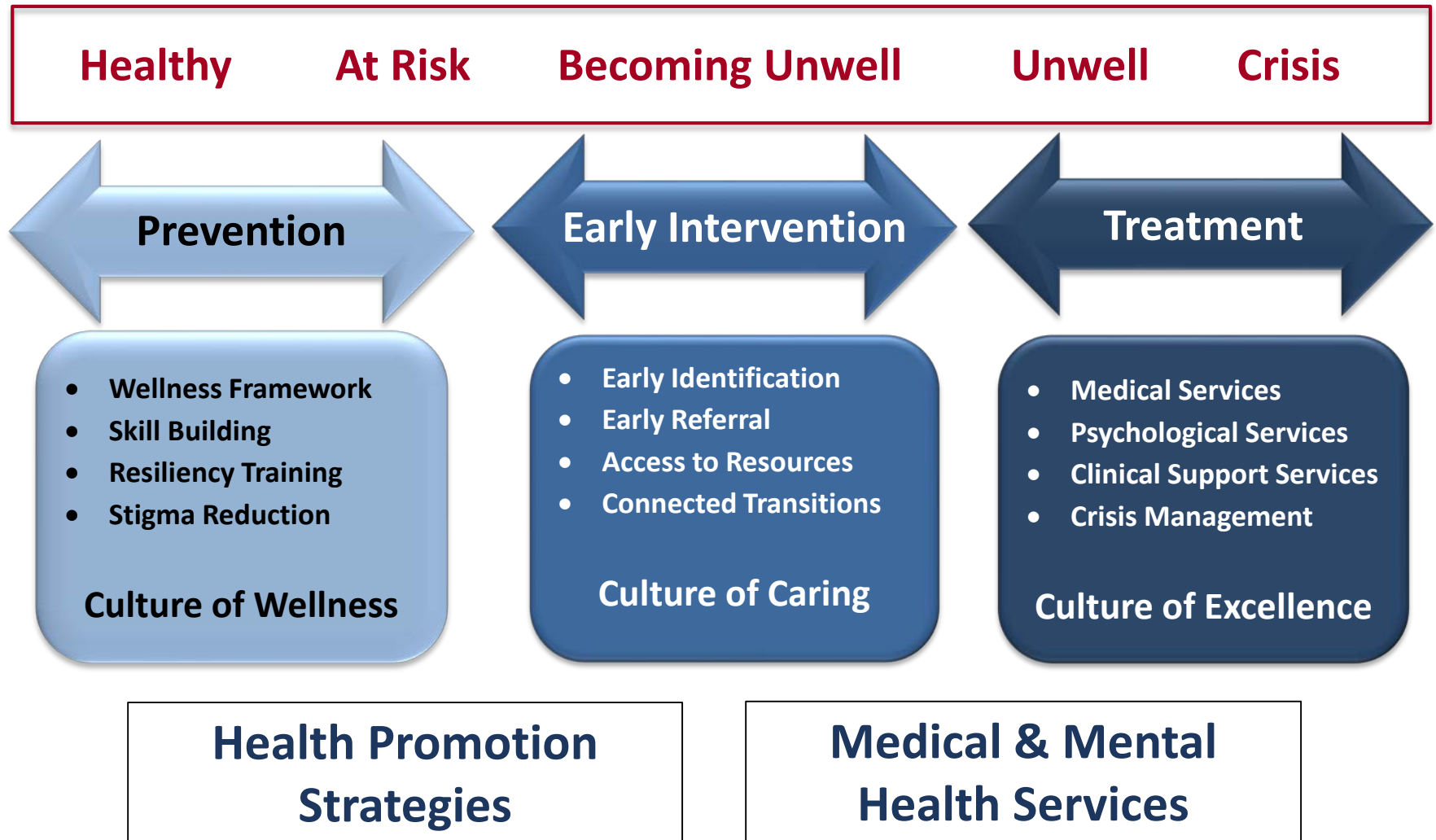
- Be an active ally
- Be aware of warning signs of distress
- Know campus resources
- Call and consult
- Refer to services

SHaW provides department support through:

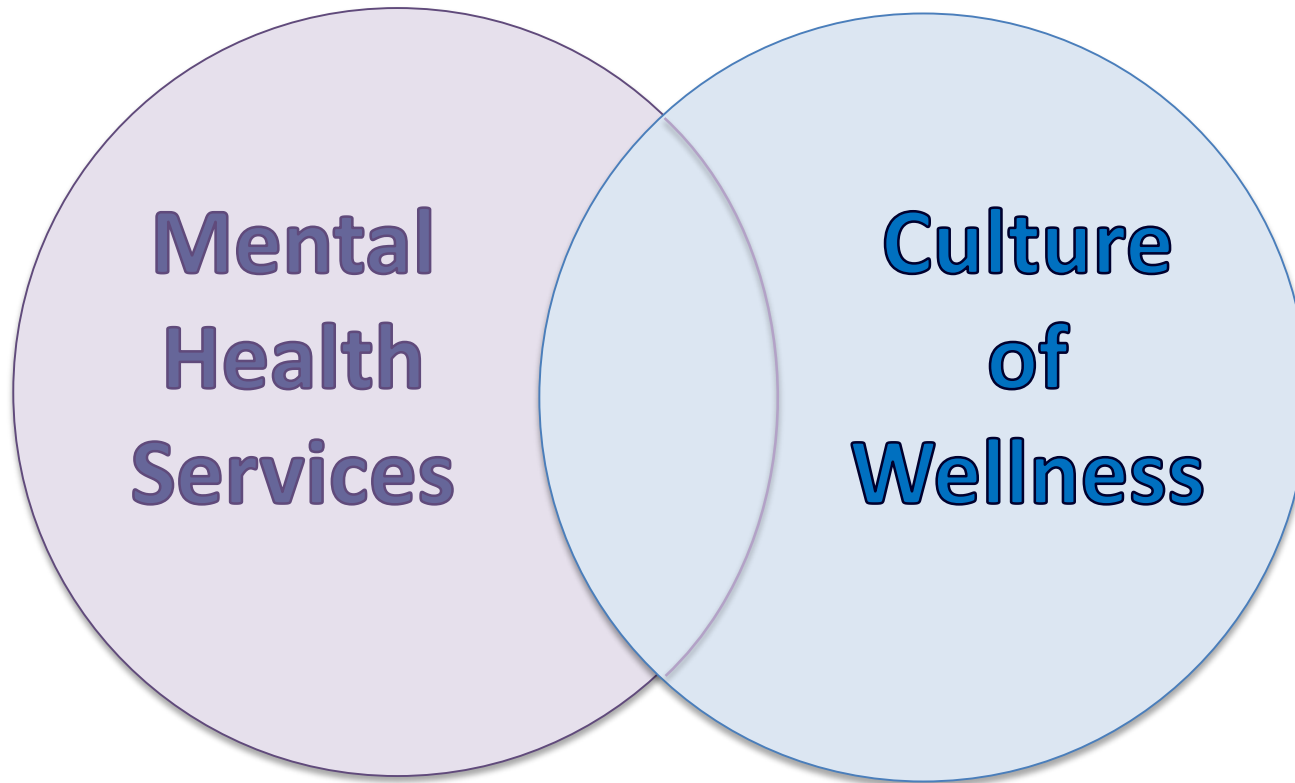
- Basic Information and Presentations
- Faculty Training
- Tailored Consultation

PROACTIVELY REACH EVERY UCONN STUDENT

Leveraging the Continuum of Care



Individual, Interpersonal and Institutional Support



Multiple factors operating at the individual, interpersonal, and institutional levels are related to the overall mental health of college students

Culture of Wellness

UConn Campus-Wide Initiatives

- President's Mental Health Task Force
- UConn Wellness Coalition
- Jed Campus
- Life-Transformative Education (LTE)

New Dean and Department Head Orientation

Student Health and Wellness



Questions?