

Student Mental Health & Well-being

Jacaranda Palmateer, PsyD
Director, Counseling Services
Health and Counseling Center
Jacaranda.Palmateer@du.edu



Data Origin

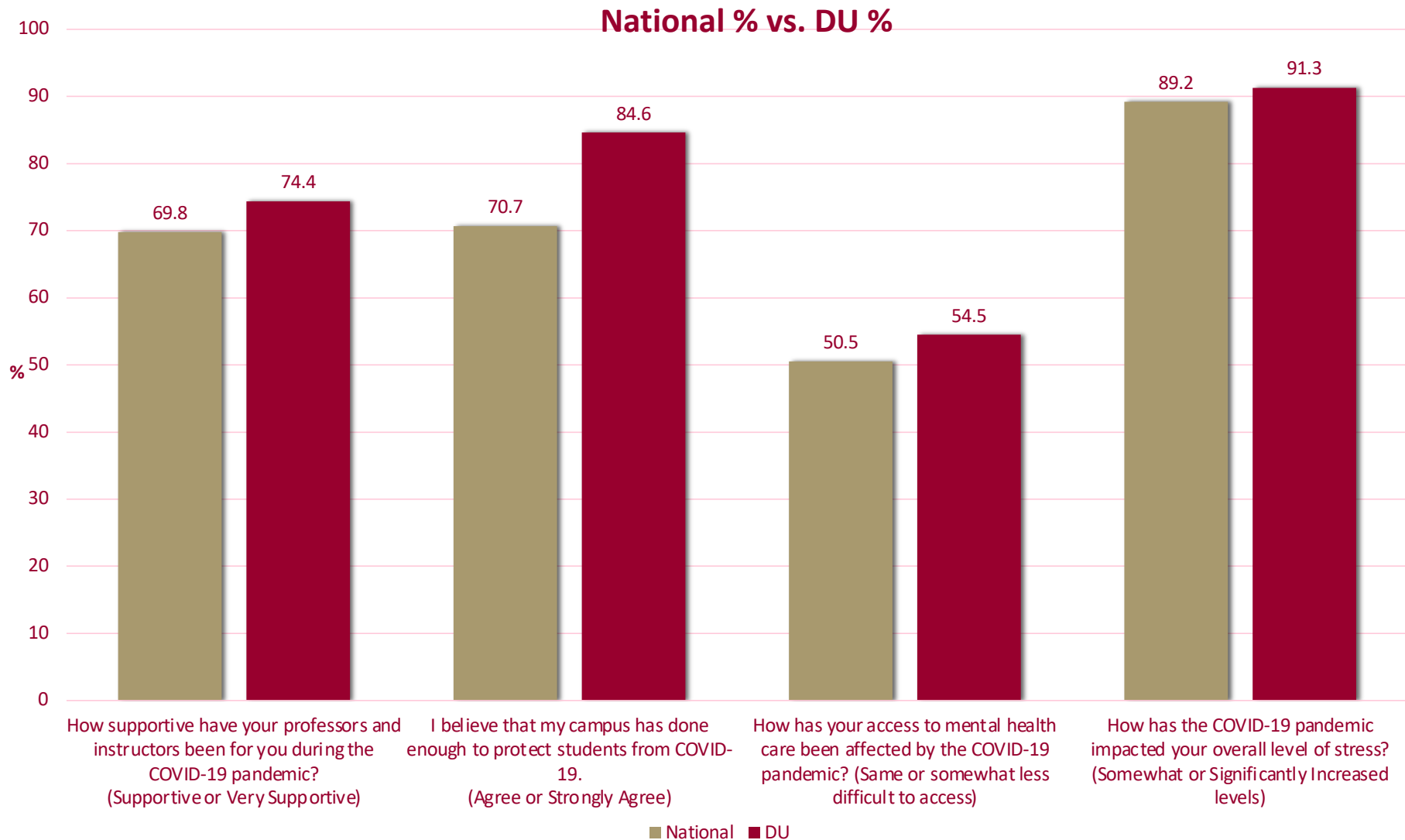
- 2021 Survey National College Health Association Survey (NCHA III)
 - Last administered at DU in Spring 2019
- Student health & well-being
 - National & DU
 - For DU - Undergrad vs. Grad vs. Law
 - General Health, Mental Health, Substance Use, Belonging
 - Resources

New survey...many changes

Limitations

- 13,420 invitations to all currently enrolled students
 - Traditional and non-traditional, as well as online only programs (first time)
- Low return rate (1,002 respondents)
 - 7.4% compared to the national response rate of 13%
- Generalization Issues
 - Most programs have N below 50
 - Programs above N of 50 fall below 50 when sliced (i.e. UG and Grad)
 - Few students in minoritized populations participated

Effects of Covid on Students

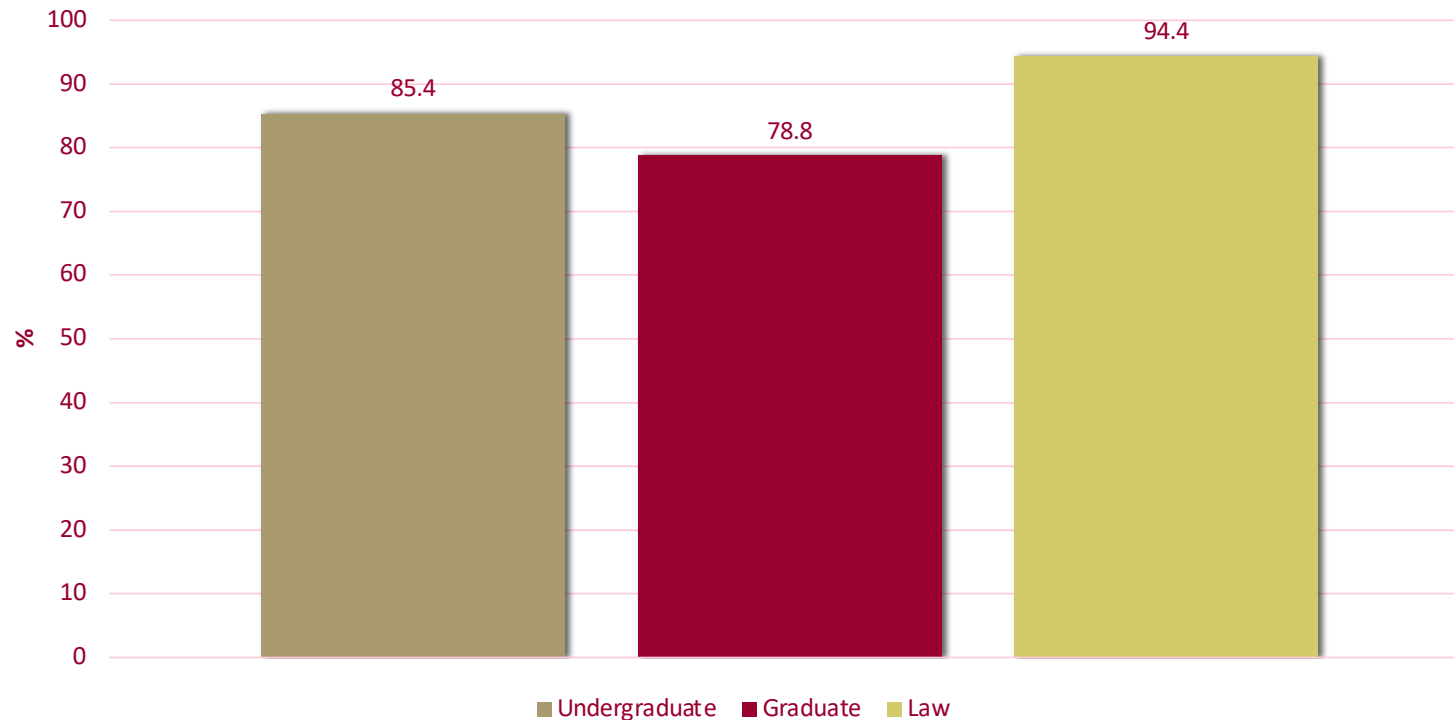


Mental Health: Stress Level

Students rated their overall level of stress within the last 12 months as moderate or high	2019	2021
National	58.7%*	80.8%
DU	70.2%*	81.7%

*more than average (2019)

Rated Stress as Moderate or above - 2021
DU Undergraduate vs. Graduate vs. Law



Mental Health: Academic Impacts

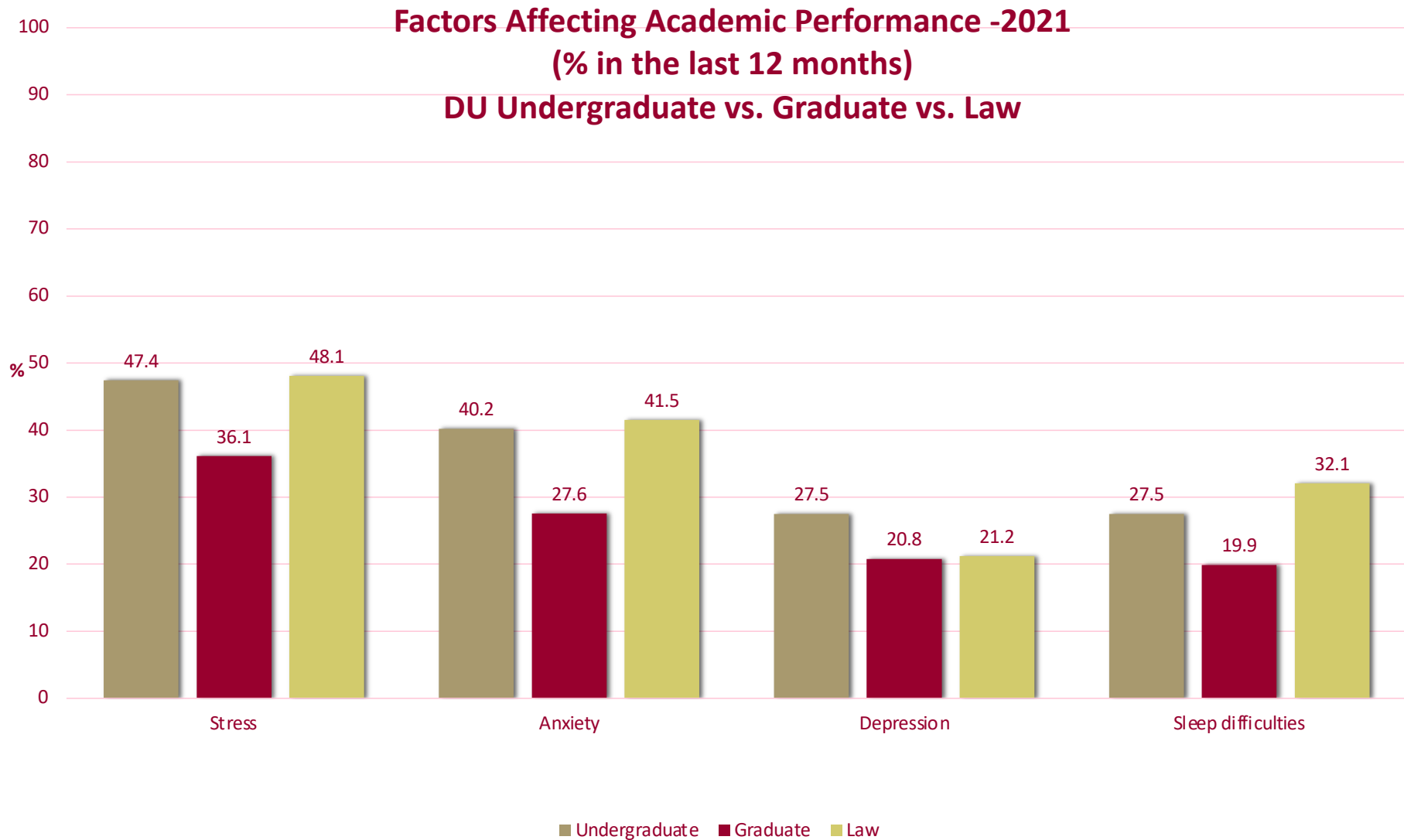
2021 Top factors affecting individual academic performance (last 12 months) were similar at DU and nationally

National %'s	2019	2021
1. Stress	34.2	43.4
2. Anxiety	27.8	24.9
3. Sleep difficulties	22.4	24.5
4. Depression	20.8	25.4
5. ADHD or ADD	6.0	9.0

DU %'s	2019	2021
1. Stress	33.1	44.2
2. Anxiety	27.9	34.9
3. Sleep difficulties	22.7	24.6
4. Depression	22.2	27.0
5. ADHD or ADD	6.5	13.9

**Academic impacts included: received a lower grade on an exam, or an important project; received a lower grade in the course; received an incomplete or dropped the course; or experienced a significant disruption in thesis, dissertation, research, or practicum work*

Mental Health: Stress & Academics

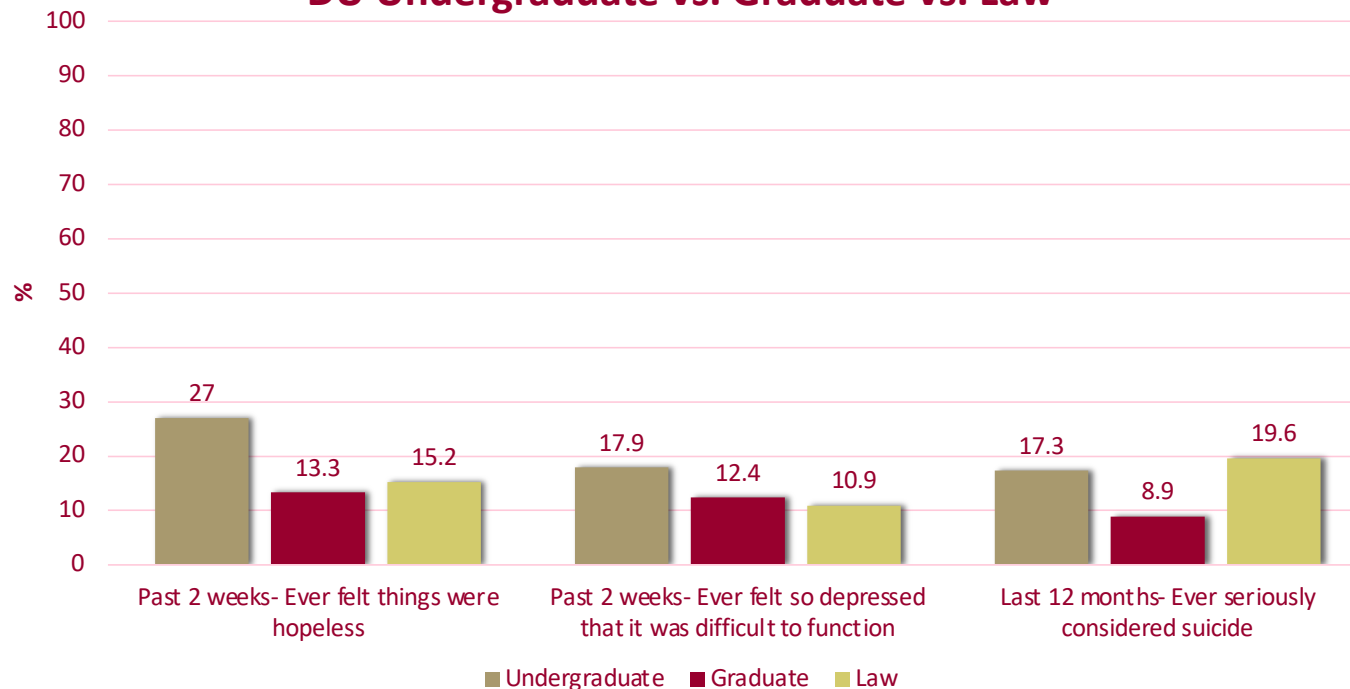


Mental Health: Hopelessness & Suicidality

DU and national students are comparable for reported mental health concerns and suicidal ideation

	National %	DU %
Past 30 days- Ever felt things were hopeless (some of the time or more)	40.7	34.6
Last 12 months- Attempted suicide	2.0	2.3

Mental Health Concerns and Suicidal Ideation
DU Undergraduate vs. Graduate vs. Law

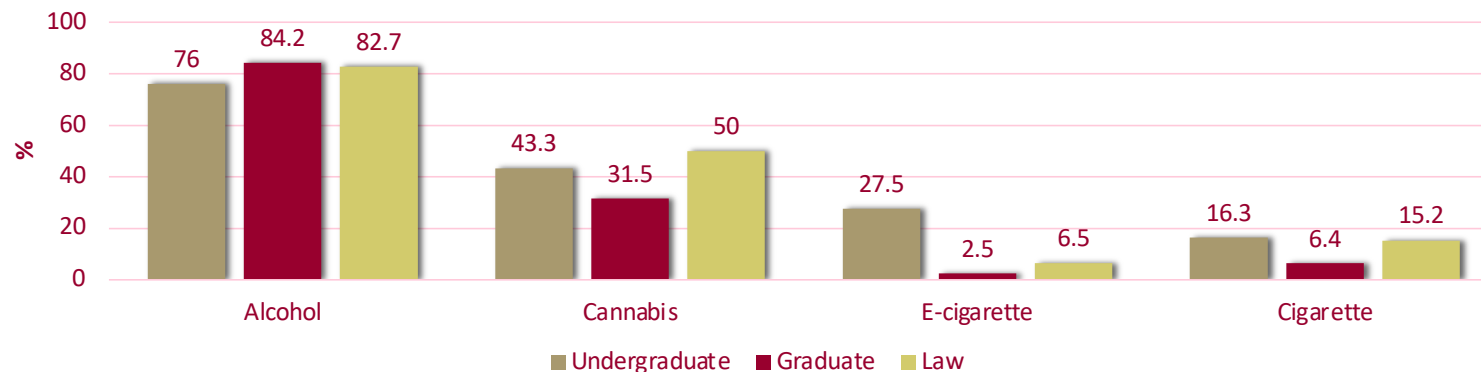


Substance Use

A higher % of DU students used alcohol, cannabis, e-cigarettes, and cigarettes

In the last 3 months – substance use	National %	DU %
Alcohol	64.4	83.4
Cannabis	26.5	41.2
E-cigarettes	11.8	12.8
Cigarettes	6.7	9.9

In the last 3 Months - Substance Use - 2021
DU Undergraduate vs. Graduate vs. Law



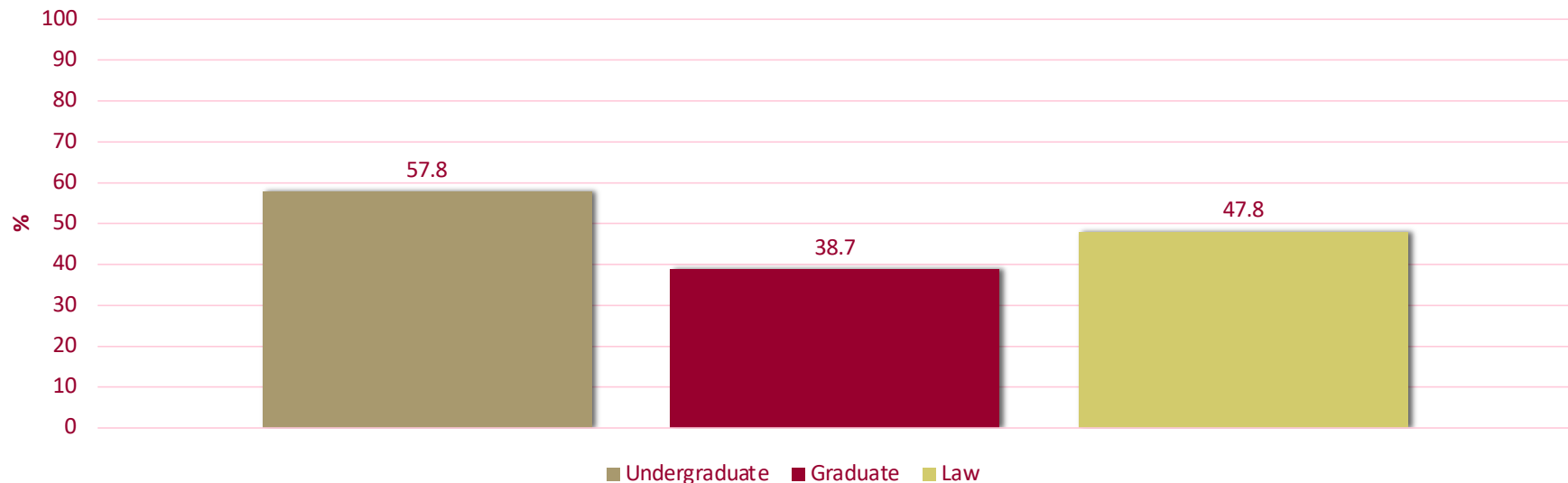
Substance Use: High-Risk Drinking

A higher % of DU students consumed 5+ drinks in a sitting at least once in the past two weeks (all students)

- National: 20.5%
- DU: 29.2%

Of those who drink, consumed 5+ drinks in a sitting at least once in the past two weeks
(52.2% of DU student did not drink in last two weeks)

DU Undergraduate vs. Graduate vs. Law



**High-risk drinking or binge drinking is defined as a pattern of drinking that brings a person's blood alcohol concentration (BAC) to .08 or above. This typically happens when men consume 5 or more drinks or women consume 4 or more drinks in about 2 hours.
(National Institute of Alcohol Abuse and Alcoholism)*

Students in Recovery

DU has higher than the national average of college students in Recovery

- National: 2.2%
- DU: 3.0%

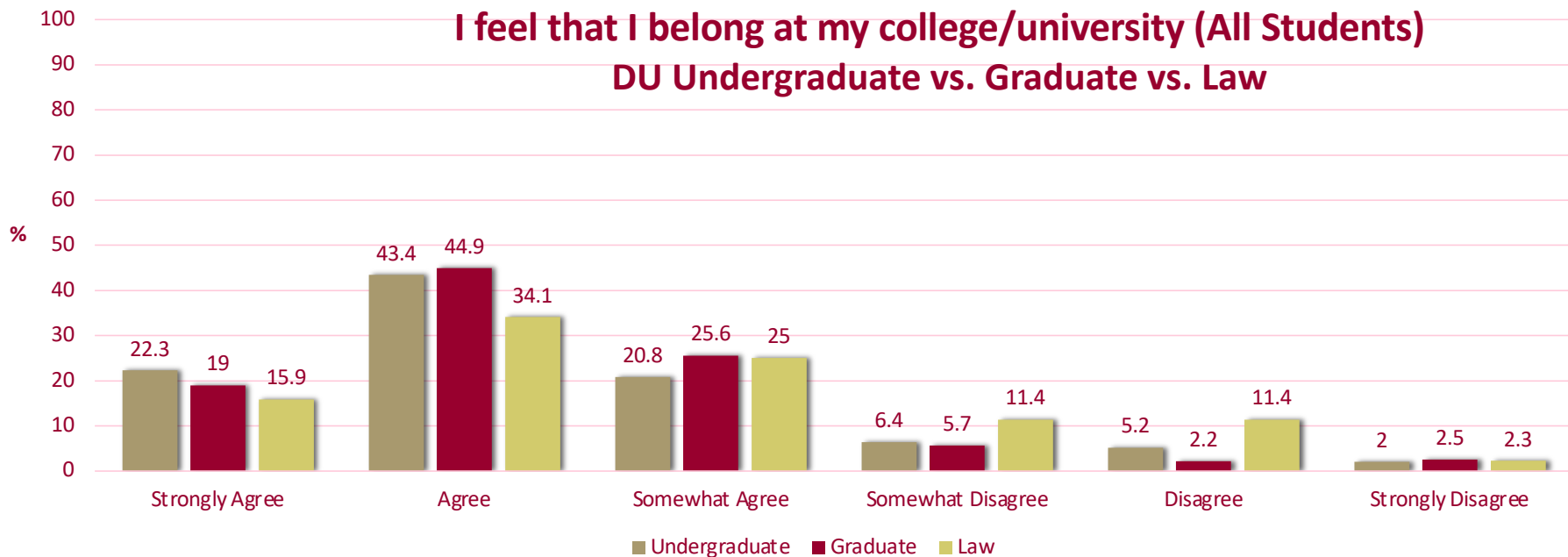
Gender Identity

	National:	DU:
• Cis Women:	65.7%	67.4%
• Cis Men	28.8%	25.0%
• Transgender/Gender N/C:	4.1%	5.4%



Belonging

	National	DU All	DU White	DU Non-White
I feel that I belong at my college/university (agree or strongly agree)	65.9%	62.4%	65.5%	50.5%
I feel that students' health and well-being is a priority at my college/university	53.0%	55.0%	54.6%	58.4%
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being	58.0%	53.8%	53.0%	57.2%
At my college/university, we are a campus where we look out for each other	50.0%	43.3%	42.8	45.3%



HCC Counseling Services

- Individual & Couples
- Group counseling: <https://www.du.edu/health-and-counseling-center/counseling/programs-group.html> -no cost!
- Crisis/Same-Day (SDA) Services- no cost!
- Psychiatric services
- Psychological testing
- Consultation
- Workshops and Programs
- Drug and alcohol counseling & prevention

My Student Support Program (SSP)

- ✓ **Free, 24/7 confidential support specifically for students**
- ✓ **Not just a crisis line!** My SSP can help with *any* day-to-day concerns
- ✓ Access to clinical advisors that can **speak your preferred language**
- ✓ Immediate support available through **CHAT** and **PHONE** through the **free My SSP app!**
- ✓ **On-going support** available by appointment **1-866-743-7732**
- ✓ Website: **us.myissp.com**



Personalized support for students

Locations



CONTACT

303-871-2205



info@hcc.du.edu



www.du.edu/hcc



@ThriveatDU

HOURS

Monday & Friday: 8am – 5pm

Tuesdays: 9am – 5pm

Wednesday & Thursday:

HCC Asbury: 8am – 5pm

HCC Ritchie: 8am – 7pm

Saturdays & Sundays: Closed

**Care consultation available when HCC is closed*

Health & Counseling Center | Ritchie Center & Asbury Location |

303.871.2205 | www.du.edu/hcc



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Referral Resources

- Colorado Crisis Services: [1-844-493-8255](tel:1-844-493-8255) | Text “TALK” to 38255
- Text BRAVE to the Crisis Text Line at 741741
- <https://www.stevelfund.org/crisistextline/> Text STEVE to 741741
- Student Outreach & Support: <https://www.du.edu/studentlife/studentsupport/>
- Student Outreach & Support (SOS) helps students succeed by connecting them to resources, developing a plan of action to meet their goals, and navigating challenging situations
- **SOS Referral**: The SOS staff review referrals on an daily basis, M-F 8:00 to 4:30
- **Red Folder** : Comprehensive Student Support Pathway
- Office of Equal Opportunity & Title IX: <https://www.du.edu/equalopportunity/>
- The Office of Equal Opportunity & Title IX, in collaboration with University partners, foster an environment of equal opportunity and equity for students, faculty, and staff in all aspects of educational programming and employment
- Biased Incident Report Team (BIRT): <https://www.du.edu/equalopportunity/>
- The University defines bias incidents as any behaviors, including speech and gestures, that target individuals or groups based on their actual or perceived group identities, such as race, ethnicity, gender, sexual orientation, socioeconomic background, age, disability, national origin, religion and others
- Students Rights and Responsibilities: <https://www.du.edu/studentlife/studentconduct/index.html>
- The Office of Student Rights & Responsibilities (SRR) at the University of Denver supports the University's mission by providing programs and services designed to foster an inclusive campus community and promote opportunities for holistic student living, learning, and growth
- CARE Team: https://www.du.edu/studentlife/studentsupport/pioneers_care/index.html
- Disability Services Program: <https://www.du.edu/studentlife/disability-services/index.html>

Questions & Discussion
Thank You