Student Mental Health & Well-being

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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

How supportive have your professors and instructors been for you during the COVID-19 pandemic? (Supportive or Very Supportive)

I believe that my campus has done enough to protect students from COVID-19. (Agree or Strongly Agree)

How has your access to mental health care been affected by the COVID-19 pandemic? (Same or somewhat less difficult to access)

How has the COVID-19 pandemic impacted your overall level of stress? (Somewhat or Significantly Increased levels)

National % vs. DU %

- How supportive have your professors and instructors been for you during the COVID-19 pandemic? (Supportive or Very Supportive)
  - National: 69.8%
  - DU: 74.4%

- I believe that my campus has done enough to protect students from COVID-19. (Agree or Strongly Agree)
  - National: 70.7%
  - DU: 84.6%

- How has your access to mental health care been affected by the COVID-19 pandemic? (Same or somewhat less difficult to access)
  - National: 50.5%
  - DU: 54.5%

- How has the COVID-19 pandemic impacted your overall level of stress? (Somewhat or Significantly Increased levels)
  - National: 89.2%
  - DU: 91.3%
Mental Health: Stress Level

Students rated their overall level of stress within the last 12 months as moderate or high

<table>
<thead>
<tr>
<th></th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>National</td>
<td>58.7%*</td>
<td>80.8%</td>
</tr>
<tr>
<td>DU</td>
<td>70.2%*</td>
<td>81.7%</td>
</tr>
</tbody>
</table>

*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

<table>
<thead>
<tr>
<th>National %’s</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stress</td>
<td>34.2</td>
<td>43.4</td>
</tr>
<tr>
<td>2. Anxiety</td>
<td>27.8</td>
<td>24.9</td>
</tr>
<tr>
<td>3. Sleep difficulties</td>
<td>22.4</td>
<td>24.5</td>
</tr>
<tr>
<td>4. Depression</td>
<td>20.8</td>
<td>25.4</td>
</tr>
<tr>
<td>5. ADHD or ADD</td>
<td>6.0</td>
<td>9.0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DU %’s</th>
<th>2019</th>
<th>2021</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Stress</td>
<td>33.1</td>
<td>44.2</td>
</tr>
<tr>
<td>2. Anxiety</td>
<td>27.9</td>
<td>34.9</td>
</tr>
<tr>
<td>3. Sleep difficulties</td>
<td>22.7</td>
<td>24.6</td>
</tr>
<tr>
<td>4. Depression</td>
<td>22.2</td>
<td>27.0</td>
</tr>
<tr>
<td>5. ADHD or ADD</td>
<td>6.5</td>
<td>13.9</td>
</tr>
</tbody>
</table>

*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

Factors Affecting Academic Performance - 2021
(% in the last 12 months)
DU Undergraduate vs. Graduate vs. Law

- Stress
- Anxiety
- Depression
- Sleep difficulties

<table>
<thead>
<tr>
<th>Factor</th>
<th>Undergraduate</th>
<th>Graduate</th>
<th>Law</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>47.4</td>
<td>36.1</td>
<td>48.1</td>
</tr>
<tr>
<td>Anxiety</td>
<td>40.2</td>
<td>27.6</td>
<td>41.5</td>
</tr>
<tr>
<td>Depression</td>
<td>27.5</td>
<td>20.8</td>
<td>21.2</td>
</tr>
<tr>
<td>Sleep difficulties</td>
<td>27.5</td>
<td>19.9</td>
<td>32.1</td>
</tr>
</tbody>
</table>
Mental Health: Hopelessness & Suicidality

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

<table>
<thead>
<tr>
<th></th>
<th>National %</th>
<th>DU %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Past 30 days- Ever felt things were hopeless (some of the time or more)</td>
<td>40.7</td>
<td>34.6</td>
</tr>
<tr>
<td>Last 12 months- Attempted suicide</td>
<td>2.0</td>
<td>2.3</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Substance Use</th>
<th>National %</th>
<th>DU %</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>64.4</td>
<td>83.4</td>
</tr>
<tr>
<td>Cannabis</td>
<td>26.5</td>
<td>41.2</td>
</tr>
<tr>
<td>E-cigarettes</td>
<td>11.8</td>
<td>12.8</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>6.7</td>
<td>9.9</td>
</tr>
</tbody>
</table>

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%

*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

<table>
<thead>
<tr>
<th></th>
<th>National:</th>
<th>DU:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cis Women:</td>
<td>65.7%</td>
<td>67.4%</td>
</tr>
<tr>
<td>Cis Men</td>
<td>28.8%</td>
<td>25.0%</td>
</tr>
<tr>
<td>Transgender/Gender N/C</td>
<td>4.1%</td>
<td>5.4%</td>
</tr>
</tbody>
</table>
## Belonging

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

### Diagram: I feel that I belong at my college/university (All Students)

DU Undergraduate vs. Graduate vs. Law

- **Strongly Agree**: 2.2% Undergraduate, 2.5% Graduate, 2.3% Law
- **Agree**: 15.9% Undergraduate, 16.4% Graduate, 11.4% Law
- **Somewhat Agree**: 25.6% Undergraduate, 25.6% Graduate, 25.6% Law
- **Somewhat Disagree**: 5.7% Undergraduate, 5.7% Graduate, 5.7% Law
- **Disagree**: 6.4% Undergraduate, 6.4% Graduate, 6.4% Law
- **Strongly Disagree**: 22.3% Undergraduate, 19% Graduate, 15.9% Law

- **Undergraduate**: 22.3% Strongly Agree, 15.9% Agree, 25.6% Somewhat Agree, 5.7% Somewhat Disagree, 6.4% Disagree, 2% Strongly Disagree
- **Graduate**: 19% Strongly Agree, 16.4% Agree, 25.6% Somewhat Agree, 5.7% Somewhat Disagree, 6.4% Disagree, 2.5% Strongly Disagree
- **Law**: 15.9% Strongly Agree, 11.4% Agree, 25.6% Somewhat Agree, 5.7% Somewhat Disagree, 6.4% Disagree, 2.3% Strongly Disagree
HCC Counseling Services

- Individual & Couples
- Group counseling: [https://www.du.edu/health-and-counseling-center/counseling/programs-group.html](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

RITCHIE CENTER
Located on the North side, 3rd Floor
Medical Services
Counseling Services

ASBURY
Located on the corner of University & Asbury
Health Promotion
CAPE (Center for Advocacy, Prevention, and Empowerment)
Gender Violence Services & Advocacy

CRC
Located at 1931 S. York Street
Collegiate Recovery Community

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
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.stevefund.org/crisistextline/](https://www.stevefund.org/crisistextline/) Text STEVE to 741741
- **Student Outreach & Support:** [https://www.du.edu/studentlife/studentsupport/](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/](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/](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](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](https://www.du.edu/studentlife/studentsupport/pioneers_care/index.html)
- **Disability Services Program:** [https://www.du.edu/studentlife/disability-services/index.html](https://www.du.edu/studentlife/disability-services/index.html)
Questions & Discussion

Thank You