



Student Mental Health and Wellbeing

Prepared for the Council of the Princeton University Community (CPUC)

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Which health issue do students report as having the greatest adverse academic impact?

- A. Colds/Flu
 - B. Stress
 - C. Sleep issues
 - D. Stomach problems
 - E. Alcohol use
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Campus-wide Surveys: Top 5 Health Issues Impacting Princeton Students' Academic Performance (2010-16*)

	2010	2011	2012	2013	2014	2016
1	Stress	Stress	Stress	Stress	Stress	Stress
2	Sleep difficulties	Sleep difficulties	Anxiety	Sleep difficulties	Anxiety	Sleep difficulties
3	Anxiety	Anxiety	Sleep difficulties	Cold/Flu/Sore Throat	Sleep difficulties	Anxiety
4	Cold/Flu/Sore Throat	Cold/Flu/Sore Throat	Cold/Flu/Sore Throat	Anxiety	Cold/Flu/Sore Throat	Cold/Flu/Sore Throat
5	Depression	Depression	Depression	Depression	Depression	Depression

Stress = most commonly experienced health concern, & reportedly has largest academic impact

- Consistent with national benchmarks
- Academic workload, concerns about future, balancing multiple commitments, & relationships

[*Based on 5,424 Observations; National College Health Assessment]



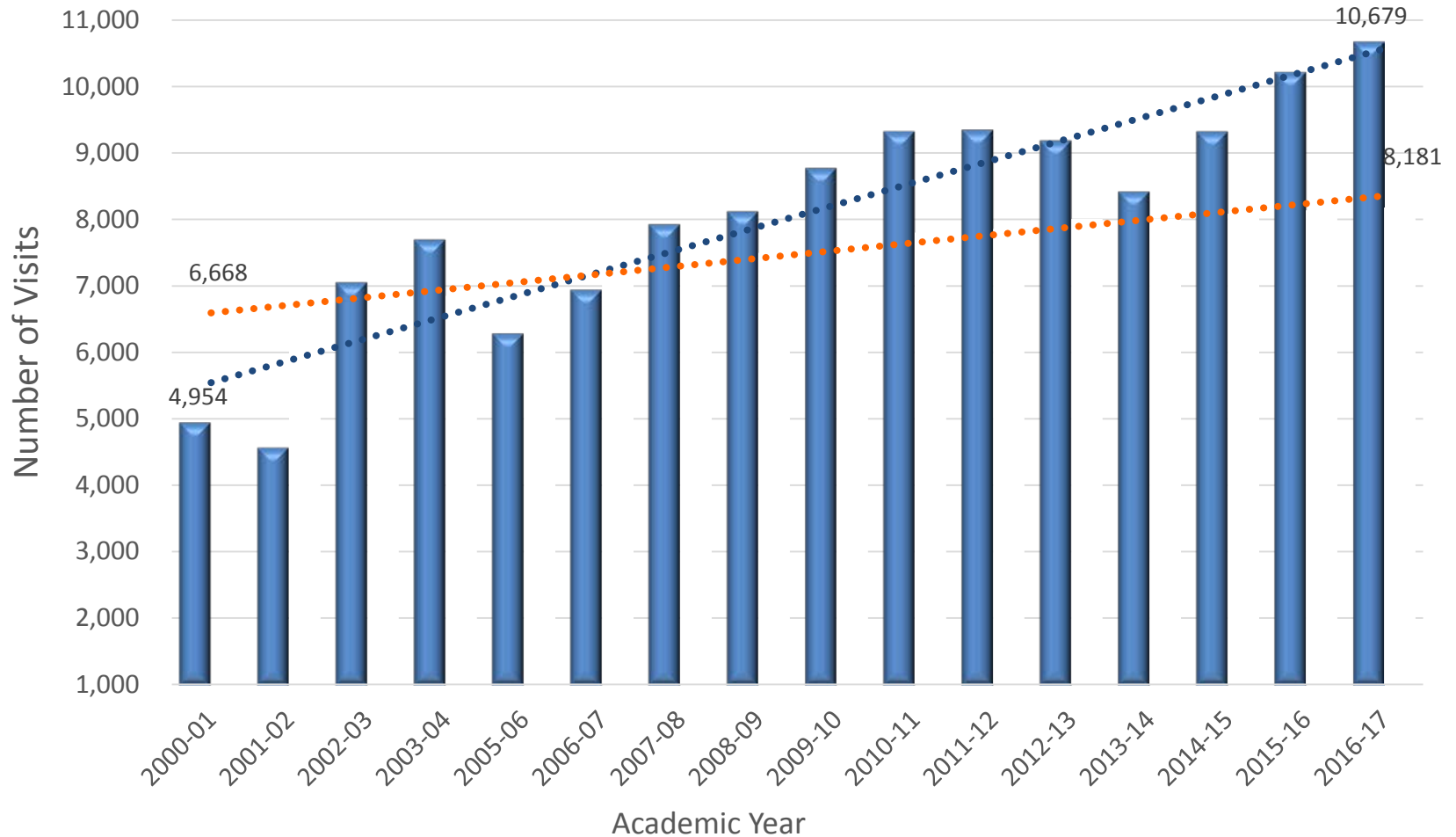
By what percentage has the number of Counseling & Psychological Services (CPS) visits increased since academic year 2001?

- A. 5%
 - B. 15%
 - C. 50%
 - D. 70%
 - E. 115%
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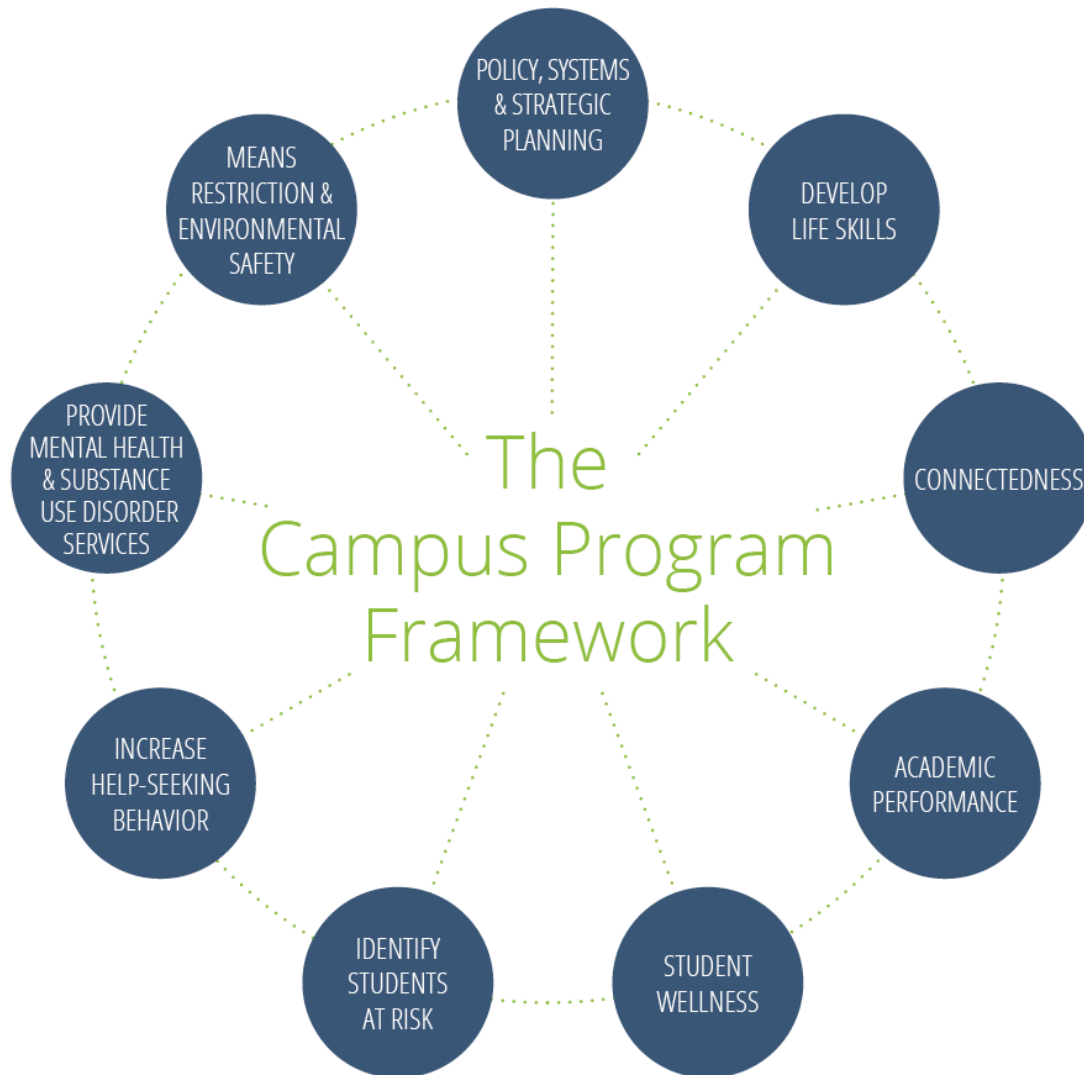
Utilization of CPS Services Since AY 2001

Total CPS Visits





Framework for Supporting Mental Health and Wellbeing





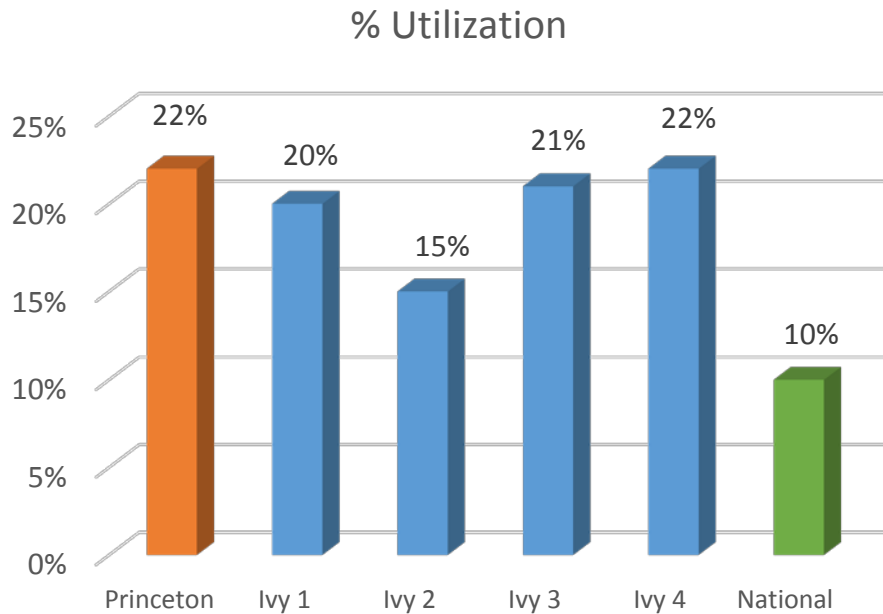
What percentage of the student body did CPS see last year?



- A. 3%
- B. 5%
- C. 15%
- D. 22%
- E. 41%



Counseling & Psychological Services-Utilization in AY2017



- CPS serves 22% of the student body
- Princeton's utilization is comparable to Ivy peers
- Recent utilization is more than double the national average



Our Strategy: Increase Help-Seeking Behavior



STUDENTS

- Partner with us in destigmatizing mental health treatment
- Acknowledge vulnerability and encourage your peers to reach out for help when they need it
- Consider that 40% of students have CPS contact at some point

FACULTY/STAFF

- Normalize struggles—everyone needs support at times and getting help is also a sign of strength
- Be informed and have information accessible about CPS and other people/resources that comprise our student safety net

RESOURCES

- Princeton Distress Awareness & Response; U_Matter website; Request CPS/UHS in-service “gate keeper” trainings in this area



What percentage of Princeton students say that they have a responsibility to intervene for someone in mental or emotional distress?



A. 15%

B. 34%

C. 49%

D. 73%

E. 91%



Our Strategy: Identify Students at Risk

IDENTIFY
STUDENTS
AT RISK

STUDENTS

- Get informed about signs of distress
- Be a proactive bystander – reach out
- Speak with your RCA or DSL about notable changes in behaviors

FACULTY/STAFF

- For undergraduates: when concerned about a student, alert Deans/DSL's/Residential College staff; call CPS
- For graduate students: when concerned, alert the Deans/Department Administrators/DGS; call CPS
- Host a Princeton Distress Awareness & Response (PDAR) training in your department

RESOURCES

- Contact CPS for a consult; *Kognito At-Risk for Students; Guide--Recognizing and Responding to Students in Distress*



What is the average “wait time” for an initial appointment at CPS this semester?

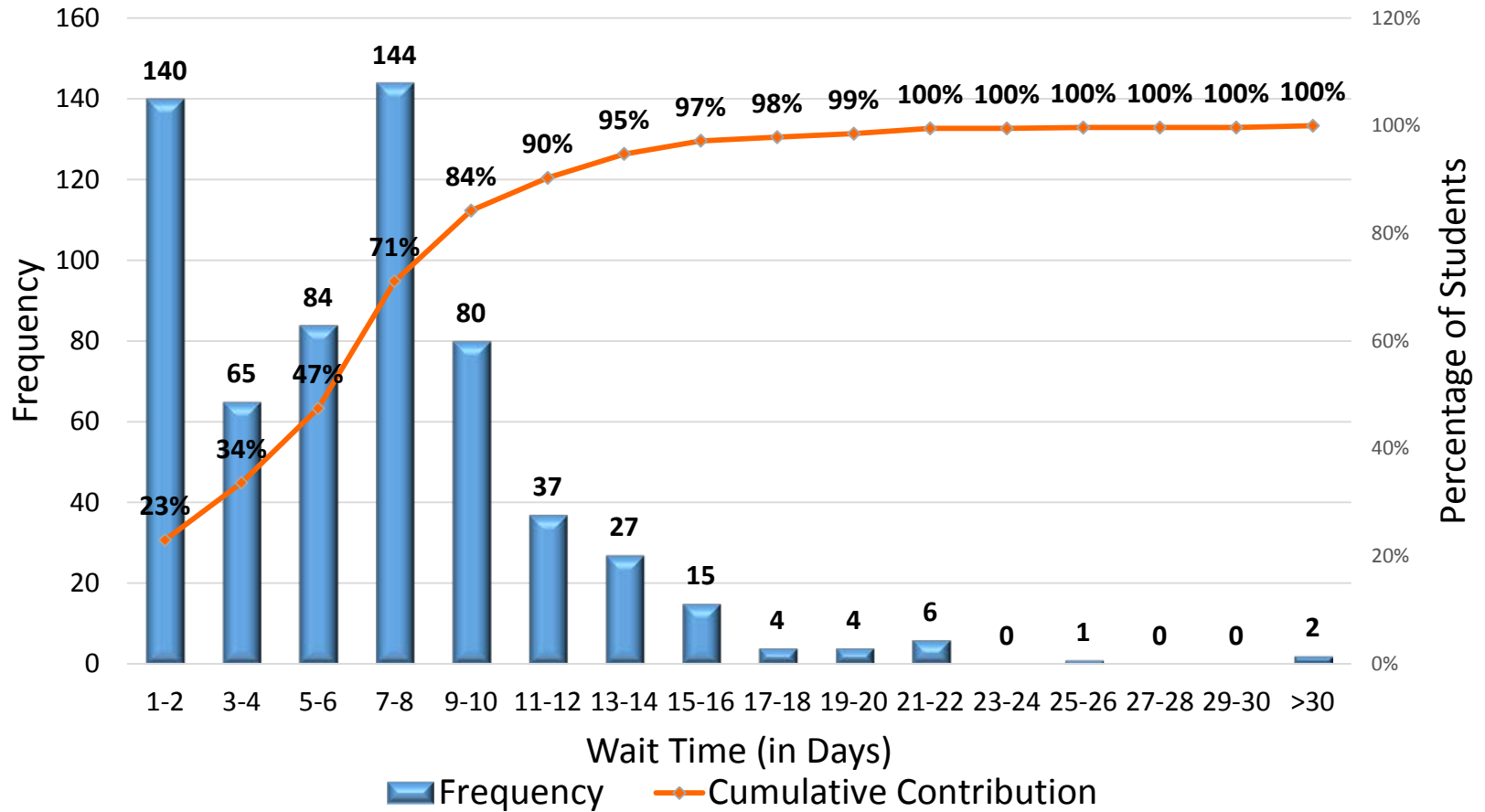
PROVIDE
MENTAL HEALTH
& SUBSTANCE
USE DISORDER
SERVICES

- A. 1 day
- B. 6 days
- C. 12 days
- D. 17 days
- E. 22 days



Access to care: "Wait time"

Wait Time - Initial Appointments 09/01/17 - 11/27/17





Our Strategy: Provide Mental Health and Substance Abuse Services

PROVIDE
MENTAL HEALTH
& SUBSTANCE
USE DISORDER
SERVICES

DESIGNED A NEW CLINICAL TREATMENT COORDINATOR POSITION

- Foster student connections within our service as well as with local providers
- Assist students transitioning to community care, and monitor care of students as needed

CREATED AN EXCLUSIVE PROVIDER NETWORK

- New network of local mental health clinicians who see Princeton students at reduced fees
- Broadened referral network, improving access to affordable, quality mental health care

EXPANDED OUTREACH PROGRAMMING

- Seek to destigmatize the use of mental health services, and increase help-seeking behaviors and access to services



Future Directions

- **Access:** Explore satellite offices for CPS at different sites on campus to further extend service reach
 - **Services:** Develop convenient online options for mental health care (“telemental health”) —as a supplement to in-person therapy or as a stand-alone treatment
 - **Outreach:** Expand mindfulness outreach programs and other trainings to promote well-being and resilience in the face of stress and challenges
 - **Diversity:** Identify promising therapeutic interventions that are effective in meeting the needs of our changing student population and those students who do not access traditional services
 - **Education:** Advance community-based prevention programs
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Questions, Comments, Discussion

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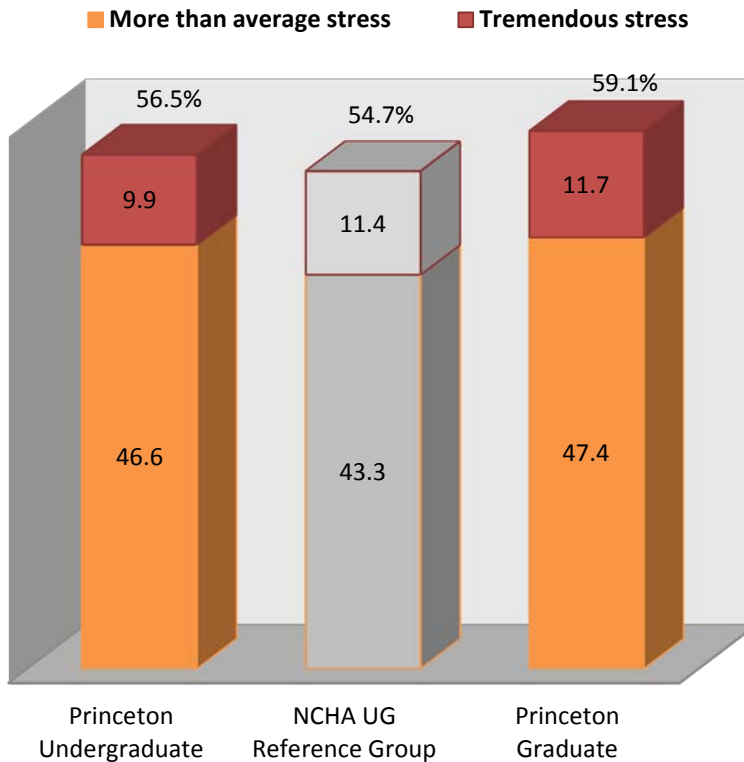
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What do students say about stress? (2016)

How would you rate the overall level of stress you have experienced (last 12 months)?



- A higher percentage of Princeton students report “more than average stress” than the NCHA reference group.
- There is no difference between the percentage of Princeton students reporting “tremendous stress” vs. the NCHA reference group.
- Princeton students feel the most stress about academics