CAMPUS MENTAL HEALTH AND WELL-BEING

Faculty Senate - February 15, 2021

Dr. Beth McCuskey,
Vice Provost for Student Life

Dr. Katie Sermersheim,
Associate Vice Provost and Dean of Students
Today's Presentation

• Historical information
• CAPS adapts to change
• Additions in ODOS
• Steps to Leaps: Towards a holistic approach
<table>
<thead>
<tr>
<th>Mental Health in Higher Education: 2010 - 2020</th>
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<tbody>
<tr>
<td><strong>CCAPS-34</strong></td>
</tr>
<tr>
<td><strong>Depression</strong></td>
</tr>
<tr>
<td>1.55</td>
</tr>
<tr>
<td>+0.18</td>
</tr>
<tr>
<td><strong>Generalized Anxiety</strong></td>
</tr>
<tr>
<td>1.77</td>
</tr>
<tr>
<td>+0.28</td>
</tr>
<tr>
<td><strong>Social Anxiety</strong></td>
</tr>
<tr>
<td>1.77</td>
</tr>
<tr>
<td>+0.27</td>
</tr>
<tr>
<td><strong>Academic Distress</strong></td>
</tr>
<tr>
<td>1.92</td>
</tr>
<tr>
<td>+0.01</td>
</tr>
<tr>
<td><strong>Eating Concerns</strong></td>
</tr>
<tr>
<td>0.94</td>
</tr>
<tr>
<td>+0.06</td>
</tr>
<tr>
<td><strong>Hostility</strong></td>
</tr>
<tr>
<td>0.81</td>
</tr>
<tr>
<td>-0.12</td>
</tr>
<tr>
<td><strong>Alcohol Use</strong></td>
</tr>
<tr>
<td>0.54</td>
</tr>
<tr>
<td>-0.19</td>
</tr>
<tr>
<td><strong>Distress Index</strong></td>
</tr>
<tr>
<td>1.65</td>
</tr>
<tr>
<td>+0.15</td>
</tr>
</tbody>
</table>

All data is from the following report:

## Snapshot of Mental Health at Purdue University

### DEMAND

<table>
<thead>
<tr>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Unique Clients</strong></td>
<td>2,678</td>
<td>3,167</td>
<td>3,509</td>
<td>3,872</td>
<td>4,284</td>
<td>3,784</td>
<td>1,701</td>
</tr>
<tr>
<td><strong>% of Student Body Served</strong></td>
<td>7.00%</td>
<td>8.03%</td>
<td>8.67%</td>
<td>9.31%</td>
<td>9.86%</td>
<td>8.49%</td>
<td>3.68%</td>
</tr>
<tr>
<td><strong>Total Appointments</strong></td>
<td>13,311</td>
<td>14,451</td>
<td>18,233</td>
<td>21,766</td>
<td>24,416</td>
<td>20,744</td>
<td>7,762</td>
</tr>
<tr>
<td><strong>Hospitalizations</strong></td>
<td>45</td>
<td>45</td>
<td>34</td>
<td>33</td>
<td>47</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td><strong># of calls to ProtoCall (After Hours Service)</strong></td>
<td>85 *</td>
<td>200</td>
<td>217</td>
<td>343</td>
<td>315</td>
<td>266</td>
<td></td>
</tr>
</tbody>
</table>

### TRIAGE

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
<th>2020</th>
<th>2021*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Students of Concern</strong></td>
<td>781</td>
<td>1,537</td>
<td>2,372</td>
<td>2,629</td>
<td>1,831</td>
</tr>
<tr>
<td><strong>Behavioral Intervention Team</strong></td>
<td>288</td>
<td>444</td>
<td>604</td>
<td>586</td>
<td>263</td>
</tr>
<tr>
<td><strong>Student Coaching and Support Appointments</strong></td>
<td>2471</td>
<td>5,454</td>
<td>7,207</td>
<td>10,925</td>
<td></td>
</tr>
</tbody>
</table>
Introducing Stepped Care Model

YOUR NETWORK OF COMMUNITY SUPPORT

- Various Community Workshops and Peer Support Services
- Veteran’s Success Center
- Peer Mentor Wellness Coaching
- Cultural Centers
- Steps to Leaps
- Mental Health Apps
- CAPS Website
- Mental Health Tips
- RecWell
- 4 Types of Workshops
- Ongoing/Longer-term Therapy (Individual)
- Brief Individual Treatment
- Therapy Groups
- WellTrack
- Community Referral
- Campus Training Clinics
- Ongoing/Longer-term Therapy (Individual)
- IOP/PHP
- Care Management
- Hospitals’ Inpatient Programs
- EmPATH
- On Call Emergency Response
- ACUTE CARE & ADVOCACY
- Consultation & Long Term Treatment
- CAPS’ After Hours Crisis Service
- CAPS Re source
- Purdue/Community Resources
- Your Network of Community Support

CAPS offers multiple services beyond what is listed here. Emergency services are and still will be offered by CAPS.
Building a Campus Network of Support

Multiple resources are available to help students use a variety of support for mental health support.

We are committed to helping our students reach their fullest potential both in and out of the classroom.

For more information about the Protect Purdue Plan please visit protect.purdue.edu
Mental Health Resources at Purdue during COVID

- CAPS staff have been providing remote telehealth services to assist in meeting students' mental health needs throughout each semester, including the fall 2020.
- Demand for service has slowed during the pandemic by approximately 20%
1. Enhance student success and build lifelong habits in areas such as self-advocacy, resiliency, network building, financial literacy, and the Growth Mindset

2. Prepare faculty and staff to cultivate and support resiliency in their engagement with students

3. Create a repository of resources to make it easier for students to connect to programs

4. Maximize the use of technology to assist in this effort

5. Overall focus on Well-Being
Steps to Leaps Pillars

**Well-Being** — Staying healthy in body, brain, and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health and prosperity.

**Leadership and Professional Development** — Boilermakers have a strong tradition of leadership in their careers and communities. Learn how to tap into your own strengths as you become the next generation of leaders with steps to initiative, guidance and direction.

**Impact** — Every Boilermaker strives to leave their footprint, and world-changing examples can be found throughout Purdue’s rich history. Learn the importance of creating an impact through your everyday actions with steps to modify, touch and influence.

**Networks** — A strong network serves as a resource throughout your life. The tightest networks are created by connections with individuals and require active participation. Learn how to build your network with steps to making connections and bonds.

**Grit** — Life is full of ups and downs. Learn strategies to tap into your inner fortitude to overcome challenges and become your best Boilermaker with steps to resolve and character.
Steps to Leaps Deployment Model

**CONTENT**
- Coordinated Programming Committee
- Center for Instructional Excellence
- Distributed Models

**TECHNOLOGY**
- Portfolium
- Learning Management System
- BoilerConnect
- Welltrack
- Mobile Interventions

**COMMUNICATION**
- Common Language
- Consistency of Content
- Branding Campaign

**RESEARCH**
- Science of Well-Being
- Motivation
- Social Networks/Systems
- Assessment of Student Learning

**SUPPORT/COACHING**
- Career & Academic Advising
- Boiler Success Team
- ODOS Offices
- Student Success Programs
Steps to Leaps Wins to Date

- Growth Mindset
- Student Engagement
  - Modules in Brightspace
  - Soon-to-be student organization
- Faculty Fellowship—Louis Tay
  - Well-being course
- Assessment Pilot
  - Research Collaborative
  - Advisory role
- Chemistry TA Training
- Embedded Dialogue around pillars
- Collaborations: PSG, PGSG, Healthy Boiler—MHAW Shout-out
Looking Forward

- Continue to be flexible
- Marathon and not a sprint
- Pace and take time for our selves
- Honoring reading day - catch up and recharge