

CAMPUS MENTAL HEALTH AND WELL-BEING

Faculty Senate - February 15, 2021

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Today's Presentation

- Historical information
- CAPS adapts to change
- Additions in ODOS
- Steps to Leaps: Towards a holistic approach



Mental Health in Higher Education: 2010 - 2020

CCAPS-34					
Depression	+0.18		1.55	1.74	1.73
Generalized Anxiety	+0.28		1.77	2.05	2.05
Social Anxiety	+0.27		1.77	2.05	2.05
Academic Distress	+0.01		1.92	1.97	1.93
Eating Concerns	+0.06		0.94	1.00	1.00
Hostility	-0.12		0.81	0.93	0.81
Alcohol Use	-0.19		0.54	0.73	0.54
Distress Index	+0.15		1.65	1.80	1.80

All data is from the following report:

Center for Collegiate Mental Health. (2020). [Center for collegiate mental health 2020 annual report](#).

Snapshot of Mental Health at Purdue University

DEMAND

	2015	2016	2017	2018	2019	2020	2021*
Total Unique Clients	2,678	3,167	3,509	3,872	4,284	3,784	1,701
%of Student Body Served	7.00%	8.03%	8.67%	9.31%	9.86%	8.49%	3.68%
Total Appointments	13,311	14,451	18,233	21,766	24,416	20,744	7,762
Hospitalizations		45	45	34	33	47	8
# of calls to ProtoCall (After Hours Service)		85 *	200	217	343	315	266

TRIAGE

	2017	2018	2019	2020	2021*
Students of Concern	781	1,537	2,372	2,629	1,831
Behavioral Intervention Team	288	444	604	586	263
Student Coaching and Support Appointments		2471	5,454	7,207	10,925

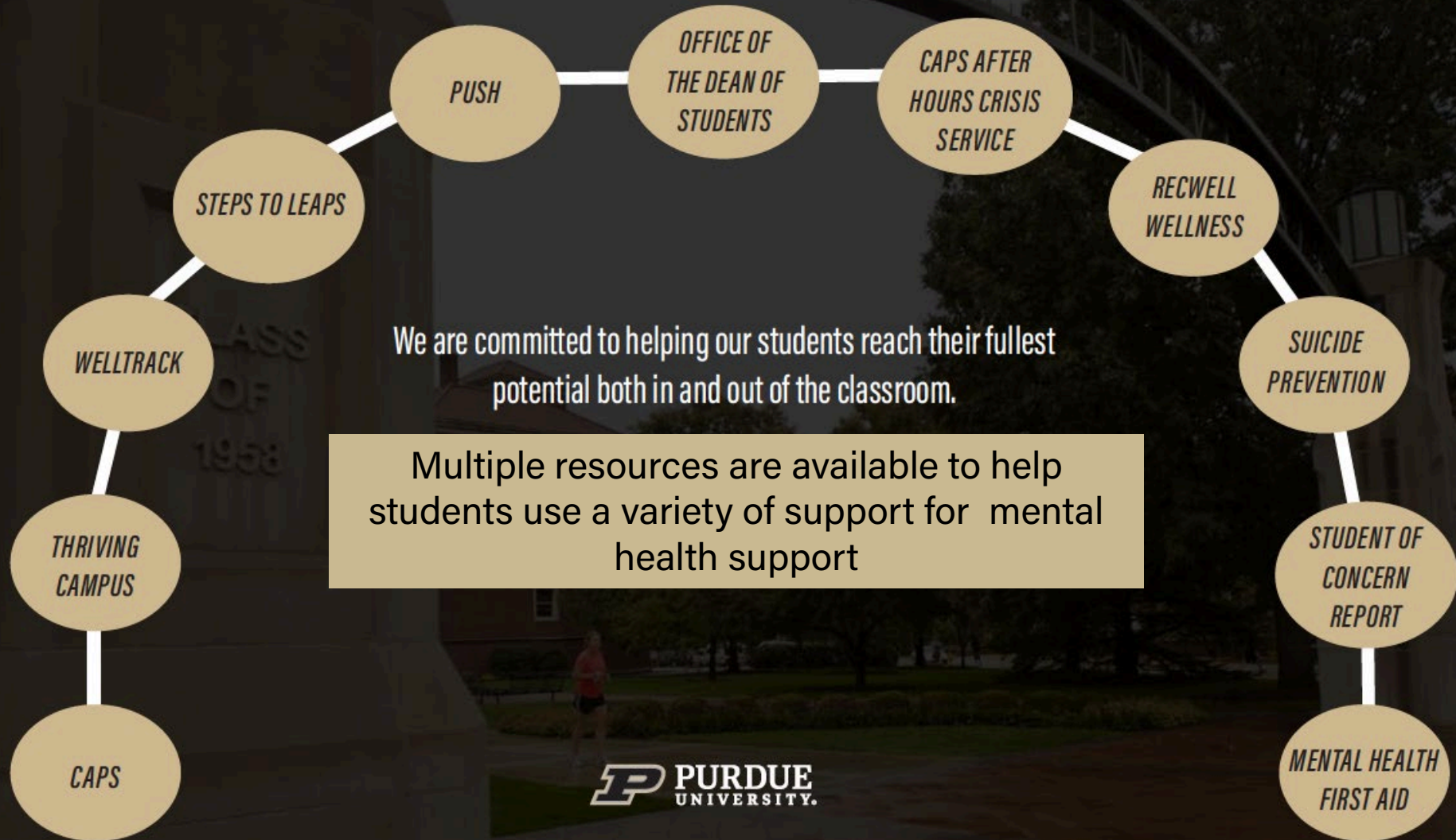
Introducing Stepped Care Model

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



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%**



Introducing Steps to Leaps

- 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.

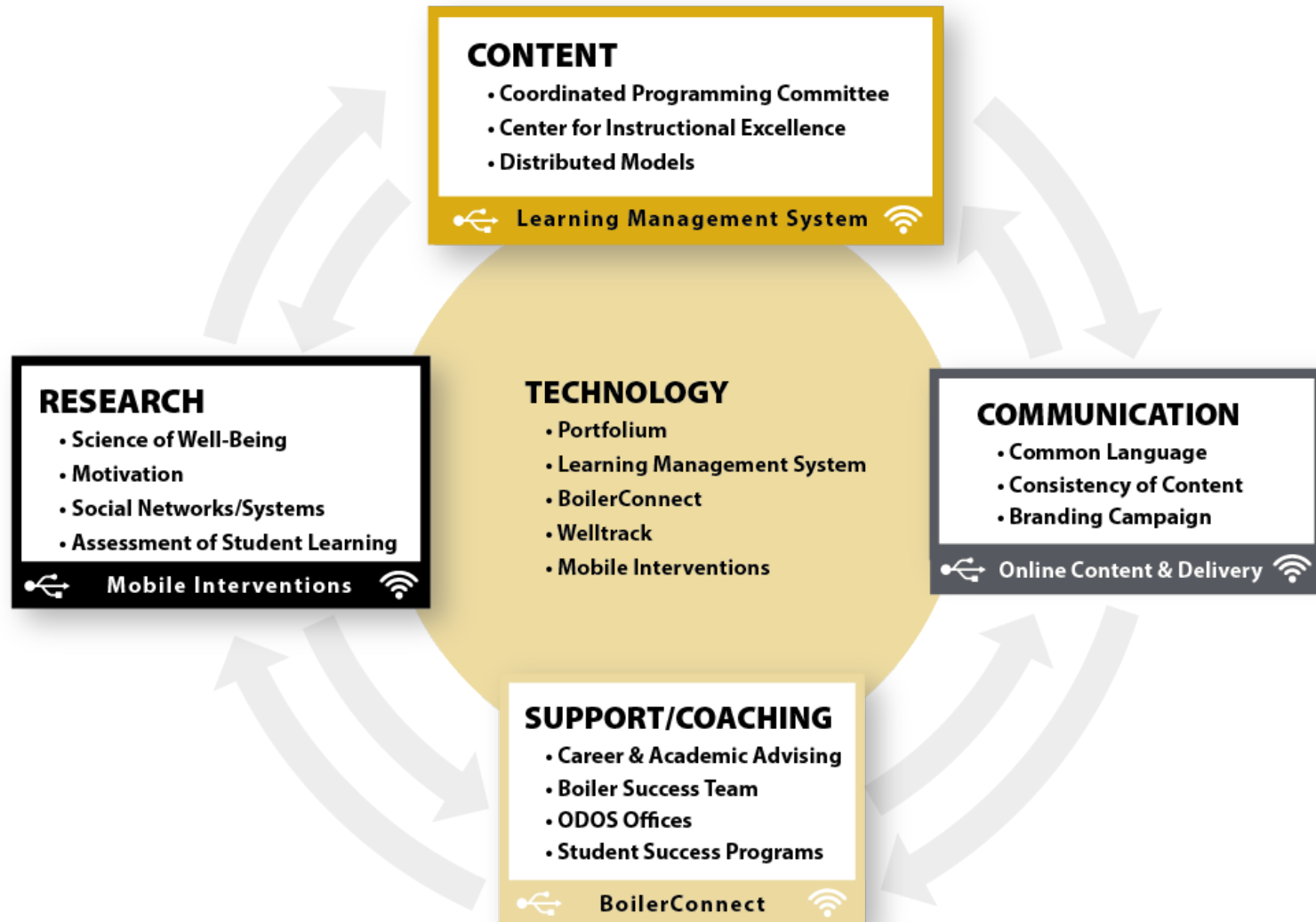


Networks — A strong network serves as a resource throughout your life. The tightest networks are created by connections with individuals and require active participation. Learn how to build your network with steps to making connections and bonds.



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



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

