

Student Mental Health



Mental Health Support for SU Students

- Addressing Student Mental Health and Wellbeing
- Counseling Services
- Statistics
- Current Topics of Concern
- Future Goals



Student Wellbeing

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The Importance of Addressing Student Mental Health

- Concern about student mental health was rising before the pandemic
- All campuses are seeing an increase in the severity and complexity of student mental health presentations
- Demand for mental health support is increasing
- Counseling Centers have seen an increase in significance and complexity in student mental health concerns.

Counseling Center Responses

- Maintain and support staff in the midst of a national shortage of mental health clinicians.
- Increase access to services for students.
- Increase equity in mental health services.
- Embrace creative programming to offer a wide variety of services to students.

Increasing Access and Equity

- Campus-wide campaign to educate our community about mental health services
- New structure includes quick access to care
 - Triage Clinician Daily
 - Crisis appointments
 - Walk-in Clinic
 - Brief, solution-focused model offering 4-6 sessions
 - Online intake scheduling
 - Psychiatrist available for medication management
 - Referral appointments to help students access off-campus services as needed
- TimelyMD contracted to provide students with distance crisis and counseling services

Equity in Mental Health Services

- Providing walk-in and crisis appointments removes barriers to receiving help
- Utilizing a short-term counseling model allows clinicians to see more students and accept intakes throughout the academic year.
- Creating connection with colleagues and students increases awareness of services available.
- TimelyCare and Interns offer a broader range of clinician identities and approaches
- Provide affinity support groups

Expanded Programming

- May expand services beyond scope of care for students with limited resources
- Collaborate with campus partners to offer mental health workshops and education
- Develop peer counseling program to offer education and support to students
- Support student initiatives to offer mental health support

Statistics Fall Semester of 2022

Counseling Center

- Staff: 4 Licensed Clinicians
 - 5 part-time Interns
 - Contract Psychiatrist (10 hours/week)
- 250 Appointments
 - 45 Crisis Appointments
 - 13 Psychiatric Appointments
- Average number of appointments attended
 - 38% attend 1 appointment
 - 25% attend 2 appointments
- Presentations
 - **Anxiety, Depression, Academic Distress**

TimelyMD TimelyCare

- 114 Appointments
 - TalkNOW
 - Telehealth Counseling
- Self-Care Programming
 - Yoga
 - Meditation
 - Peer Counselor Group Chats
 - Self-Care Guides



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CURRENT TOPICS OF CONCERN

- Suicidal Ideation and Attempts
- Emergency Petitions for Suicidal Behavior and Significantly Impaired Functioning
- Drugging at Student Social Events

Goals

- Utilize outcome and student satisfaction measures to plan services and
- Expand opportunities for campus partners and students to provide feedback about services to inform future changes
- Continue to collaborate with campus partners to provide support and collaborate to ensure the wellbeing of our students