



MENTAL HEALTH SUPPORTS PRESENTATION TO THE STUDENT BUDGET COMMITTEE

Brenda Whiteside

February 1, 2017

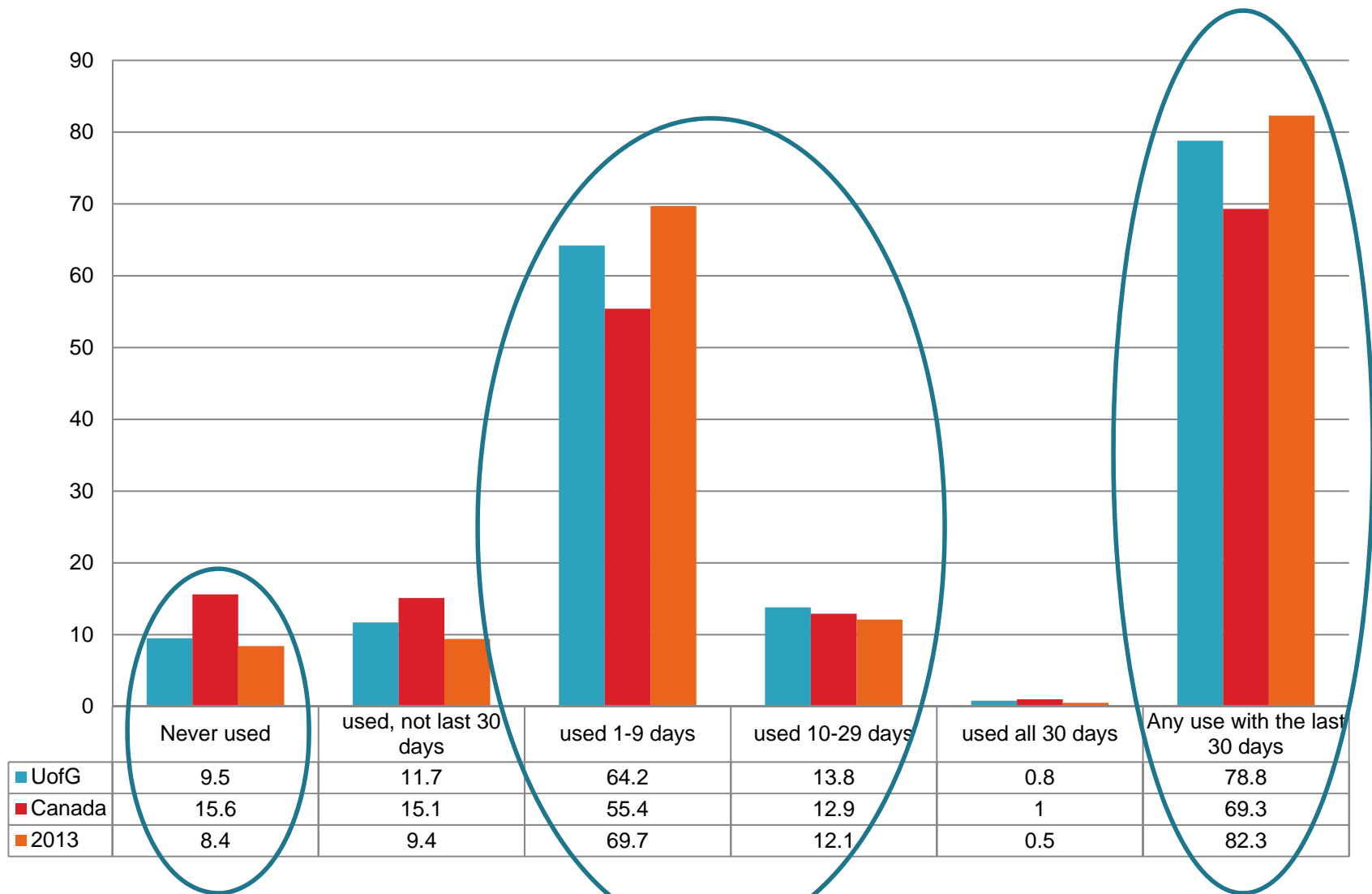
The Context

- NCHA Survey
 - American based health survey
 - Provides a current profile of health trends on a campus community
 - Conducted every 3 years in Canada, Spring 2016
 - 41 Canadian post secondary institutions participated with a total of 43,780 respondents (19.2% response)

NCHA at UofG

- Survey was conducted over a 3 week period in March 2016
- Stratified random sample
- 6000 invitations were sent out and 2 reminder emails
- 1,864 respondents/31.1% response rate

Alcohol Use



Drinks Consumed

- Reported number of drinks consumed the last time student “partied” or socialized.

	2016			Canada			2013		
# of Drinks	Male	Female	Total	Male	Female	Total	Male	Female	Total
4 or fewer	34.7	48.6	44.7	45.2	55.3	52.4	45.8	56.6	53.4
5	11	15.5	14.6	10.6	12.9	12.2	10.6	13.2	12.4
6	12.5	13.2	13.3	9.6	10.4	10.1	9.5	10.3	10.1
7 or more	41.8	22.6	27.5	34.7	21.4	25.3	34.1	19.9	24.1

Outreach

Have you received information about Alcohol and other drug use from your institution

2016 - 67.7% reported yes

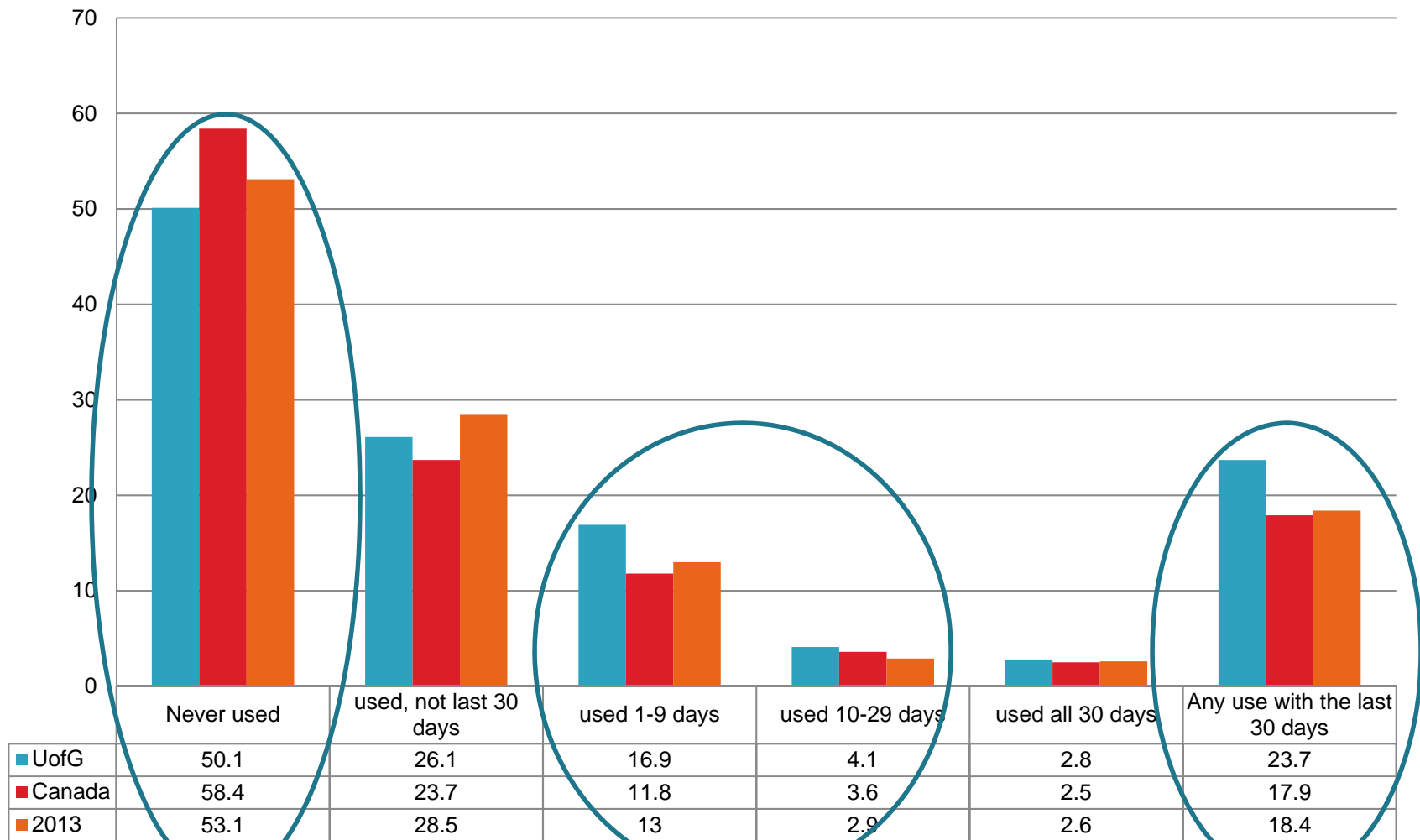
2013 – 66.9% reported yes

Are you interested in receiving information about Alcohol and other drugs from your institution

2016 - 39.5% reported yes

2017 – 35.3% reported yes

Marijuana Use



Actual Use of Marijuana

	2016			Canada			2013		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
Never used	46.2	51.8	50.1	56.7	59.3	58.4	50.8	53.7	53.1
used, not last 30 days	22.6	27.1	26.1	22.4	24.3	23.7	24.6	30.1	28.5
used 1-9 days	20.1	16	16.9	12.6	11.5	11.8	13.4	12.7	13
used 10-29 days	5.3	3.4	4.1	4.8	3.1	3.6	5.3	2.1	2.9
used all 30 days	5.8	1.6	2.8	3.5	2	2.5	5.9	1.3	2.6
Any use with the last 30 days	31.2	21.1	23.7	20.9	16.5	17.9	24.6	16.2	18.4



Mental Health

Within the last 12 months how would you rate the overall level of stress experienced

- 32.5% reported average stress
- 48.5% reported more than average stress
- 13.2% reported tremendous stress

Within last 12 months, diagnosed or treated for the following

	UofG			Canada			2013		
	Male	Female	Total	Male	Female	Total	Male	Female	Total
Anorexia	0.2	1.1	1.1	0.6	1.5	1.3	0	1.2	1
Anxiety	9.6	19.8	17.8	10.5	21.2	18.4	6.4	14.5	12.7
ADHD	5.3	2.5	3.3	5.1	3.4	4.1	4.8	1.5	2.2
Bipolar	0.6	1.1	1.1	1.3	1.2	1.4	0	1.2	0.9
Bulimia	0.4	1.5	1.3	0.6	1.4	1.3	0.5	1.5	1.2
Depression	9.6	12.7	12.4	9.7	16.2	14.7	4.8	9.5	8.5
Insomnia	3.2	4.5	4.3	3.8	5.6	5.3	2.1	3.6	3.4
Other sleep disorder	1.3	2.9	2.5	3	3.4	3.4	1.6	2	2.1
OCD	1.5	2.7	2.6	1.8	2.7	2.5	0.5	1.8	1.6
Panic attacks	3	10	8.5	4.1	11.1	9.3	1.6	7.9	6.5
Phobia	0.4	1.4	1.2	1.1	1.6	1.6	0.5	0.7	0.6
Schizophrenia	0	0	0.1	0.6	0.2	0.4	0.5	0	0.1
Substance abuse or addiction	0.9	0.4	0.7	1.7	1	1.3	1.1	0.3	0.5
other addiction	0.6	0.1	0.3	1.2	0.3	0.7	1.1	0.2	0.4
other mental health condition	2.6	2.9	3.1	3	4	4	1.6	1.7	1.8

- Almost 25% of students reported having been diagnosed or treated for a mental illness with the past 12 months, up from 19% in 2013

Students reported experiencing the following within the last 12 months

Felt things were hopeless			
	2016	Canada	2013
Yes, last 2 weeks	27.2	24.5	22.7
Yes, Last 30 days	12.5	11.7	11.4
Yes, last 12 months	21.7	23.4	21.1
Anytime within last 12 months	61.4	59.6	55.3
Felt overwhelmed by all you had to do			
	2016	Canada	2013
Yes, last 2 weeks	63.5	53.4	59.7
Yes, Last 30 days	16.2	17	17.5
Yes, last 12 months	13.9	19.1	16
Anytime within last 12 months	93.6	89.5	93.1

Students reported experiencing the following within the last 12 months

Felt exhausted (not from physical activity)						
			2016	Canada		2013
Yes, last 2 weeks			64.4	55.3		56.4
Yes, Last 30 days			14.6	15.8		17.4
Yes, last 12 months			13.2	17.1		15.5
Anytime within last 12 months			92.2	88.2		89.3
Felt very lonely						
			2016	Canada		2013
Yes, last 2 weeks			32.2	29.9		29.6
Yes, Last 30 days			13.9	13.9		12.9
Yes, last 12 months			22.9	22.8		23
Anytime within last 12 months			69	66.6		65.5

Students reported experiencing the following within the last 12 months

Felt very sad					
		2016	Canada		2013
Yes, last 2 weeks		35.2	33.3		30.8
Yes, Last 30 days		16.2	15.6		15.3
Yes, last 12 months		25.5	24.8		24.4
Anytime within last 12 months		76.9	73.7		70.6
Felt so depressed that it was difficult to function					
		2016	Canada		2013
Yes, last 2 weeks		16.8	17.1		13
Yes, Last 30 days		9.3	8.8		6.5
Yes, last 12 months		17.9	18.5		16.6
Anytime within last 12 months		43.9	44.4		36.1

Students reported experiencing the following within the last 12 months

Felt overwhelming anxiety		2016	Canada	2013
Yes, last 2 weeks		29.3	28.5	23.4
Yes, Last 30 days		14.2	13.8	14.3
Yes, last 12 months		20.1	22.2	18.6
Anytime within last 12 months		63.6	64.5	56.3
Felt overwhelming anger		2016	Canada	2013
Yes, last 2 weeks		15.3	15.9	12
Yes, Last 30 days		10.2	10.7	9.3
Yes, last 12 months		19.7	20.7	17.6
Anytime within last 12 months		45.2	47.3	38.9

Students reported experiencing the following within the last 12 months

Seriously considered suicide		2016	Canada	2013
Yes, last 2 weeks		2.3	3	2.5
Yes, Last 30 days		2.7	2.1	1.1
Yes, last 12 months		7.3	7.9	6.3
Anytime within last 12 months		12.3	13	9.9

Seriously considered suicide		Male	Femal	Total	Male	Femal	Total
No, never		75	73.3	73.1	81.2	78.2	78.5
No, not last 12 mor		11.5	15.6	14.6	10.2	12.1	11.6
Yes, last 2 weeks		2.1	2.2	2.3	3.2	2.1	2.5
Yes, Last 30 days		2.8	2.4	2.7	0	1.5	1.1
Yes, last 12 months		8.5	6.6	7.3	5.4	6.1	6.3
Anytime within last		13.5	11.1	12.3	8.6	9.8	9.9

Students reported experiencing the following within the last 12 months

Attempted suicide		2016	Canada	2013
Yes, last 2 weeks		0.1	0.5	0.4
Yes, Last 30 days		0.2	0.2	0.1
Yes, last 12 months		1.2	1.4	1
Anytime within last 12 months		1.5	2.1	1.5
Intentionally cut, burned, bruised or otherwise injured myself		2016	Canada	2013
Yes, last 2 weeks		1.8	2.3	1.6
Yes, Last 30 days		1.9	1.5	1.4
Yes, last 12 months		5.3	4.9	3.9
Anytime within last 12 months		9	8.7	6.9

Mental Health Continuum

The Canadian survey asked additional questions based on overall mental wellbeing

Questions included:

During the past month how often did you feel:

- Happy
- Interested in life
- Satisfied with life
- Feel that you had something important to contribute to society

Mental Health Continuum

	2016	Canada	Ontario	2013
Languishing	7.8	9.6	10.6	7.1
Moderate	41.8	43.6	44	37.1
Flourishing	50.4	46.9	45.4	55.8

Have you ever received psychological or mental health services from the following?

	2016			2013		
	Male	Female	Total	Male	Female	Total
Counsellor/Therapist/Psychologist	22	39	35.5	22	35	31.8
Psychiatrist	5	9	8.8	6	10	9.4
Other medical provider	11	22	19.7	10	20	18.3
Minister/Rabi/Priest/other clergy	3	3	2.7	3	2	2.1

Have you ever received psychological or mental health services from your university's counselling or health services?

	2016			2013		
	Male	Female	Total	Male	Female	Total
Yes	15	26	23.5	11	21	19

If in the future you were having a personal problem that was really bothering you, would you consider seeking help from a mental health professional?

	2016			2013		
	Male	Female	Total	Male	Female	Total
Yes	73	84	81	69	81	78

Have you received information on the following topics from your university?

				2016	2013
depression/anxiety				76.2	60.8
Eating Disorders				34.9	32.8
Grief & Loss				31.4	20.5
How to help others in distress				36.8	29.6
problem use of internet/computer games				12.2	12.1
relationship difficulties				30.5	34.7
stress reduction				80.9	74.8
suicide prevention				47.4	25.9

Are you interested in receiving information on the following topics from your institution?

				2016	2013
depression/anxiety				73.3	64.9
Eating Disorders				47.5	39.7
Grief & Loss				56.8	47.3
How to help others in distress				76.7	64.9
problem us of internet/computer games				29.7	25.7
relationship difficulties				53.4	50
stress reduction				82.3	75.4
suicide prevention				58.7	41.4

Growth in Demand

- **Counselling Services**

	2011-12	2012-13	2013-14	2014-15	2015-16	% Change
Students Seen	1990	1962	2005	2257	2470	24%
Intake App'ts	1530	1518	1168	1687	1650	7.8%
Walk-in App'ts	997	974	1071	1262	1285	28.9%
Counselling Sessions	4257	4159	4959	5529	4728	11%

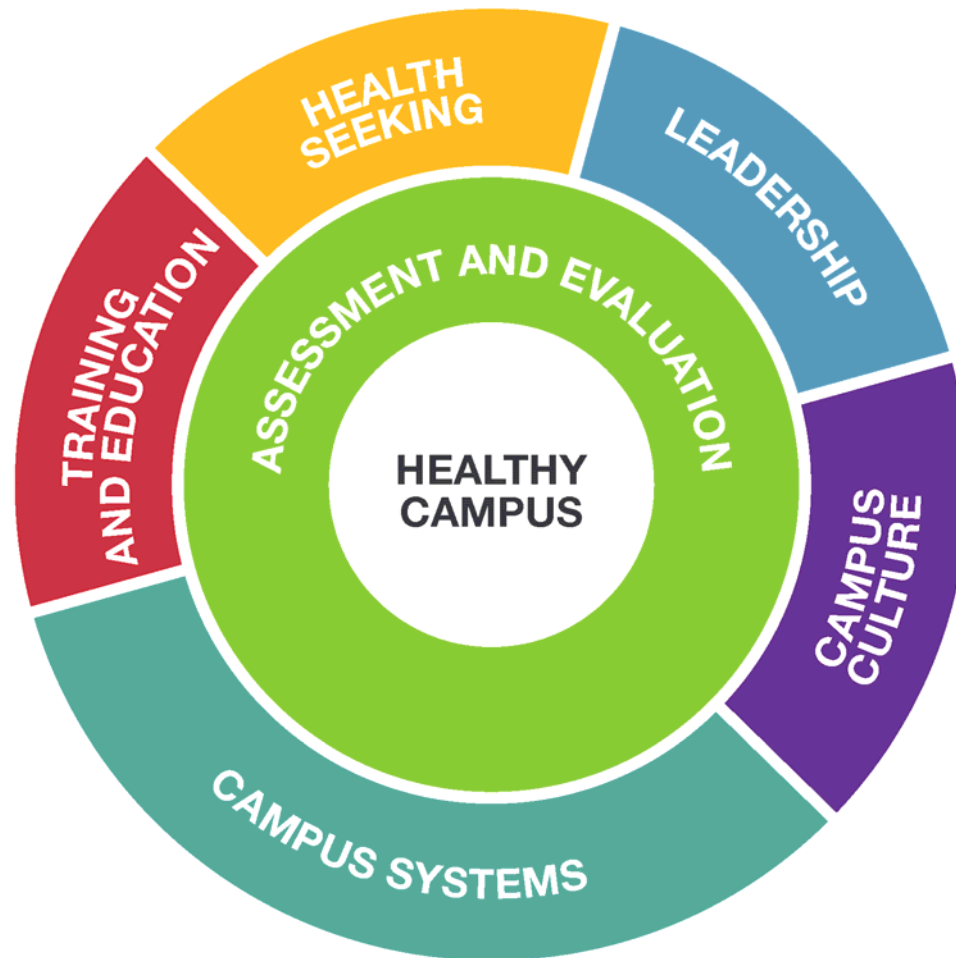
- **Accessibility Services**

	2011/12	2012/13	2013/14	2014/15	2015/16	% Change
Attention Deficit	92	142	143	175	185	103%
Learning Disability	599	397	674	715	687	42%
Mental Health	363	395	475	669	739	127%
Autism Spectrum	...	26	33	33	43	65%
Acquired Brain Injury	25	29	27	29	104	316%
Other	323	369	373	373	398	
Total	1402	1358	1725	1994	2156	73%

Additional Questions

- 90.4% strongly agree/agree that the university has a sincere interest in the wellbeing of students (Ontario- 78.4%, Canada 79.1%)
- 85.4% strongly agree/agree that faculty do (Ontario- 77.2%, Canada 77.9%)
- 83.8% strongly agree/agree feel they are part of a community at UofG (Ontario- 69.8%, Canada 68.4%)

Supports – A Mental Health Strategy



Programming

- Training
 - Four tier model rolling out
- Prevention
 - Enhanced Education and Awareness Programing (additional position added to Wellness Education Centre
 - Early Warning – Vocantas
 - Wellness activities: Engineering/OVC
- Policies
 - Scheduling of Exams and Deferreds
 - Review of Fall Reading Week
 - Assessment

Counselling and Crisis Response

- Student At Risk Team
 - Added a Student Affairs Case Coordinator
- Coordination and Triage
 - Added a Triage Nurse
 - Funding for new building
- Counselling Support
 - Added a full-time counsellor
 - Addition of another psychiatrist
 - Added a mental health advisor in SAS
 - Added counselling hours in OVC
 - Added new groups
 - Referring students to Psychological Services and Family and Couple therapy
 - Funding for two additional positions in Office of Intercultural Affairs
 - Developing relationship and referring to CMHA
 - On-line tools and programs: FeeligBetterNOw, Good2Talk, 24/7, Mental wellbeing website

Counselling Guidelines

- Council for the Advancement of Standards in Higher Education (CAS) standards: 1 counsellor to 1500 students
- U of Guelph
 - 23,000 students
 - 13 counsellors in Base
 - 1.8 contract
 - 2 psychiatrists
 - Total: 16.8 or 1 counsellor to 1360

Does not include Student Support Network or supports from FRAN or Psychological Services

Wait times on campus much better than in the city

Next Steps

- Need a long term strategy regarding the University's role with respect to supporting students with complex mental health needs. Working with CMHA
- Need to advocate for mental health funding, but on a systemic approach. Working with COU and OUSA
- Need to continue to press on systemic issues that can reduce the number of students seeking counselling
 - Early warning systems
 - Triaging
 - Building resiliency skills
 - Policies and Procedures