

Student Mental Health & Wellness Update

Dr. Christopher C. Catching, Vice President for Student Affairs

Strategies to Support Student Health & Wellbeing(2018-Present)

- Alignment with National Best Practices (AUCCD, IACS, etc.)
- Streamlined practice and procedures
 - Short-term counseling
 - Identified scope of practice
- Updated and implemented intern training
- Expanded psychiatric service access (AtlantiCare)
- Expanded services to Atlantic City
- Renewed Recovery Housing grant (\$275,000)
- Enhanced group offerings
- Supporting students who need physical private space to see their telehealth private therapists
- CAPS Student Satisfaction Survey for Fall 2021 snapshot disseminated October 2021
- Invested in TAO
- Directors, Counseling and Psychological Services, Learning Access Program, and Health Outreach, Promotion & Education (HOPE) started Summer 2021
- Offerings in-person and telehealth with reduced intake wait times (avg. 9.92 days in 2019, 7.6 days in 2021)
 - Clarified scope of practice (brief-treatment and solution focused)
 - Restructured walk-in processes so each counselor has a dedicated day they are available for walk-ins, which has streamlined process for students and counselors
- Updated job descriptions for Assistant Directors, Counseling and Psychological Services
 - Currently available 160 hours/week counseling services with full-time counseling staff
- Expanded non-clinical case management (Stockton Cares).
- Relocated the Stockton Pantry to a larger location on Galloway and support a second site at AC



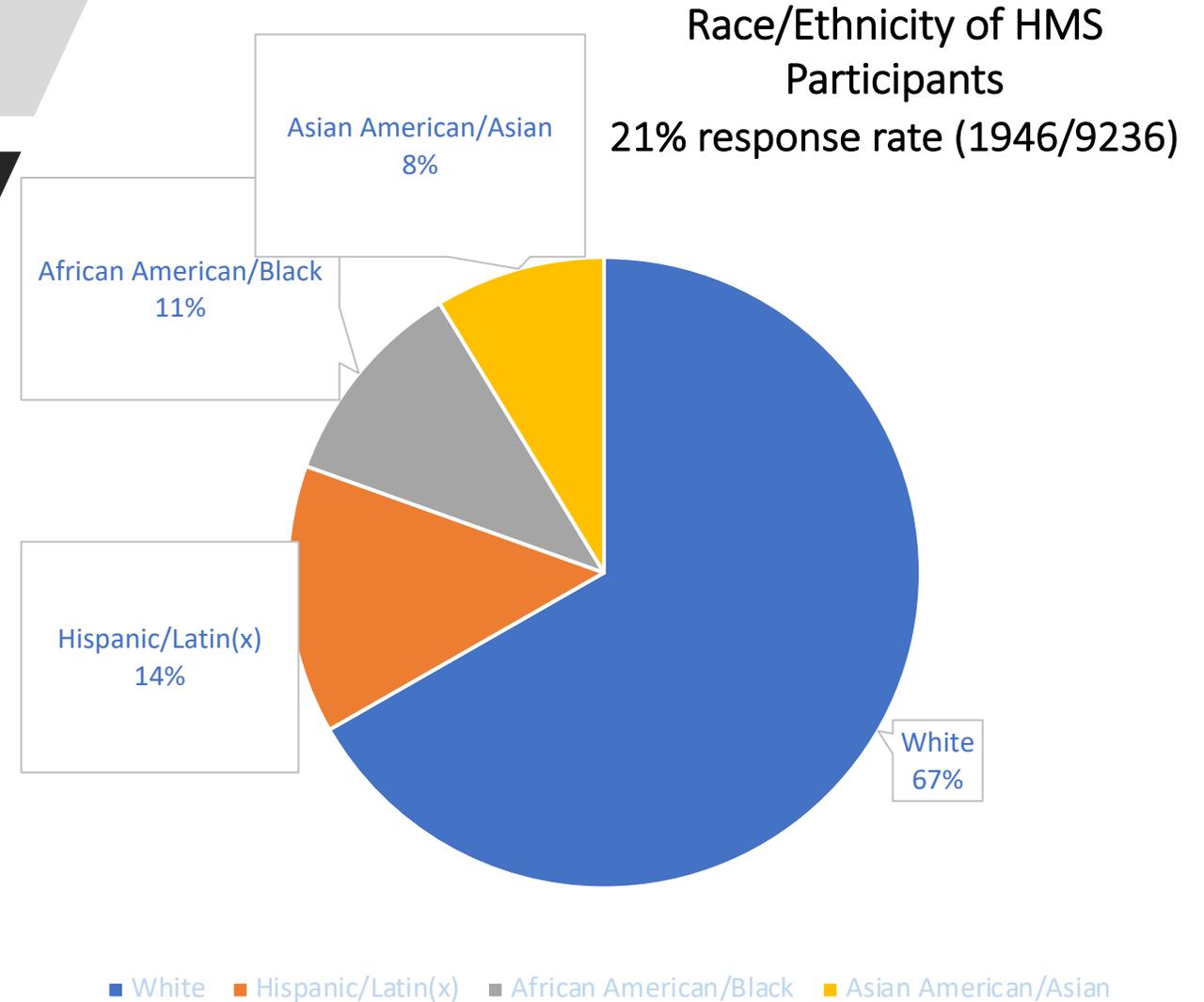
The
Healthy
Minds Network

Healthy Minds Study (Winter/Spring 2021)

Counseling and Psychological Services (CAPS)
Fall 2021 Student Satisfaction Survey

HMS Participants by Race/Ethnicity

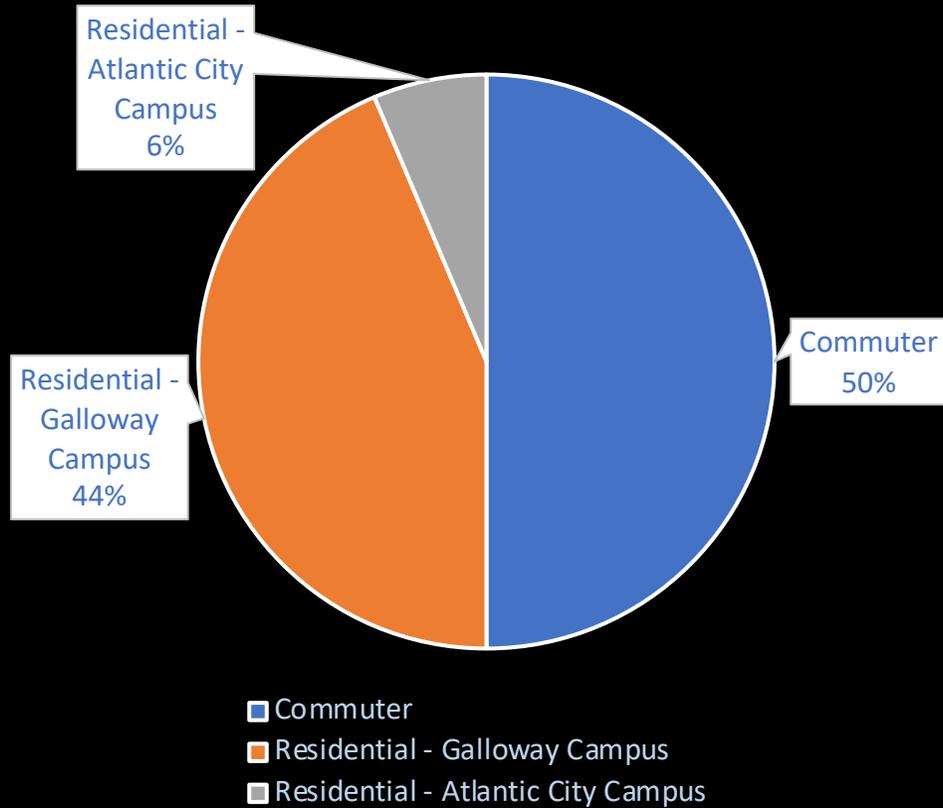
- **2020/2021 CAPS utilization by Race/Ethnicity**
 - **African American/Black: 13%**
 - **Asian American/Asian: 11%**
 - **Hispanic/Latin(x): 6%**
 - **Multi-racial: 6%**
 - **White: 64%**



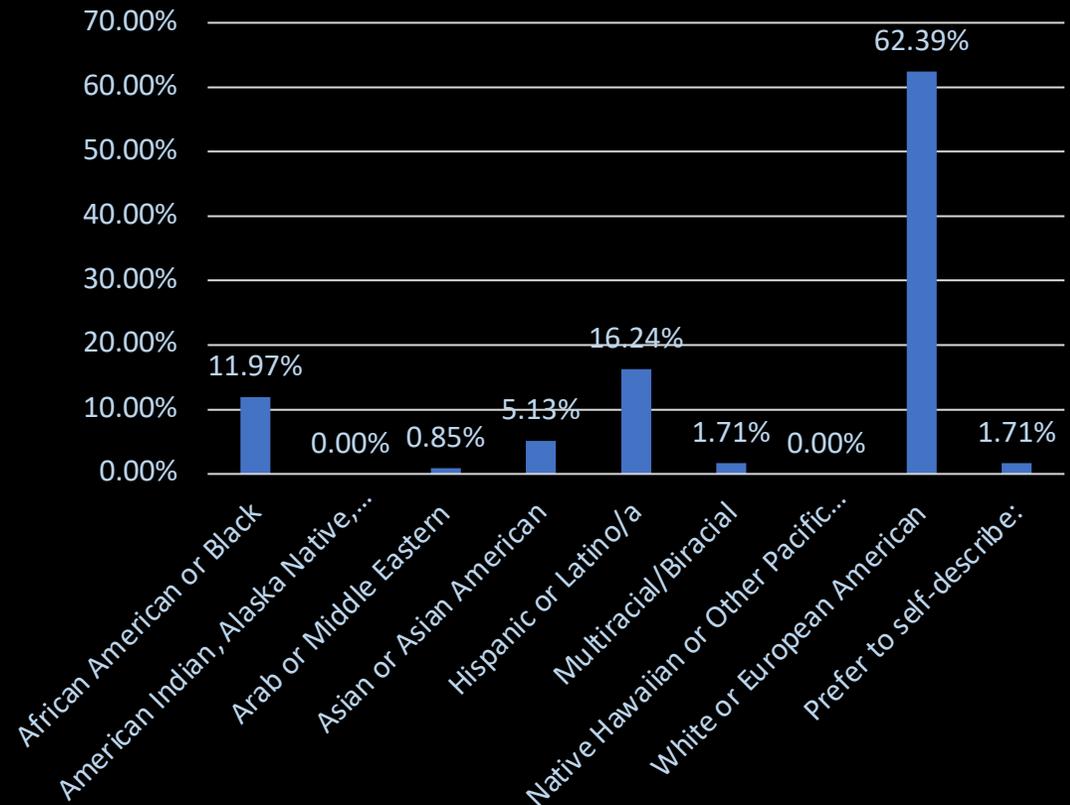
Counseling & Psychological Services Survey

Participant Demographics (Fall 2021)

Are you a Commuter or Resident?



With What categories do you identify?



Student Mental Health Diagnoses & Help-Seeking Behavior

Key Findings: Winter/Spring 2021 Healthy Minds Study

(1946 Respondents)

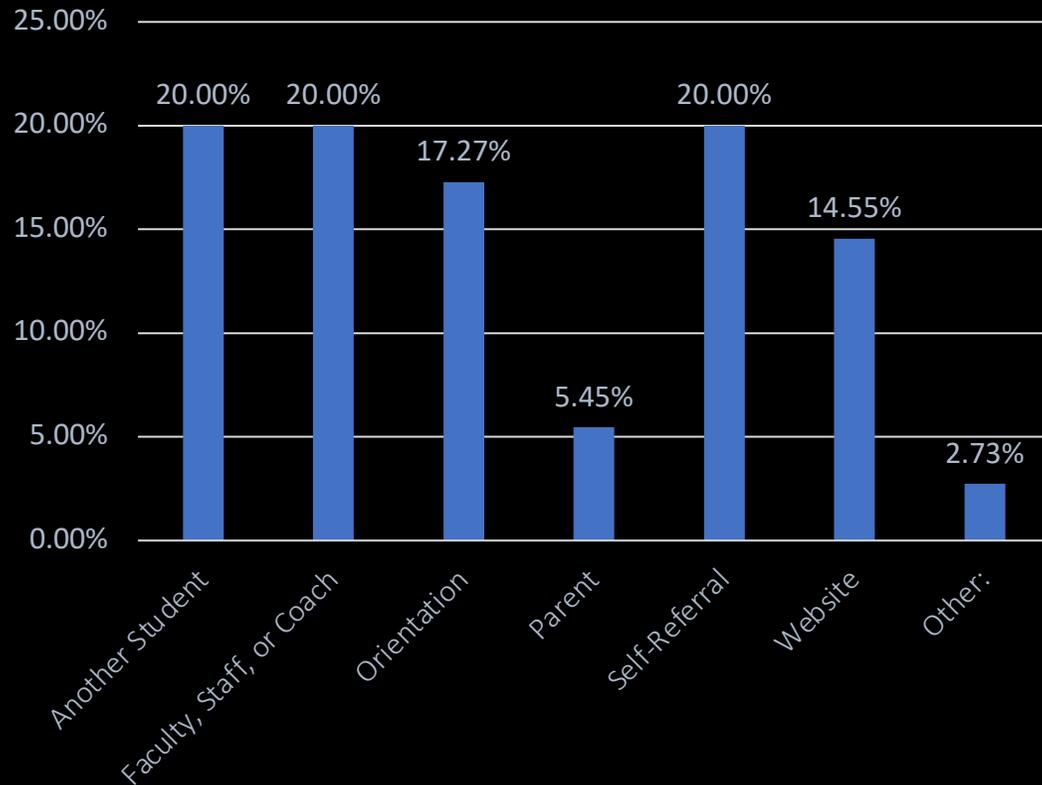


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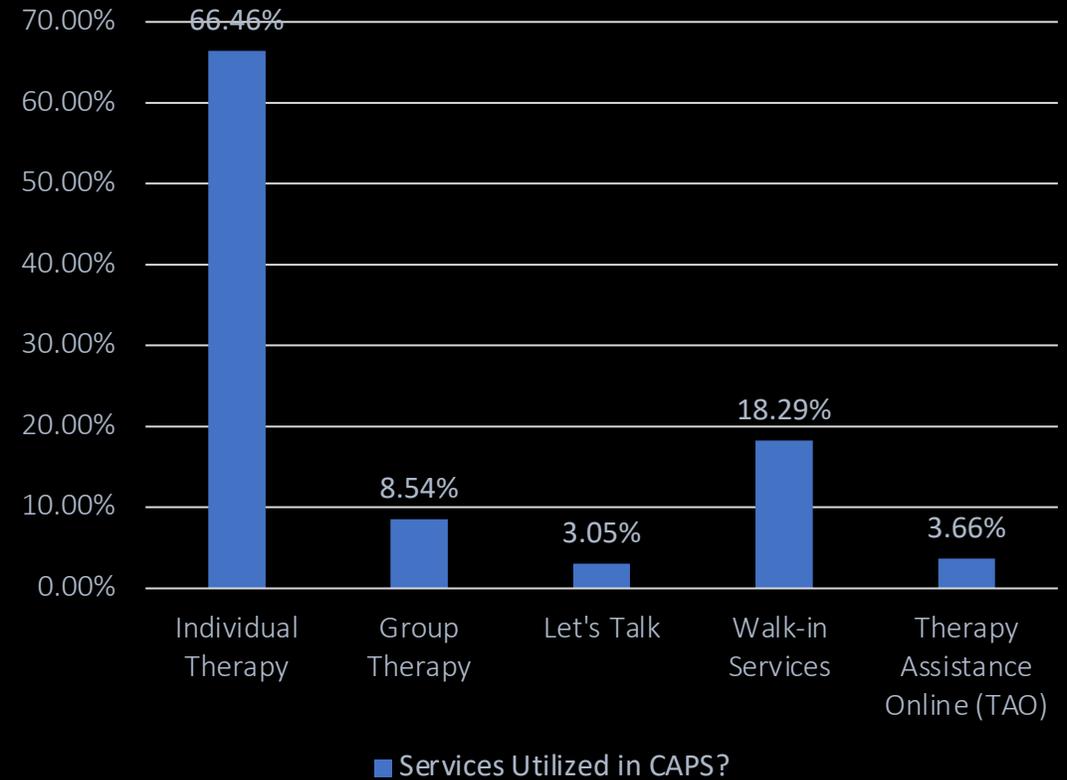
Estimated Values of selected measures for Stockton University	Percentage of Students
Major Depression (PHQ-9 screen)	22%
Depression overall, including major and moderate (positive PHQ-9 screen)	41%
Anxiety Disorder (positive GAD-7 screen)	37%
Eating Disorder (positive SCOFF screen)	12%
Non-suicidal self-injury (past year)	20%
Suicidal ideation (past year)	11%
Lifetime diagnosis of mental disorders	36%
Psychiatric medication (past year)	19%
Mental health therapy/counseling (past year)	24%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	44%
Personal stigma: agrees with "I would think less of someone who received mental health treatment"	4%
Perceived public stigma: agrees with "Most people would think less of someone who has received mental health treatment"	46%

Counseling & Psychological Services: Survey (Fall 2021)

How did you become aware of CAPS?



Services Utilized in CAPS



Spring 2022 Student Mental Health Update:

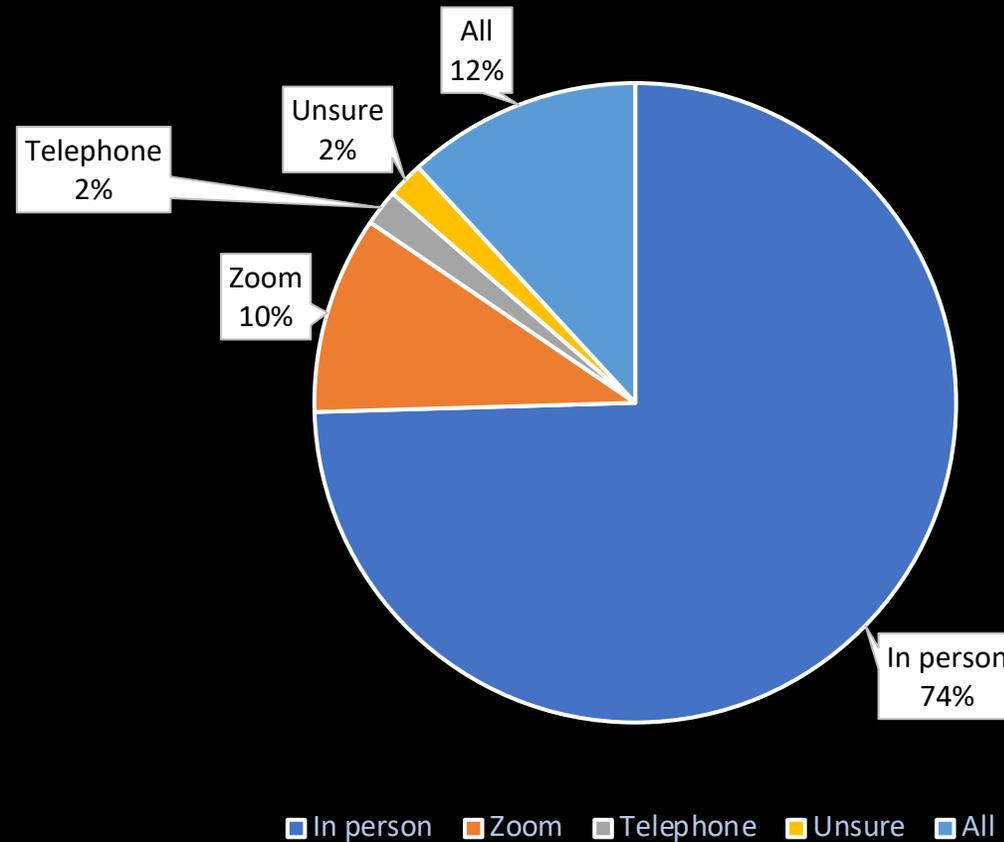
Counseling & Psychological Services Student Satisfaction

Counseling & Psychological Services: Client Data (Fall 2021)

- Total Number of Individual Clients: 618
- Total Number of Appointments: 4,149
- Total Number of Appointments Attended: 2,947

- Number of Appointments per Client
 - % of clients with 1-5 Appointments: 66.2%
 - % of clients with 6-10 Appointments: 26.2%
 - % of clients with 11 to 15 Appointments: 5.3%
 - % of clients with 16 to 20 Appointments: 1.5%
 - % of clients with 21+ appointments: 0.8%

When engaging in counseling, either group or individual, have you found in person or telehealth to be most helpful?



Stockton CARES

Fall	Overall Reports		Faculty Referrals		
Case "Issue"	Number	Percent of Total Reports	Number	Percent of Total Reports	Percent Total Faculty Referrals
Academic	605	56.54%	473	44.21%	78.83%
Access to Resource	45	4.21%	22	2.06%	3.67%
Family	149	13.93%	58	5.42%	9.67%
Financial	90	8.41%	40	3.74%	6.67%
Mental Health	291	27.20%	92	8.60%	15.33%
Physical	230	21.50%	53	4.95%	8.83%
Social	55	5.14%	14	1.31%	2.33%
Spiritual	0	0.00%	0	0.00%	0.00%

Stockton CARES

Spring	Overall Reports		Faculty Referrals		
Case "Issue"	Number	Percent of Total Reports	Number	Percent of Total Reports	Percent Total Faculty Referrals
Academic	628	68.56%	497	54.26%	91.36%
Access to Resource	45	4.91%	25	2.73%	4.60%
Family	126	13.76%	45	4.91%	8.27%
Financial	74	8.08%	22	2.40%	4.04%
Mental Health	203	22.16%	86	9.39%	15.81%
Physical	143	15.61%	42	4.59%	7.72%
Social	56	6.11%	14	1.53%	2.57%
Spiritual	2	0.22%	1	0.00%	0.18%

Future Strategies to Support Student Mental Health & Wellbeing

- Counseling and Psychological Services satisfaction survey, Spring 2022.
- Expanding see something, say something across campus related to mental health, discrimination, COVID-related stressors
- Enhancing specifically:
 - Parents and families/friends supporting their students
 - Capacity for outreach across the Division of Student Affairs
 - Enhancing safety & trauma-informed approaches across the institution
 - Receive feedback from marketing and interdepartmental collaboration on how to communicate with students on services, early and often.
 - Hire Director and Associate Director of Counseling and Psychological Services, Associate Dean of Students, Associate Director of Stockton CARES
- Upgrade Electronic Health System (Titanium): Integration with Banner, Microsoft, off-campus paperwork component
- Explore technology based tele-counseling.
- Secure larger, private office suite for CAPS.
- Partner with Academic Affairs to add services to syllabi, Blackboard, UDL
- Hire at least two more full-time counselor would increase availability by 56 hours a week
 - Part-time counselor dedicated to Atlantic City would increase availability by another 25 hours a week
 - 160 hrs./week current v. 241 hrs./week with 2.5 additional staff