

Mental Health Support: What are Students Saying

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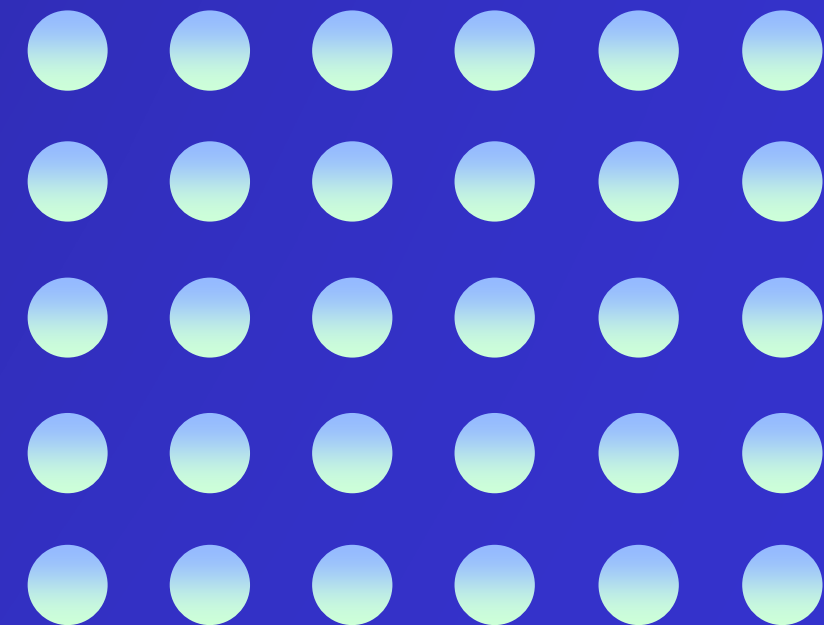


Objectives

Describe the historical aspect of mental health in higher education

Identify the most prevalent mental health diagnosis among college students

Explain identified student needs related to mental health support in higher education



Historical Aspect

Dr. Williams, a physician in 1921, spoke at the National Committee for National Hygiene meeting

Proactive approach rather than a reactive approach

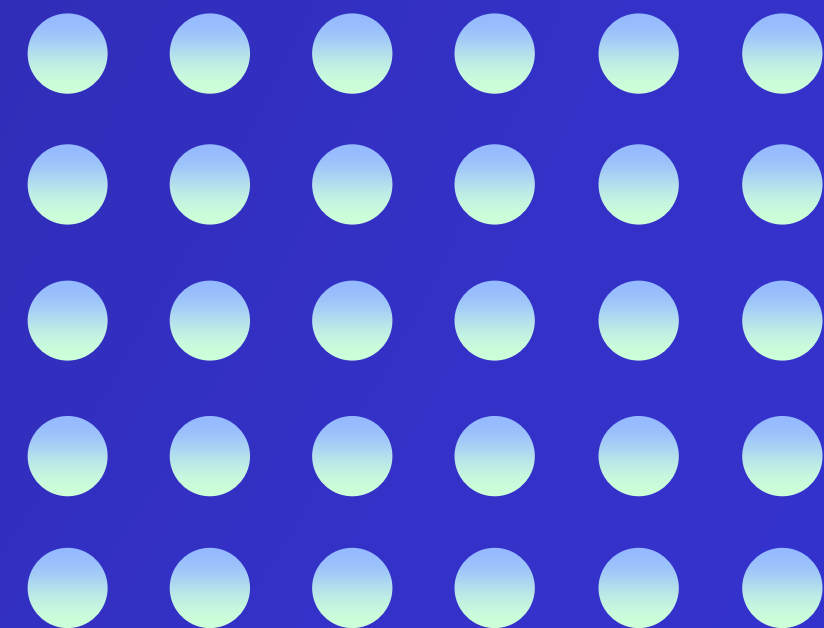
Taking care of the mind's 'happiness' while healthy



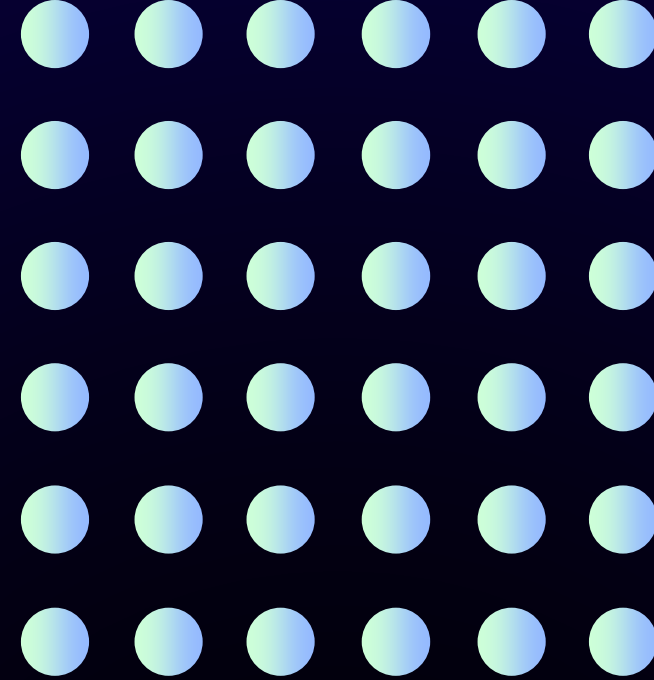
Historical Aspect

“The confident youth of October may by January be a quite disconsolate youth. He is full of worries (a symptom, not a disease); his sleep is badly disturbed; his appetite is gone; he is unable to study, he knows he is going to fail. This adds to the worries, and the vicious circle is confirmed. He has distressing headaches; his eyes bother him; food nauseates him; or he has cramps and diarrhoea or he is constipated; he feels weak all over; it is almost impossible to get up in the morning and, when once up, it takes a mighty effort to get himself about. He likely has his own idea of what is the matter—he has ruined himself with his disgusting habits, the very habits he has been ‘warned’ against. This is not a thing he can see a physician about. He may pack up and go home, a self-confessed failure. He may struggle on until the faculty send him home at the end of the semester. He may consult a physician, who, finding nothing wrong with his eyes or his stomach, may dismiss him”.

Williams (1921)



Mental Health



“Mental health is a dynamic state of internal equilibrium which enables individuals to use their abilities in harmony with universal values of society. Basic cognitive and social skills; ability to recognize, express and modulate one’s own emotions, as well as empathize with others; flexibility and ability to cope with adverse life events and function in social roles; and harmonious relationship between body and mind represent important components of mental health which contribute, to varying degrees, to the state of internal equilibrium.”

Galderisi et al. (2017)

Mental Health

Various Types



01 Anxiety

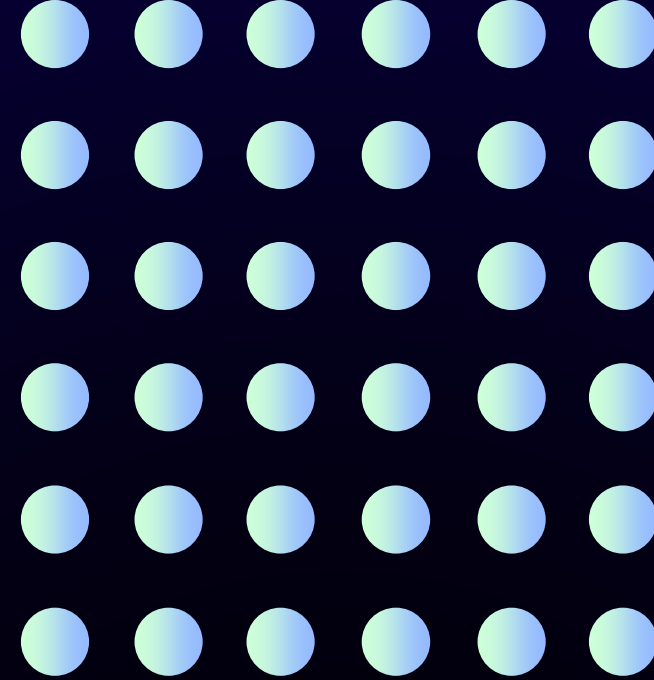
02 Depression

03 Bipolar

04 Schizophrenia

05 Post -Traumatic Stress
Disorder (PTSD)

Mental Health



“Mental health is fundamental to our collective and individual ability as humans to think, interact with each other, earn a living and enjoy live. On this basis, the promotion, protection and restoration of mental health can be regarded as a vital concern of individuals, communities and societies throughout the world”

World Health Organization (WHO), 2018

Traditional Vs. Non -Traditional

- Nontraditional students experience greater incidences of stressful events.
- Work commitments
- Family
- Other barriers
- Due to these commitments, stress often filters into the classroom and creates more academic challenges.

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Traditional Vs. Non -Traditional

Traditional Freshman

- Time Management
- Rigorous academic schedules
- New environment



Covid -19 Pandemic

According to Mental Health America (2020), the anxiety screening and access to immediate resources increased by 93% from the previous year, and youth between ages 11-17 have scored higher than any other demographic for moderate to severe depression since the Covid-19 Pandemic began.

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Prior to Covid -19

The National Alliance on Mental Illness (NAMI) (2015) stated nearly 16 million Americans suffer from depression and people aged 16-25 are 60% more likely to have signs and symptoms of depression than people over the age of 50.



College Student Themes



Traditional
vs. Non -
Traditional

Seeking
Services

Faculty

Stress

Burning Questions

01

What are nursing students' perceptions related to mental health?

02

How do nursing students understand and utilize the support services related to mental health on a rural community college campus?

03

How do nursing students perceive the support nursing faculty and the nursing program provide?

04

How has COVID-19 changed the mental health perceptions of nursing students in their nursing education and perceptions toward their future careers in nursing?

Theoretical Framework

Theory of Human Caring framework of Dr. Jean Watson
(1979)

The Theory of Human Caring is based on 10 Caritas
(Cares) human to human interactions should promote in
order to holistically care for one another.

Theory of Human Caring: Dr. Jean Watson

➤ Human to
Human
Interaction

➤ Loving -kindness
Compassion

➤ Authentically
present

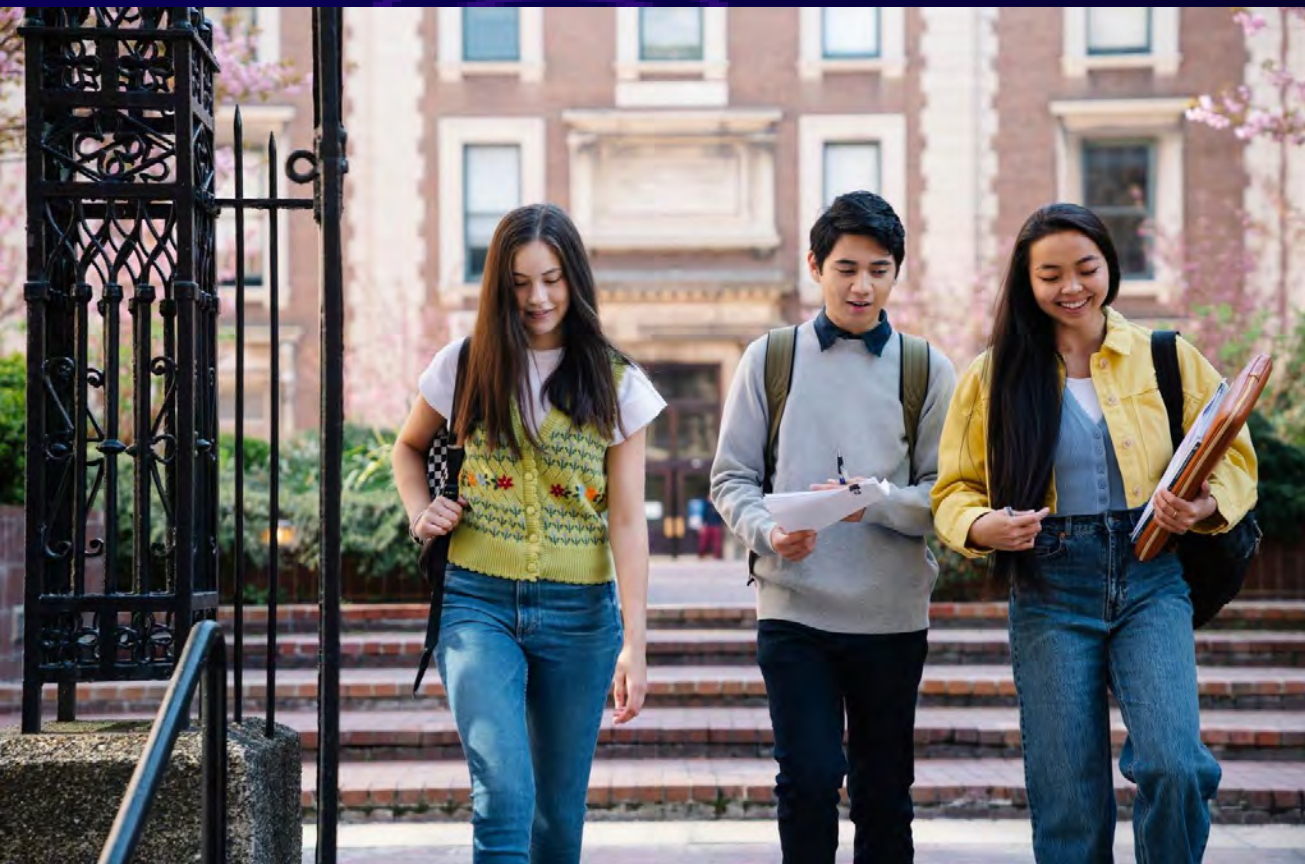
➤ Sensitive to self

➤ Trusting -caring
relationships

➤ Express
Positive and
Negative
Thoughts

➤ Caring -healing
practices

➤ Creating a
healing
environment



Students are Saying:



The Interconnection of Student Support



What Students are Saying:

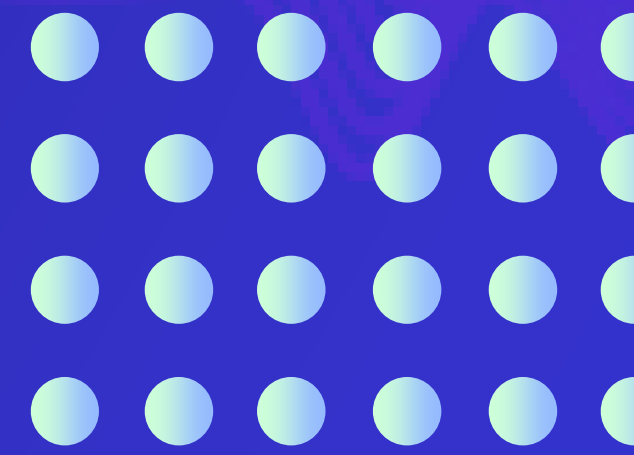
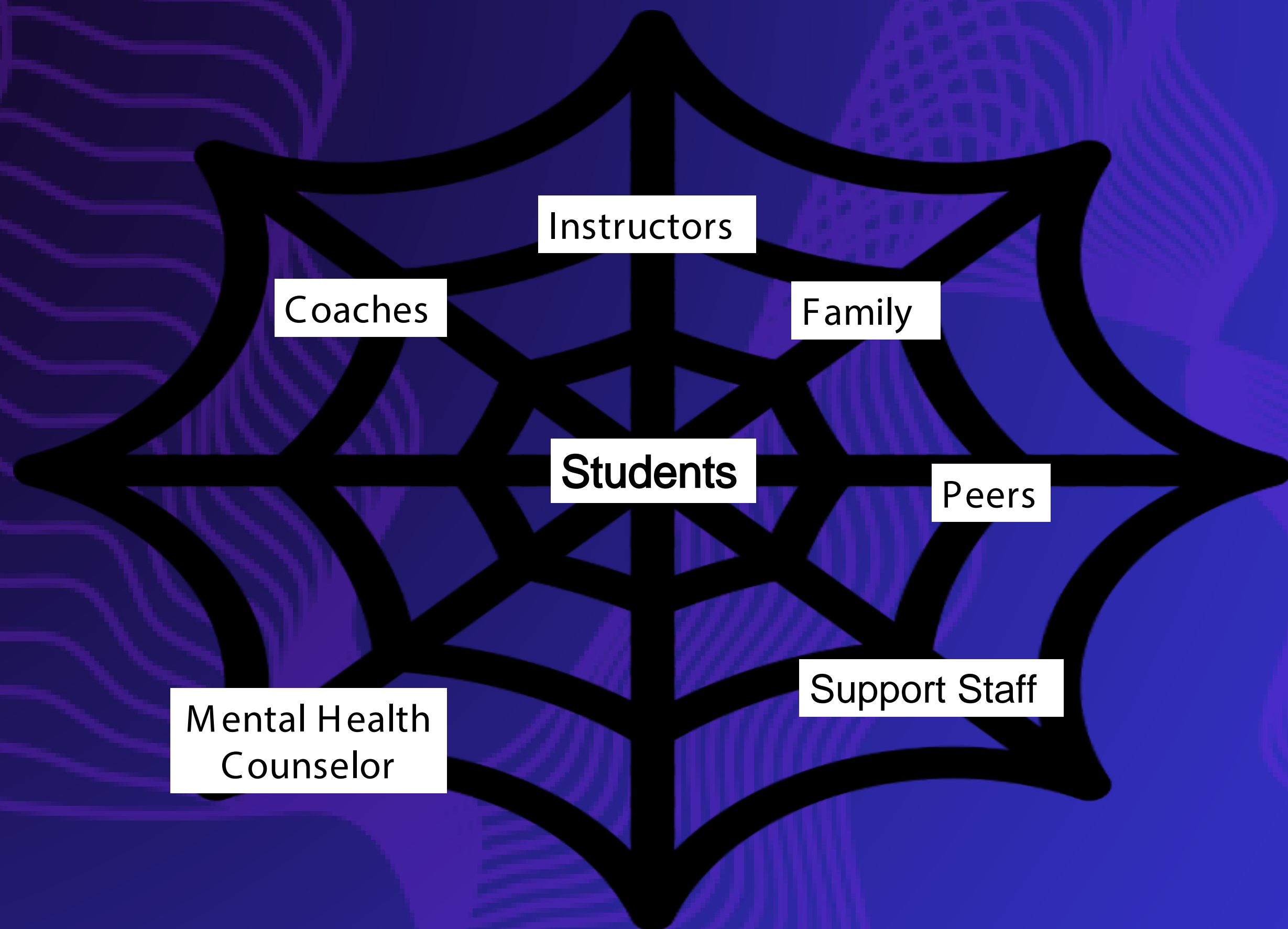
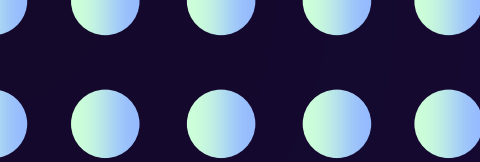
Various Commitments in a
Student's Life Ignites Stress

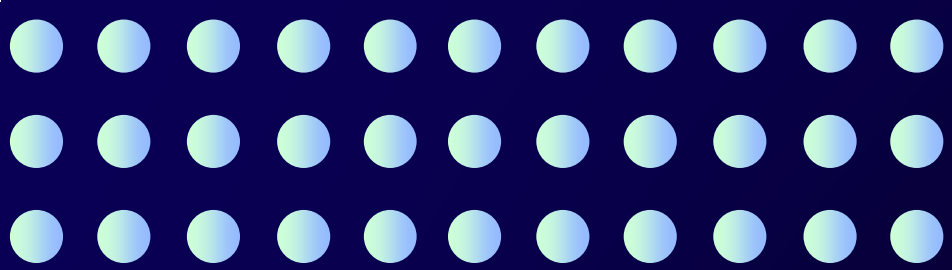




What Students Are Saying:

The Lack of Prioritizing
Student Individuality at the
Community College





Practice and Policy

Enhance communication between students and support services on campus.

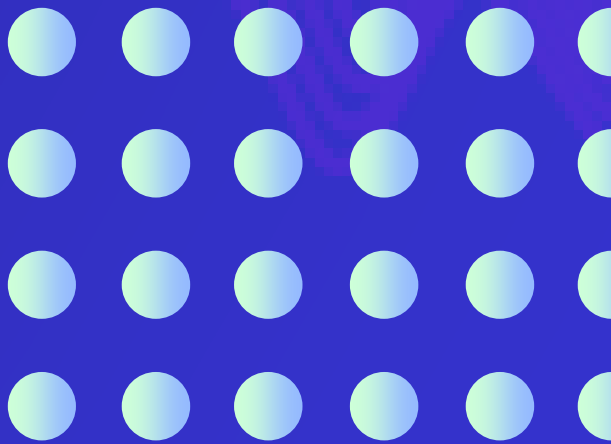
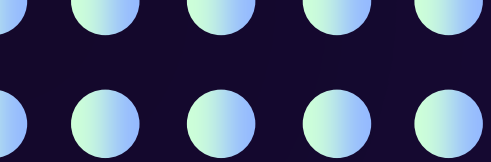
Funding for an additional mental health counselor on campus.

Funding for ARNP or PA who can prescribe and manage medications.

Specific advisors/liaisons in direct demographic areas on campus.

Direct mental health curriculum embedded in classes for all students.

Funding for mental health education for faculty, staff, and administration on campus.



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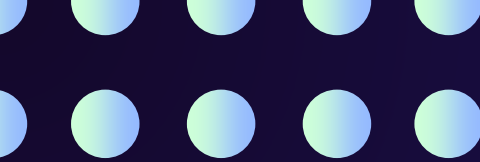
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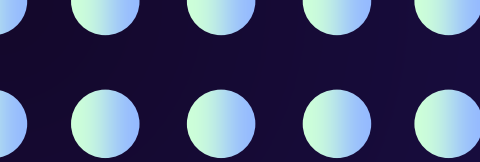
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