



The Jed Foundation

Mental Health Challenges During the Pandemic and Beyond: Mitigating Risk on Campus

Nance Roy, Ed.D.
Chief Clinical Officer
The Jed Foundation



Who We Are

- Origin – JED's story
- History – Evolution over the past 20 years





The Issue



- 2 out of 3 felt overwhelming anxiety
- 1 out of 2 felt too depressed to function
- 1 out of 3 binge drank regularly
- 1 out of 8 abused prescription drugs
- 2 out of 5 struggle with food insecurity
- 1 out of 3 witnessed race-based discrimination
- 1 out of 3 had serious thoughts of suicide
- 1 out of 10 engaged in self injury
- 115 students attempted suicide per day
- 1,400 died by suicide
- Average of 12% of students seen at campus services
 - Many in most serious risk do not present on their own
 - 20% of campus suicides were seen at CC/80% no contact

Impact of Covid19 on Mental Health



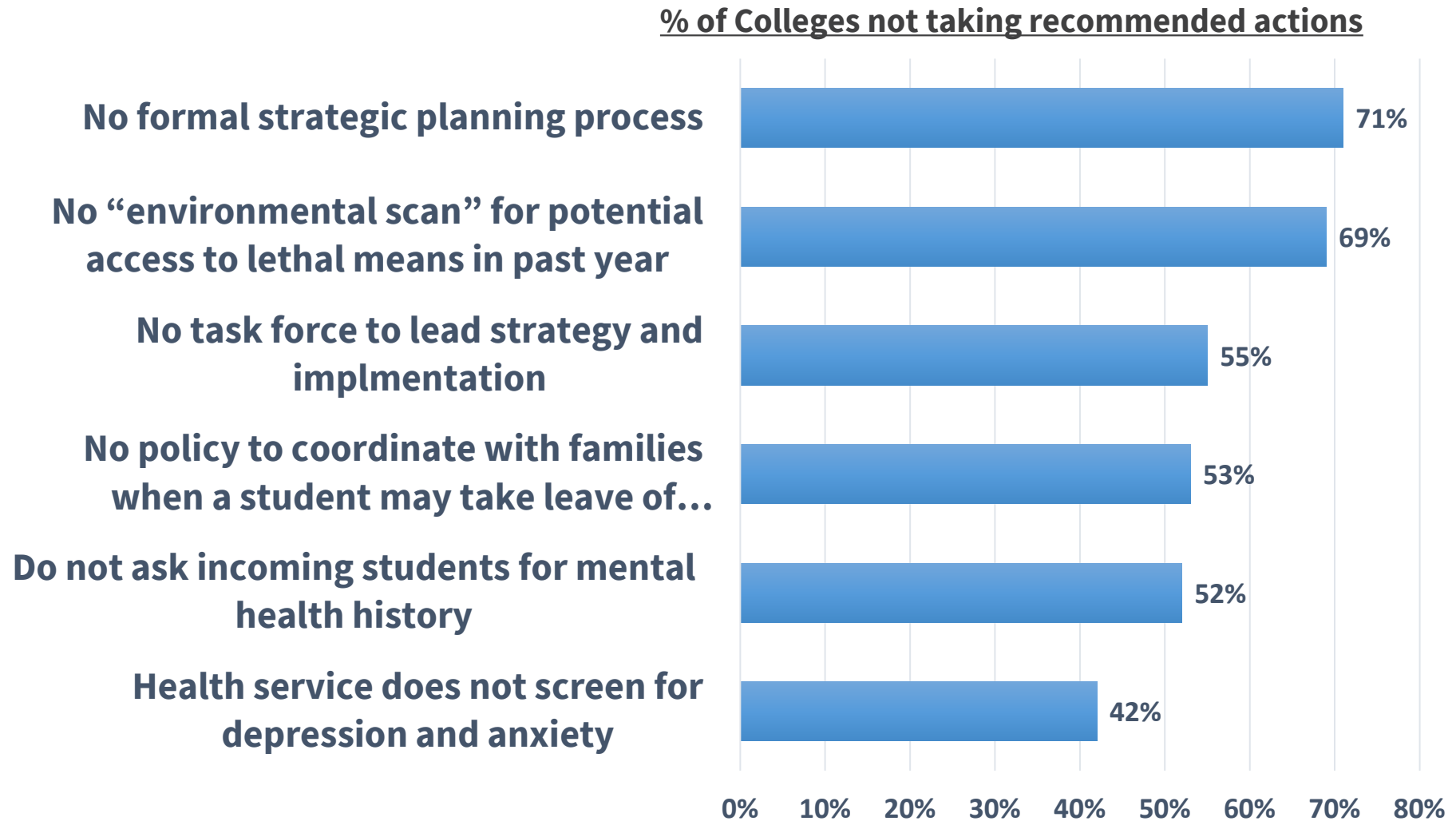
- 2/3 of students reported financial stress
- 60% felt susceptible to contracting virus and worried for family and friends
- 60% reported pandemic made it more difficult to MH care
- 91% reported increased stress and anxiety
- 81% reported disappointment/sadness
- 80% reported increased loneliness
- 76% reported difficulty maintaining routine

• **ACHA Spring 2020 Active Minds Spring 2020**

Other ways COVID-19 has impacted students to be mindful of in policies and practices

- Housing insecurity
- Food insecurity
- Trouble paying tuition and academic
- Consider populations that may be more negatively impacted by COVID-19. Students of color, socioeconomically insecure students, LGBTQ students, students with significant medical issues, etc.

JED's campus assessments reveal opportunities to improve how colleges support students



JED's baseline assessments showcase the need

- 71% of schools has at least one suicide in past academic year
 - 23% had 2 – 4 cases
- 78% of schools reported at least one suicide attempt
 - 22% reported 7 or more
- 70% reported at least one psychiatric hospitalization
 - 18% reported 9 or more

JED's Comprehensive Approach to Mental Health Promotion and Suicide Prevention for Colleges and Universities



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Develop independent living skills, social and emotional skills, and resilience

Identify and limit access to dangerous means

Ensure the right policies and protocols are in place to handle crises

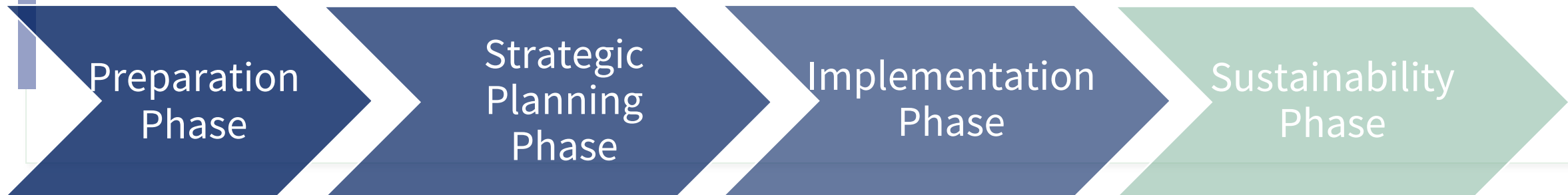


Foster connectedness and belonging

Create opportunities and systems to notice someone in distress

Reduce shame, secrecy, stigma so people will reach out for help

Ensure high quality services



- **Build interdisciplinary team**
- **Complete JED assessment**
- **Administer Healthy Minds Study to Students**

- **Receive feedback report**
- **Campus visit**
- **Develop strategic plan**

- **Ongoing technical assistance**
- **Access to the online resource library**
- **Participation in learning community**

- **Complete post JED assessment**
- **Administer post Healthy Minds Study**
- **Data analytic**
- **Continued participation in learning community**



Faculty and Staff Challenges During the Pandemic



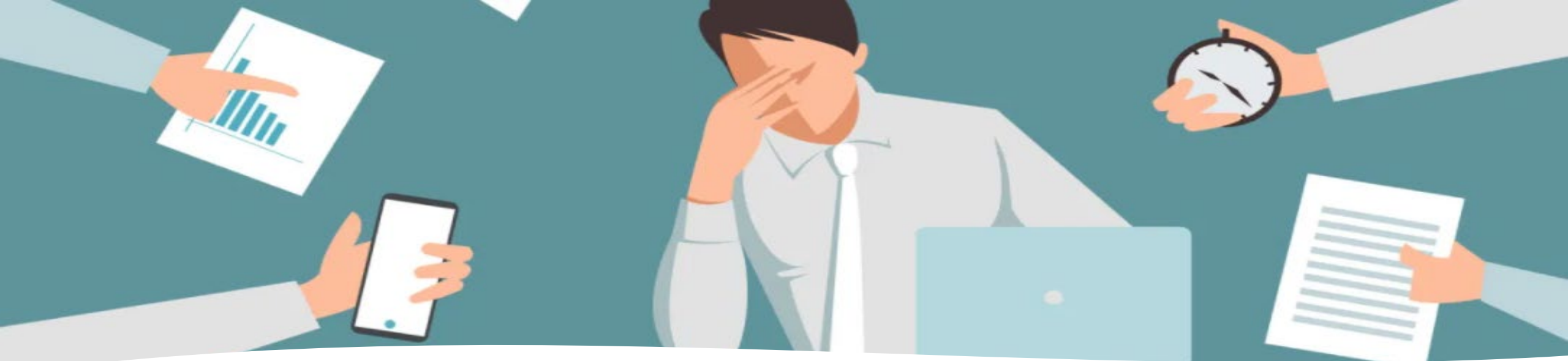
- Running on empty
- Managing elder care
- Managing childcare
- Managing economic hardship
- Transition to technology – Zoom fatigue
- Worry re: health risks to themselves and their families if/when the return to the workplace
- Work life and home life blending together



Burnout in the Workplace

- Cynical or critical at work
 - Irritable or impatient with co-workers, students, parents and other stakeholders
 - Lack the energy to be consistently productive
 - Lack satisfaction from achievements
 - Disillusionment with the job
 - Using food, drugs or alcohol to feel better or to simply not feel
 - Sleep habits changed
 - Unexplained headaches, stomach problems, or other physical complaints
-





Possible Causes of Burnout

- **Lack of control** - An inability to influence decisions that affect your job -- schedule, assignments, workload, lack of the resources you need to do your work.
- **Unclear job expectations** - Unclear about the degree of authority you have or what your supervisor or others expect from you.
- **Dysfunctional workplace dynamics** - Perhaps you work with an office bully, or you feel undermined by colleagues, or your boss micromanages your work.
- **Extremes of activity** - When a job is monotonous or chaotic, you need constant energy to remain focused
- **Lack of social support** - Feeling isolated at work and in your personal life
- **Work-life imbalance** - Your work takes up so much of your time and effort that you don't have the energy to spend time with your family and friends

Self Care Strategies

Relatively simple habits can improve one's state of mind:

- Building positive relationships
- Sleeping well
- Staying active
- Eating healthy foods
- Taking steps to manage stress-work/life/leisure balance
- Engaging in your community
- Mindfulness
- The power of positivity





Strategies for Administration

- Support work/life balance – schedules, breaks, holidays
- Communal spaces for staff to gather informally
- Mental Health campaigns aimed at reducing stigma
- Advertise/promote EAP services
- Supportive Managers – encourage openness



Know the Campus Resources

- **Red Folder (examples)**
 - Counseling center resources (including teletherapy)
 - Health care resources (including telehealth)
 - Disability services
 - Financial Aid services for concerns about loans, employment, emergency \$
 - Campus food banks or take out meal plans
 - Emergency housing
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MHEC Resources to Support Mental Health

- Through MHEC's Student Health Solutions Program, MHECare, institutions have access to two virtual mental health offerings
- Campuses can leverage MHEC's master agreements which include pre-negotiated, affordable rates created for public and private not-for-profit postsecondary institutions
- MHEC conducted a competitive RFP process to award these new agreements
- Two programmatic offerings, costs vary by institution
 - META Teletherapy offers a virtual mental health counseling platform
 - TAO Connect provides affordable, effective, and accessible mental health resources

Contact Jennifer Dahlquist at MHEC for more information or visit the MHEC website:

<https://www.mhec.org/programs/mhecare-student-health-solutions>



Thank You

nance@jedfoundation.org

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