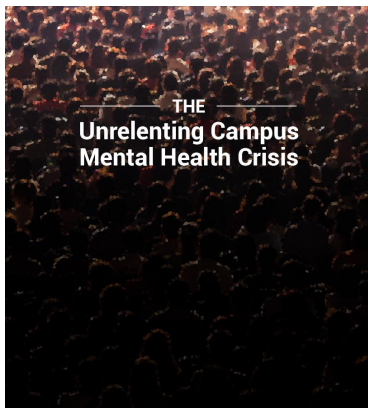


INSIDE
HIGHER ED



The Unrelenting Campus Mental Health Crisis



An Inside Higher Ed Webcast
Wednesday, Jan. 26, 2022
2 p.m. Eastern

Presenters

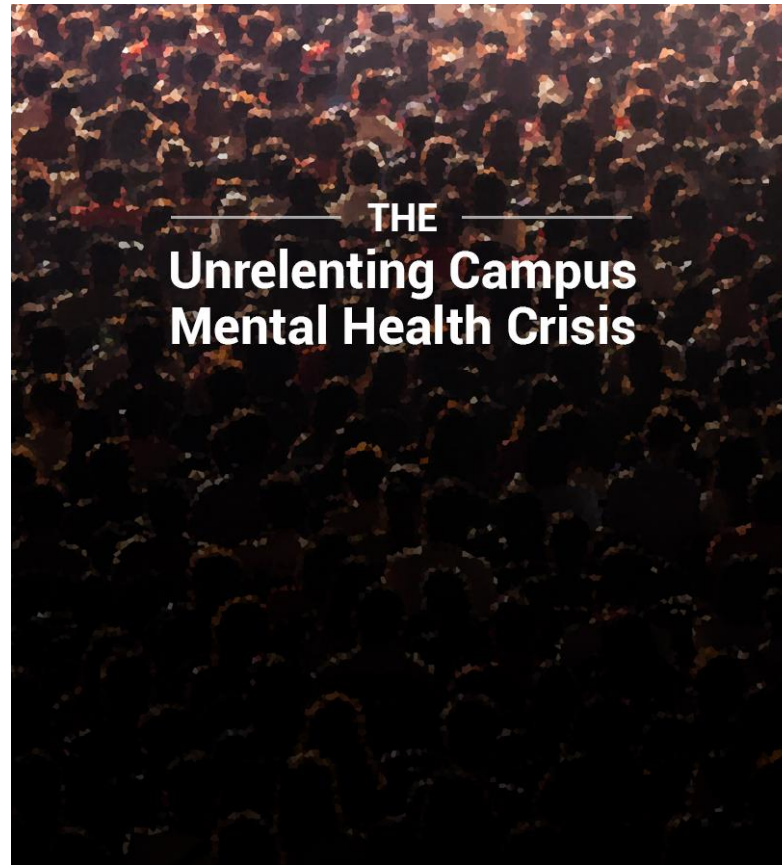


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Download the Booklet



Agenda

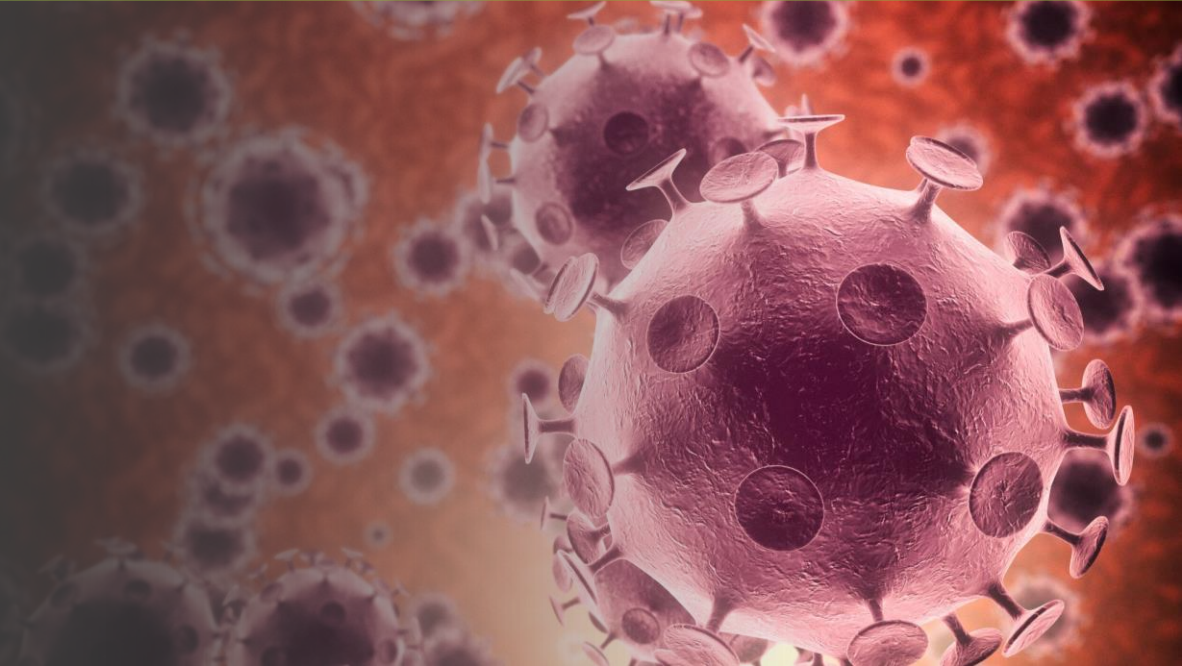
- **Where we've been and where we are**
- **The classroom context**
- **How colleges are responding and adapting**
- **Impact on specific groups**

The Pre-Pandemic Picture

- In 2019, 20% of students had previous diagnosis of depression, up from 9% in 2009. 34% of students received mental health treatment in 2017, up from 19% in 2007.
- ~90% of campus counseling center directors in 2019 reported increasing demand for services in previous five years.
- Student affairs directors in 2020 *Inside Higher Ed* survey overwhelmingly ranked mental health as top issue requiring their attention.

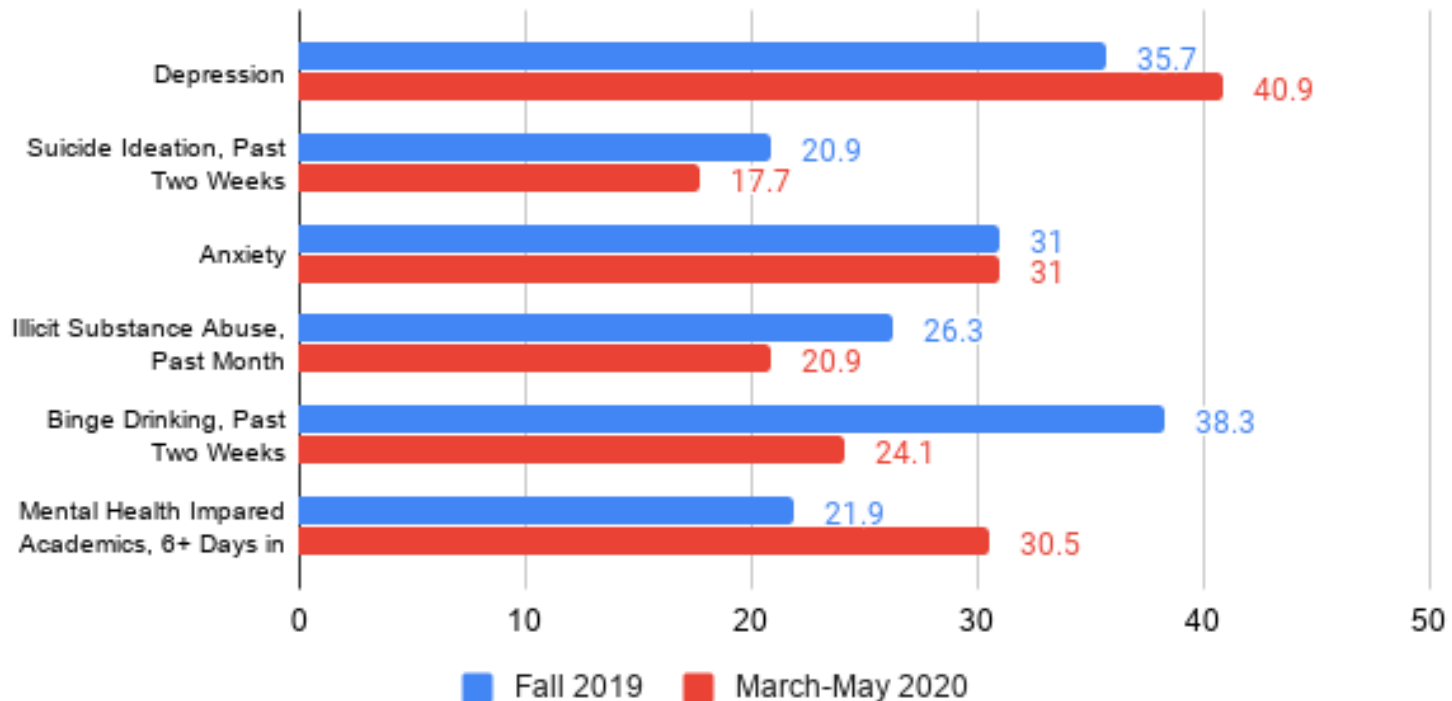


The Pandemic Impact



The Mental Health Burden

Percentage of Students Reporting Mental Health and Substance Abuse Issues, Fall 2019 v. Spring 2020



Source: Healthy Minds Network for Research on Adolescent and Young Adult Mental Health and the American College Health Association

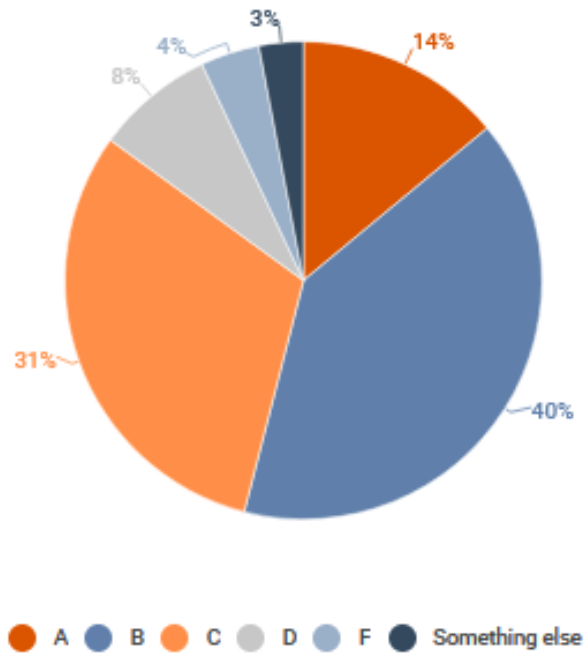
COVID's Long Tail

- **Fall 2020: CDC finds 1 in 4 college-aged people seriously considered suicide in prior month.**
- **February 2021: CDC finds proportion of 18-29-year-olds reporting symptoms of anxiety/depression in previous week rose to 57% from 49% in August 2020.**
- **Nearly 1 million fewer undergraduates were enrolled in college in fall 2021 than in fall 2019 (many reasons for that).**

How Students Rate Their Colleges

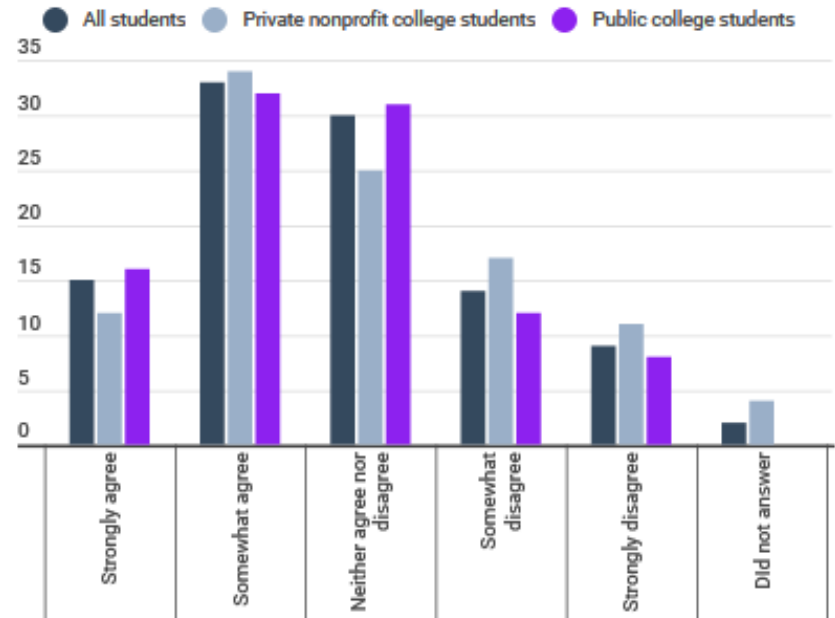
Mental Health Report Card

How students graded their college on its response to student mental health and wellness services



Colleges' Commitment to Mental Health

How much students agree or disagree that their college takes student mental health seriously (in %)



'Pedagogy of Healing'

Significant evidence that mental health challenges can affect academic performance – potentially creating a vicious cycle.

Professors can take steps before a course begins, in the classroom, and throughout the semester to “bear witness” to students’ struggles, says Mays Imad (at right).



How Campuses Have Responded



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Campuswide Responsibility

“I have lost track of how many students I’ve called, texted, emailed or met with (either in person or via Zoom since the start of the COVID-19 pandemic) after reading worrying essays, stories or poems they’ve written. And I’m not alone.”

--Melody Moezzi, visiting associate professor of creative writing, University of North Carolina at Wilmington

The Ultimate Mental Health Struggle



Focus: LGBTQ Students



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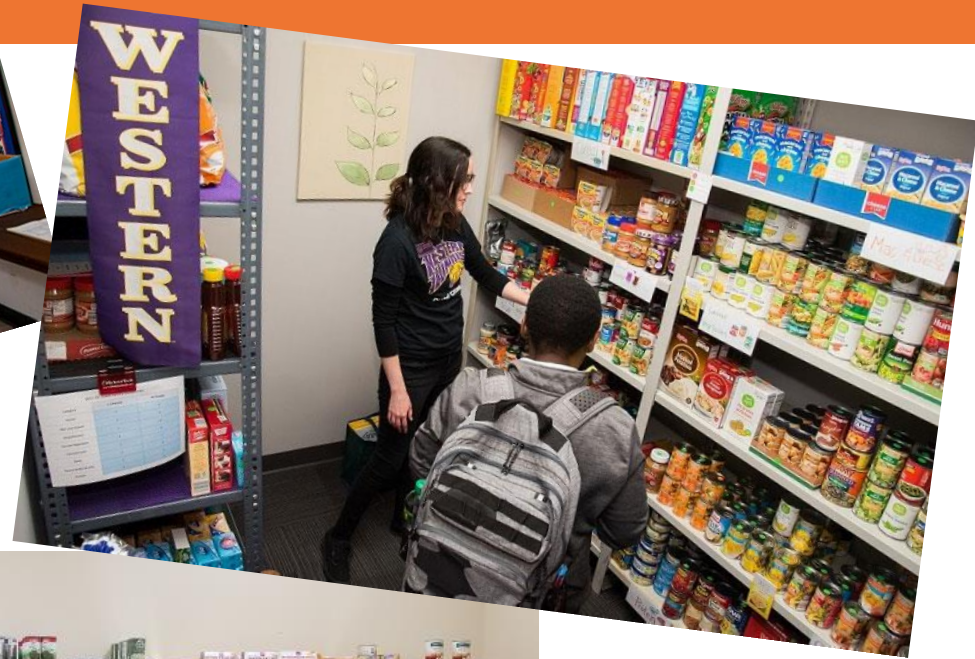
Focus: Graduate Students

Special issues for them:

- **Often adults with family, work pressures**
- **Disproportionately international students far from home**
- **Hypercompetitive environment**

Fewer than 3 in 5 institutions with graduate students had mental health plan/framework focused on that population.

Focus: Hunger



Food pantries at Brooklyn College, Western Illinois and Madison Area Technical College.



With Thanks ...

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