

Student Mental Health



DIVISION OF
STUDENT AFFAIRS

COUNSELING CENTER

Topics Covered

1. Collegiate mental health trends, the last decade
2. Collegiate mental health trends, the pandemic
3. UMD Counseling Service utilization and trends, the pandemic
4. Innovations and new services at the Counseling Center
5. Counseling Center Services



DIVISION OF
STUDENT AFFAIRS
COUNSELING CENTER

Collegiate mental health trends, the last decade

1. Increased demand for services
2. Increased severity of presentation
3. Increased self-threat indicators
4. Increased demand for rapid access treatment modalities
5. Outreach and prevention has worked, but mostly for White students.



DIVISION OF
STUDENT AFFAIRS
COUNSELING CENTER

Collegiate mental health trends, the pandemic

1. Depression and anxiety leveled off during the pandemic year
2. Eating disorder and family distress showed an uptick
3. Academic distress showed the most substantial increase
4. Anxiety is the most common presenting concern
5. Average number of individual therapy sessions received by students increased
6. Experience of trauma increased during the pandemic year
7. Alcohol use decreased but marijuana use increased
8. Overall experienced stress increased last year



UMD Counseling Service utilization and trends, the pandemic

1. Reduced number of unique clients entering the clinical system last year
2. Clients who did seek out services, received extended care in a timely fashion
3. Wellness workshops were piloted and well attended
4. Hybrid treatment format was piloted successfully, with uniformly positive reviews
5. Anxiety was top presenting concern, followed by concentration and academic motivation related problems
6. After hours crisis calls increased 26% as compared to the previous year



Innovations, new services, and things to come at the Counseling Center

1. Hybrid Treatment
2. Wellness Workshops
3. Biofeedback devices for meditation
4. VR for treatment of phobias, trauma,
5. SKY Happiness retreats
6. Narrative 4 for connection
7. T.E.R.P.S FOR TERPS
8. The Mental Health Coalition
9. Mental health proposal
10. Mental health Transport proposal



Counseling Center Divisions

Counseling Service(301) 314-7651

Accessibility and Disability Service(301) 314-7682

Testing Office(301) 314-7688

Research Unit(301) 314-7660

<https://counseling.umd.edu/>



DIVISION OF
STUDENT AFFAIRS
COUNSELING CENTER

Counseling Service Quick Facts

- Located in **Shoemaker Building**, First Floor
- Phone Number: (301) 314-7651
 - Call this number for the **After Hours Phone Line** for crisis situations
- Hours:
 - Fall/Spring: Mon-Thurs: 8:30am-7:00pm, Fri: 8:30am-4:30pm
 - Summer: Mon-Fri 8:30am-4:30pm
- Free and confidential psychological services



DIVISION OF
STUDENT AFFAIRS
COUNSELING CENTER

Accessing the Counseling Service (CS)

- First-time Sessions
 - Intake Appointment (call or come in to schedule)
 - Urgent Visits (same day visit for urgent situations)
 - Drop-in Hours for Underrepresented Students (**3-4pm weekdays**)
 - Students of Color, Rainbow (LGBTQ), International Students, Student Vets/Military
 - Faculty and Parent Warm Line



DIVISION OF
STUDENT AFFAIRS
COUNSELING CENTER

CS Services

- Clinical Services (hybrid model)
 - Short-term individual counseling (personal or career counseling)
 - Workshops That Work
 - Anxiety Toolbox, Getting Unstuck, Mindfulness Meditation
 - Group counseling
 - Examples: General Therapy, Anxiety, Sexual Assault Recovery, Identity-Based Groups, Depression, Self-Compassion
 - Short-term couples counseling
 - Assistance with referrals



DIVISION OF
STUDENT AFFAIRS
COUNSELING CENTER

Wellness Workshops

- The Counseling Center is hosting a series of workshops that will take place **Monday-Thursday at 4pm** throughout the semester
 - **Coping Skills Series:** Mondays at 4pm
 - **Academic Success Series:** Tuesdays at 4pm
 - **Relationships and Communication Series:** Wednesdays at 4pm
 - **Resilience and Adaptability Series:** Thursdays at 4pm
 - The topics within each series will rotate based on the week of the month and the rotation will re-start at the beginning of the next month
- These workshops are all drop-in and do not require advanced registration or any prior contact with the Counseling Center
- The workshops are NOT a therapeutic space and confidentiality is NOT guaranteed





DIVISION OF
STUDENT AFFAIRS
COUNSELING CENTER

How Are We Doing?

EMOTIONAL REACTIONS OF FACULTY AND STAFF AT UMD TO COVID-19,
RACIAL STRIFE, POLITICAL UNREST AND THE MENTAL HEALTH PANDEMIC

TOM RUGGIERI, LCSW-C

FACULTY STAFF ASSISTANCE PROGRAM

FSAP Services

- Assessment, referral and short term counseling (up to 10 visits) for mental health, substance use, work conflict, family issues, etc. These services are free and confidential
- Presentations on a variety of topics, including: Managing the Stress of COVID; Returning to Work; Managing Conflict; Managing Stress, etc.
- Debriefings following traumatic events;
- Fitness for Duty Evaluations



What are we experiencing?

- What is normal? What's wrong with me? Am I okay?
- Emotional reactions are across the board
- A 2021 Harris Survey poll found the following:
 - 47% of adults reported anxiety;
 - 44% reported sadness;
 - 39% reported anger
 - 81% were stressed about the future of our nation;
 - 74% were stressed about the political unrest in the country;
 - 80% were stressed about the COVID pandemic;



Different Responses to COVID

- While a pandemic might seem like an unusual catalyst for inspiring positive life changes, experts say it's typical to see a range of responses to a collective trauma.
- In some individuals, the toll of the past year led to worsening mental health. But research indicates others may emerge more resilient.
- Some people may even experience post-traumatic growth, which could include a deeper appreciation for life, a greater sense of personal strength and new possibilities for their live
- **“Pandemic Brought Out Something Positive for Some People – Resilience”**
https://www.washingtonpost.com/health/pandemic-resilience/2021/06/18/a82d69fc-a9f011eb-8d25-7b30e74923ea_story.html

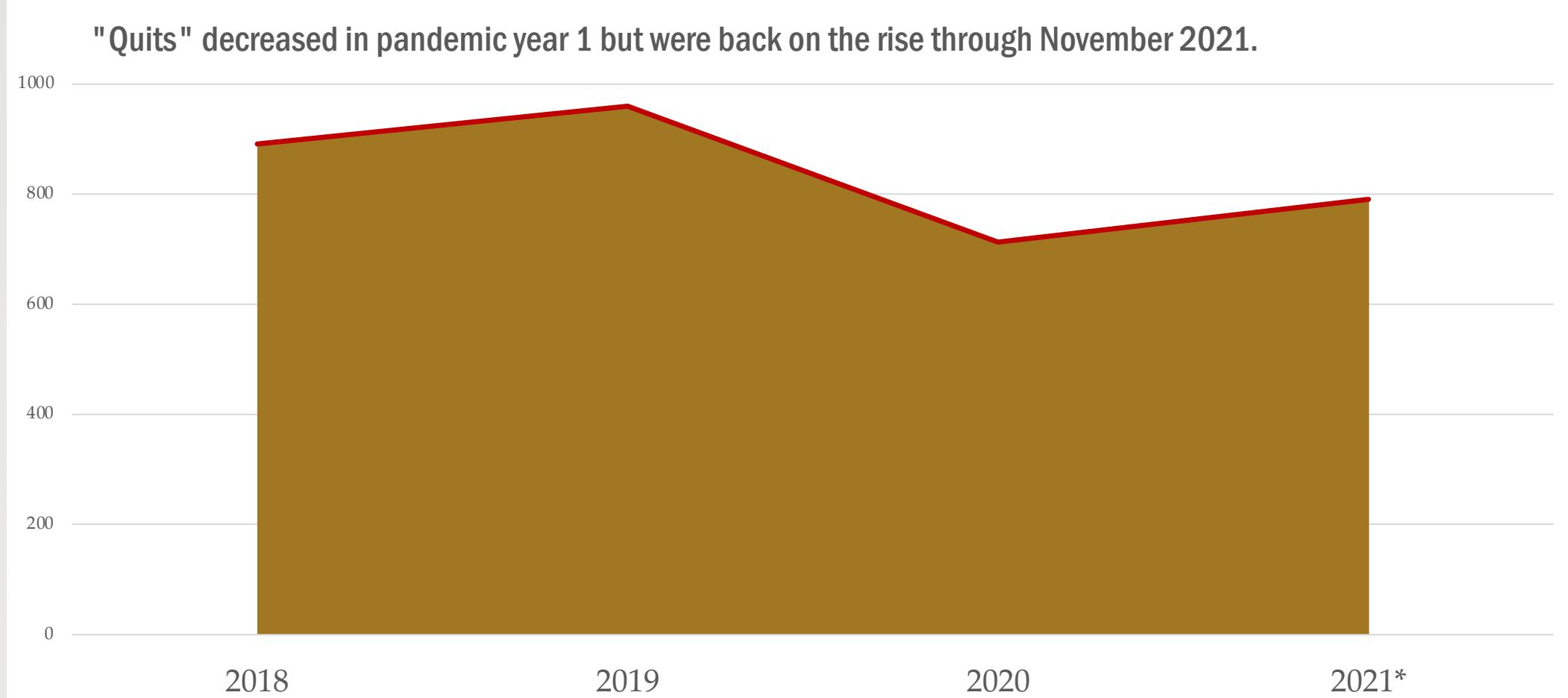
Three Stressors Facing Current UMD Staff

1. Employees are leaving, sometimes without another offer in hand;
2. Trying to replace them has proven to be difficult. Many failed searches. We don't have nearly the number of qualified applicants as we have had in the past;
3. Those left behind are complaining about burnout, as the tasks of those who left are now falling on to those who have stayed in their jobs and are being asked to do more.

Reasons Faculty and Staff Are Leaving

- Opportunities to work remotely in other settings;
- Opportunities for more flexibility in scheduling in other settings;
- Fears of being in a COVID workplace and lack of management requirements for staff to follow masking and vaccination policies;
- Struggles with child-care and eldercare throughout COVID;
- Commuting is even more stressful now that people have had the chance to NOT commute;
- COVID has allowed many to pause and reflect on what they want from work and many have discovered that THIS IS NOT IT;

Data From UMD Human Resources



- Regular and C2 employees (Regular Staff/Faculty, Exempt/NonExempt C2)
- Based on total regular/C2 population in each year, turnover % was approximately 9% in both 2018 and 2019 and 8% in 2020 and through mid-November 2021

Faculty Disengagement

- Most faculty are not making big moves. Instead they are disengaging from their usual activities and often doing enough just to “hang on”;
 - “They are still teaching classes and supporting students, but connections to the institution have been frayed. The work is getting done but there isn’t much spark to it”;
 - This, in many cases, is a self-preservation strategy that will hopefully change post-covid, or at least we hope so.
-
- From “The Great Faculty Disengagement,” by Kevin McLure and Alisa Hicklin Fryar, Chronicle of Higher Education, January 19, 2022

Pandemic Fatigue (Languishing)





