STUDENTS...

Be Heard!

Take the ACHA-NCHA HEALTH SURVEY!

Look for an EMAIL on September 24
ACHA-NCHA

- Comprehensive physical, mental and psychosocial health assessment
- Over 1 million college students in the United States and Canada have taken the survey since 2000.
ACHA-NCHA Topics

- Demographics
  - First-gen
- Alcohol, Tobacco, Other Drug Use
- Sexual Health
- Nutrition and Exercise
- General Health
- Safety
- Impediments to Academic Achievement

- Mental health (last 12 months)
  - Hopelessness (46.9%)
  - Very Lonely (50.6%)
  - Very Sad (56.3%)
  - Seriously considered suicide (9.1%)
  - Attempted suicide (2.5%)
  - So depressed it was difficult to function (33.1%)
Academic Impediments
CCC Consortium
Comparing 2013-2016

- Stress
- Work
- Sleep difficulties
- Anxiety
- Cold/flu/sore throat
- Depression
- Finances
- Internet use/computer games
- Concern for a friend or family member
- Relationship difficulties
- Alcohol

2016 vs 2013 comparison
Students Seeking Help

- Experience Anxiety: 51.9% (Females), 41.2% (Males)
- Diagnosed or Treated for Anxiety: 16.7% (Females), 10.7% (Males)
- Experienced Depression: 35.5% (Females), 33.2% (Males)
- Diagnosed or Treated for Depression: 14.9% (Females), 11.5% (Males)
- Did not get enough sleep: 39.7% (Females), 44.6% (Males)
- Treated for insomnia: 14.8% (Females), 11.5% (Males)
Campus Programs Increase Proportion of California College Students Receiving Mental Health Services, Yielding a Positive Financial Return as More Graduate
Rand Corporation, 2016

Key findings:

- Receiving mental health treatment increased the likelihood of graduating by 1.38%
- The societal benefit of increased treatment and decrease in drop-outs was estimated to be as high as $56 million dollars
- Estimated net benefit of $11.39 for each mental health dollar invested

[https://www.rand.org/pubs/research_reports/RR1370.html](https://www.rand.org/pubs/research_reports/RR1370.html)
What have we done?

- Increased mental health counseling hours from 24 to 32 hours per week post survey (2014)
- Currently at 50 hours per week
- Mental health visits increased from 12% (2010) of our practice to 22.98% (2018)
- SafeTallk Suicide Prevention training for students and staff
- ASSIST 2 day suicide intervention training (Deanna)
- Classroom presentations (anyone who will let us into their class!)
How can ACHA-NCHA Date be utilized?

- Trends
- Development of Programs
- Health Intervention Strategies: i.e. Stress Management, Suicide Prevention
- Staffing
- Resource Allocation

Please consider offering extra credit to students who complete the survey