Connecting Research to Practice in College Student Mental Health: New opportunities and how to get involved

The Healthy Minds Network Webinar Series
Session #2, August 2013
Agenda for Today’s Webinar

Welcome

Bridging Research to Practice
- Sara Abelson, Senior Director of Programs, Active Minds

Healthy Minds Network: New Opportunities and How to Get Involved
- Daniel Eisenberg, Principal Investigator, University of Michigan
- Sarah Ketchen Lipson, PhD student, University of Michigan

Healthy Minds Study at the School of the Art Institute of Chicago
- Joseph Behen, Exec. Director, Counseling, Health and Disability Services, SAIC

Discussion
Research-to-Practice in College Student Mental Health

An ideal field for the research-practice link to flourish:

- Active Minds
- AUCCCD, ACCA, ACHA, ACPA, NASPA
- The Center for Collegiate Mental Health
- The Healthy Minds Network
- The Jed Foundation (JedCampus)
- National College Depression Partnership
- National Research Consortium of Counseling Centers in Higher Education
- *And many others!*
Bridging Research to Practice

active minds
changing the conversation about mental health

Sara Abelson
Senior Director of Programs
Active Minds
About Active Minds

- Empowers, trains, and represents the student voice in mental health
- Supports student chapters on over 400 campuses nationwide
- Educational programming reaches over 300,000 people a year
- Established in 2003

www.activeminds.org
Active Minds Chapters

- Oregon State University
  - Active Minds at Oregon State University created a PSA featuring student athletes that airs at OSU’s major sporting events and encourages those who are struggling not to be deterred by shame or stigma and to contact Counseling and Psychological Services on campus.

- Ithaca College
  - Active Minds at Ithaca College's Speak Your Mind campaign is reaching students, faculty, and staff across campus with messages of mental health awareness. Students provide stories of how mental health affects their lives, ranging from depression, anxiety, eating disorders, and stress. The campaign fosters an environment of peer support and creates a space for an open dialogue about mental health.

- California Institute of Technology
  - Active Minds at Cal Tech provides education and awareness programming to Cal Tech students, where rates of stress, anxiety, and other mental health concerns are especially high.

- Emory University
  - Active Minds at Emory University hosted a stress relief concert, coordinated a school-wide a cappella benefit concert, and organized Generation Fix, a prescription drug abuse seminar, as part of their Spring programming. The chapter also hosted the first Southwest Regional Summit.
# Dissemination [1]

<table>
<thead>
<tr>
<th>SOURCE</th>
<th>CHANNEL</th>
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| **Healthy Minds Network:**  
U-SHAPE Annual Report  
http://www.umich.edu/~ushape/findings.html | **Active Minds Programs:**  
Eating Disorders Awareness Campaign  
www.activeminds.org/takeaction |
| **Center for Collegiate Mental Health:**  
Annual Report  
www.goo.gl/SS9OFI | **Active Minds Social Media:**  
Facebook, Twitter, Pinterest, Tumblr  
www.facebook.com/activemindsinc |
| **National Research Consortium of Counseling Centers in Higher Education:**  
http://cmhc.utexas.edu/rc_project5.html | **National Mental Health on Campus Conference:**  
www.activeminds.org/conference |
Dissemination [2]

Recommendations:

- Produce, publicize and utilize research briefs
  Center on Young Adult Health and Development:
  http://www.sph.umd.edu/fmsc/cyahd/briefs.html

Opportunities for involvement:

- Active Minds Awareness Campaigns:
  - www.activeminds.org/takeaction

- www.facebook.com/activemindsinc

- Active Minds Student chapters
Research Informs Practice [1]

- **Research-based programs**
  - Dr. Patrick Corrigan and the Active Minds Speakers Bureau
  - Campus Solidarity Campaign
  - Gatekeeper Trainings and the future of mental health trainings for students

- **Prepare students to advocate for research-based practice**
Research Informs Practice [2]

Recommendations:
- Build strong partnerships early
- Prioritize the link to practice

Opportunities for involvement:
- Coming soon: Active Minds Institutional Change Campaigns
- Program evaluation
- Garrett Lee Smith Memorial Act Grants
Supporting Research [1]

- **Educating the next generation**
  - Active Minds Emerging Scholars Fellowship

- **Advocating for research on campus**
  - Healthy Minds Partnership
Supporting Research [2]

**Recommendations:**
- Involve students

**Opportunities for involvement:**
- Funding for student research on young adult mental health
- Mentorship opportunity for researchers
Thank You

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The Healthy Minds Network: New opportunities and how to get involved

Daniel Eisenberg & Sarah Ketchen Lipson
Healthy Minds Network, University of Michigan
<table>
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<tr>
<th>Researchers</th>
<th>Clinicians</th>
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<tr>
<td>Advocates</td>
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<tr>
<td><strong>Schools</strong></td>
<td>(colleges, universities, high schools)</td>
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<tr>
<td>Students</td>
<td></td>
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HMN offers something unique/complementary in 2 basic ways:

1. Population-level approach (complements the clinical perspective)
2. Starting point is mainly research

HMN objectives:
- Produce knowledge (*research*)
- Distribute knowledge (*dissemination*)
- Use knowledge (*practice*)
HMN Survey Research

U-SHAPE and The Healthy Minds Study
# University Study of Habits, Attitudes, and Perceptions around Eating

## About U-SHAPE
- Began in 2012

## Main measures
- Habits: eating, dieting, exercising
- Attitudes/perceptions: body image, peer influence, norms
- Knowledge and awareness
- Mental health/health behaviors (depression, anxiety, substance use)
- Service utilization
- Academic and social environment

## Main findings
- 18% of students screen positive for an eating disorder
- 85% of students who screen positive have not sought help in past year
- High comorbidity with depression and anxiety
The Healthy Minds Study

About HMS
- Began in 2007
- Fielded at approximately 100 campuses
- ~100,000 survey respondents

Main measures
- Mental health status (depression, anxiety, self-injury, suicidality, positive mental health)
- Lifestyle and health behaviors (substance use, exercise, sleep)
- Attitudes and awareness
- Service utilization
- Academic and social environment
Main Findings from HMS

- “Treatment gap” of >50% in college populations

- Stigma low and knowledge high for many students
  - Help-seeking interventions require new approaches

- Mental health predicts academic success
  - GPA & retention
  - Economic case for mental health services and programs
Benefits and Uses for Schools

- Assess need
- Raise awareness
- Compare to peer institutions
- Strengthen grant applications
- Advocate for mental health services and programs on campus
- Evaluate existing programs (e.g., levels of stigma following a major campaign)
- Develop and improve campus programs
Enhancements in 2013-2014

Our goal is to conduct research that can directly inform practice.

Mechanisms for achieving this aim:

- Rapid access to data reports
- Data sets and statistical support
- HMN researchers available to discuss results
- Interactive data interface
  - Open access portion (for general public)
  - Secure login portion (for participating schools)
Participation Experience [1]

**Example school:** University of Michigan

**Size:** ~40,000 students

**Random survey sample:** 4,000
*Sample typically provided by Registrar’s Office*

**Dates for data collection:** February 1-22, 2014
*Dates selected by school contact (e.g., counseling director, dean, director)*

**Participation fee:** varies by institutional size/type ($500-$3,000)
*All fees support HMN research and resources*
Participation Experience [2]

Example school: University of Michigan

After data collection:
- Customized data report delivered in March
  - Electronic and paper copies
- Full de-identified data set
- Access to secure portal of interactive data interface
The Healthy Minds Network for Research on Adolescent and Young Adult Mental Health (HMN) is dedicated to improving the mental and emotional well-being of young people through innovative, multidisciplinary scholarship. HMN addresses the connection between the mental health of adolescents and young adults and their health behaviors, physical health, and social, educational, and economic outcomes.

Taking a public health approach, HMN focuses on three main objectives: (1) producing knowledge (research), (2) distributing knowledge (dissemination), and (3) using knowledge (practice).

Through its rich array of research projects (The Healthy Minds Study, U-SHAPE, inkblots, and more), the network serves as a resource for secondary and higher education administrators, researchers, clinicians, policymakers, and the public. Based at the University of Michigan, HMN is led by a multi-disciplinary team of scholars from public health, education, medicine, psychology, and information sciences, many of whom are affiliated with the University's Comprehensive Depression Center.
HMN’s Interactive Data Interface [2]

The interactive data interface securely contains de-identified survey data and is available to all participating schools (2007-on).

Using a simple drop-down menu, the data interface allows users to:

- Auto-generate graphs/tables for reports, presentations, meetings
- Compare sub-groups of interest
  - e.g., depression among female vs. male students; substance use among international vs. U.S. students
- Compare with peer institutions
  - e.g., How does U-M’s rate of anxiety compare with other large, public universities?
Question of interest: What are the relative rates of depression among male and female students at U-M?

You can further limit to only undergraduates and make other specifications to meet your interests.
Output: Depression by Gender

Question of interest: What are the relative rates of depression among male and female students at U-M?

![Bar graph showing the number of males (16) and females (18) with depression]
Interactive Data Interface Example [2]

Question of interest: *How does the rate of anxiety at my school compare to my peer schools?*
Output: Anxiety Across Campuses

Question of interest: *How does the rate of anxiety at my school compare to my peer schools?*
Now Publically Available: HMS Data

We welcome the use of our data sets by researchers, graduate students, and others.

- Aggregate data from HMS 2007-2012 are now publically available
  - Nearly 100,000 respondents from ~100 schools
  - Data are all de-identified
  - Comprehensive codebook

- To request the data, please visit:
  - http://healthymindsnetwork.org/research/data-for-researchers
  - Data can be shared in multiple file formats
Annual College Mental Health Research Symposium

- **What:** The Symposium provides an intimate environment for researchers, administrators, clinicians, advocates, and others to collaborate and present new ideas
- **When/where:** March 11-12, 2014 in Ann Arbor, Michigan

**New mentorship program**

- Fostering the next generation of scholars in the field
- **Connecting senior scholars with graduate students and junior scholars**
  - Scholarships available for travel
The Healthy Minds Study at the School of the Art Institute of Chicago

Joseph Behen
Executive Director
Counseling, Health & Disability Services,
School of the Art Institute of Chicago
### About SAIC

- Private, urban school of art & design
- **3,300 students**—undergraduate and graduate
- Counseling, health and disability services administratively integrated within Wellness Center
- Unique mental health needs among art students
- Much interest and experience in and support of college student mental health efforts
HMS at SAIC [1]

- Participated in 2009 and 2012
- Eisenberg (PI) campus visit in 2011
- Ongoing consultation/collaboration with HMS team
  - Built into GLS Campus Suicide Prevention Grant
- Art school consortium
HMS at SAIC [2]

- Broad and deep understanding of the mental health needs and status of SAIC students at the population-level
- Ongoing work with HMN researchers and SAIC
  - Relationship between mental health/illness variables and retention/attrition
- Essential to advocacy for resources
- Economic case for student mental health resources now possible
- Plan to be active member of Healthy Minds Network
Discussion
Guiding Questions

- In the field of college student mental health, what more could be done to strengthen the link from research to practice?
- What are new opportunities for collaboration across organizations and networks?
- What funding opportunities are available to support strengthening the bridge between research and practice?
- What role do you see for students in strengthening the link between research and practice?
- What are the greatest barriers to research-based student mental health programming on campus?
Thank you for joining us!

More information

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Web: www.healthymindsnetwork.org