

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

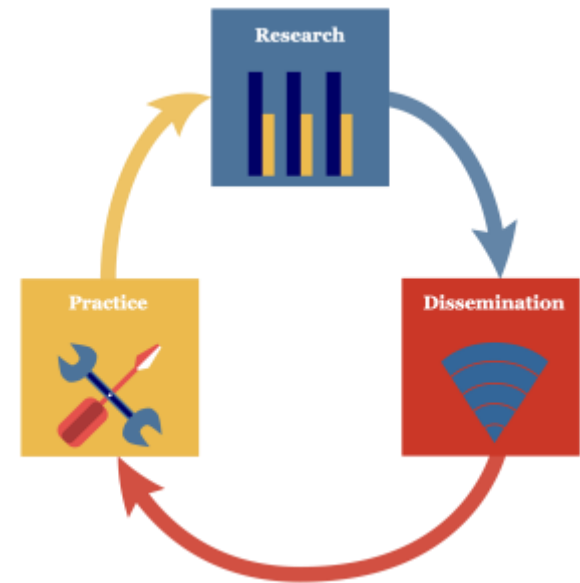
- Joseph Behen, *Exec. Director, Counseling, Health and Disability Services, SAIC*

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



changing the conversation
about mental health

Sara Abelson

Senior Director of Programs

Active Minds

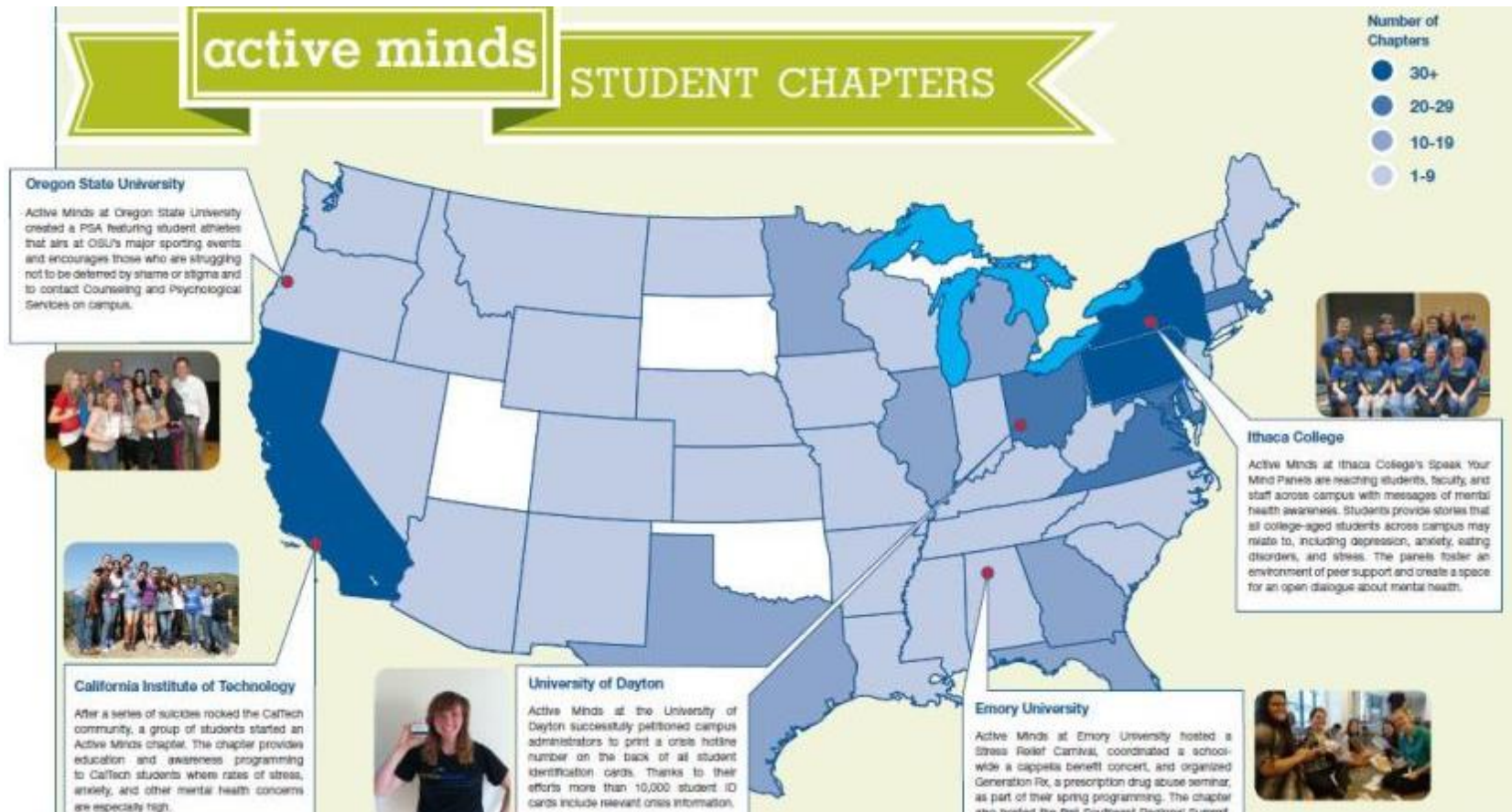
About Active Minds

- **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



Dissemination [1]

SOURCE

Healthy Minds Network:
U-SHAPE Annual Report <http://www.umich.edu/~ushape/findings.html>

Center for Collegiate Mental Health:
Annual Report
www.goo.gl/SS9OFI

National Research Consortium of Counseling Centers in Higher Education:
http://cmhc.utexas.edu/rc_project5.html

CHANNEL

Active Minds Programs:
Eating Disorders Awareness Campaign
www.activeminds.org/takeaction

Active Minds Social Media:
Facebook, Twitter, Pinterest, Tumblr
www.facebook.com/activemindsinc

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

Sara Abelson, MPH

Senior Director of Programs, Active Minds

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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

HMN: Research-to-Practice Network [1]

Researchers

Clinicians

Advocates

Campus administrators

Schools (colleges, universities, high schools)

Students



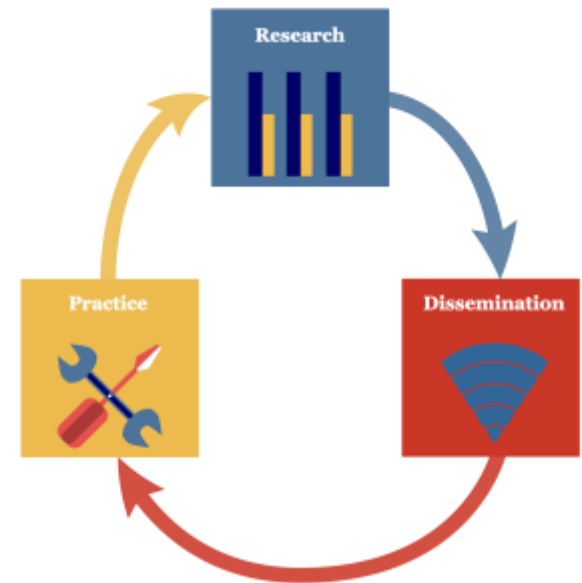
HMN: Research-to-Practice Network [2]

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



HMN's Interactive Data Interface [1]



HEALTHY
MINDS
STUDY

U-SHAPE

INKBLOTS

OTHER
PROJECTS

The Healthy Minds Network

for Research on Adolescent and Young Adult Mental Health

HOME

FOR SCHOOLS

NEWS

BLOG

RESEARCH

EVENTS

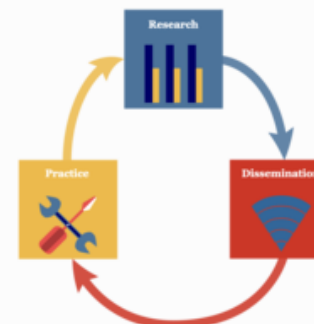
ABOUT

LOGIN

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?*

Interactive Data Interface Example [1]

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

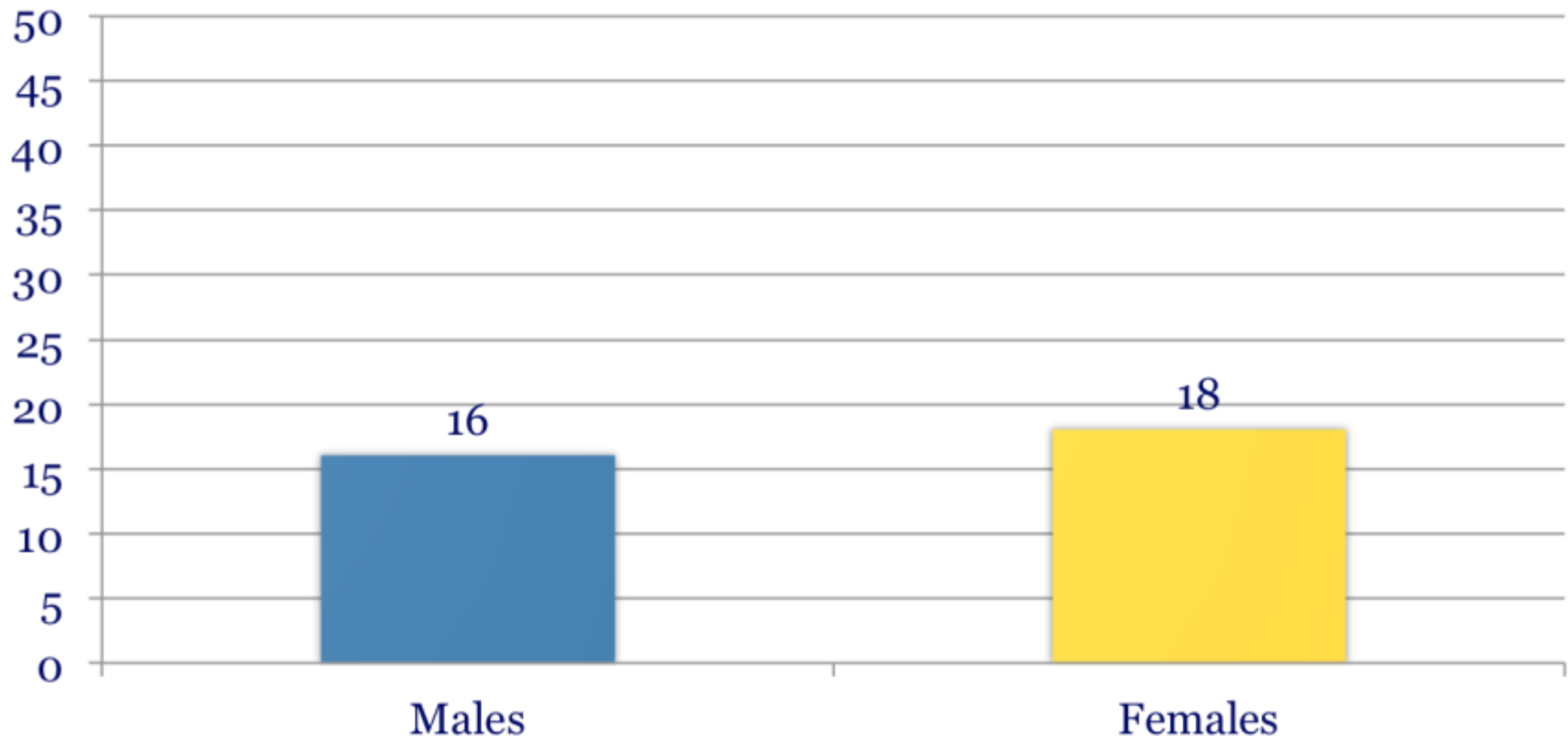
Compare:	Peer schools	Subgroups >												
		<table><tr><td>Citizenship</td><td></td></tr><tr><td>Field of study</td><td></td></tr><tr><td>Gender ></td><td>Anxiety</td></tr><tr><td>Race/ethnicity</td><td>Depression</td></tr><tr><td></td><td>Positive mental health</td></tr><tr><td></td><td>Substance use</td></tr></table>	Citizenship		Field of study		Gender >	Anxiety	Race/ethnicity	Depression		Positive mental health		Substance use
Citizenship														
Field of study														
Gender >	Anxiety													
Race/ethnicity	Depression													
	Positive mental health													
	Substance use													

SUBMIT

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?*



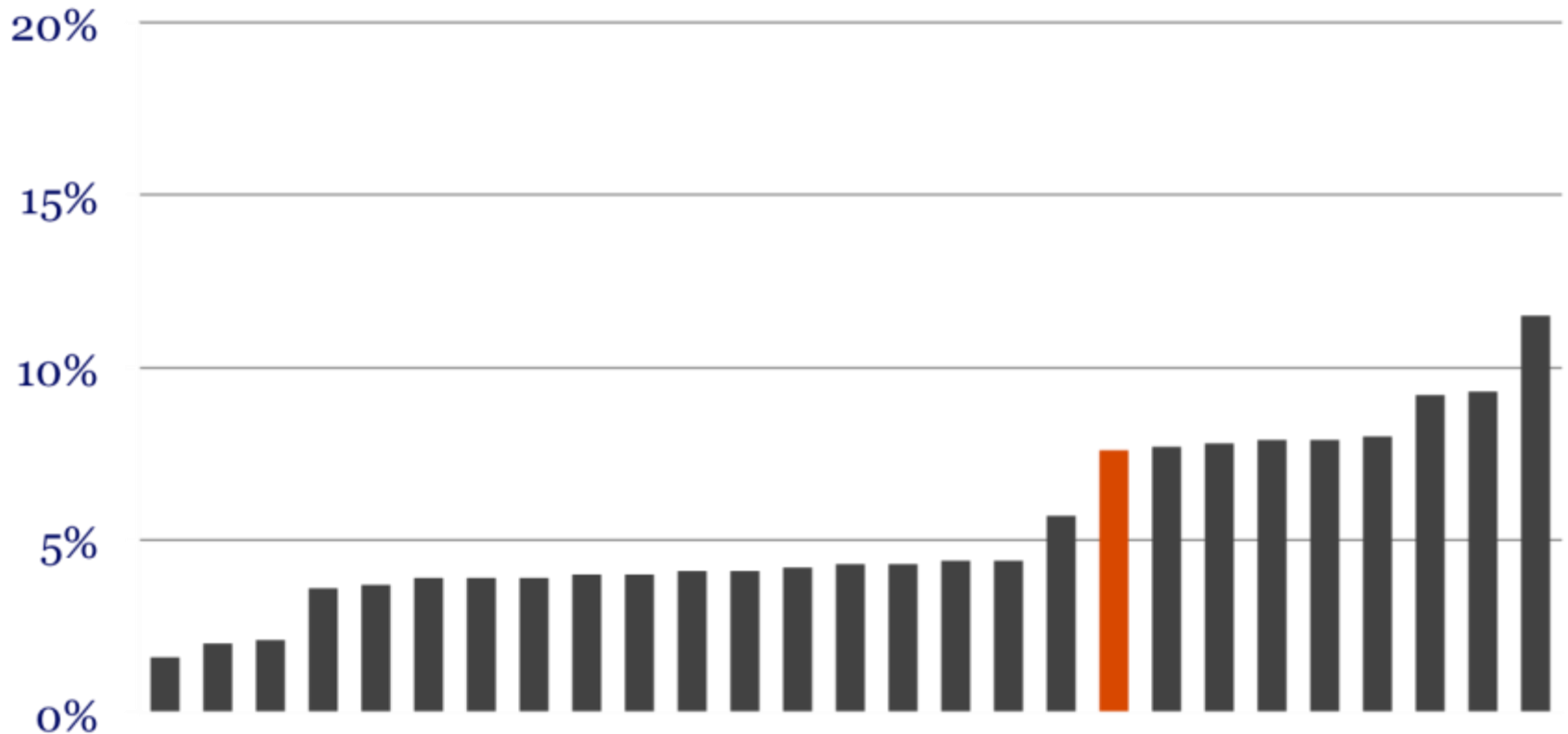
Interactive Data Interface Example [2]

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

Compare:	Peer schools >	Subgroups
	Anxiety	
	Depression	
	Positive mental health	
	Substance use	

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 Research Symposium

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

Email: healthyminds@umich.edu

Web: www.healthymindsnetwork.org