



Supporting
Student Mental
Health and
Wellbeing

P&S Council Update - Winter 2020

IOWA STATE UNIVERSITY
Student Counseling Services



CREATING A COMMUNITY OF CARE

The Student Health & Wellness Unit approach to services involves building a community of care **that supports all students at every level of need.**

By engaging our **campus as partners**, we can mobilize a community that promotes holistic wellness and success at ISU.

Recognition of the impact of COVID-19 and recent and continued acts of racial and xenophobic violence on our health and well being as an individual, community, and society.

INDIVIDUAL AND COLLECTIVE IMPACT OF COVID-19

- All of us are impacted in significant ways. Similarities and differences
- Disrupting our daily routines and rhythm of our lives
- Impacts our usual way of connecting and supporting others
- Further impacts our existing difficulties or concerns
- Health and financial disparities are painfully illuminated
- Causes both individual and collective grief with losses
- Evolving situation: Uncertainty

Other Stressors

- Changing laws or orders impacting international students
- Social justice and civil rights movements in response to recent acts of violence and injustice impacting students of color & indigenous students, faculty & staff
- Amplified financial stressors due to economic instability, funding concerns, job search concerns

COMMON RESPONSES

fear & anxiety

- Anxiety about contracting illness or family health
- Concerns about resources, future, needs

anger, frustration, & irritability

- Loss of agency and personal freedom
- Anger and resentment
- Uncertainty about length and future

depression & boredom

- Feeling sad or low mood
- Boredom and loneliness with extended time in isolation

It is common to experience strong emotions, fears, and anxiety in response to a crisis

COVID-19 PANDEMIC MENTAL HEALTH TRENDS



Nationally, **prior to COVID-19**, 1:3 students experienced significant mental health concerns with depression, anxiety, and relationship concerns as top issues. Grad and professional 6x more likely to experience anxiety or depression compared to general adult population



Only 40% seek help, students of color are less likely to seek services, experience greater rates of feeling overwhelmed in their first year, and report greater rates of feeling isolated on campus. 64% who experience mental health issues and drop out do so due to mental health issues



Since the COVID-19 Pandemic, 80% of students report experiencing a negative impact on their mental health, with 20% reporting that their mental health has significantly worsened. Increases in suicidal ideation 25.4%, anxiety & depressive symptoms (CDC 2020).



8 out of 10 Americans said the pandemic is a significant source of stress in their lives. 7 out of 10 report increased stress over time. (APA 2020)



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MENTAL HEALTH AND WELLBEING ACROSS CAMPUS



MENTAL HEALTH & WELLBEING ACROSS CAMPUS

- **Mental health services are provided in a **multitude of campus locations****
 - **University health and wellness resources a critical student success support**
 - **Everyone in the campus community can have an impact, especially advisers and faculty**
- **Need for a **holistic, campus-wide approach** to best serve If students aren't well, they will not be successful in the classroom**

ISU MENTAL HEALTH RESOURCES

- ◆ Student Counseling Services
 - Services include group therapy, workshops, individual counseling, crisis support, biofeedback and more.
 - 515-294-5056
- ◆ Thielen Student Health Center
 - Student Health offers comprehensive outpatient mental health care, from primary care to psychiatry.
 - We screen students at every visit for mental health concerns.
 - 515-294-5801
- ◆ Crisis Textline
 - Text "ISU" to 741741 - access to a trained crisis counselor 24/7
- ◆ Ulifeline (www.ulifeline.org/iastate)
 - Ulifeline offers students mental health screening tools, information about mental health issues, and resources for learning more and getting help
- ◆ Therapy Assistance Online (TAO)
 - App based self help support and resources for a variety of mental and behavioral health issues.
- ◆ Student Wellness
 - Student Wellbeing toolkit, Collegiate Recovery Community, SBiRT

STUDENT COUNSELING SERVICES

STUDENT CENTERED

We continue to offer no wait for services at SCS. Students will see a provider on the same day of their initial request. Services are FREE.

ACCESSIBLE

First appointments (WIT): M-Th we offer first appointment access 8am-3pm. We have a team of 5-7 clinicians assigned per day to support our access model.

HEALTH AND SAFETY

We are maximizing the use of telehealth services and will be providing all routine and ongoing care through telehealth (video based counseling) including groups

CRISIS SUPPORT

Crisis services this fall are offered by telehealth, within SCS via telehealth, or in limited situations will be provided in-person. Any in-person service will be limited to crisis only.



NO MATTER YOUR STYLE

GIVE US A CALL
515-294-5056

STUDENT COUNSELING SERVICES IS STILL HERE TO SUPPORT YOU DURING THIS DIFFICULT TIME. WE ARE OFFERING MODIFIED SERVICES AVAILABLE BY PHONE.

BE IOWA STATE

The advertisement features a red background with a yellow banner at the top. It displays several communication devices: a yellow smartphone, a yellow flip phone, a yellow rotary phone, a yellow laptop, and a yellow iPhone. The text is in white and yellow, providing contact information and a message of support.

4 QUICK STEPS TO GET STARTED



STEP **1**

Call our main line at 515-294-5056 and let us know you would like to get started with services.



STEP **2**

We'll ask you a few questions and send you an email to complete a few brief surveys. There is no wait for services.



STEP **3**

You'll meet with one of our providers using our video based online platform or phone to talk about your concerns and come up with a support plan.



STEP **4**

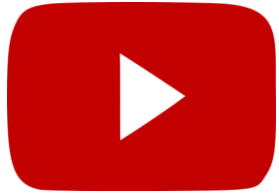
Your support plan will connect you with the best services to meet your needs. Our stepped care model offers many options and services are FREE.

Stepped Care Model

MATCHING SERVICES TO NEEDS

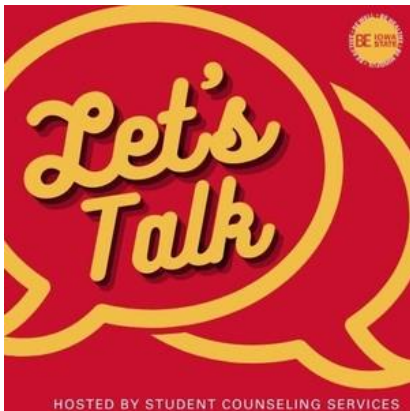


NEW WAYS TO ENGAGE



SCS YouTube

- We continue to offer a range of outreach presentations and trainings available via our request form and have a number of presentations/skills videos available on our YouTube page.
 - Supporting Others and Ourselves: Promoting a Community of Care in the COVID-19 Pandemic
 - Mental Health in Isolation and Quarantine
 - Anxiety during Stressful Times
 - Healthy Habits during COVID-19
 - Self-Compassion
 - Being Stuck Together – In a Good Way
 - Life Hack: Going Home for Breaks
 - Unhooking from Unhelpful Thoughts



Informal Access: Let's Talk provides a confidential space for brief consultation, problem solving, and support with staff members from Iowa State University's Student Counseling Service (SCS). The service is free for all students and Let's Talk is being hosted virtually during the Fall 2020 semester **Tuesdays, Wednesdays, and Thursdays from 10:00 a.m. to 12:00 p.m.**

Let's Talk appointments are first-come, first-served.

NEW WAYS TO ENGAGE



Therapy Assistance Online (TAO)

Free | Effective | Confidential | Accessible

SCS is pleased to offer self-help resources online to students, staff, and faculty. TAO is an evidence-based online library of engaging, interactive programs that address mental health challenges and life stressors. Topics explored include:

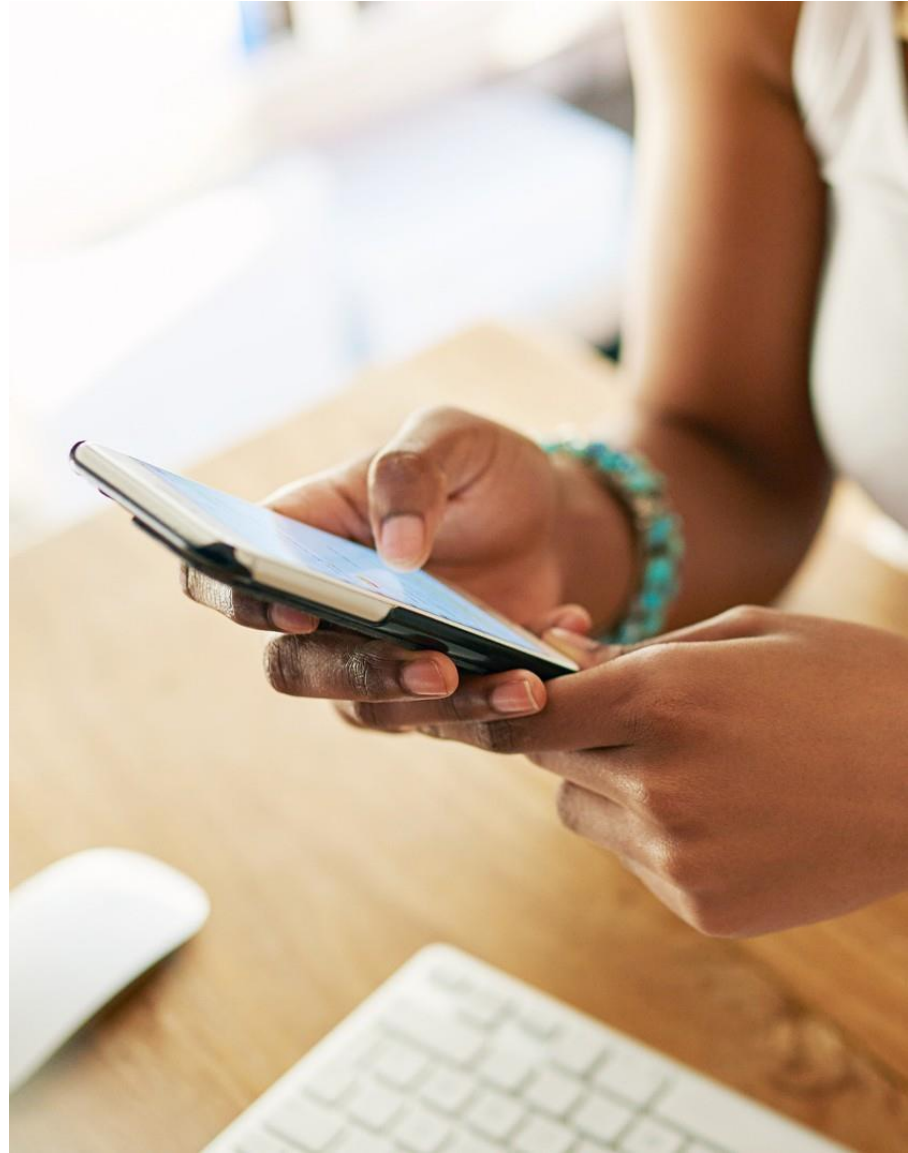
Calming Your Worry
Leave Your Blues Behind
Let Go and Be Well
Improve Your Mood
Relationships and Communication
Pain Management
Evaluating Alcohol and Drug Use
Recovery Skills

IOWA STATE UNIVERSITY
Student Counseling Services



<https://us.taoconnect.org/register>

*Scan to
sign up*



Impact

What students are saying about SCS...

93%

Overall, I am **satisfied** with the services I receive

95%

I would likely **recommend** SCS to a friend if needed

80%

SCS will help me to **stay** in school at ISU

94%

I would likely seek counseling in the future if needed

"Being able to connect with others and feel heard"!

"I think it is a very open and welcoming environment to share my thoughts and feelings without judgement and learn more about myself"

"It was a space in which I could be understood and supported".

"A safe place to connect with other students"

"I appreciated the formation of a plan for me at the end of the session. It is nice to have something to work on for these next two weeks."



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STRATEGIES FOR WELLNESS

For Students, Faculty, and Staff





*You can't pour
from an
empty cup.*

*Self-care isn't
selfish. It's
necessary.*



WHAT HELPS: STRATEGIES FOR WELLNESS



Promote Awareness: Identify signs of distress and know steps you can take to support yourself or someone else. Identify resources on campus and in the community that are available to support you when needed. You are not on an island in these situations, there are many partners on campus that are available to provide consultation including Student Counseling Services, Office of Student Assistance, and others.



Make a Statement: Whether in class or in the community, acknowledge the stress of our current climate and crisis, normalize that it's normal to struggle in times of crisis, and promote engagement and positive messaging around mental health support. We find that the best predictor of help seeking is social norms and attitudes. By promoting healthy discussions, you can help foster a culture of wellness and helpseeking.



Set a routine: Check in with yourself regarding your needs at this time. How am I doing? Am I finding a balance? What are my needs regarding sleep, eating, and exercise. Create a workable schedule to achieve a balance and commit to it.

WHAT HELPS: STRATEGIES FOR WELLNESS



Connect: Find a connection in some form in your community. Establishing a connection and belongingness within a community is an important predictor of success and wellness, especially on a college campus. Recognize that the community you find might be similar or different than what you expect. Be open to new ways of connecting with others.



Set Limits: Set limits on exposure to news, social media, and other outlets. Stay informed with current issues but keep it within limits. Identify what is in your control about the current situation and let others go.



Be Kind to Yourself: Identify ways to nourish your mind, body, and spirit. Engage in meaningful and values based activities to refuel yourself. Accept your thoughts and feelings, and embrace your struggles with kindness and self-compassion.



Promote Efficacy: Identify ways that you can accomplish tasks or meaningful goals in your daily lives. Personal and community based initiatives are powerful.

STUDENT HEALTH AND WELLNESS



RECREATION SERVICES

2642 Union Drive
(515) 294-4980

Hours: Monday - Friday
8:00 am - 5:00 pm*

CycloneHealth.org/RecServices



STUDENT WELLNESS

Friley Hall, Room A37
(515) 294-1099

Office Hours: Monday - Friday
8:00 am - 5:00 pm

CycloneHealth.org/Wellness



STUDENT COUNSELING SERVICES

Student Services Building, 3rd Floor
(515) 294-5056

Walk-In Hours: Monday - Thursday
8:00 am - 3:00 pm

CycloneHealth.org/Counseling



THIELEN STUDENT HEALTH CENTER

Corner of Union & Sheldon Drive
(515) 294-5801

Hours: Monday - Saturday
8:00 am - 5:00 pm*

CycloneHealth.org/Clinic

**Hours vary, please refer to website.*

CYCLONEHEALTH.ORG

ULifeline

800-273-TALK (8255)

Crisis Text Line

Text "ISU" to 741741

National Suicide Prevention Lifeline (800) 273-8255

FIRST NURSE (515) 239-6877

**IOWA STATE POLICE DEPARTMENT
NON-EMERGENCIES (515) 294-4428
EMERGENCIES 911**

AMES POLICE DEPARTMENT

**NON-EMERGENCIES (515) 239-5133
EMERGENCIES 911**

MARY GREELEY MEDICAL CENTER (515) 239-2011



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