

What's Walking Through Our Door – Anxiety, Depression, and Other Diagnoses

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Agenda

- Introduction and Conclusion
- What Counseling Center Directors are Seeing
 - How Counseling Centers cope
- Student Perception of Their Mental Health
- Why are Their Differences?
- What is Union Seeing
 - Union Specific Data

Counseling On College Campuses

- Late 1940s – Counseling Centers start to address the mental health and testing needs of returning vets
- 1960s – a more complete introduction of Counseling Services to many campuses
- 1970s – shift to more existential crises - "Who am I"
- Mid-1990s - shift in the needs of students seeking counseling services from more developmental and informational needs to more severe psychological problems
 - typical for students to go into counseling to address two of Erikson's developmental model - *identity vs. role confusion* and *intimacy vs. isolation* (focus of client issues is on relationships, self-esteem, sexual orientation, career concerns, family issues, academic issues, peer pressure and identity issues)
- 2000s to present - shift has not only solidified, but reached higher levels
 - 2 of the top 10 major health issues in college sample are mental health (#4 – depression, #9, anxiety)

Top 10 Impediments to Academic Performance over the last 10+ years

- Stress
- *Cold/Flu*
- Sleep Difficulties
- Concern for Family/Friends
- Relationship Difficulties
- Depression/Anxiety
- Internet/Game Use
- *Sinus Infections*
- Death of a Family Member/Friend
- Alcohol Use

Gender Differences

- Women tend to be higher in:
 - Feelings stressed (ranging from 31% to 35% compared to 21% - 28% for men)
 - Concern for friend/family (5% higher)
 - Relationship difficulties (3-5% higher)
 - Depression/Anxiety (5% higher)
- Men tend to be higher in;
 - Internet Use/Games (15% higher)
 - Alcohol Use (4% higher)

NCHA/ACHA Data

- Most Common mental Health Disorders
 - Depression
 - Anxiety
 - Suicidal ideation
 - Alcohol abuse
 - Eating disorders
 - Self-injury
 - ADHD issues

Trends for Each Academic Year

- First Year - adjustment, new friends, sharing rooms
- Sophomore - friend transition, study abroad, is this college right for me, choosing a major
- Junior - study abroad issues (people being abroad and returning, those that do not go abroad), internship stress
- Senior - what's next

Crisis On Campus

- Google “Counseling Centers on College Campus” – you will get article after article talking about a mental health crisis on college campuses
- Recent Studies Showing Rise
 - ACCA and AUCCCD survey data
 - majority of students seeking help for normal adolescent issues
 - 44% for severe psychological issues
 - 6.3% of these have impairment so serious that they cannot remain in school or can only do so with extensive psychological/psychiatric help
 - 37.7% experience severe problems but can be treated successfully with available treatment modalities
 - 2003 study (Benton, et al) 13,257 students followed over 13 year period (1990 -2003) revealed:
 - marked increase in the number and complexity and severity of college student mental health problems
 - number of students that received counseling doubled in the 13 years
 - number of students with suicidal tendencies tripled
 - 28% of directors report a marked increase in student violence on college campuses over the past five years

Counseling Center Director's Survey 2006-2011

Increases in:

- 70.6% Crisis issues requiring immediate response
- 68.0% Psychiatric medication issues
- 60.0% Learning disabilities
- 45.7% Alcohol abuse
- 45.1% Illicit drug use (Other than alcohol)
- 39.4% Self-injury issues (e.g. Cutting to relieve anxiety)
- 25.2% On-campus sexual assault
- 24.3% Eating disorders
- 23.2% Career planning issues
- 23.1% Problems related to earlier sexual abuse

Averages over the years

Some Specifics - 2010 Counseling Center Director's Survey

- 44% of their clients had severe psychological problems (increase from 16% in 2000)
- 24.3% of directors noticed an increased number of clients with eating disorders
- 39.4% of director's noted an increased number of clients struggling with self-injury
- 45.7% of director's reported an increased number of clients struggling with alcohol abuse

Medication Increases

- Particular increases in crisis related issues and students taking psychotropic medication
- Over 85% of directors noticed a growing number of students arriving to campus already on psychotropic medication
 - 25% of clients on medication
 - up from 20% in 2003
 - up from 17% in 2000
 - up from 9% in 1994
- 13.6% of Counseling Center Clients are referred to a psychiatrist for evaluation

Reason for Increased Need/Demand

- Stress
- Academics
- Bringing problems from home/high school
- "Spiraling" - students who were on medication in high school who try to go without it in college
- Trauma history and greater awareness of these issues and willingness to address them
- Trend of effective psychotropic medication that have allowed students to attend college who otherwise would not have functioned well enough to get to college

Societal Reasons for Increase

- Societal Stressors (economy, connectedness)
- Decreased stigma
- Decreased coping skills in youth
- Parents more involved in their children's problem solving
- Ease of escapist activities (internet, video games, marijuana)
- Ease of access to prescription medication without a prescription
- Technological Distance

Counseling Center Issues

- Biggest issues facing Counseling Centers
 - how to deal with students that have long term and severe problems
 - how to handle the increased demand without additional resources
 - small college counseling centers and community college counseling centers often have staff provide career and personal counseling (and sometimes academic advising)
- Increase in consultation calls from concerned faculty, staff, and parents

Counseling Center Issues (cont'd)

- 91% of counseling center directors reported a recent trend toward a greater number of students with severe psychological problems is true on their campus
 - 75% of directors say that this increase has created new administrative issues
 - approximately 2/3 of directors report that they were being asked to provide more services without an adequate increase in resources

Ways Centers Have Coped

- Session limits
- Waiting lists
- Phone-based triage
- Referral networks
- Additional training for staff
- Training for faculty/staff outside of CC
- Need for bystander training
- Reducing number/frequency of non-crisis appointments

What is not coming through counseling center doors?

- - AUCCCD survey respondents reported 133 suicides in the previous year
 - 81% had never been counseling center clients
- NCHA Results
 - 9 percent of respondents reported that they had seriously considered attempting suicide before college
 - 7 percent said they had considered attempting suicide either after coming to college or both before and after coming to college
 - 5 percent of students reported that they had made a suicide attempt

Mental Health

NCHA Results 2000-2010

- No significant changes in the following areas:
 - Feelings of Hopelessness
 - Never 32-35% for Women/46-49% Men
 - 1-2 times (24-28%)
 - 3-8 times (17-25%)
 - 9 or more times (11-15%)
 - Felt Very Sad
 - Never 14-17% for Women/27-32% for Men
 - 1-2 times (24-31%)
 - 3-8 times 25-34% for Women/18-26% for Men
 - 9 or more times 22-24% for Women/14-16% for Men

Mental Health Continued

- Felt So Depressed That it Was Difficult to Function
 - Never 51-55% (W)/60-64%(M)
 - 1-2 times 18-23%
 - 3-8 times 11-15%
 - 9 or more times 8-11%
- Seriously Considered Suicide
 - Never 88-91%
 - 1 or more times 9-12%

Substance Use

- Alcohol
 - Long term changes in use of alcohol with NCHA data is hard to see because they changed the parameters of how it is measured
- Changes in the following from 2000 to 2005:
 - 5 or more drinks in a sitting in the past 2 weeks
 - Never 64-68% (W)/44-54% (M)
 - 1-2 times 22% (W)/23-24% (M)
 - 3 or more times 10-14% (W)/22-34% (M)

More Recent Alcohol Data

- From 2007 to 2011 (assessed use over a 30 day period)
 - Slight rise in those that Never Use (17.5% in 2008, 21.3% in 2011)
 - Slight **decreases** in the following categories:
 - Used but not in last 30 days - 13.7/12.8
 - 1-2 days – 18.9/16.6
 - 3-5 days – 18.9/17.3
 - 6-9 days – 16.4/16.1
 - 10-19 days – ~11.8% in both
 - Slight **increase** in the following categories:
 - 20-29 – 2.7/3.1
 - All 30 days – .4/1.0

Interestingly....

- From 2007 – 2011 average alcohol consumption when drinking has also decreased
 - Men Mean drinks – 5.56/4.42
 - Female Mean drinks – 3.51/2.94
- From 2007 – 2011 the time spent consuming alcohol has also decreased:
 - Men Mean hours – 3.41/2.92
 - Female Mean hours – 2.7/2.79
- **But** - those that binge drinking occurred with greater frequency
 - similar numbers for those that did not and those that did only once

Substance Use Continued

- Marijuana
 - Marijuana use has significantly changed from 2000 to 2010 – but not in the way one would think - (67.6 **never used** in 2010, compared to 58% in 2000)
 - Those that are using are using more often, as there was a drop in the percentage of “Used, but not in the past 30 days” and a slight rise in the other use categories
- Cigarettes
 - Cigarette use is down with 67.5 % indicating having never used (compared to 51.5% in 2000)
 - All categories of use are also down, with Use All 30 Days dropping from 11% to 4.5%

Club Drugs

- All club drugs have shown some increased use
 - None more than MDMA with a 3% gain in use from 2007 - 2011
 - All other club drugs gained 1-2% usage in this time frame

Sexual Health

- Only significant change is in condom use with 5% more students indicating “Always Use,” and 5% more students indicating use of birth control pills as a means of pregnancy prevention
- No Significant Changes in:
 - Number of Sexual Partners in Last School Year (1.2-1.8 for Women, 1.7-2.5 for Men)
 - Perception of Sexual Partners (3.4-4.3% for women, 3.2-4.0% for Men)
 - Perception of Condom Use has remained stable, with most students assuming that people mostly or always use

So... What We Need to Consider

- Not a ton of significant changes based on student report and student perception
 - But there is a significant change in Counseling Center Director perception of the problem
 - And usage rates are clearly going up across the country

Questions to Consider

- Are the increase in numbers of clients being seen making director's perceive that things are worse/more severe
- Are the actual numbers of severe cases increasing?
 - Is it that the numbers or clinical severity that has changed or is it all of the other demands of these students (parents, Deans, Faculty, legal counsel, documentation, disability concerns/support, and coordination with outsider providers) make us think things are worse
- Are things “worse” for the clients or is it that there is an inability to cope with mental health issues and an inability to tolerate discomfort without medication and intervention

What Has Changed

- The Number of Students
 - *Student enrollment* has increased by 11 percent between 1990 and 2000. Between 2000 and 2010, enrollment increased 37 percent, from 15.3 million to 21.0 million
 - Between 2000 and 2010 was in full-time enrollment; the number of full-time students rose 45 percent, while the number of part-time students rose 26 percent
 - Female enrollment increased greater than male
 - Between 2000 and 2010, the number of male full-time post baccalaureate students increased by 38 percent, compared with a 62 percent increase in the number of females
- Medication
 - Medication has improved to allow for students to get into college (where they may not have before) and get into more challenging academic schools
 - Greater number of students on medications (indicated on earlier slide) goes hand and hand with a rise in the number of students on campus
 - But there is also a greater rate of prescribing among all those able to prescribe

What Has Changed (cont'd)

- Reduction in Stigma
 - Active Minds, Garrett Lee Smith Memorial Act
- Outreach Efforts
- Technology and the desire for a student to have an hour for themselves
- Student Presentation of Illness
- Prescription Drug Abuse
- Types of Illicit Drugs Available
- Coordination of Care
- Cost of schooling and desire to do whatever it takes to keep a student enrolled (desire to not suspend students due to cost to school)
- Parents willingness to accept that their student needs assistance

What is Walking Through My Door

- AKA Why Is My Staff So Stressed
 - In the Last 5 Years – this is what our numbers have looked like:
 - 2007 – 2008 269/1881 (12.4%)
 - 2008 – 2009 401/1976 (19.1%)
 - 2009 – 2010 388/2246 (19.4%)
 - 2010 – 2011 405/2336 (19.4%)
 - 2011 – 2012 461/2796 (22.1%)

Union College

Problem Checklist Statistics

- Anxiety – 68% checked at least one symptom (worry, social discomfort, obsessions)
- Depression – 73% checked at least one symptom (fatigue, dysthymic, crying spells)
- Eating Issues – 31% checked at least one symptom (restriction, laxative use, purging)
- Sleep Problems – 68% indicate problems with sleep (inability to fall asleep, interrupted)
- Self-Harm/Suicidality – 23% indicate at least one symptom of self harm (thoughts of harming self, life is not worth living, self harming behaviors, history of attempts)
- Bipolar – 45% indicated at least one symptom of bi-polar illness (racing thoughts, decreased need for sleep, impulsivity)

Mental Health

Have you ever received psychological or mental health services from a therapist	National	Union
No	64.5	57.4
Yes	35.5	42.6

Have you ever received psychological or mental health services from a psychiatrist	National	Union
No	86.8	83.5
Yes	13.2	16.5

Have you ever received psychological or mental health services from a general practitioner	National	Union
No	85.1	82.9
Yes	14.9	17.1

Over the past 12 months, how often did you feel things were hopeless	National	Union
Never	34.1	43.6
Not in the last 12 months	20.7	13.4
In the last 2 weeks	15.4	13.6
In the last 30 days	8.6	9.2
In the last 12 months	21.2	20.2
Any time in the last 12 months	45.3	43.0

Over the past 12 months, how often did you feel so depressed that it was difficult to function	National	Union
Never	46.3	52.4
Not in the last 12 months	22.5	15.4
In the last 2 weeks	9.6	10.7
In the last 30 days	5.9	6.0
In the last 12 months	15.8	15.4

Over the past 12 months, how often did you feel overwhelmed by all you had to do	National	Union
Never	9.0	11.7
Not in the last 12 months	4.8	2.1
In the last 2 weeks	50.1	48.8
In the last 30 days	17.1	14.6
In the last 12 months	19.0	22.7
Any time in the last 12 months	86.1	86.2

Over the past 12 months, how often did you feel very lonely	National	Union
Never	23.0	28.4
Not in the last 12 months	19.7	14.8
In the last 2 weeks	22.1	29.2
In the last 30 days	13.0	10.2
In the last 12 months	22.1	17.4
Any time in the last 12 months	57.3	56.8

Over the past 12 months, how often did you feel exhausted (not from physical activity)	National	Union
Never	12.1	17.0
Not in the last 12 months	6.4	4.2
In the last 2 weeks	48.3	51.2
In the last 30 days	16.8	11.7
In the last 12 months	16.5	15.9
Any time in the last 12 months	81.6	78.9

Over the past 12 months, how often did you feel overwhelming anxiety	National	Union
Never	33.8	35.3
Not in the last 12 months	15.5	10.2
In the last 2 weeks	19.2	23.3
In the last 30 days	11.6	12.3
In the last 12 months	20.0	18.8
Any time in the last 12 months	50.7	54.5

Over the past 12 months, how often did you feel very sad	National	Union
Never	20.9	24.9
Not in the last 12 months	18.1	14.2
In the last 2 weeks	22.9	27.3
In the last 30 days	13.4	12.6
In the last 12 months	24.7	21.0
Any time in the last 12 months	61.0	60.9

Over the past 12 months, how often did you attempt suicide	National	Union
Never	91.8	92.2
Not in the last 12 months	7.0	6.3
In the last 2 weeks	.3	1.0
In the last 30 days	.1	0.0
In the last 12 months	.8	.5
Any time in the last 12 months	1.2	1.6

Over the past 12 months, how often did you consider suicide	National	Union
Never	79.5	83.6
Not in the last 12 months	13.4	10.2
In the last 2 weeks	1.5	2.1
In the last 30 days	1.0	1.6
In the last 12 months	4.6	2.6
Any time in the last 12 months	7.1	6.3

Over the last 12 months, how would you rate your overall level of stress you have experienced	National	Union
None	1.6	2.3
Less than average	7.5	7.0
Average stress	37.7	39.9
More than average stress	42.9	44.6
Tremendous stress	10.3	6.0

Over the past 12 months, how often did you cut, burned, bruised, or otherwise injured yourself	National	Union
Never	82.4	83.3
Not in the last 12 months	12.2	10.2
In the last 2 weeks	1.4	2.3
In the last 30 days	.8	1.6
In the last 12 months	3.2	2.6
Any time in the last 12 months	5.5	6.5

Substance Use

Within the Last 30 Days, on How Many Days did you use Alcohol	National	Union	Perceived Use
Never Used	21.3	11.8	3.4/3.7
Used, but not in past 30 Days	12.8	6.8	1.9/1.8
1-2 Days	16.6	13.6	6.0/4.5
3-5 Days	17.3	17.6	9.9/11.0
6-9 Days	16.1	23.4	20.5/20.7
10-19 Days	11.8	22.8	31.3/38.1
20-29 Day	3.1	3.1	13.1/10.8
Daily	1.0	.8	13.8/9.4

The last time you drank, how many alcoholic drinks did you have	National	Union	Perceived Use
0	27.2	13.8	5.0/2.9
1-2	21.1	12.0	6.6/2.1
3-4	21.6	21.9	28.1/13.6
5-6	14.6	21.4	33.4/36.0
7-8	7.1	12.2	14.4/25.1
9-10	4.4	9.1	8.7/14.9
11-12	1.7	2.9	1.7/2.9
13-14	.5	.8	.2/.8
15-16	1.0	2.9	.9/.3
17+	.9	3.1	.9/1.6

The last time you drank, how many alcoholic drinks did you have	National	Union	Perceived Use
0	27.2	13.8	5.0/2.9
1-2	21.1	12.0	6.6/2.1
3-4	21.6	21.9	28.1/13.6
5-6	14.6	21.4	33.4/36.0
7-8	7.1	12.2	14.4/25.1
9-10	4.4	9.1	8.7/14.9
11-12	1.7	2.9	1.7/2.9
13-14	.5	.8	.2/.8
15-16	1.0	2.9	.9/.3
17+	.9	3.1	.9/1.6

	National	Union
Male Mean	4.42	7.26
Female Mean	2.94	4.47

The last time you drank, over how many hours did you drink alcohol	National	Union
0	27.6	13.8
1-2	16.8	17.7
3-4	31.4	34.9
5-6	19.4	21.7
7-8	3.5	6.3
9-10	.8	2.6
11-12	.4	1.3
13-14	.1	.3
15-16	0	0.0
17+	.1	1.3

Over the last 2 weeks, how many times have you had five or more drinks at a sitting	National	Union
NA – Don't Drink	21.5	11.7
None	44.4	26.6
1-2 Times	22.7	27.6
3-5 Times	9.3	25.0
6+ Times	2.1	9.1

For those who drank – percentage who reported the following in the previous 12 months	National	Union
Did something you later regretted	36.1	47.0
Forgot where you were or what you did	31.7	51.7
Got in trouble with the police	3.6	4.0
Someone had sex with me with my consent	1.1	1.2
Physically injured another person	3.6	4.2

Within the last 12 Months, have you had unprotected sex following drinking?	National	Union
N/A Don't Drink	22.3	13.3
No	62.5	66.3
Yes	15.2	20.4

Within the last 12 Months, have you physically injured yourself following drinking?	National	Union
N/A Don't Drink	22.3	13.5
No	65.7	62.2
Yes	11.9	24.2

Within the Last 30 Days, on How Many Days did you use Marijuana	National	Union	Perceived Use
Never Used	63.4	43.7	8.2/4.7
Used, but not in past 30 Days	20.8	21.6	9.9/6.9
1-2 Days	5.8	13.4	15.3/11.9
3-5 Days	2.6	8.2	14.5/15.8
6-9 Days	1.9	4.2	16.5/19.5
10-19 Days	1.9	2.6	17.7/24.0
20-29 Day	1.5	3.9	7.9/8.2
Daily	2.0	2.4	10.1/9.0

Within the Last 30 Days, on How Many Days did you use Cocaine	National	Union	Perceived Use
Never Used	93.7	89.5	43.9/26.6
Used, but not in past 30 Days	5.1	3.9	22.9/23.0
1-2 Days	.7	3.1	17.0/21.9
3-5 Days	.3	1.8	7.0/12.4
6-9 Days	.1	.8	4.3/7.9
10-19 Days	.1	.5	2.4/4.0
20-29 Day	0	.3	1.2/1.8
Daily	.1	0	1.3/2.4

Within the Last 30 Days, on How Many Days did you use Ecstasy	National	Union	Perceived Use
Never Used	93.3	90.3	41.6/36.5
Used, but not in past 30 Days	5.5	3.1	23.9/21.2
1-2 Days	.8	4.7	17.4/24.6
3-5 Days	.2	1.3	7.4/7.9
6-9 Days	.1	0	4.6/5.0
10-19 Days	0	.3	2.8/2.9
20-29 Day	0	0	1.4/1.3
Daily	.1	.3	.9/.5

Sexual Health

Over the last 12 months, how many sexual partners have you had (oral, vaginal, and/or anal)	National	Union
None	29.1	21.7
1	41.9	33.9
2	10.2	15.1
3	6.2	8.9
4 or more	9.6	20.4

Prescription Medication Misuse

Within the last 12 Months, have you taken a stimulant (Adderall, Ritalin) not prescribed to you?	National	Union
No	92.5	85.1
Yes	7.5	14.9

Within the last 12 Months, have you taken a sedative (Valium, Xanax) not prescribed to you?	National	Union
No	96.3	93.8
Yes	3.7	6.3