Today

- Introduction
- What’s happening
  - Students at SUNY WCC
  - Students nationally
- What we’re doing about it
  - At SUNY WCC
  - SUNY System
- The role you play
- Your thoughts, ideas, and questions
1. How has mental health impacted the academic journeys of your students?

2. What role do you play in student mental health and wellness?
Westchester Community College

- +/- 13,000 students
- Hispanic Serving Institution (HSI)
- Veteran Friendly Campus
- Main Campus, Valhalla, NY
  - 8 extension sites throughout Westchester
WCC Personal Counseling Department

The Personal Counseling Department creates a campus environment that is safe, growth fostering, and prioritizes the psychological, social, and emotional well-being of our college community.

The Personal Counseling Department offers confidential, individual and group mental health services in addition to campus-wide programming, intended to provide support, education, and healthy ways of coping with stressors and struggles.
WCC: A Brief Mental Health History

2012-2014: 2 PT Clinicians, 1 office, & 1 pink notebook
2015: 3 PT Clinicians
2016: Hired 1st FT Clinician
2017: Hired 2nd FT Clinician
   • Applied for and awarded Interactive Screening Program (ISP) grant through American Foundation for Suicide Prevention
2019: 2 FT Clinicians, 1 PT Clinician, and 1 PT Office Coordinator
   • Purchased electronic note system, Titanium
   • Became a JED Campus
   • Disseminated Healthy Minds Study
   • Raised funds for capital project for Mental Health office suite
   • Launch of WCC’s Mental Health Task Force
WCC: Our Students

- Students seeking services
- Severity of cases/levels of distress
- Wait times for appointments
• **86%** of students said they are at least somewhat stressed about their finances*
• **31%** of students said they are at least somewhat concerned about themselves, a family member, or a close friend being deported*
• **48%** of students report that they felt emotional or mental difficulty hurt their academic performance 3 or more days in the past 4 weeks*
• **67%** of students said that when they feel sad/depressed they keep it to themselves*
• Increased **economic** stress for students
• Increase in role of **social media** in day to day life
• Students reporting more **anxiety, depression, and loneliness** than ever before
• According to the **Healthy Minds Study**, which surveys thousands of students each year, about **1/3 of students screen positively for a mental illness**.
• On average, counseling centers see just **11.8 %** of the student population, according to the Association of University and College Counseling Center Directors.
• **American Psychological Association: Stress in America*** 2019 survey
  • Generation Z reports: Heightened awareness and stress related to current events including **sexual violence, mass shootings, immigration, and political elections**.
What is being done?
Westchester Community College

• Holistic Approach
• JED Campus
• Mental Health Task Force
• Training Faculty and Staff
• Online screenings
• Partnerships with community organizations
• More to come and more to be done...
SUNY System

- OMH Subaward
- Telecounseling
- Food Insecurity Task Force (Food Access Survey)
- SUNY Student Mental Health & Wellness Task Force
OMH Subaward & Focus Groups

Garrett Lee Smith Grant – Crisis Text Line

- Free 24/7 resource
- Move someone from crisis to a cool calm
- New York keyword partnership “Got5”
- Develop and implement SUNY-branded Crisis Text Line materials starting in 2020
OMH Focus Groups on Help-Seeking

• What are students’ expectations re: availability and quality of mental health services and support?
• What factors make students more or less likely to utilize mental health services?
• How can a campus improve awareness of, access to, and utilization of campus mental health services?
IN DISTRESS?
We’re here to listen

TEXT “Got5” TO 741741
TO START A CONVERSATION

Free, 24/7, Confidential Crisis Support

www.suny.edu
SUNY Student Telecounseling Network

- Clinical care provided by Upstate
- Students are first seen in the counseling center at their campus
- Referred for care—optional, dependent on campus protocol
- Seen until in a stable treatment protocol and referred back to campus for management

10 campuses participating in 2019-20
- Through the end of December about 150 students

Campuses were selected based on:
- Projected need for mental health services
- Availability of a prescriber on campus to manage medication for telepsychiatry patients
SUNY Student Mental Health and Wellness Task Force

- Convened by the Provost’s Office
- First meeting was 9/27/2019
- Representatives from campuses, SUNY System, state government, external experts
- Expect to have recommendations for the Board by the end of the academic year
• Develop a menu of universal-level public health-informed mental health best practices and evidence-based programs
• Establish guidelines for mental health service delivery that are responsive to diverse needs
• Identify avenues to provide technical assistance and seek additional funding opportunities
What is being done? Here. Today.

2020 School Counselor Forum “Framing Futures”

Food for Thought

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