WHO YOU CALLIN’ CRAZY?
MENTAL HEALTH ISSUES IN THE FIRST-YEAR

Access Today’s Presentation at:

M. Shannon Williamson
Dillard University
New Orleans, Louisiana
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OBJECTIVES

~ Understand the increasing mental health issues on our campuses

~ Identify key players that need to be included in the conversation about mental health resources on their campus

~ Plan a mental health awareness program for a specific population or group.
<table>
<thead>
<tr>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Institution</td>
</tr>
<tr>
<td>Your role on campus</td>
</tr>
<tr>
<td>The mental health issue that is most concerning you on campus right now</td>
</tr>
</tbody>
</table>

Time Limit: 30 seconds per person (5 minutes total)
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THE CRAZY TRIFECTA

Adjustment

Policy Issues

Age of Onset

Financial Stress

Hyper Enriched

Academically Underprepared

Social Pressure

Newly Independent
Students

February 14, 2003

Prozac Campus

By JEFFREY R. YOUNG

More students seek counseling and take psychiatric medication. It's almost trendy to have psychological problems, says Eve Kidd. The

WALES...

“You can see the extraordinary beauty, the wonderful people and the great hospitality, so I'd encourage everybody in the States to come visit Wales.”
May 27, 2012

Prozac Campus: the Next Generation

By Katherine Sharpe

In an accelerated culture, 15 years is a long time. And last spring, when a stiff, cream-colored envelope arrived in the mail to announce congratulations for my 15th college reunion, I realized that it had been nearly 15 years since I graduated from college.
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College students’ mental health is a growing concern, survey finds

June 2013, Vol 44, No. 6
Print version: page 13

Ninety-five percent of college counseling center directors surveyed said the number of students with significant psychological problems is a growing concern in their center or on campus, according to the latest Association for University and College Counseling Center Directors survey of counseling center directors. Seventy percent of directors believe that the number of students with severe psychological problems on their campus has increased in the past year.

The survey also found that:

- Anxiety is the top presenting concern among college students (41.8 percent), followed by depression (36.4 percent) and relationship problems (35.8 percent).
- On average, 24.5 percent of clients were taking psychotropic medications. However, 19 percent of directors report the availability of psychiatric services on their campus is inadequate.
- Directors report that 21 percent of counseling center students present with severe mental health concerns, while another 40 percent present with mild mental health concerns.
Students

October 10, 2014

Seeking Help at a Campus Counseling Center? Take a Number

By Jared Misner

Margie L. Madison likes to think of herself as one of the lucky ones. Things could have been much worse, much more destructive.
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Most of the students who withdrew because of mental health problems suffered from depression, bipolar disorder or post-traumatic stress disorder. Forty-five percent of them did not receive academic accommodations (such as tutoring, books on take, lower course loads or help communicating with professors), though it is unclear whether they asked, and half did not make use of mental health services and support -- in some cases, because they were unaware of such services. Thirty-eight percent of all respondents, regardless of whether they dropped out, said they did not know how to access accommodations.
How Colleges Flunk Mental Health

BY KATIE J.M. BAKER / FEBRUARY 11, 2014 11:13 AM EST
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Someone has to connect the dots?
What positions or offices are involved in the conversation about mental health on your campus?

Who else needs to get involved?

Time Limit: 6 minutes
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At your tables, spend 10 minutes planning a program for first-year students (or faculty who teach first-year students. Be sure to include:

~ Learning Outcome
~ Resources (materials and people)
~ When and Where
~ Something fun!
BULLETIN BOARDS
RESIDENTIAL LIFE

Sweet Home New Orleans
OUTREACH PROGRAMS FOR STUDENTS

Popcorn and Possibilities

Sodas and Solutions
Mailbox stuffers for finals encouragement

Stress Relief
For immediate stress relief: Pop 3 stress relief capsules every 4-6 hours as needed.

Take a breath and do your best!
FACULTY PROGRAMING

Gear

Faculty Workshops/Meeting
Announcements
AWARENESS PROGRAMING

BAC of .08 to .15
Drunk Busters
Impairment Goggle*
(Smoke goggle frame with clear lens)

*Patent No. 6,206,521

Today is MIRRORLESS MONDAY.
Trust us, you look great.
Take a break from the mirror today and be good to yourself and your body, regardless of appearances.
Know that you are so much more than how you look.
Celebrate your own inner beauty today, and look beyond others’ outer appearances to find the positive qualities they possess.

Write something "positive" on the paper
if you agree with this message!

Eating Disorder Awareness Week
Mirrorless Monday * February 27, 2012

*Eating Disorder Awareness Week is sponsored by CASA –
Catholic Association of Students and University Counseling Services.
For more info and crews, check out www.csus.edu/3k18
THANK YOU!

Contact me at:

mwilliamson@dillard.edu
@mshannonw
Sources


SOURCES


SOURCES

