

Overview

Student mental health: National trends and the ASU model

National mental health trends

Percentage of students past 12 months

Treated for anxiety



9.2% in 2010



22.1% in 2018



140% increase

Overwhelming anxiety



46.4% in 2010



63.4% in 2018



37% increase

Source: 2010, 2018 ACHA NCHA II

National mental health trends

Percentage of students past 12 months

Treated for depression



8.3% in 2010



18.1% in 2018

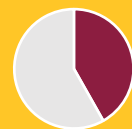


118% increase

So depressed it interfered



28.4% in 2010



41.8% in 2018



47% increase

Source: 2010, 2018 ACHA NCHA II

National mental health trends

Percentage of students past 12 months

More than average stress



47.4% in 2010



57.6% in 2018



22% increase

Thoughts of suicide



6.0% in 2010



12.1% in 2018



100% increase

Source: 2010, 2018 ACHA NCHA II

**Why we
must get it
right**



Safety

Wellbeing

Retention

Success

#2

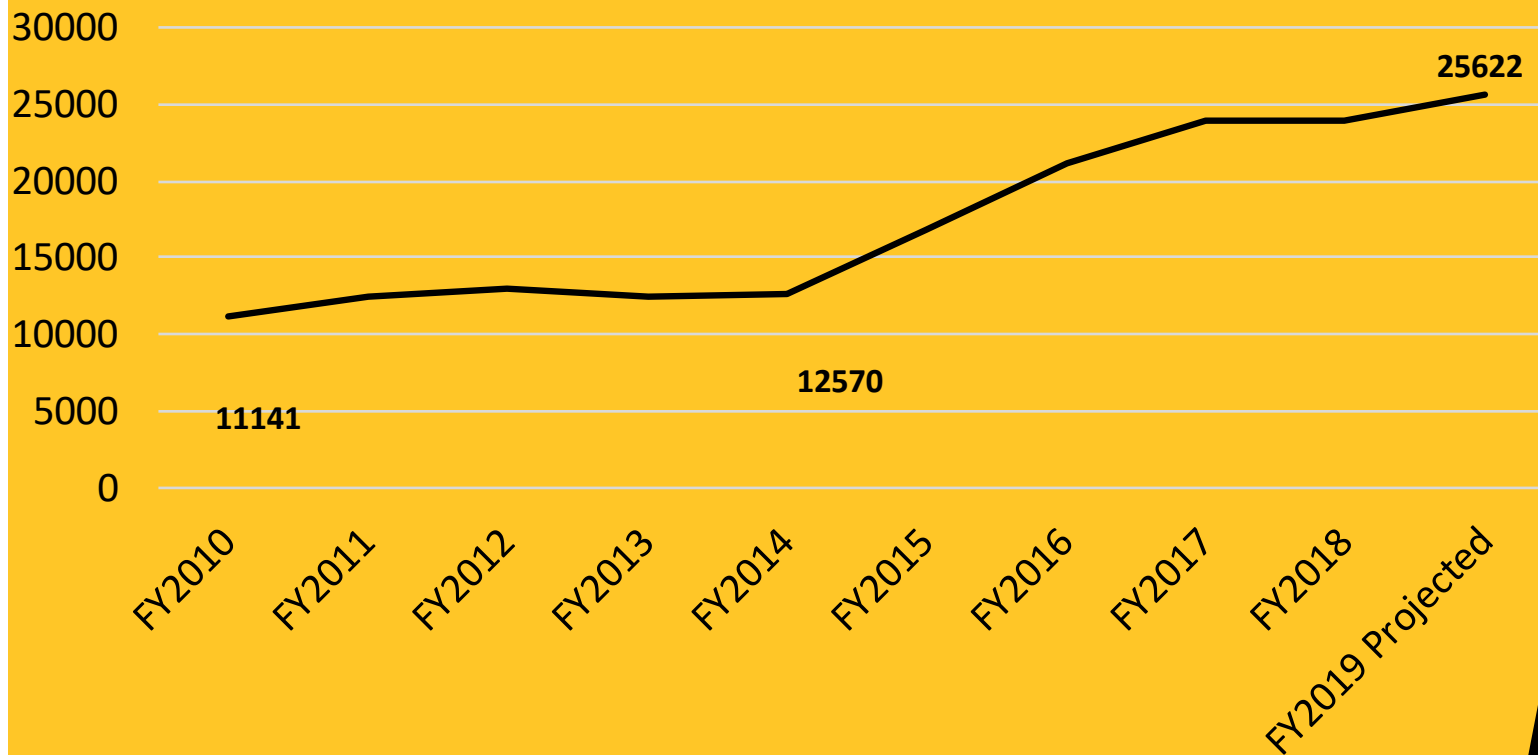
mental illness as second most
common reason that students drop
out of school

.4

average drop in GPA for students with
anxiety and depression

ASU Counseling Services

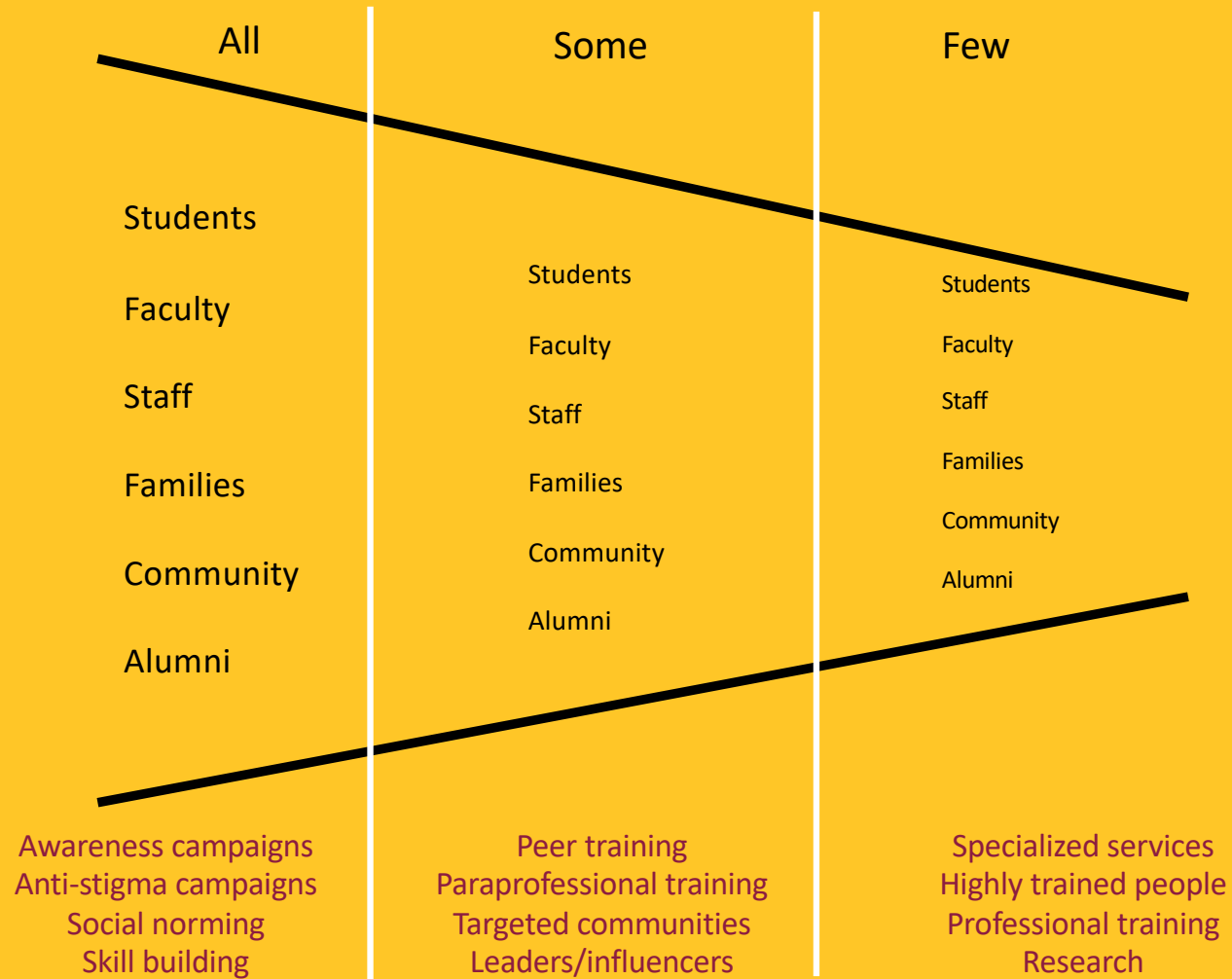
Appointments: FY2010 - FY2018



**FY10 – FY19 (proj):
130% increase**

**FY14 – FY19 (proj):
104% increase**

Modified public health model



Active Minds

- **National student organization focused on reducing stigma about mental health and preventing suicide**
- **450 chapters and 15,000 students across 50 states**
- **ASU's chapter is entirely student-run and hosts multiple events including:**
 - **Yearly mental health conference with nationally recognized speakers**
 - **Yearly suicide prevention event**
 - **Co-sponsor with other student organizations on wellbeing activities on campus**

Active Minds Healthy Campus Award

In 2018, ASU was recognized as one of 7 universities to be awarded an Active Minds Healthy Campus Award for championing student health and wellbeing



TAO Connect

- Innovative approach to emotional health and wellbeing
- 26 online **self-help** modules
 - Short videos
 - Assessments
 - Skills
- Anxiety, depression, worry, goal-setting, relationship concerns, and substance use
- Access **24/7/365** at **no cost** for all ASU students
 - 3400+ students currently accessing the platform
 - 1400+ First-year students used modules in their freshmen seminars

Devils4Devils

- ASU's **student-led** solution to fostering an emotionally health campus
 - **Decrease stigma**
 - Build a **culture of wellbeing**
- Students can receive training in any of 3 levels:
 - **Awareness** on how to help a friend (2 hours)
 - **Leadership** for an emotionally healthy community (2.5 hours)
 - **Care Squad** for proactively making an impact (6 hours)
- 1,511 students trained since inception (Fall 2017)
- Next leap in scale through trainings embedded into each student's college

Awareness and skill building



Wellness resources

Honor Your Wellness

Live Well
🌱🌊🌳🌻🌺 @ASU

Sustain Your Health

Live Well
🌱🌊🌳🌻🌺 @ASU

First CLAS Wellness

Live Well
🌱🌊🌳🌻🌺 @ASU

Engineering Your Health

Live Well
🌱🌊🌳🌻🌺 @ASU

Invest in Your Health

Live Well
🌱🌊🌳🌻🌺 @ASU in collaboration with
ASU W.P. Carey
Arizona State University

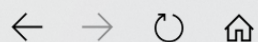
The Art of Wellness

Live Well
🌱🌊🌳🌻🌺 @ASU

Pledge to Be Well

Live Well
🌱🌊🌳🌻🌺 @ASU

eoss.asu.edu/counseling/info/faculty



https://eoss.asu.edu/counseling/info/faculty



ASU Counseling Services

ASU Home ▾ My ASU Colleges and Schools ▾ Map and Locations ▾ Directory | SIGN IN

Search 



Services ▾

Concerned About a Student? ▾

Training Programs ▾

FAQ

Meet the Team

Locations and Hours ▾

ARIZONA For Faculty & Staff STATE



Concerned About a
Student?

For Faculty and Staff

For Parents

For a Friend

Promoting Student Welfare and

ASU Counseling Services staff offer faculty and staff the opportunity to talk with one of our counselors regarding concerns they may have about an ASU student. Often faculty and staff are in a pivotal position to positively influence a student and encourage the student to seek help. As consultants, our role is to help you determine the best course of action for addressing your concern. We accomplish this by discussing your concerns and brainstorming with you ways in which you can help.

This article in *The Chronicle of Higher Education* about [How to Help a Student in a Mental Health Crisis](#) provides a summary of the types of strategies we typically recommend.

In addition, here are some common situations in which it might make sense to call us to consult:

- Individuals exhibiting unusual behavior or presenting safety concerns in a classroom or residence hall
- Professors expressing concern about the well-being of a student



Faculty & Staff Guide for Assisting Students with Behavioral Concern

for additional information visit:
eoss.asu.edu/dos/srr

Student Behavior

Signs may include:

Contact:

Disruptive

No Imminent Threat

- Change in Mood
- Random outburst
- Interfering with academic environment
- Unprepared
- Interrupting or challenging teachers

Dean of Students Office /
Students Rights
and Responsibilities
480-965-6547

Distressed

No Imminent Threat

- Noticeable change in academic status or change in work quality
- Poor hygiene or appearance
- Withdrawn
- Noticeable weight gain or loss
- Significant change in mood
- Inappropriate outburst

ASU Counseling Services
480-965-6146

Aggressive

Immediate Danger to
Self or Others

- Fighting
- Homicidal or suicidal threats with weapons (overt or implied)
- Unable to de-escalate from yelling
- Destruction of property

ASU Police: **911**
Non-Emergency:
480-965-3456

Sexual Assault

If dealing with a case of sexual assault or relationship violence please call:
ASU Counseling Services: **480-965-6146**
Empact Crisis Line for ASU: **480-921-1006**

Visit the back side for more information



Additional Contacts

Emergencies/Sexual Assaults
911

ASU Police (Non-Emergency)
480-965-3456

ASU Counseling Services
480-965-6146

EMPACT After hours crisis line
480-921-1006

Student Advocacy and Assistance
480-965-6547

ASU Health Services (Tempe)
480-965-3349

Student Rights and Responsibilities
480-965-6547

Disability Resource Center (Tempe)
480-965-1234

Disability Resource Center (Tempe TDD)
480-965-9000

Office of Equity and Inclusion (Tempe)
480-965-5057

Tips for Intervening with Students with Behavioral Concern

for additional information visit:
eoss.asu.edu/dos/srr

Do

- Speak with the individual privately
- Let him or her know you are concerned about their welfare
- Express your concern in nonjudgmental terms, focus on behavior
- Speak in a matter-of-fact, even tone of voice
- Seek a time out if the behavior escalates
- Tell the individual that you are willing to help.
- Listen carefully
- Make a referral to the appropriate university department. Provide specific name and contact information, if known, of the individual of concern

Consultation

Generally, faculty and staff have a good idea which situations they feel comfortable dealing with themselves and when the situation needs disciplinary or police response. ***If the behavior feels intimidating, threatening, or disturbing, it is wise to call 911 first then consult with various ASU services to discuss the incident and determine what steps to take next.***

Many find it helpful to first consult with their chair or director, the Office of Student Rights & Responsibilities, ASU Counseling Services or other campus agencies to discuss appropriate ways to respond to difficult student situations. Consultation can be useful in helping you determine how to handle a difficult student problem and where you might refer the situation for appropriate follow-up. ***The University appreciates knowledge of students that you are concerned about. Please report issues to the appropriate supervisory office in your department whenever you have a concern.***

Don't

- Promise confidentiality
- Judge or criticize
- Ignore unusual behavior
- Personalize the problems
- Involve yourself beyond the limits of your time, skill or role
- Point out that help is available and that ASU is committed to student wellness and academic success.
- Recognize your limits.
- Document the interactions or incident
- Call 911 if you feel threatened

In the Cases of Assisting with Sexual Assault and Relationship Violence

ASU provides critical and timely support to victims of sexual assault and relationship violence. You can help by taking the following steps:

- Make sure victim and others are safe
- If the assailant is an immediate threat, call 911
- Encourage the victim to contact ASU police or local police at 911

Detailed information on how to respond to someone who has experienced sexual or relationship violence can be found at:

eoss.asu.edu/wellness

sexualviolenceprevention.asu.edu

sexualviolenceprevention.asu.edu/policies

Philosophy

The aim of education is the intellectual, personal, social, and ethical development of the individual. The educational process is ideally conducted in an environment that encourages reasoned discourse, intellectual honesty, openness to constructive change, and respect for the rights of all individuals. Self-discipline and a respect for the rights of others in the university community are necessary for the fulfillment of such goals. The Student Code of Conduct is designed to promote this environment at each of the state universities.

Possible Indicators of Behavioral Concern

A distressed individual may exhibit a variety of behaviors that are indicators of someone in need of assistance. As faculty or staff, you are in a pivotal position to identify such behaviors and your expression of concern and empathy can be helpful to a student in distress. We recognize, especially for those who are not mental health professionals, that it can be difficult to know when to be concerned about a student. Students experiencing stress or a sense of being overwhelmed may exhibit their problems in a variety of ways. While there is no “template” for identifying a concerning student, some of the warning signs on the front page are warning signs that may indicate distress or significant emotional concern.

All incidents and allegations of violent or threatening conduct by an ASU student (whether on or off-campus) must be reported to the ASU Police Department and the Office of Student Rights and Responsibilities.

What to Do

For immediately threatening situations:

If threatened on campus by a disruptive individual's conduct to the point of reasonable fear of immediate personal injury or property damage:

- Leave the area that the disruptive individual is in immediately.
- Call the ASU police (911) & request that an officer come to the location.
- If the person is an ASU employee, you should notify the immediate supervisor. If the person is a student, contact the Office of Student Rights and Responsibilities. If the person is ASU faculty/staff, contact the ASU Employee Assistance Office.

For all other situations:

If confronted on campus by an individual whose conduct may be harassing or interfering with university-related duties or activities but not immediately threatening:

- If you feel safe, ask the person to leave
- Call ASU Police (911) and request that an officer come to the location.
- If the person is an ASU employee, you should notify the immediate supervisor. If the person is a student, contact the Office of Student Rights and Responsibilities. If the person is ASU faculty or staff, contact the office of Equity and Inclusion, Human Resources.

Privacy Laws and Confidentiality

The Family Educational Rights and Privacy Act (FERPA) permits communication about a student of concern under the appropriate circumstances. When assisting students with behavioral concern, ASU school officials with legitimate educational interest can share student information with each other.

Also, information can be shared with appropriate parties in a health or safety emergency. The totality of the circumstances will be considered in determining whether personally identifiable information should be disclosed, including but limited to:

- The seriousness of the threat to the health or safety of the student or other individuals
- The necessity of gaining the information to deal with the emergency
- The ability of the parties to whom the information is disclosed to deal with the emergency
- The extent to which time is of the essence in dealing with the emergency

How to Respond to a Disruptive Student in Class

Whenever possible (i.e., early and often), outline and discuss what is acceptable and what is not. You are empowered to: ask students not to interrupt in class; designate the instructor as leading the discussion (deciding who can speak, and when); limit the topic of discussion to matters you deem relevant to the class; include notice on the syllabus that identifies ABOR policies. Describe all expectations in behavioral terms. Don't forget to address electronic conduct, especially if your class relies on chat rooms or other electronic forms of communication.

Consider what rules make sense in the environment and give students notice of rules, such as asking students to sit, rather than stand or lean over you; make an appointment to see you, rather than dropping in; leave the door open or make the appointment at a time when another person is close by. Remember you can contact ASU Counseling Services or Dean of Students office for additional assistance. Remember also that an instructor has the ability to withdraw a student from class if the student's behavior disrupts the educational process.

Refer to the outside of the folder for the do and don't portion for dealing with a student with a behavioral concern.

Financial Aid

Career and Professional Development Services

Faith-based groups/CORA

University Academic Success

Disability Resource Center

Multiple supports

ASU Police Department

Advising

Faculty

Student Advocacy and Assistance

First Year Success Center

University Housing