

COVID-19 ON MENTAL HEALTH & RETURN TO CAMPUS

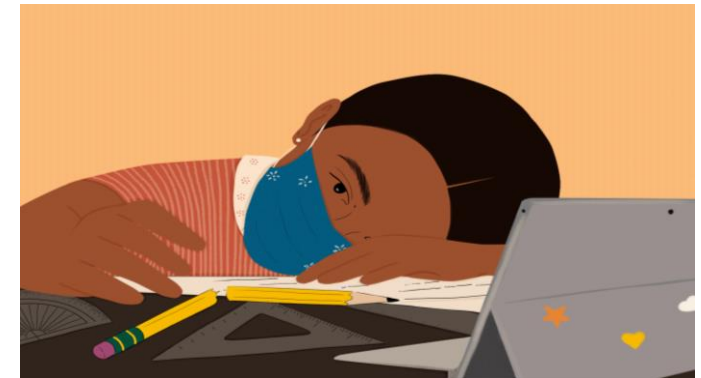


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Board of Trustees University Affairs Committee
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IMPACT OF TWINNING PANDEMICS

Mental Health Services

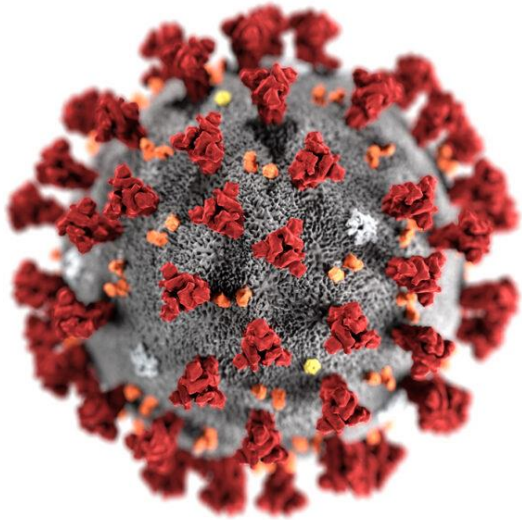
- 50% Stress Related Disorders, 41% (2019)
- 21% Mood Disorder, 22% (2019)



- 38% Factors influencing health status, 39% (2019)
- Fall 2020 surveys indicated 98% client satisfaction

COVID-19's Impact on College Student Mental Health

47,797 college students seeking treatment at 143 counseling centers during the Fall 2020 (7/1/2020 to 11/30/2020) report the following findings:



- COVID-19 has negatively impacted at least one aspect of life (85%), with mental health (65%), motivation or focus (61%), loneliness or isolation (60%), academics (59%), and missed experiences and opportunities (54%).
- 35% of students seeking mental-health services report that COVID-19 did not negatively impact their mental health.

COVID-19's Impact on College Student Mental Health (continued)

- Most students seeking mental health care did so for reasons other than COVID-19.
- COVID-19 is not universally driving mental-health distress. It appears that a student's perception/belief/experience is the primary driver of subsequently measured mental-health distress.
- Student's self-reported Academic Distress appears to be uniquely elevated both for students seeking services because of COVID-19 and for whom mental health was negatively impacted.



Subscale	CCAPS Average Scores		Effect size, Description			
	Local Average	National Average				
	0	1	2	3	4	
Depression	1.77	1.78				.00, Negligible
Generalized Anxiety	1.79	1.83				.04, Negligible
Social Anxiety	2.07	2.03				.04, Negligible
Academic Distress	2.10	1.88				.22, Small
Eating Concerns	0.98	1.03				.05, Negligible
Hostility	1.22	0.99				.22, Small
Family Distress	1.57	1.33				.24, Small
Substance Use	0.52	0.66				.14, Negligible
Distress Index	1.81	1.79				.01, Negligible
	0	1	2	3	4	

8/2020-12/2020
CCAPS Data

VIRTUAL OFFERINGS

- Individual / Group Counseling,
- Workshops, 2-3 weekly
- Trainings / Outreach, 3-4 weekly
 - > (1st NC HBCU MH Summit, 178 participants)
 - > Professional Development
 - > Practicum, 1-2 each semester
 - > Mental Health Advocates, 15 paid students
 - > Active Minds, 20 Peer MH Volunteers
- Recovery Programs, 4-5 weekly
- Educational / Psychological Assessments



BENEFITS AND CHALLENGES

Use of Zoom

Advantages

- Saves time, no travel-related costs
- Expands access across NC
- Reduces wait time to see a counselor
- Lowers stigma
- Offers delivery of alternative services
- Convenience

Concerns

- Privacy
- Electronic Issues



RETURN TO CAMPUS

Spring, Summer, Fall Projections

- **January – May 2021**
 - > (1-3 clinicians)
- **June – August 2021**
 - > (4-7 clinicians)
- **September – December 2021**
 - > (8-11 clinicians)





Thank you!