



INDIANA UNIVERSITY

**OFFICE OF THE VICE PROVOST
FOR UNDERGRADUATE EDUCATION**

Bloomington

MENTAL HEALTH: *The Complete Student Body*

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INTRODUCTION

Initiative Motivation
Central Investigative Query
Recommendation
Projected Implementation Outcomes

INTRODUCTION: INITIATIVE MOTIVATION

“How does mental health affect my academic performance?”

- **Inability to concentrate**
- Inability to screen out environmental stimuli
- **Lack of stamina**
- **Difficulty handling time pressures and multiple tasks**
- Difficulty interacting with others
- Difficulty handling negative feedback
- **Difficulty responding to change**

INTRODUCTION: INITIATIVE MOTIVATION

“Mental Health and Academic Success in College”

“We find that **depression** is a **significant predictor** of **lower GPA** and **higher probability** of **dropping out**, controlling for prior academic performance and other variables ... symptoms of **eating disorders** are also associated with **lower GPA.**”

INTRODUCTION: CENTRAL INVESTIGATIVE QUERY

Central Investigative Query:

How can the Office of the Vice Provost of Undergraduate Education contribute to students' **academic success** by fostering a **mentally healthier campus**?

INTRODUCTION: RECOMMENDATION

Implement the following requirement for graduation:

- Regular engagement in programming that will improve **individual** students' mental health and the **campus climate**
- **Eight total** programs required, amounting to **one per semester**
- OVPUE resources should be allocated to **strengthen current programs** and **support student organizations** who seek to create new programs

INTRODUCTION: IMPLEMENTATION OUTCOMES

Effects of requiring participation in mental health programming for graduation

▣ **Higher-Performing Campus**

- ▣ Students who regularly engage in mental healthcare are more likely to perform well academically

▣ **Increased Accessibility**

- ▣ The University will be compelled to organize and clarify available resources, which will increase voluntary engagement and alleviate the cost of extra-systemic healthcare services

▣ **Eliminated Stigma**

- ▣ Normalizing the utilization of these services and will reduce stigma attached to students who require them



BACKGROUND AND MODEL RESEARCH

Approach
Research Questions
Peer Institution Initiatives

BACKGROUND AND RESEARCH: APPROACH

To ascertain the best program, we conducted research with the following goals in mind:

- Assess student needs
- Catalog existing resources
- Troubleshoot barriers

BACKGROUND AND RESEARCH: RESEARCH QUESTIONS

- What is the **precedent** for extracurricular graduation requirements at IU Bloomington?
- How do we increase **accessibility** to available programming?
- How would **attendance** be reported and monitored?
- What are the **consequences** for failing to comply?

BACKGROUND AND RESEARCH: PEER INSTITUTION INITIATIVES



STANFORD
UNIVERSITY

**Student Mental Health
and Well-Being
Task Force Report**
October 2008

Central recommendations included:

- Coordinating with student organizations already providing mental health programming
- Integrating programming into academic requirements
- Expanding communication efforts to make existing resources more accessible

BACKGROUND AND RESEARCH: PEER INSTITUTION INITIATIVES



Butler Cultural Requirement

“Eight Before You Graduate”

Cultural Involvement Graduation Requirement

- Must attend eight to graduate, amounting to approx. one per semester
- Informational page links to calendar of university and student org. events that qualify
- Students use Butler IDs to scan in and out of events to ensure they attend for the entire duration
- Events are then added to their “audit” (Student Center equivalent) so they may self-monitor

BACKGROUND AND RESEARCH: PEER INSTITUTION INITIATIVES

BUTLER CULTURAL REQUIREMENT

“EIGHT BEFORE YOU GRADUATE”

OVERVIEW

Butler University has a rich set of cultural activities in the form of artistic performances, seminars and public lectures that collectively comprise one of our most remarkable educational resources. The aim of the Butler Cultural Requirement is to engage students in these most valuable and exciting learning opportunities, and to encourage students to develop habits of participation in artistic and cultural events that will lead to lifelong engagement with the creative arts and public intellectual life.

For a list of approved events, please check the [BCR calendar](#). The BCR calendar is updated throughout the semester. Please check back regularly for new events.





CURRENT PROGRAMMING

Nonacademic Graduation Requirements

University Resources

Student Organizations

CURRENT PROGRAMMING: NONACADEMIC GRADUATION REQUIREMENTS



Indiana University
Money Smarts

Online financial wellness module required to graduate

- Financial health experiences the same social taboos as mental health
- Frequent partners with CAPS and the Center for Human Growth
- Many nation-wide programs emphasize literacy, while they emphasize wellness
- Online module likely misses transfer students and international students

CURRENT PROGRAMMING: UNIVERSITY RESOURCES



The CAPS “Let’s Talk” initiative seeks to break down traditional barriers to counseling

Counseling and Psychological Services (CAPS)

- Individual, group, and couples counseling
- Educational Outreach programming upon request for residence halls, student organizations, academic departments, and other groups
- 15+ free weekly workshops and support groups

CURRENT PROGRAMMING: UNIVERSITY RESOURCES



LIVE YOUR BEST YOU.

Health and Wellness Center

- Health education programming for the residence halls upon request
- Nutrition counseling, sexual education, and smoking cessation programming

CURRENT PROGRAMMING: STUDENT ORGANIZATIONS

Student Organizations

- Safe Sisters
- Men Against Rape and Sexual Assault (MARS)
- Crimson Corps
- RAISE
- Culture of Care
- Panhellenic Mental Health Committee
- U Bring Change 2 Mind
- The Body Project
- IU HealthNow

A beINvolved search with keywords “mental health” and “health” yields **dozens more organizations** with regular monthly programming



IMPLEMENTATION

Logistics

Advertising and Communication

IMPLEMENTATION: LOGISTICS

Before

- Organizations submit programs to the website's calendar of events
- Student A selects at least one to attend each semester
- Student A brings their ID to the event

Healthy IU Calendar

Click on an event for details.

The screenshot shows a calendar interface for November 2016. The calendar is a grid with days of the week (Sun to Sat) and dates (1 to 30). Several events are listed, each with a title and a description. The events are:

- Nov 1: Climbing IU Registration Open - Open. 12pm Mindful W. 12:15pm Walk to 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 2: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 3: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 4: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 5: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 6: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 7: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 8: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 9: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 10: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 11: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 12: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 13: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 14: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 15: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 16: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 17: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 18: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 19: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 20: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 21: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 22: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 23: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 24: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 25: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 26: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 27: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 28: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 29: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.
- Nov 30: Climbing IU Registration Open - Open. 12pm Mindful W. 12pm Diabetes. 1 12pm Group Mo. 12:15pm Midday.

Screenshot of Healthy IU Calendar

During

- The student's ID is swiped at the beginning of the event by the organizer(s) or leader(s)
 - Model: IU Athletics
- The student stays for the event's duration, gaining valuable experience, education, and support to be mentally healthy

After

- The student's ID is swiped at the end of the event by the organizer(s) or leader(s)
- Attendance is documented in the Student Center so the student may monitor their progress and be sure to complete the required 8 programs

IMPLEMENTATION: ADVERTISING AND COMMUNICATION

Utilize existing resources:

- First Year Experiences (FYE)
- beInvolved
- Course syllabi
- Academic advisors
- Social media

Create new methods:

- Online programs and events calendar
- Campus signage



TROUBLESHOOTING

Non-Compliant Students
Technical Difficulties
High-Volume Programs

TROUBLESHOOTING: NON-COMPLIANT STUDENTS

Proactive

- Campus advertising
- Program clarity
- Helpful, accessible programming
- Student Center reminders, tracking capabilities

Reactive

- If a student has not completed six programs by end of sixth semester, hold placed on account
- Hold only removed by advising appointment

TROUBLESHOOTING: TECHNICAL DIFFICULTIES

Proactive

- IU Athletics has already developed a system of monitoring high volumes of student attendance via student ID

Reactive

- Handwritten sign-in/out sheets may be submitted to advising office by program director

TROUBLESHOOTING: HIGH-VOLUME PROGRAMS

Proactive

- **Innumerable opportunities** to fulfill the requirement throughout the semester will disseminate attendance
- Organizations can be encouraged to schedule **events for larger groups**
- Ideally toward the end of the semester to catch those who chose to cram on requirements

Reactive

- Organizations or programs receiving an unmanageable influx of participants due to the implemented requirement may **apply for funding** to expand resources



CONCLUSIONS

Recommendation Summary

CONCLUSION: RECOMMENDATION SUMMARY

Implement the following requirement for graduation:

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QUESTIONS

Thank you for your attention and feedback!

RESOURCES

Eisenburg, D., Golberstein, E., & Hunt, J. (2009, May). Mental health and academic success in college. Retrieved November 13, 2016, from <http://www-personal.umich.edu/~daneis/papers/MHacademics.pdf>

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