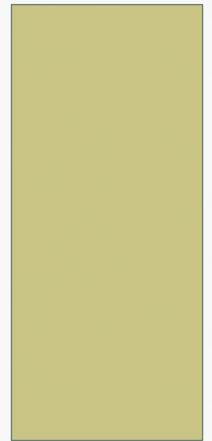


A PICTURE OF MENTAL HEALTH AT CAL MARITIME: STUDENT SURVEY RESULTS FROM FALL 2013

IAN WALLACE, PHD – COUNSELING &
PSYCHOLOGICAL SERVICES (CAPS) – 11/6/2014



OVERVIEW

- Background and Introduction
- Results
- Summary and Discussion
- Implications
- Questions and Discussion
- Resources

BACKGROUND AND INFORMATION

- California Mental Health Services Authority (CalMHSA) led initiative
 - Created from the voter-approved mental health services act (prop 63)
 - Portion of funding reserved for higher ed systems in CA (CSU, UC and CCC)
- Conducted by the RAND corporation
 - Non-profit research and development corporation
- Organized and advertised at Cal Maritime by me
 - Surveys collected electronically during the last 3 weeks of November 2013

- Purpose: *“to learn more about students’ experiences and attitudes related to mental health and well-being, perceptions of how campuses are serving students’ mental health needs, and perceptions of overall campus climate toward student mental health and well-being”*

Student, Faculty, and Staff Feedback Survey – Complete entry for chance to win \$1000

The California Maritime Academy has partnered with the RAND Corporation, a non-profit research organization based in Santa Monica, CA and the California Mental Health Services Authority (CalMHSA) to conduct a survey to learn more about students', faculty, and staff experiences and attitudes related to mental health and well-being, perceptions of how campuses are serving students' mental health needs, and perceptions of overall campus climate toward student mental health and well-being.

We invite you to participate in our anonymous and confidential survey so that your thoughts and opinions can be heard. The survey should take you approximately 5-10 minutes to complete. As appreciation for your participation and time spent filling out the survey, you will have the opportunity to enter your email address in a CSU-wide lottery for \$1000. Participation in the survey is voluntary and confidential, and you can withdraw at any point.

If you are interested in participating, please follow the appropriate link:

For Students:

<https://www.randsurvey.org/csustudent/>

For Faculty and Staff:

<https://www.randsurvey.org/csustaff/>



Counseling & Psychological Services (CAPS)
200 Maritime Academy Drive | Vallejo, CA 94590
(707) 654-1174 | Fax (707) 654-1171
<http://www.csum.edu/web/health-services/counseling-services>

EMAIL INVITATION

Subject line: **Student Feedback Survey – Sweepstakes to win \$1,000**

Cal Maritime has partnered with the RAND Corporation, a non-profit research organization based in Santa Monica, CA and the California Mental Health Services Authority (CalMHSA) to conduct a survey to learn more about students' experiences and attitudes related to mental health and well-being, perceptions of how campuses are serving students' mental health needs, and perceptions of overall campus climate toward student mental health and well-being.

We invite you to participate in our anonymous survey so that your thoughts and opinions can be heard. The survey should take you approximately 10-15 minutes to complete. Participation in the survey is voluntary and you can withdraw at any point.

In addition, you will have the opportunity to enter your email address into a voluntary sweepstakes in which you could win \$1,000. If you received this invitation in 2013, this is a new sweepstakes drawing. Whether or not you participated previously, we welcome and appreciate your participation for 2014.

If you are interested in participating, please follow this link <https://www.randsurvey.org/csustudent>, where we will provide you with more information about the survey and the sweepstakes.

Thank you!

RESULTS

- Completed surveys of 9 participating CSU campuses: 7210
 - Average surveys completed per campus: 812
 - Participating campuses:
 - CSU Channel Islands
 - Humboldt State University
 - California Maritime Academy
 - CSU Monterey Bay
 - CSU Northridge
 - California State Polytechnic University, Pomona
 - San Diego State University
 - California Polytechnic State University, San Luis Obispo
 - CSU Stanislaus
- Completed surveys at Cal Maritime: 242

RESULTS

- *Note: Data in parentheses are comparative statistics from all CSU campuses*
- Demographics (%):
 - Age: 22.4 (22.9)
 - Gender-F: 22 (64)
 - Hispanic/Latino: 13 (28)
 - Undergraduates: 99 (89)

RESULTS

- Within the past 12 months how would you rate your overall level of stress you have experienced? (1-no stress, 2-less than average stress, 3-average stress, 4-more than average stress, 5-tremendous stress)
 - 3.8 (3.7)

RESULTS

- In the past 30 days, how often did you feel... (0- none of the time, 1-a little bit of the time, 2-some of the time, 3-most of the time, 4-all of the time):
 - Nervous: 1.8 (1.8)
 - Hopeless: 1.2 (1.1)
 - Restless or fidgety: 1.9 (1.8)
 - Depressed that nothing could cheer you up: 1.1 (0.9)
 - That everything was an effort: (2.0 (1.8)
 - Worthless: 0.9 (0.8)

RESULTS

- Over the past 2 weeks, how many times have you had 5 or more drinks of alcohol in a sitting? (1-N/A, I don't drink, 2-none, 3-1 time, 4-2-3 times, 5-4-5 times, 6-6 or more times):
 - 2.9 (2.5)

RESULTS

- In the past 12 months, have any of the following affected your academic performance?
 - 1-*this did not happen to me,*
 - 2-*experienced this but my academic performance was not affected,*
 - 3-*received lower grade in an exam,*
 - 4-*received lower grade in a course,*
 - 5-*received incomplete/dropped course,*
 - 6-*significant disruption/took a leave of absence :*
 - *Alcohol use:1.8 (1.5)*
 - *Anxiety: 2.2 (2.3)*
 - *Death of a friend or family member: 1.4 (1.4)*
 - *Depression: 2.0 (1.9)*
 - *Eating d/o or problem: 1.2 (1.2)*
 - *Stress: 2.3 (2.6)*

RESULTS

- Coping Questions
- How true do you feel these statements are about you personally ? (1-not true at all, 2-a little true, 3-pretty much true, 4-very much true):
 - I know where to go for help with a personal problem: 2.9 (3.0)
 - I try to work out my problems by talking or writing about them: 2.5 (2.7)
 - I can work out my problems: 3.1 (3.1)
 - I accept mistakes as part of the learning process: 3.3 (3.3)
 - I seek alternative solutions to a problem: 3.1 (3.1)
 - When I need help, I find someone to talk with: 2.7 (2.8)
 - I am aware of where to go on campus if I need mental health or other similar supportive services: 3.2 (2.9)

RESULTS

- Have you ever been referred for or used mental health services on campus?
 - 20 (18.5)
- If yes, who referred you
 - Self 65 (66)
 - If self, how did you hear? Advertisement: 48 (31), peer health: 39 (19), student health web site: 26 (38)
 - University web site: 19 (45)
 - RA: 17 (21)
 - Parent: 29 (25)
 - Friend: 15 (12)
 - Student health: 13 (13)
 - Other: 17 (9)
 - Common write in: Commandant Office

RESULTS

- % of those referred who received mental health services:
 - 77% (71%)
- Was the serve effective? (*1 not effective, 2-somewhat effective, 3-mostly effective, - 4 very effective*):
 - 2.5 (2.5)

RESULTS

- Reasons for not using mental health services
 1. I didn't feel the need: 85 (75)
 2. I didn't have enough time: 30 (34)
 3. I didn't think it would help: 29 (24)
 4. I was embarrassed to use it: 25 (23)
 5. I didn't know what it offered: 16 (21)
- I didn't know I was eligible: 12 (17)
- I got help off campus: 7 (13)
- In the future if you were having a personal problem that was really bothering you, would you consider seeking help from a mental health professional?: 68 (75)
 - If yes, would you consider seeking help on campus from CAPS?
 - 90 (89)

RESULTS

- Have you received information on the following topics from Cal Maritime? And was the information useful? (1-not useful to 5-very useful)
 - Depression/anxiety: 59 (52); 3.1 (3.4)
 - Alcohol and other drug use: 91 (67); 3.2 (3.5)
 - Grief and loss: 18 (27); 3.2 (3.4)
 - How to help others in distress: 44 (34); 3.5 (3.8)
 - Problem use of internet/computer gaming: 5 (9); 3.3 (3.5)
 - Relationship difficulties: 13 (26); 2.9 (3.4)
 - Stress reduction: 54 (58); 3.2 (3.5)
 - Suicide prevention: 40 (42); 3.4 (3.7)
 - Tobacco use: 25 (16); 3.1 (3.4)

RESULTS

- Rate the general climate for students at your campus (*1 to 6 Likert scale*)
 - 1-Hostile to 6-Friendly
 - 4.0 (5.0)
 - 1-Impersonal to 6-Caring
 - 3.6 (4.5)
 - 1-Intolerant of diversity to 6-tolerant of diversity
 - 3.9 (4.9)
 - 1-Dangerous to 6-safe
 - 4.6 (4.9)

RESULTS

- How much do you agree with the following statements about your campus and yourself? (1-strongly disagree, 5-strongly agree)
 - My school provides adequate mental health counseling and support services for students: 3.7 (3.7)
 - My school provides effective confidential support and referral services for students needing help because of substance use, violence or other problems: 3.5 (3.7)
 - My school emphasizes helping students with their social, emotional, and behavioral problems: 3.2 (3.6)
 - People with mental health problems experience high levels of prejudice and discrimination at my school: 2.7 (2.5)

RESULTS

- How much do you agree with the following statements about your campus and yourself? (1-strongly disagree, 5-strongly agree)
 - Faculty members on my campus are concerned about students' emotional well being: 3.4 (3.6)
 - My school does a good job of getting the word out to students about the available mental health services on campus to students: 3.4 (3.4)
 - There is an emotionally supportive climate on this campus for students with mental health needs: 3.1 (3.5)
 - There is an emotionally supportive climate on this campus for students with substance abuse problems: 2.8 (3.3)
 - There is an emotionally supportive climate on this campus for students who have been victims of abuse or other violence: 3.1 (3.6)

DISCUSSION

- Similar to CSUs:
 - Rates:
 - Stress is high – close to “more than average stress” as the norm
 - Depression, anxiety, hopelessness, worthlessness
 - Mental Health Services perceived as somewhat to mostly effective
 - Impact on academics
 - Anxiety and stress most impactful
 - Coping with problems
 - Exception: Less talking and writing at Cal Maritime
 - Referrals to mental health services
 - Exceptions: More from RHOs and Commandant Office; Less from faculty: 4 (9)
 - Information received about mental health concerns
 - Depression/anxiety, gaming, stress, suicide

DISCUSSION

- Different from CSUs
 - Rates:
 - Alcohol use – binge drinking 1x/wk is our average
 - Knowledge and awareness of mental health services at Cal Maritime
 - More from advertising and peer health
 - Less from university web page and health presentations/fairs
 - Greater use of CAPS when referred (77-71)
 - Barriers to mental health services
 - More students: didn't feel the need, didn't think it would help
 - Fewer students: didn't know how to access, got help off campus
 - Less likely to seek a mental health professional in the future (68-75)
 - But 90% would go to CAPS

DISCUSSION

- Different from CSUs (continued)
 - Information received about mental health concerns
 - Greater: ATOD, help others in distress,
 - Less: relationship difficulties, grief and loss
 - Academic impact:
 - Stress impacts student academic performance less
 - **Campus Climate**
 - **Hostile, impersonal, intolerant of diversity, emotional support**

IMPLICATIONS

- For Students:
 - High levels of stress and anxiety that impact academics
 - Students know where to go for mental health support
 - But it's not just knowledge and awareness
 - Barriers to help-seeking behavior
 - Not feeling supported or emotionally safe on campus
 - Academic impacts
- For CAPS
 - Continue effective outreach, advertising
 - Improve services and outcomes (e.g., treat anxiety/depression)
 - Identify ways to move students from contemplation to action
 - Increase information for students: relationship difficulties, grief and loss
- For the campus:
 - Increase emotional support and safety
 - Fight Stigma!

QUESTIONS

- Are the results what you expected them to be?
 - Where so? Where not?
- What conclusions and implications do you draw?
- How do these results impact your work at Cal Maritime? and specifically, your work with students?

CONTACT INFORMATION AND RESOURCES

- Ian Wallace, PhD
 - iwallace@csum.edu
 - Direct: (707) 654-1174
 - Student Health Front Desk: (707) 654-1170
 - Web site: <http://www.csum.edu/web/health-services/counseling-services>
- CAPS Hours: 8-5 M-F
 - Walk in hour (for Crisis/immediate appointments): 2-3pm M-F
- Resources:
 - Solano County Mental Health Crisis Stabilization Unit, (707) 428-1131
 - Campus Police, (707) 654-1111
 - Sutter Solano Medical Center, Vallejo 300 Hospital Drive, (707) 554-4444
 - Vallejo Police Department Emergencies, (707) 552-3285 or Call 911
 - National Suicide Prevention Lifeline, (800) 273-TALK (8255)
 - Rape & Intimate Partner Violence (707) 557-6600

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Student Health Services and Counseling & Psychological Services (CAPS) at The California Maritime Academy introduce for students the...

After Hours Medical and Psychological Assistance Line **Call (707) 654-1170, ext 1**

When Student Health Services and CAPS are closed, call the After Hours Assistance Line to speak directly with a professional who is specialized in the physical and psychological healthcare needs of college students.

- It's free, confidential, and available
- Don't worry, wonder or wait – Call Now



Student Health Services and Counseling & Psychological Services (CAPS)
200 Maritime Academy Drive | Vallejo, CA 94590
(707) 654-1170 | Fax (707) 654-1171
<http://www.csum.edu/web/health-services/>

FACULTY AND STAFF RESULTS IN 2 WEEKS

- Thursday November 20th at 1100 in Peachman

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