

A decorative graphic on the left side of the slide features several green elements: a large light green circle at the top left, a smaller medium green circle at the top center, and four leaf-shaped cutouts of varying sizes. The leaves are arranged in a cluster, with the largest one in the center. The cutouts show a detailed texture of green leaf veins. The text is positioned to the right of these elements.

Fall 2018 Assessment Spotlight on Mental Health

Welcome!



Dayna Weintraub, Ph. D.

Director of Student Affairs Research, Assessment and Planning

Francesca Maresca, Ph. D.

Director of Health Outreach, Promotion and Education (HOPE)

Justin Kelley, M.A. Ed.

Assistant Director of Student Support at Residence Life

Meurcie Zignoli, M.A.

Residential Care Coordinator for Student Support

Reese Mayer, Ph. D.

Associate Director of Clinical Training, CAPS

Nicole Isaacson, Ph. D. , LCSW

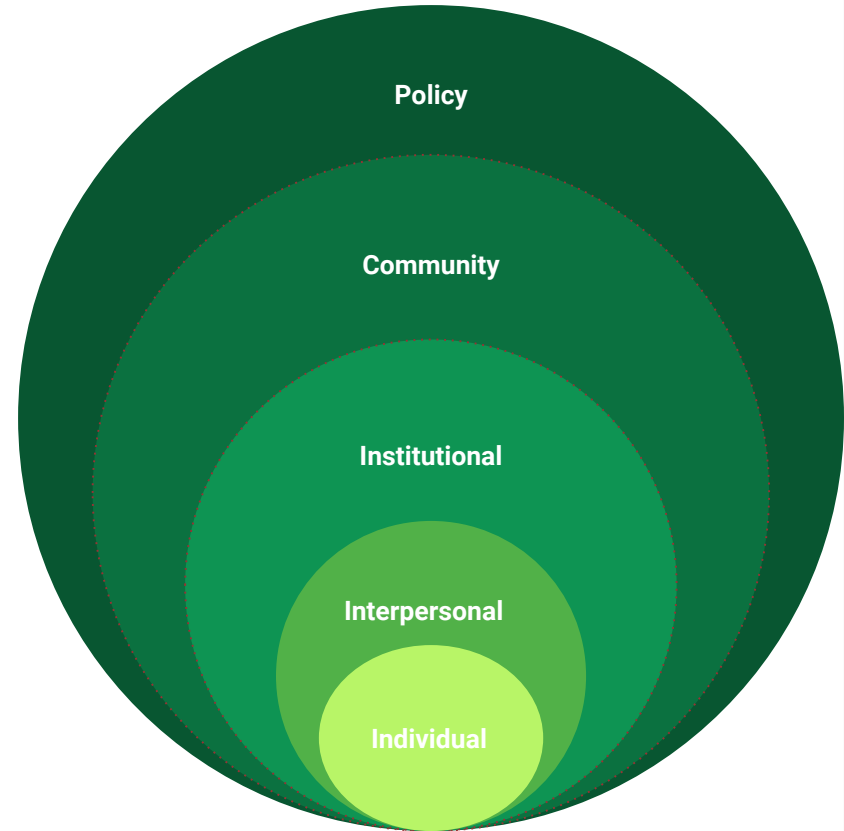
Clinical Social Worker, CAPS



- Our Lense: The Socio-Ecological Model
- 2017 National College Health Assessment Data
- Residence Life Student Support Data
- CAPS Data
- Available Resources
- Questions/ Discussion

What to Expect Today

The Socio-Ecological Model

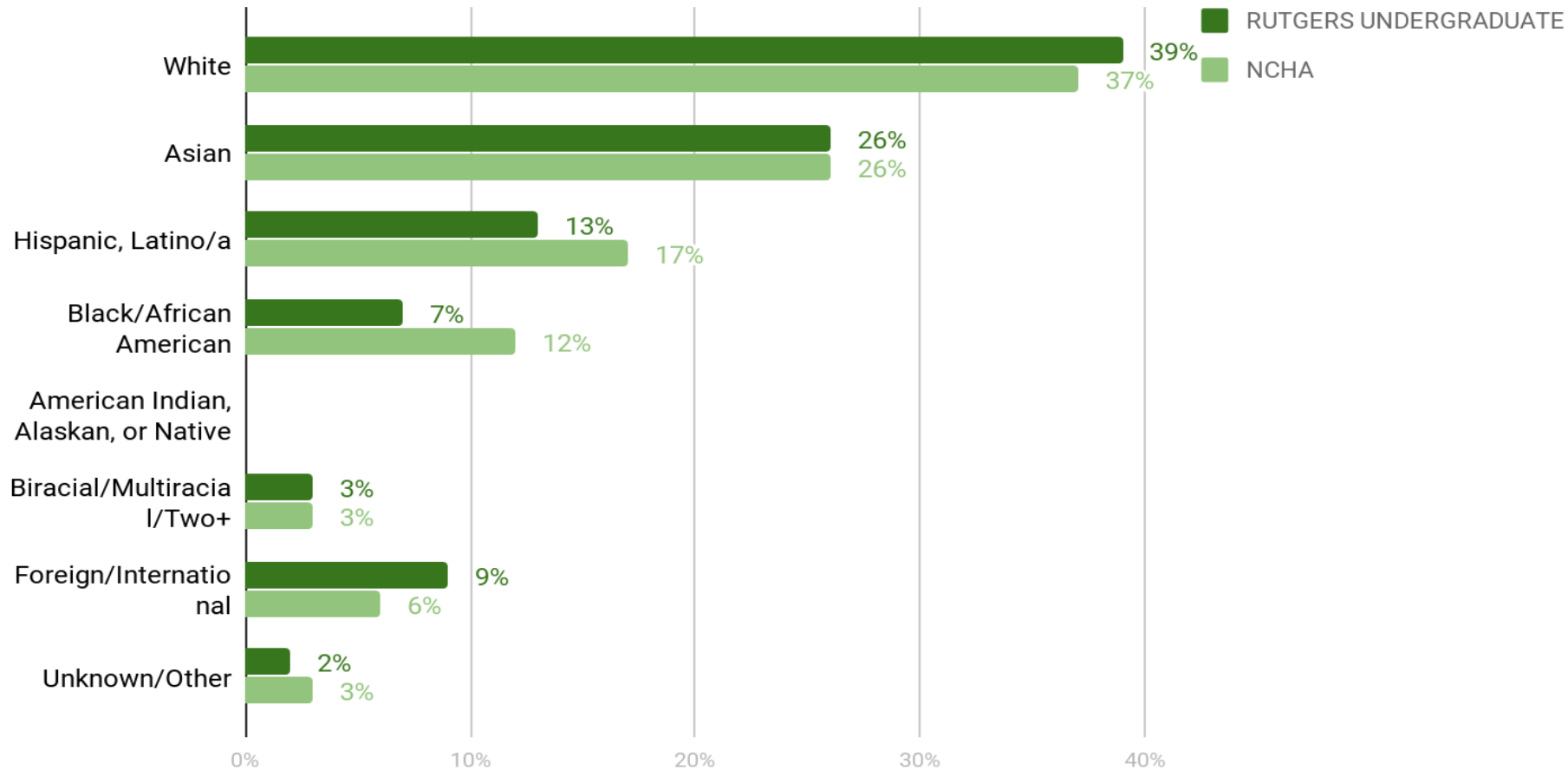


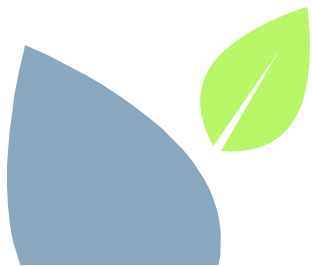


American College Health Association National Collegiate Health Assessment

Francesca Maresca, PhD, CHES

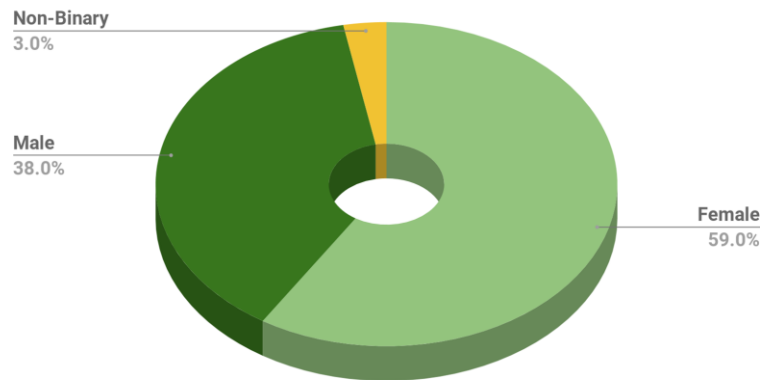
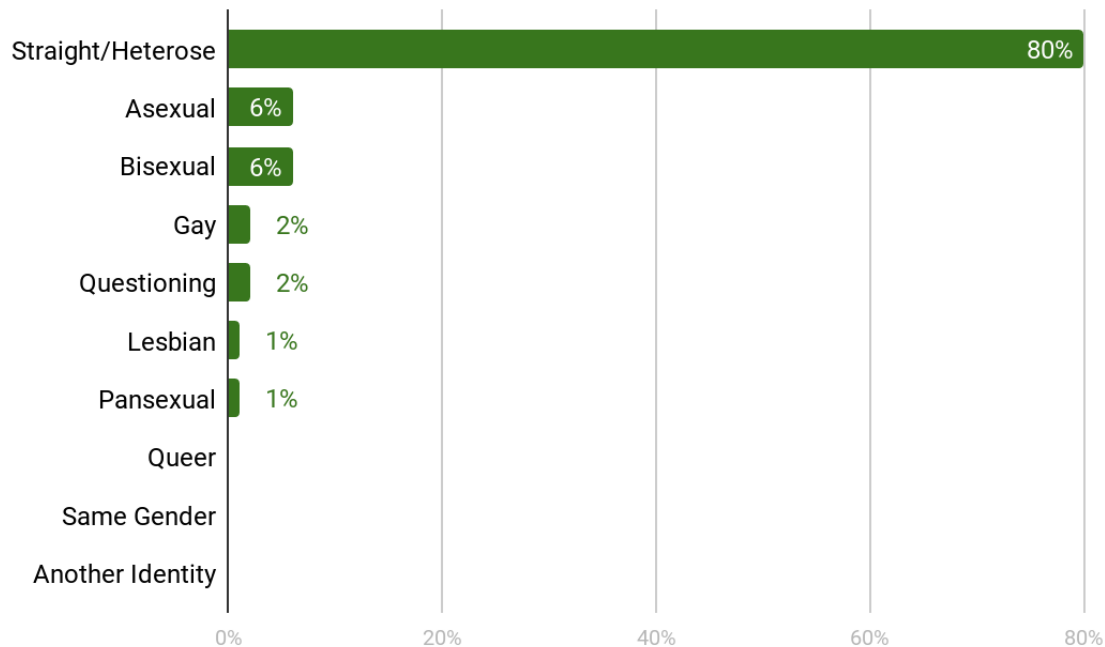
Demographics: Race



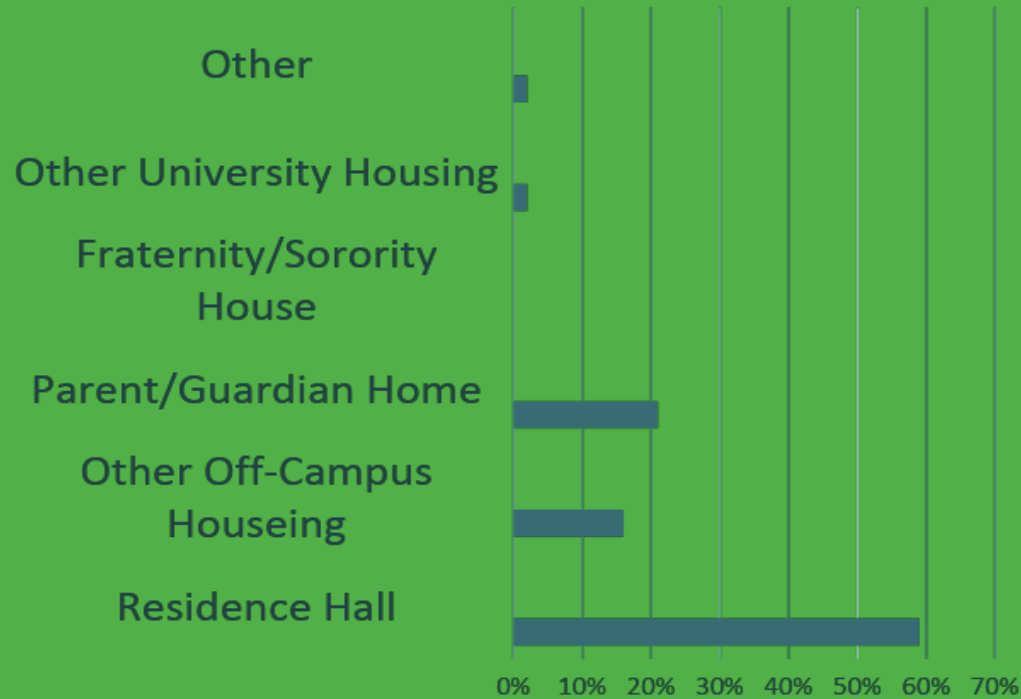
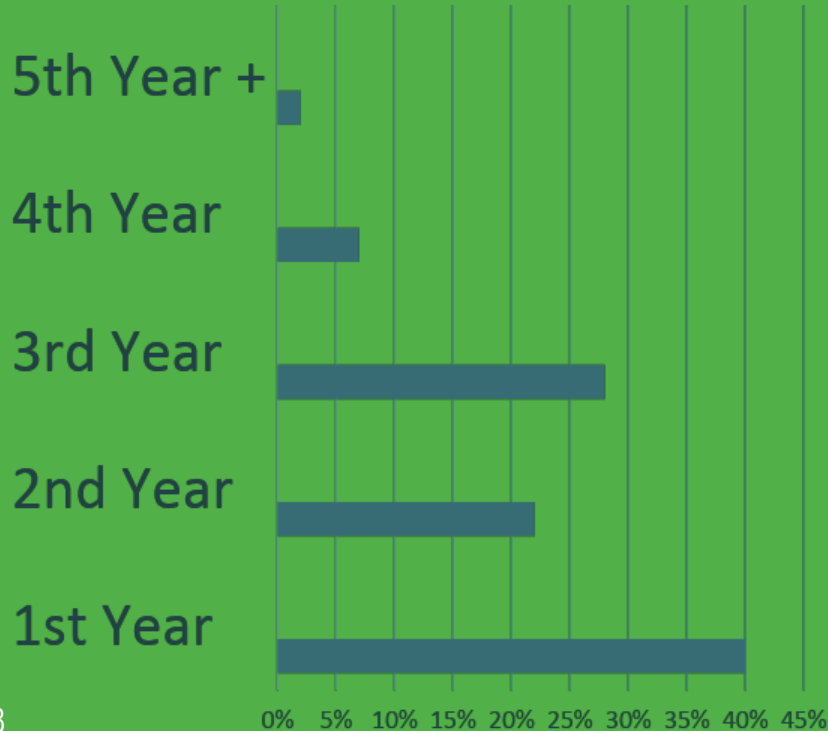


Demographics: Gender and Sexual Orientation

Students Described Themselves As

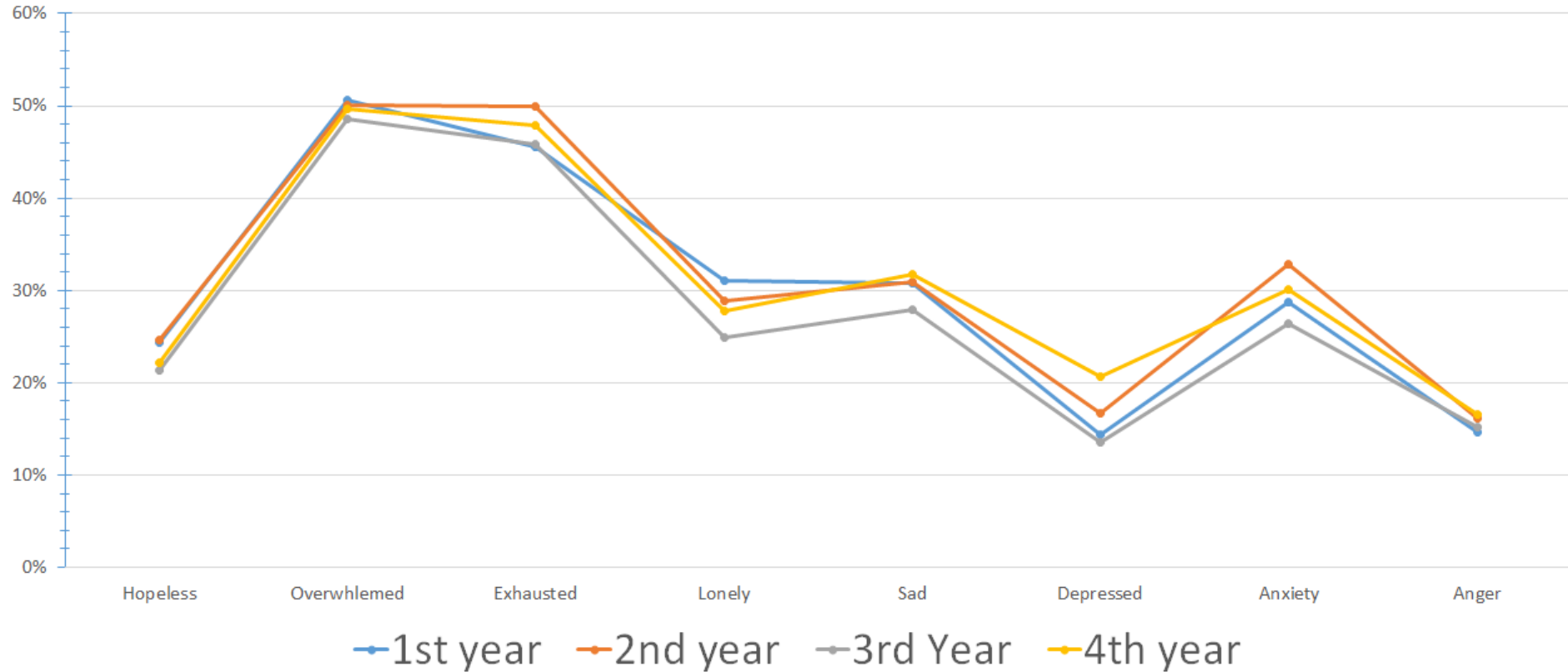


Demographics: Student Life



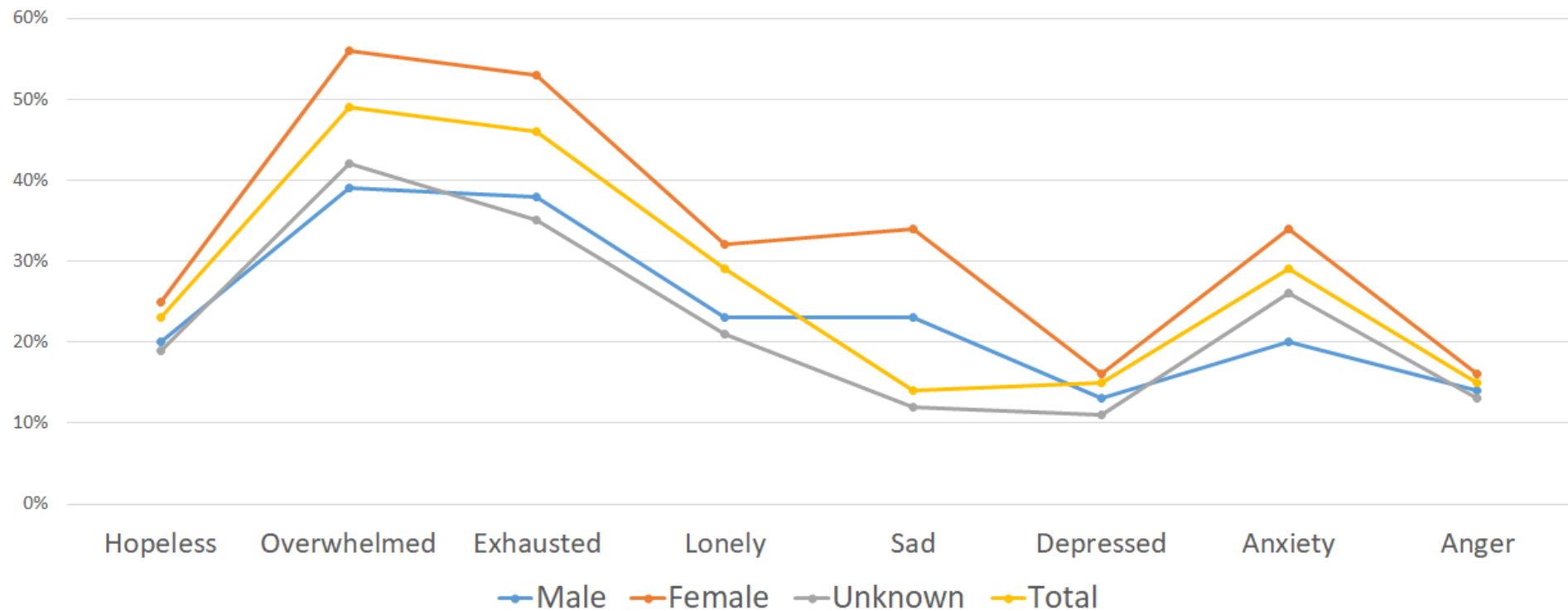
The Big Picture:

In the last two weeks have you felt

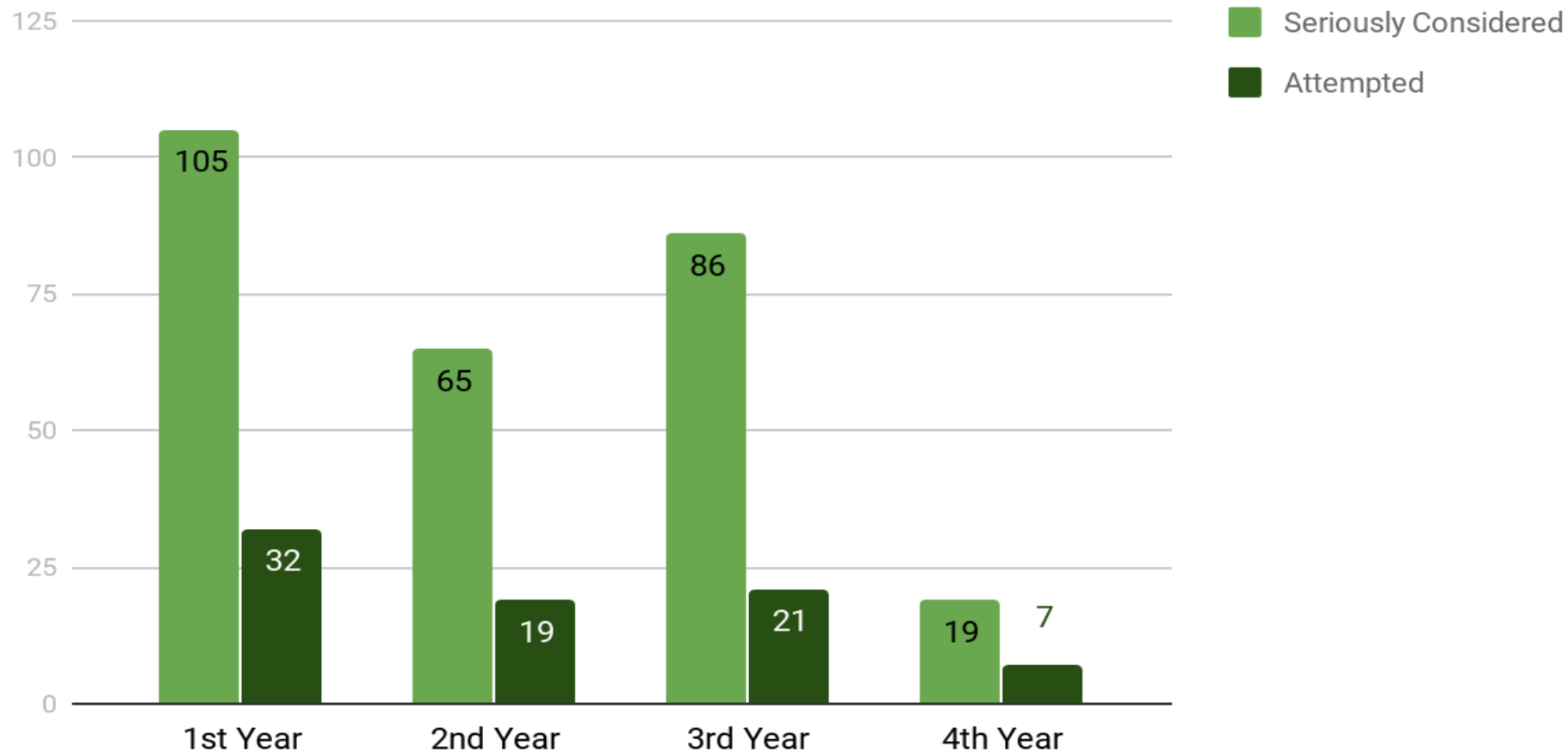


The Big Picture Part 2:

In the last two weeks have you felt



Suicide (Frequencies Only)



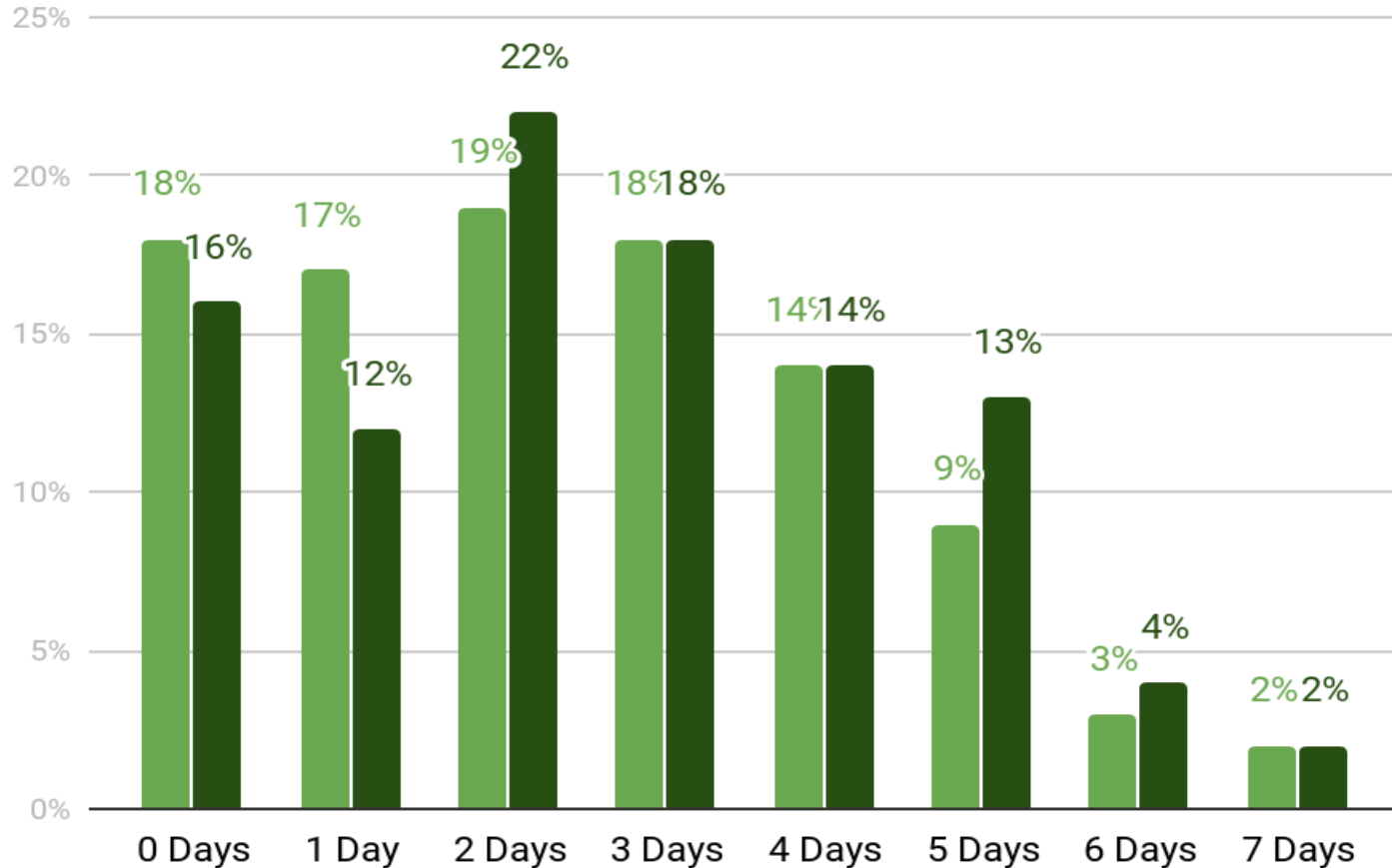


Poll Everywhere

“ *On how many of the past 7 days did you get enough sleep so that you felt rested when you woke up in the morning?*



Sleep and Feeling Exhausted

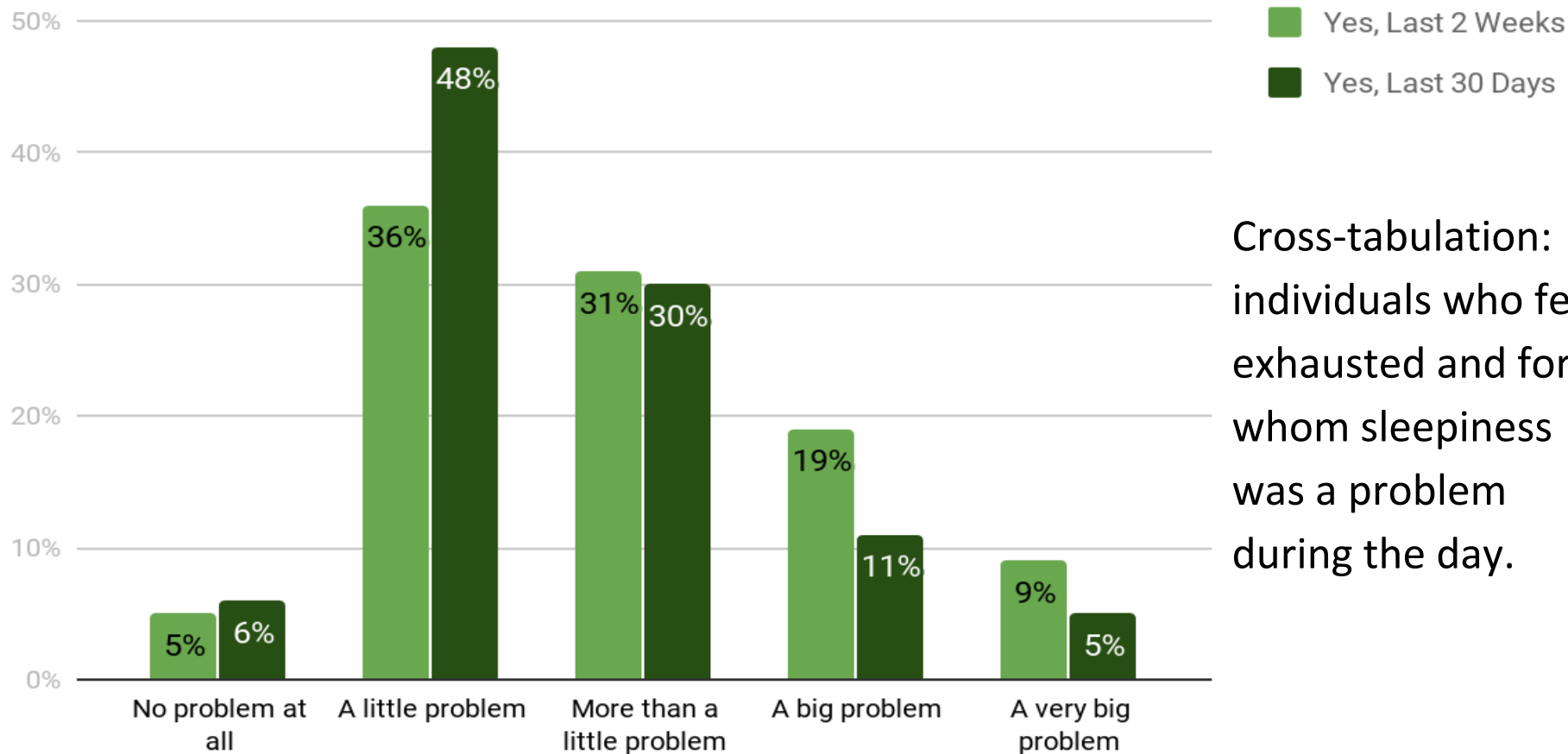


Yes, Last 2 Weeks

Yes, Last 30 Days

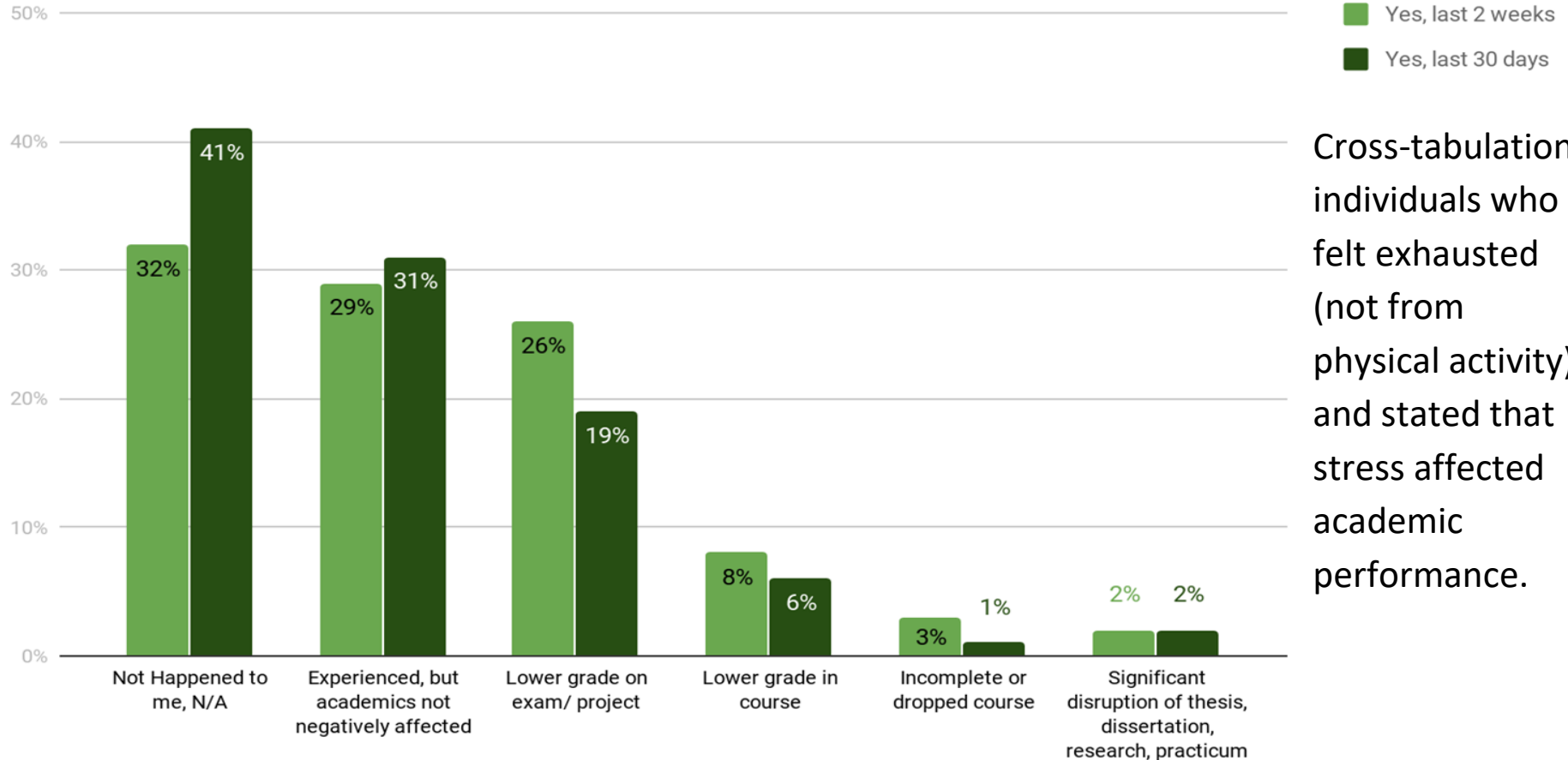
Cross-tabulation:
Individuals who felt exhausted (not from physical activity) and who have gotten enough sleep in the past 7 days so they felt rested in the morning.

Sleepiness During the Day & Ever Exhausted



Cross-tabulation:
individuals who felt
exhausted and for
whom sleepiness
was a problem
during the day.

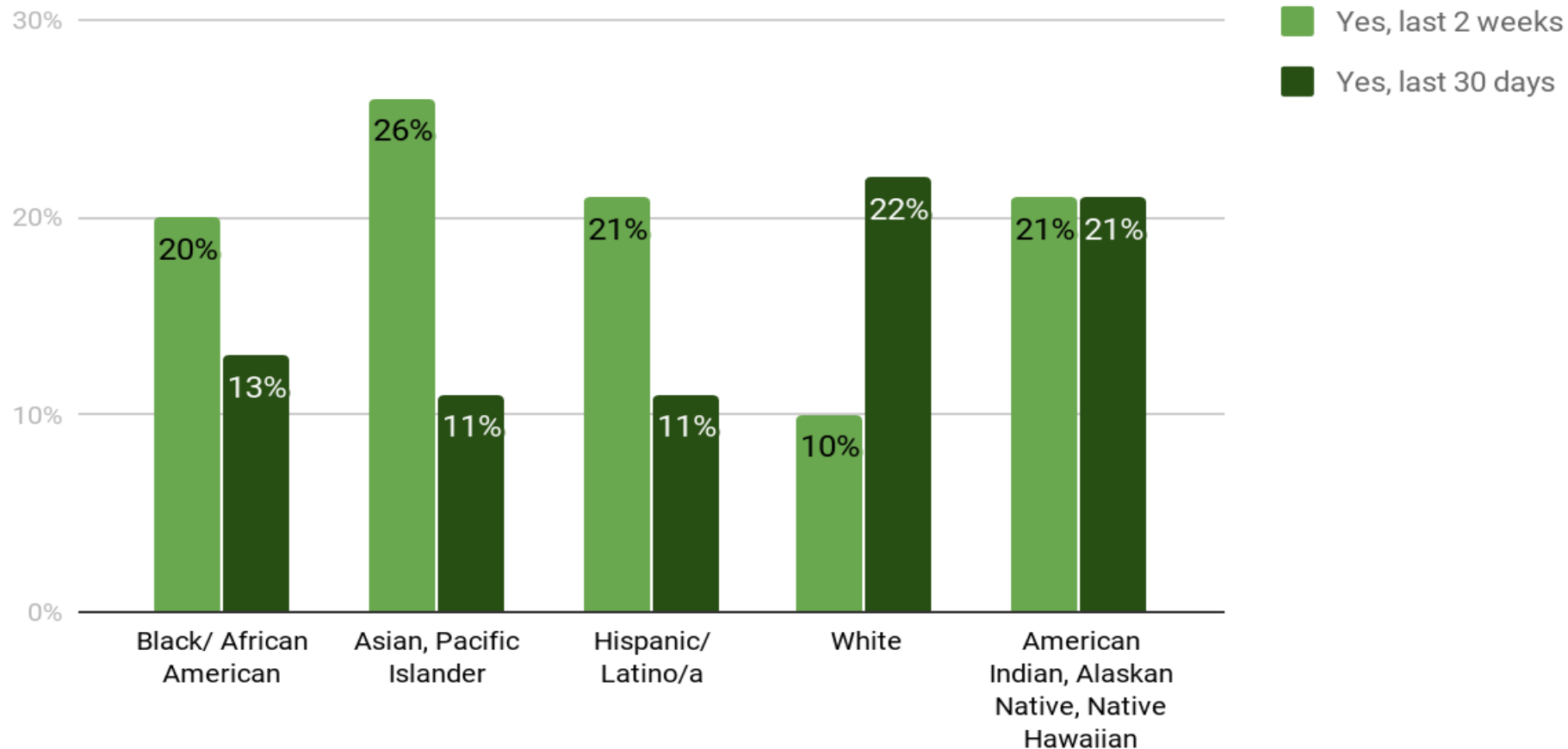
Academic Performance, Stress and Exhaustion



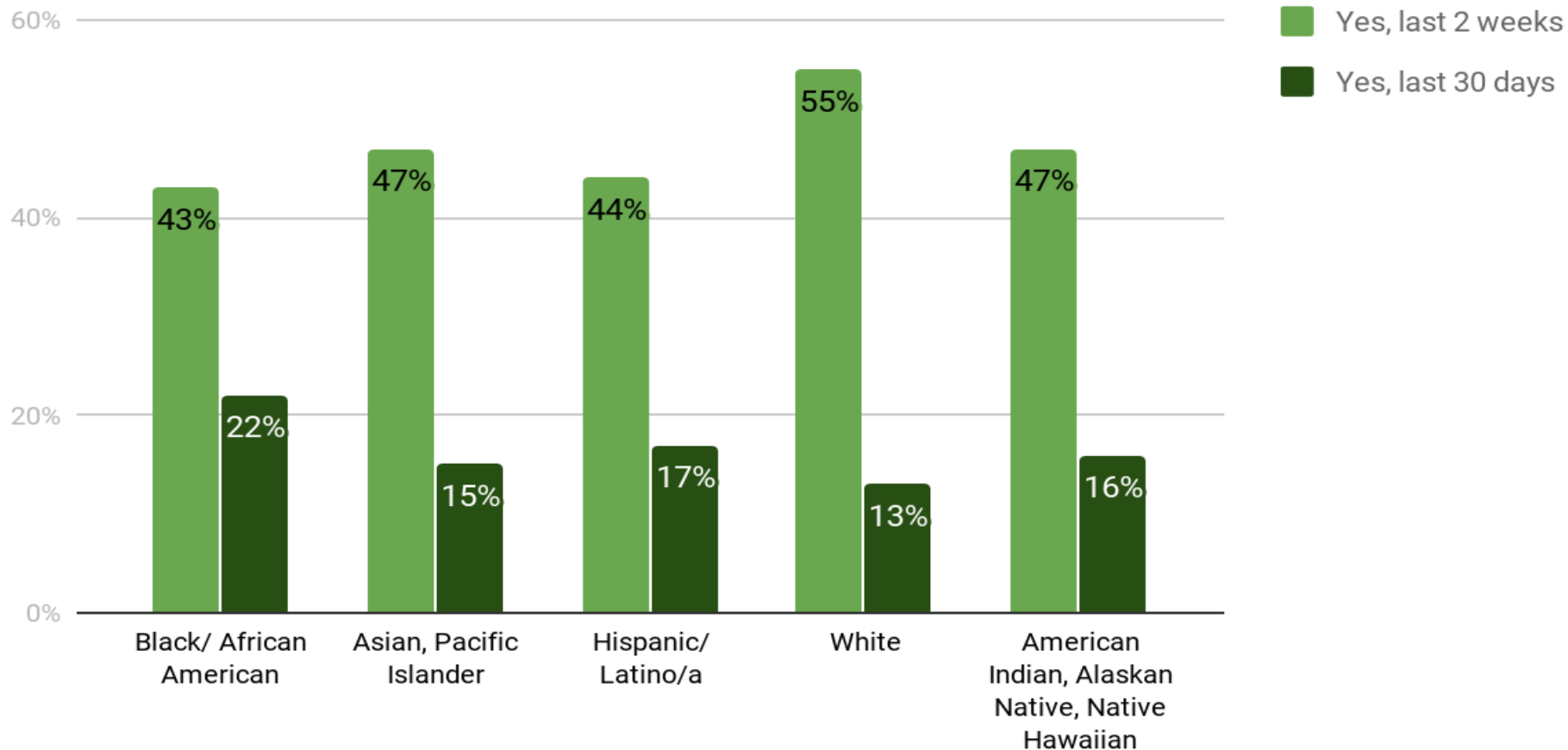


Race & Emotional Health

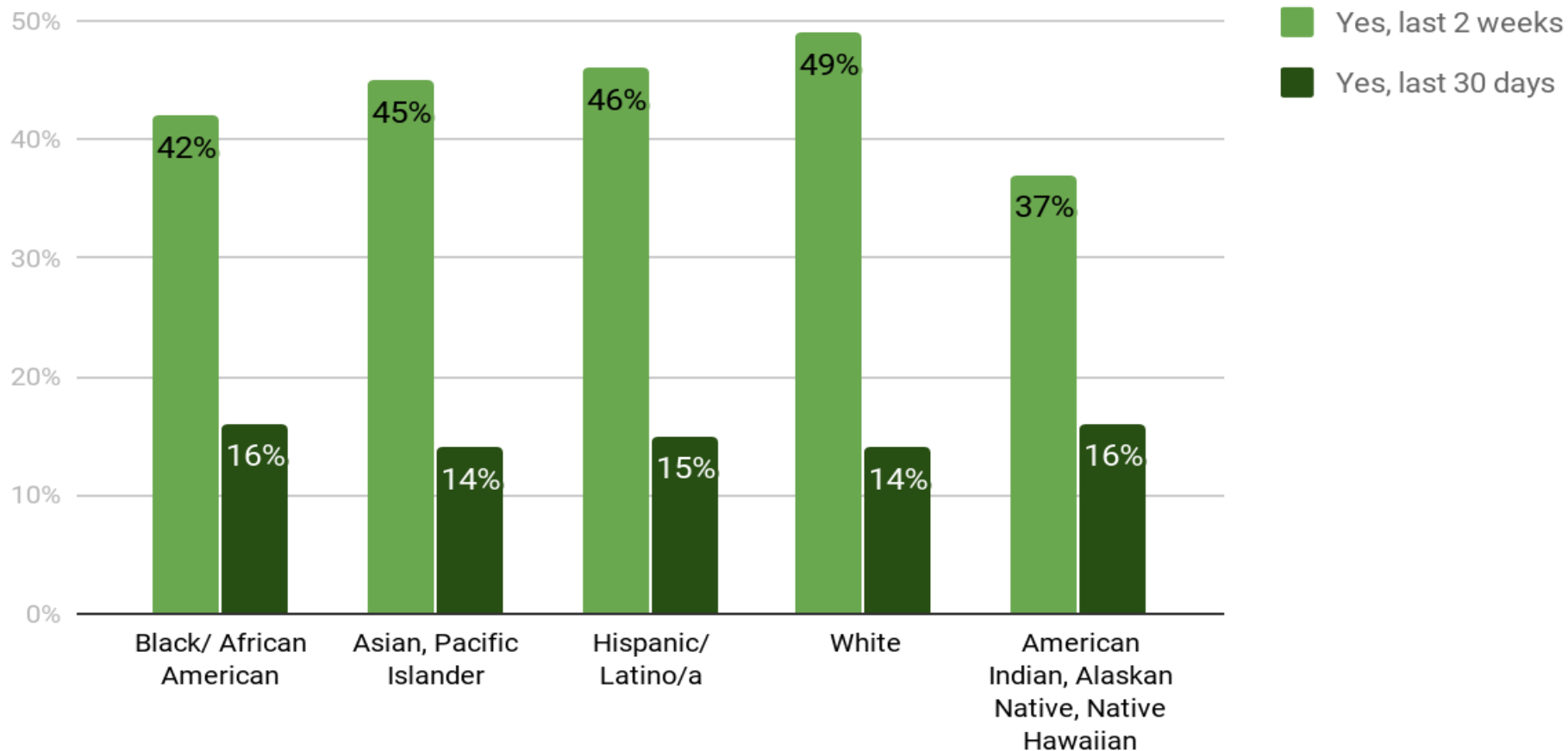
Have you ever felt things were hopeless?



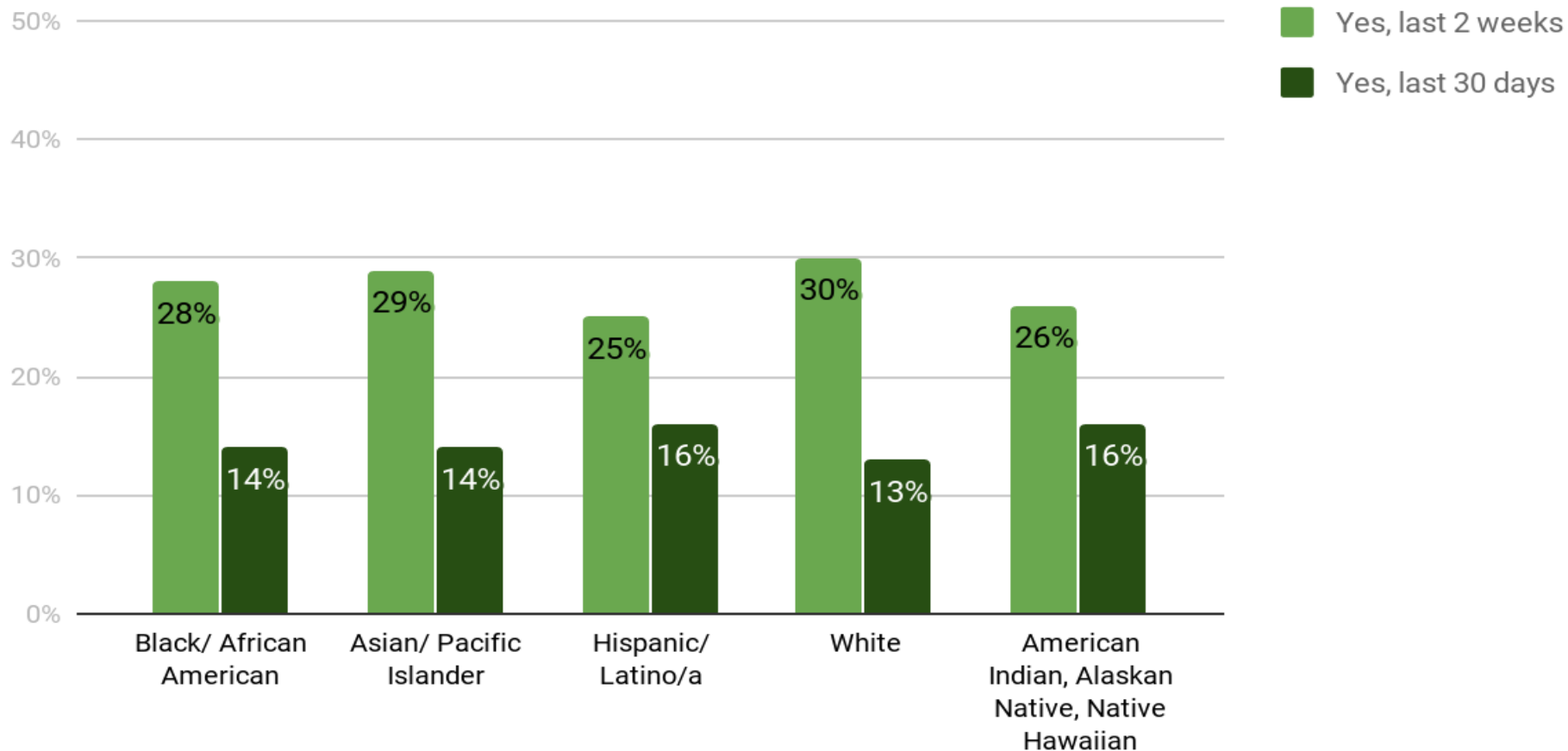
Have you ever felt overwhelmed by all you had to do?



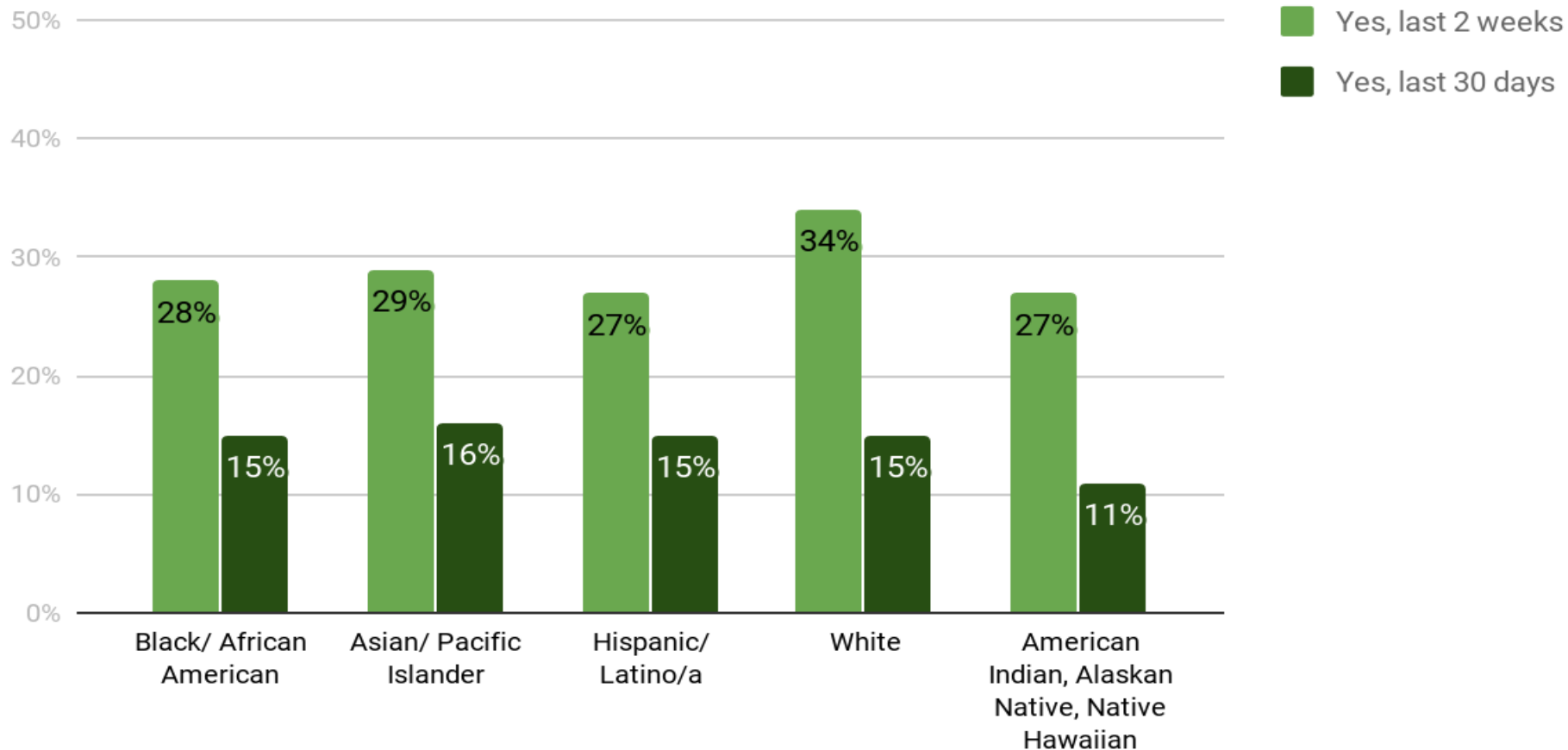
Have you ever felt exhausted, not from physical activity?



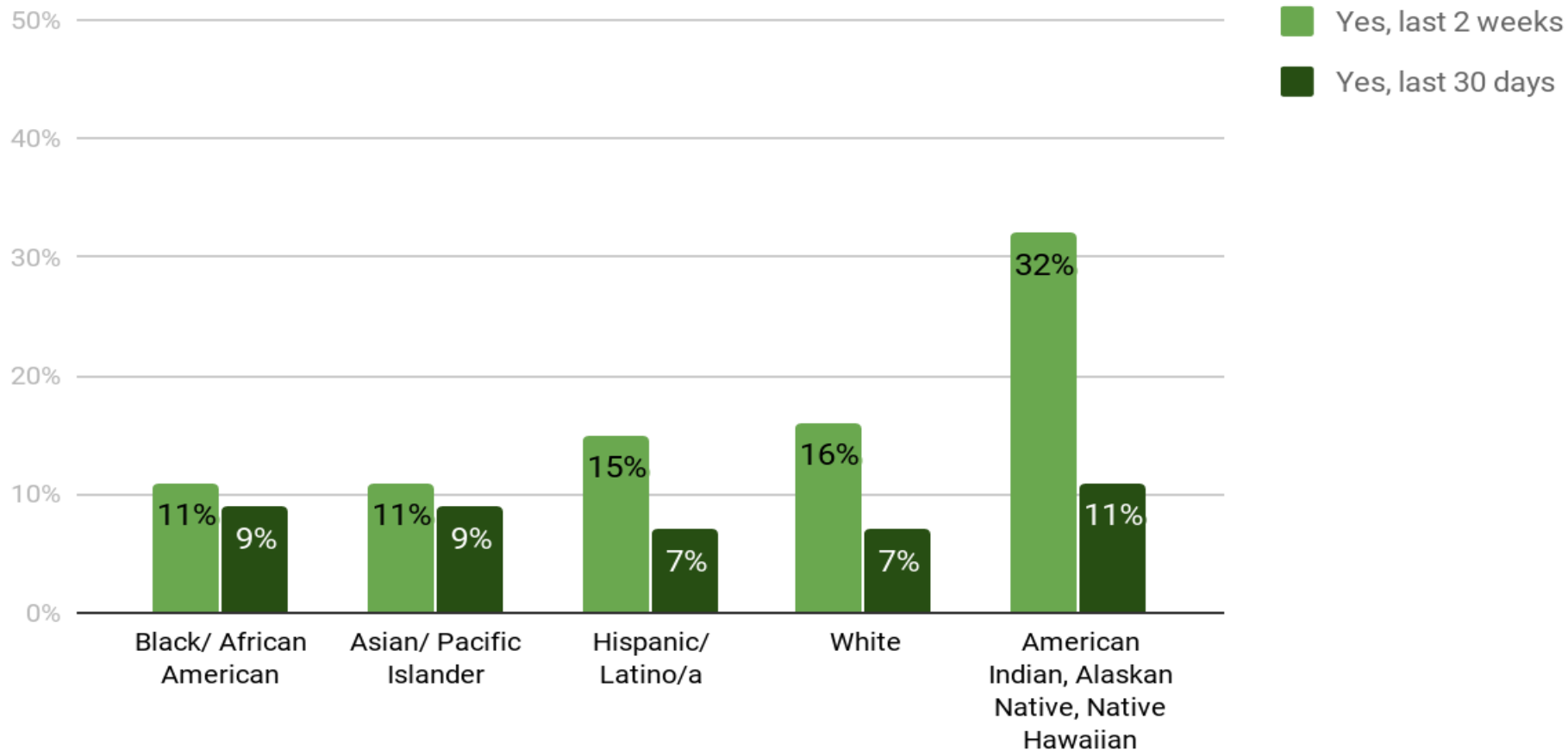
Have you ever felt very lonely?



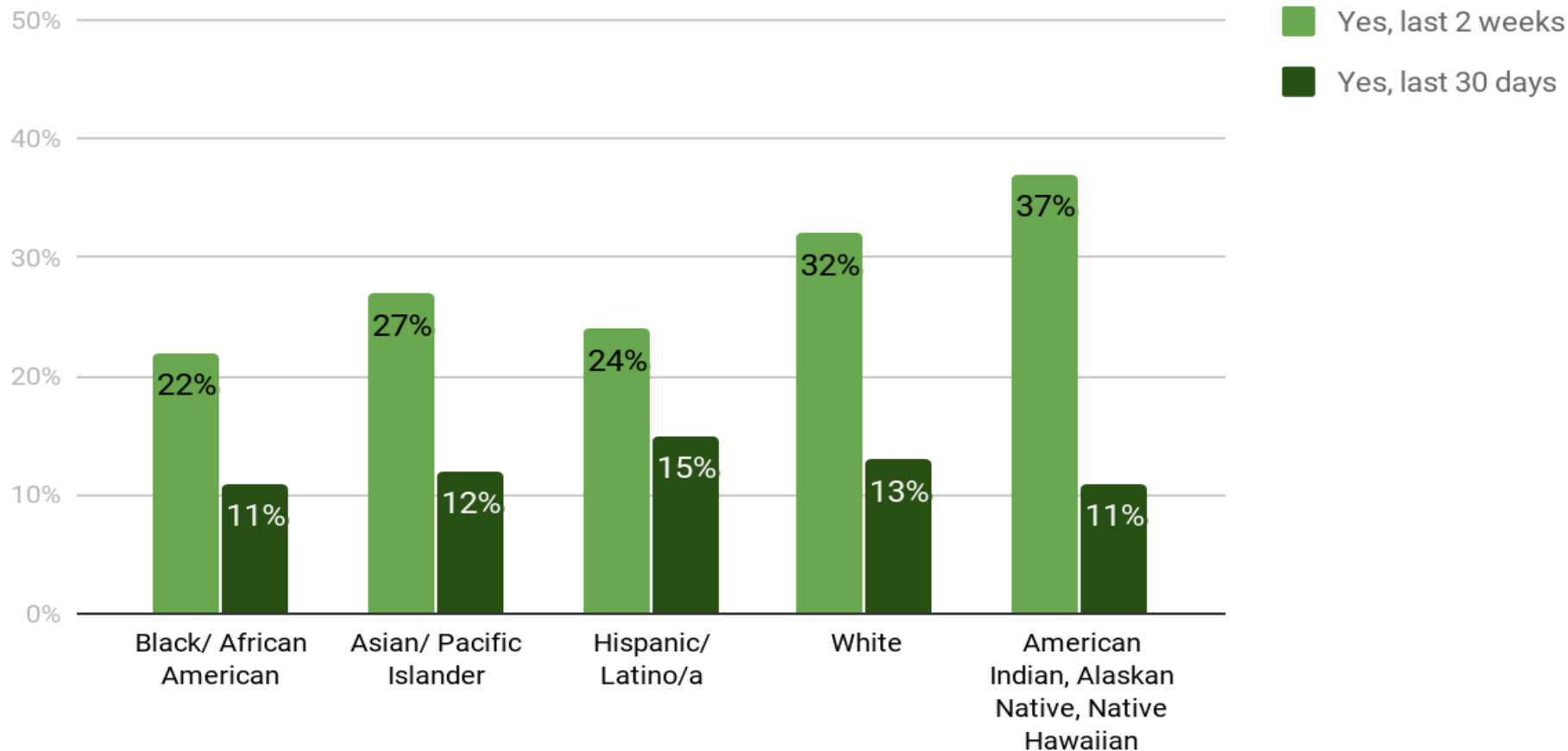
Have you ever felt very sad?



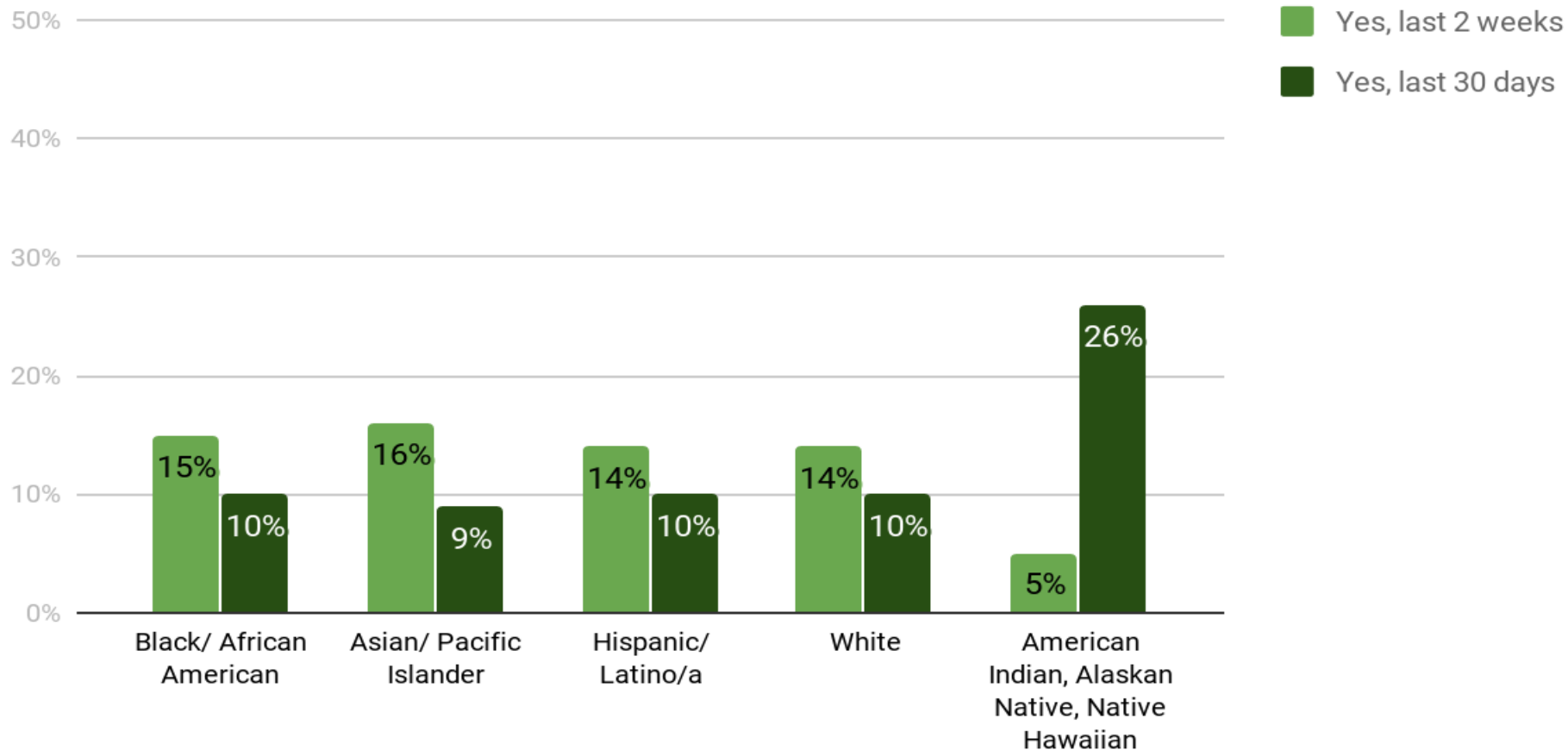
Have you ever felt so depressed it was difficult to function?



Have you ever felt overwhelming anxiety?



Have you ever felt overwhelming anger?



Student Support At Residence Life

Justin Kelley, M. A. Ed
Meurcie Zignoli, M. A.

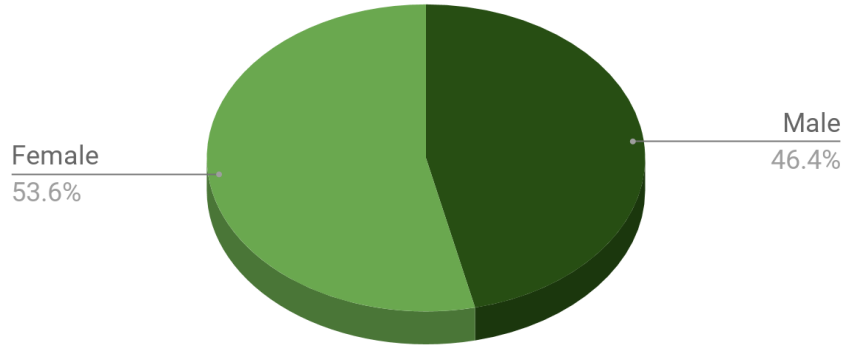


Cases Processed by Student Support, 2017-2018

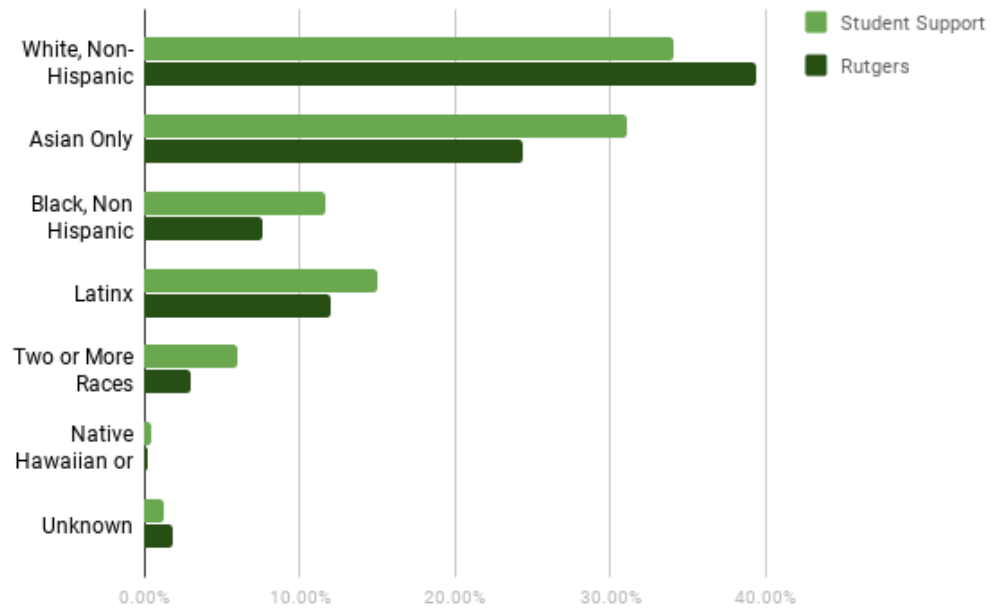
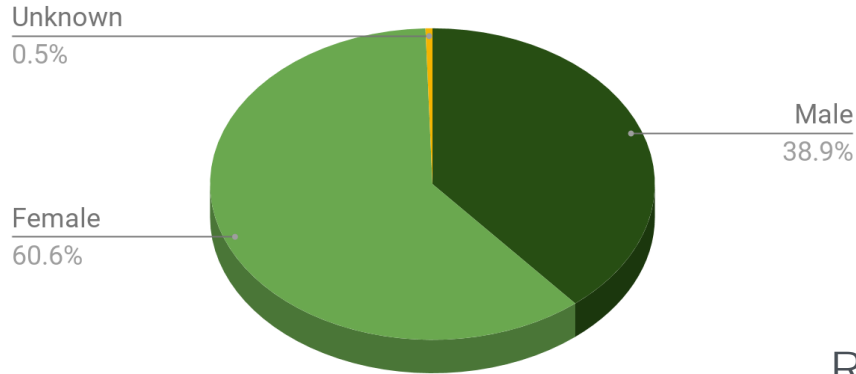


		IRs	Community Concerns Reports
Total Number of Cases	275	232	43
Incidents in Residence Halls	260		
Total Number of Students	253		

Gender at Rutgers



Gender at Student Support



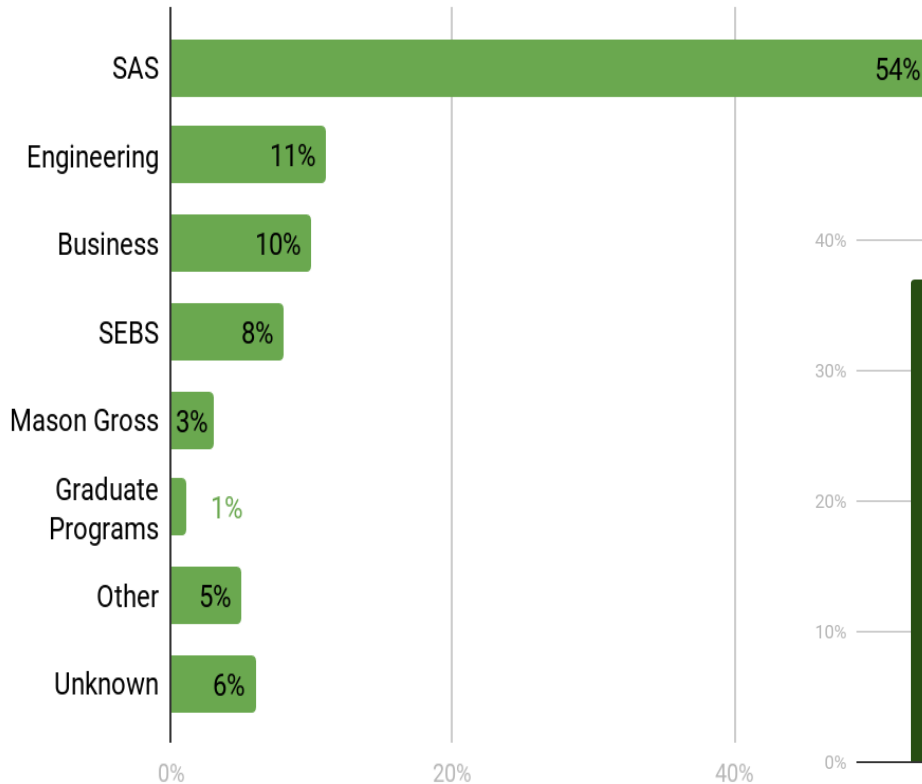
Who are our Students?

Race and Gender Compared to Rutgers University

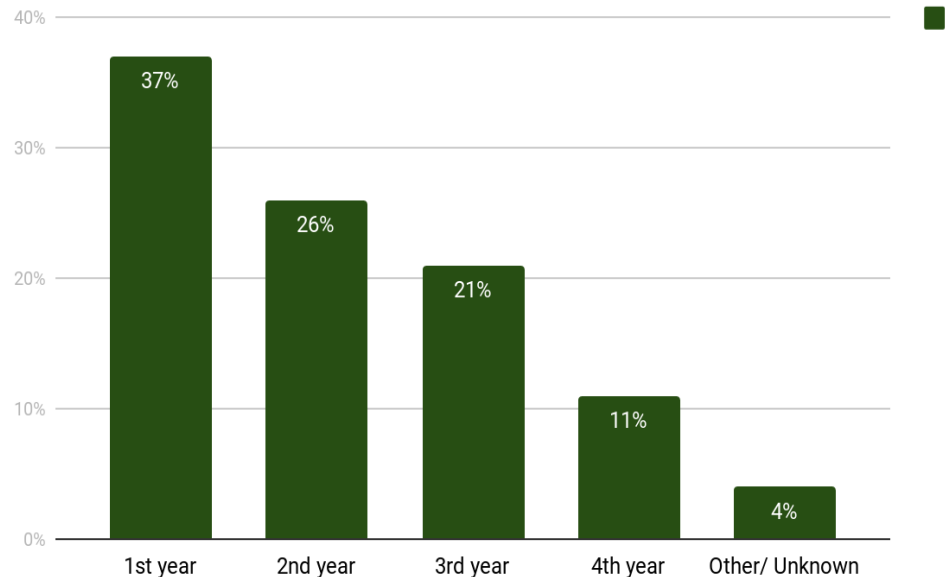
Who are our Students?

An Academic Snapshot

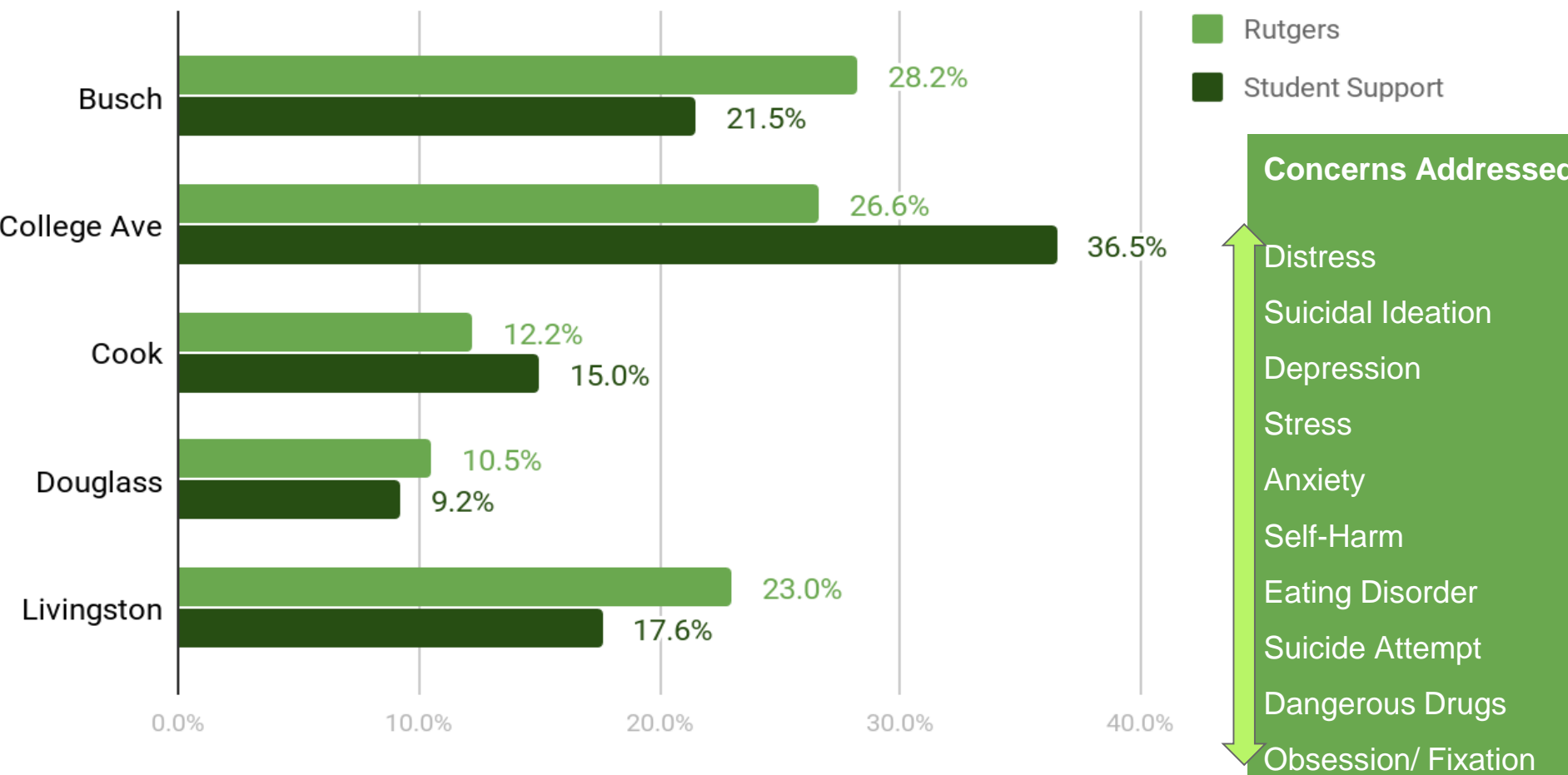
College/ School

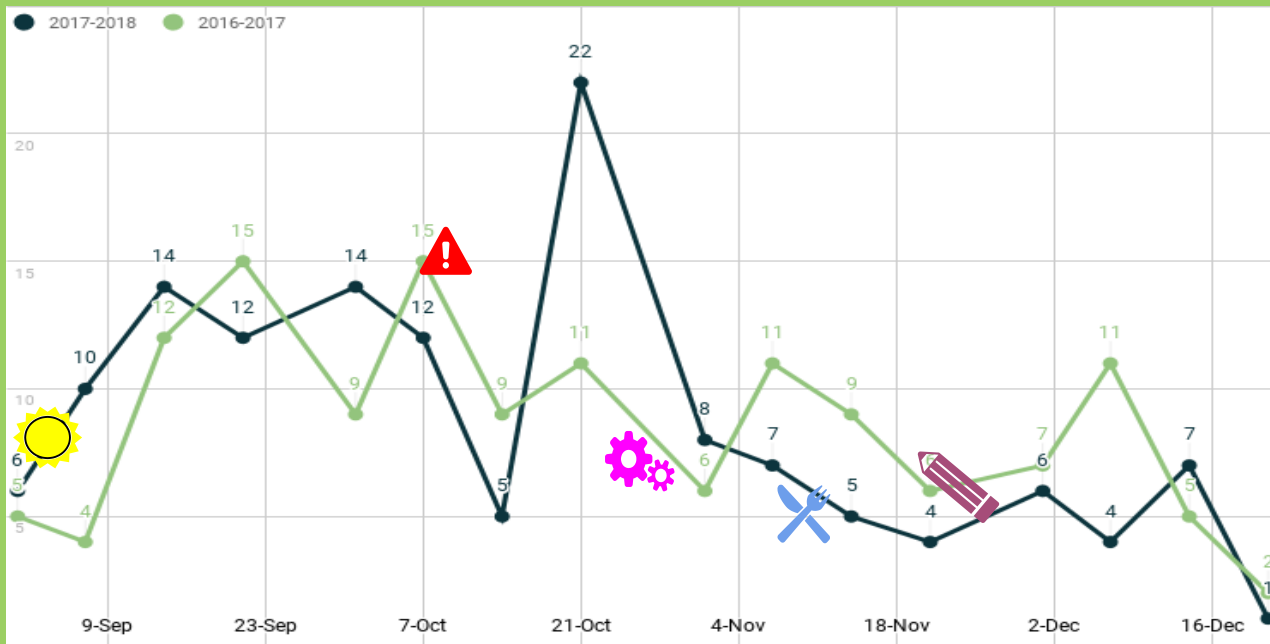


Class Year



Rutgers Residency by Campus Vs. Behavioral Concerns by Campus





Mental Health Incident Timeline

Fall Semester



Start of Fall Semester Sept 5



Academic Warning Grades Oct 9-27



Thanksgiving Recess Nov 23-26



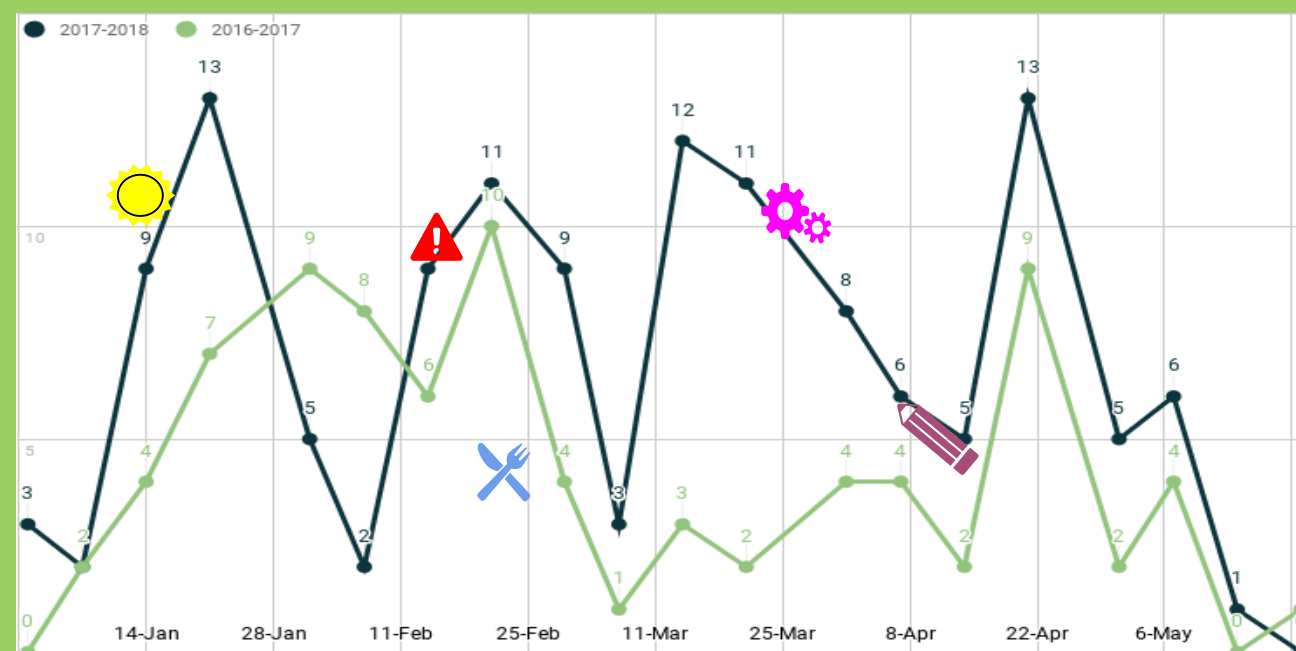
Registration for Spring Term Nov 6



Final Exams Dec 15-22

Mental Health Incident Timeline

Spring Semester



Start of Spring Semester Jan 16



Academic Warning Grades Feb 26 - Mar 9



Spring Recess Mar 10-18



Registration for Fall Term Apr 16



Final Exams May 3-9

Counseling, ADAP, and Psychiatric Services

Reese Mayer, Ph.D.

Nicole Isaacson, Ph.D., LCSW

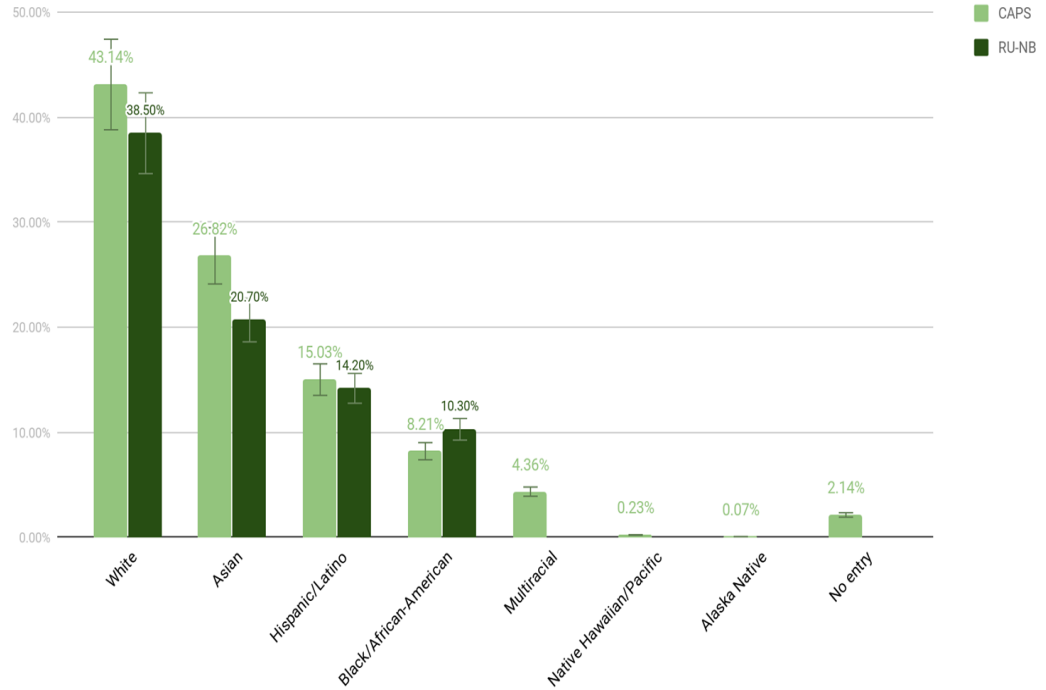


Mental Health at CAPS

- Number of Appointments in 2017-2018: 30,463
- % of RU-NB student body seen at CAPS in 2017-2018: 10%

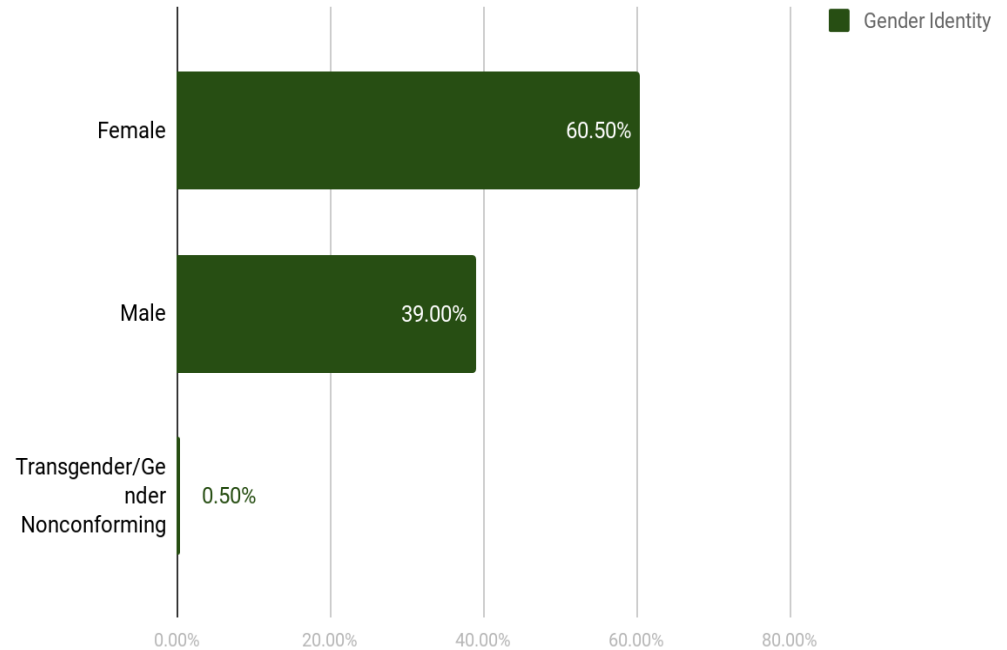
CAPS Demographics 2017-2018

Percentage of students seen by CAPS, by Race/Ethnicity



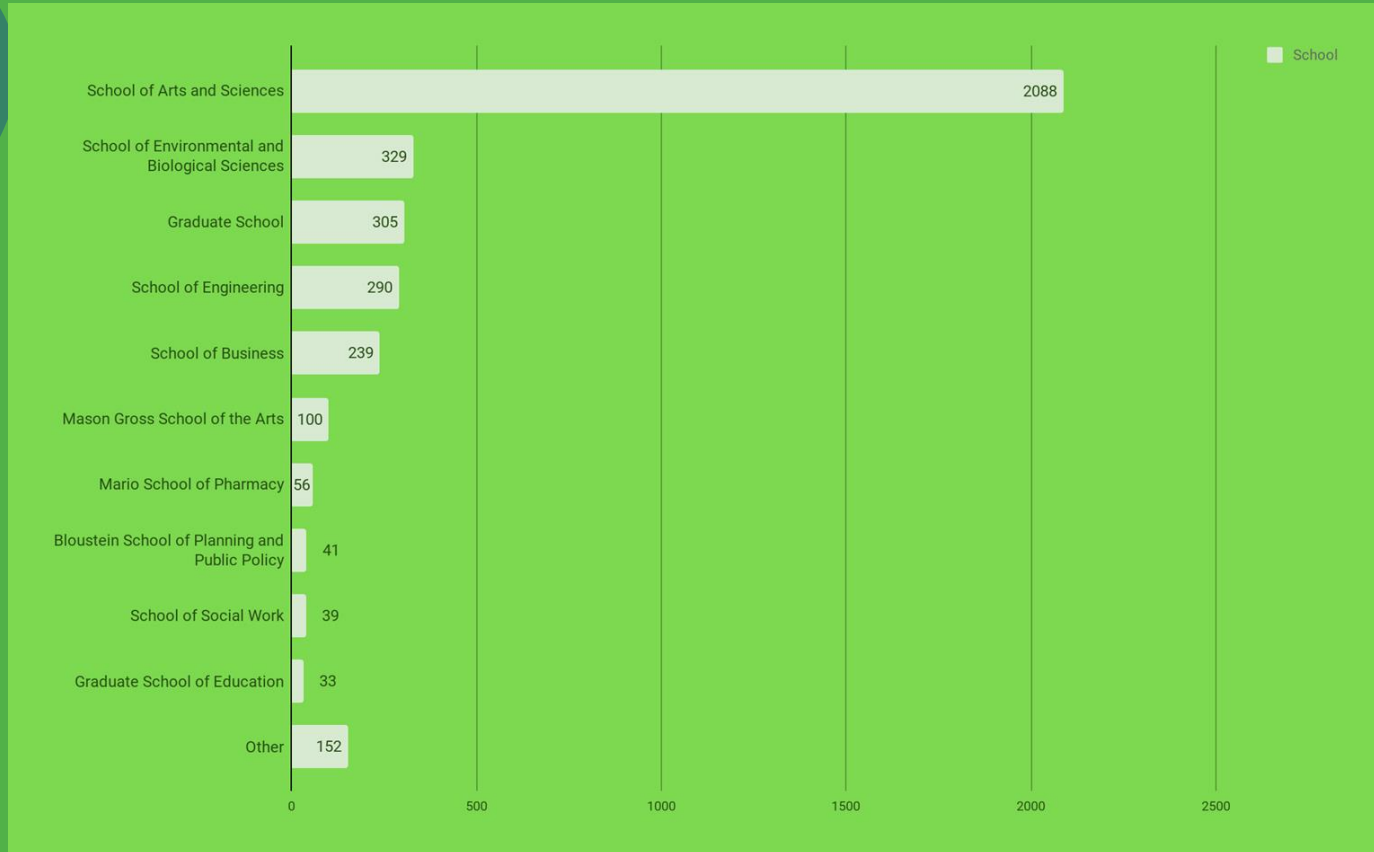
CAPS Demographics 2017-2018

Percentage of students seen by CAPS, by Gender Identity



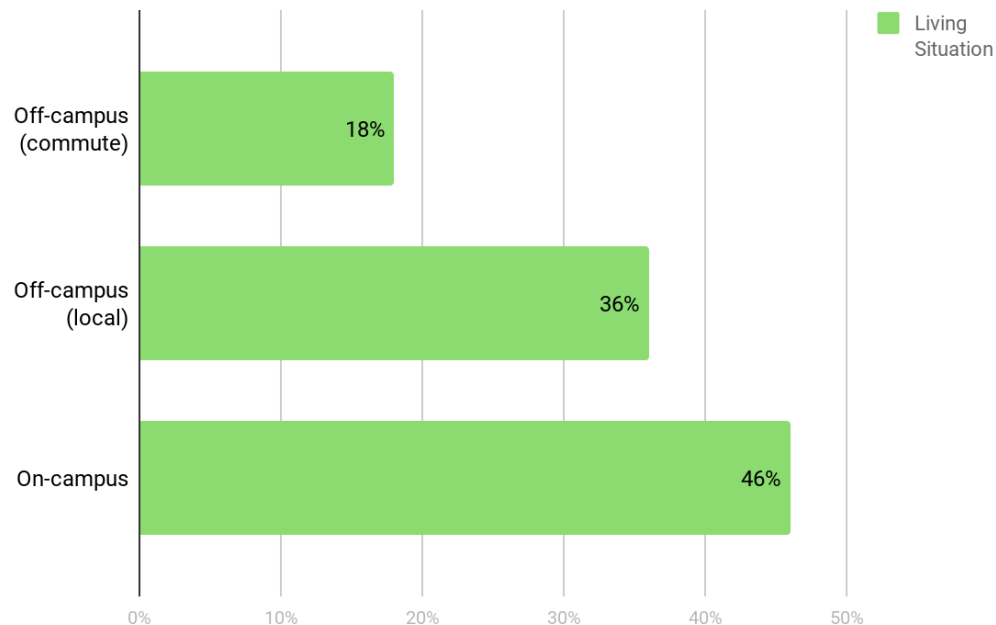
CAPS Demographics 2017-2018

Number of students seen by CAPS, by School



CAPS Demographics 2017-2018

Percentage of students seen by CAPS, by Residence

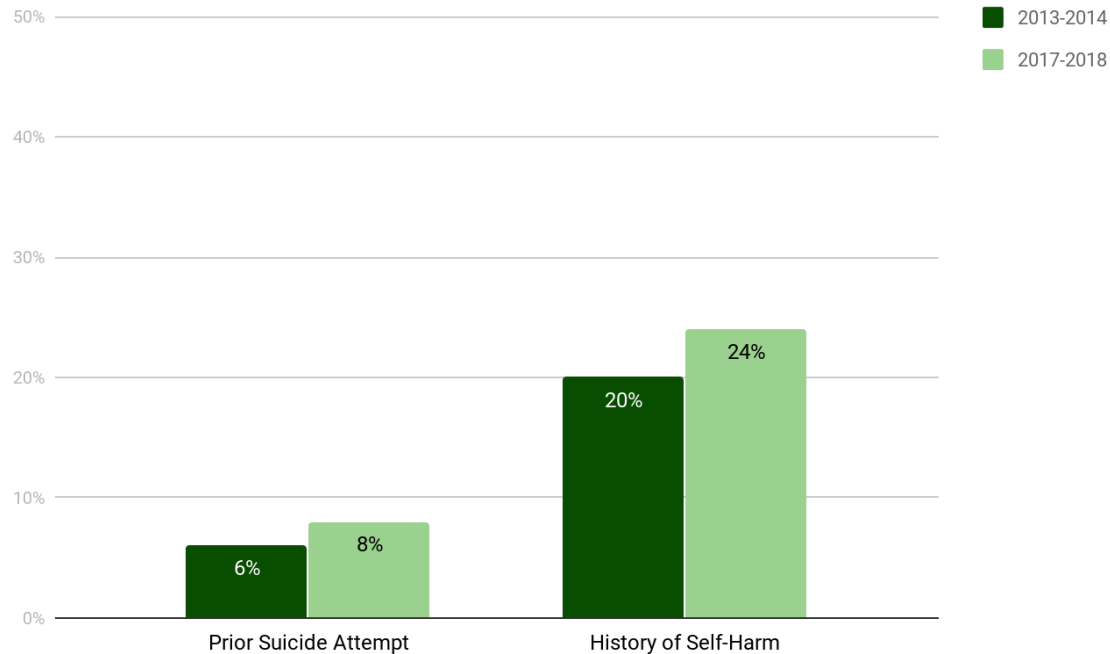




CAPS Demographics 2017-2018

- Percentage of students seen by CAPS who are transfer students: 22%
- Percentage of students seen by CAPS who are international students: 8%
- Percentage of students seen by CAPS who report at first contact previous mental health treatment: 46%

CAPS Demographics: Self-Harm and Suicidality over the Years



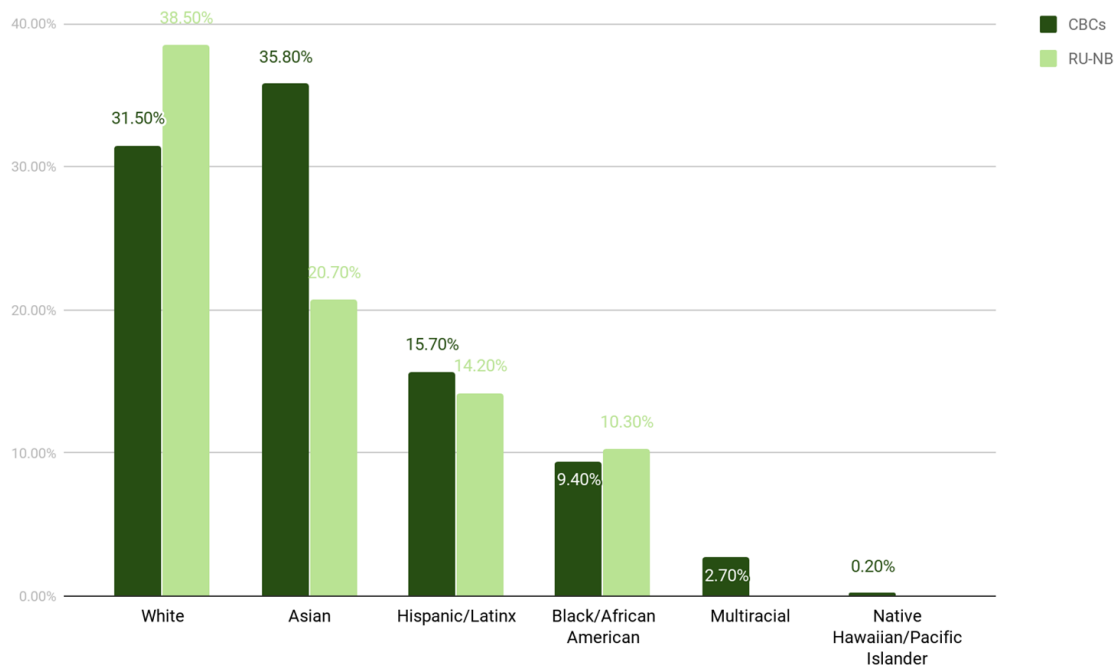


CAPS Top Presenting Concerns 2017-2018

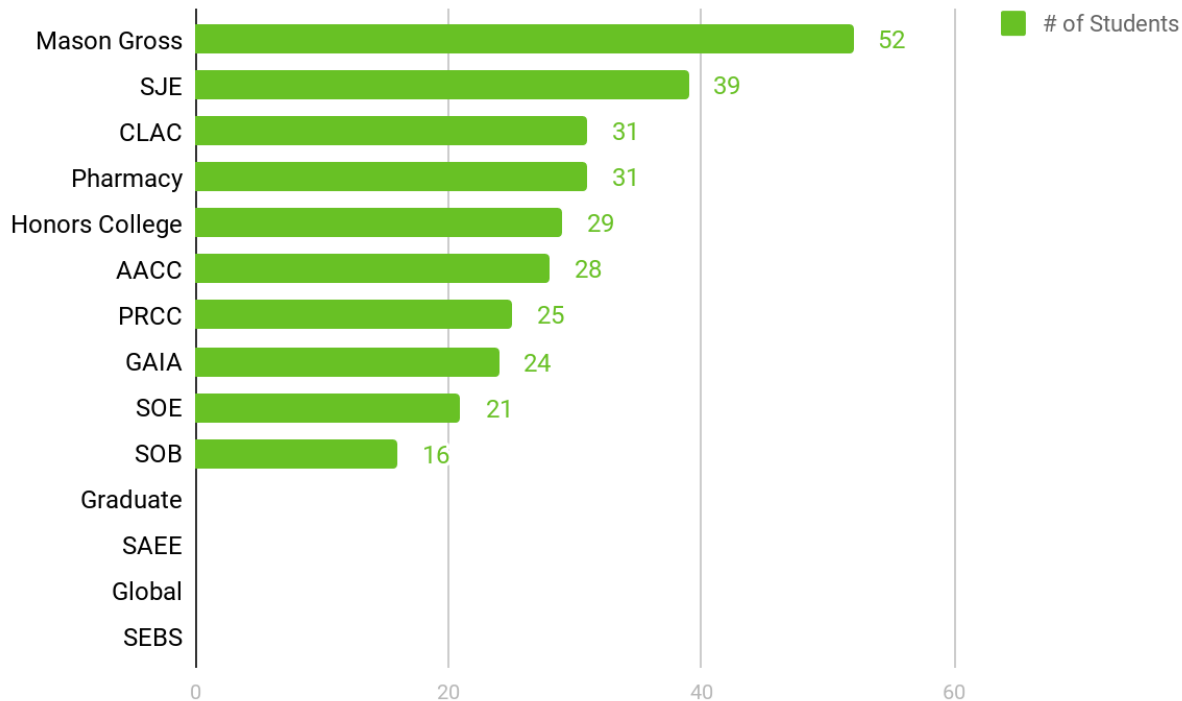
- Depressive Disorders
- Anxiety Disorders
- Trauma-Related and Adjustment Disorders
- Substance Use Disorders
- Eating Disorders
- Attention-Deficit Hyperactivity Disorder
- Obsessive-Compulsive and Related Disorders
- Gender Dysphoria
- Bipolar Disorder
- Autism Spectrum Disorder

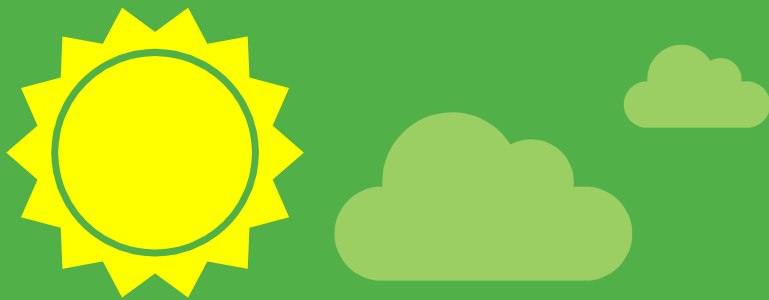
CAPS Community-Based Counseling, Fall 2017 and Spring 2018

Number of Students Seen by CBCs, by Race/Ethnicity



CAPS Community Based Counseling, Fall 2017 and Spring 2018





BIG CONCEPT

How an individual student's story can
connect all pieces discussed today

A decorative graphic on the left side of the slide. It features two light gray circles at the top and bottom left. Between them are two green leaves: a simple, stylized leaf and a more detailed, realistic leaf with visible veins and a small tear. The text "Discussion and Q&A" is positioned to the right of these elements.

Discussion and Q&A



Thank You!