Question 1
FALSE
Mood and Anxiety Problems account for over 50% of presenting concerns with anxiety being the leading reason.

Question 2
FALSE
Asking someone who is already thinking about suicide whether they are suicidal is not a good idea as it may increase the likelihood of them more seriously considering suicide.

Question 3
FALSE
In 2017-2018, UCS saw almost 2,700 students for direct clinical services.
**Question 4**  
**FALSE**  
Consideration is needed before coming to UCS as your mental health record is part of your academic records.

**Question 5**  
**FALSE**  
The number two drug of abuse on campus is prescription medications.  
First is alcohol  
Second is weed  
Third are prescription medications

**Question 6**  
**FALSE**  
A 2014 study by University of Pennsylvania and Vanderbilt University found that a combination of the two works best.  
Counseling alone shows longer lasting effects and less relapse than medication alone.

**Question 7**  
**TRUE**  
Students with diagnosed mental illnesses are not prone to violence.  
1 in 10 commit acts of violence compared to 1 in 4 who abuse alcohol.
How Many Does the UCS See?

Total Number of Students Seen

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Our Peeps By Cultural Identity(ies)

% By Race

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Our Peeps By Cultural Identity(ies)

% By Sexual Orientation

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<td>Other</td>
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</table>
And the Dean’s List...again...

% Overall Satisfaction With All UCS Services

Students in Distress Workshop

UCS Services: Levels of Care

Call 319.335.7294

One Hour Initial Assessment Appointment

Half-Hour Quick Access Appointments

Problem Solving

Urgent/Emergent Response

Case Management

Referral to SHW for Medication

Referral to Community or UIHC Services

Assignment to Therapy or Support Group

Assignment to Individual Therapy

Assignment to Consultation

Assignment to Curriculum Based Group

Students in Distress

50%+ More than half don’t feel adequately prepared to recognize when a student is exhibiting signs of psychological distress including depression, anxiety, and thoughts of suicide (58% of faculty/staff and 51% of undergraduate students).

60%+ More than 60% don’t feel adequately prepared to approach at-risk students to discuss their concern (60% of faculty/staff and 51% of undergraduate students).

~50% At least half don’t feel adequately prepared to recommend mental health support services to students (49% of faculty/staff and 53% of undergraduate students).

87%+ More than 87% say it is part of their role as faculty, staff, or student to connect students experiencing psychological distress with mental health support services (68% of faculty/staff and 87% of undergraduate students).
In Distress 101

- Consult
- If You Think You Should, Then Do
- Do Too Much Rather Than Too Little
- Stay Engaged (Recognize, Question, Refer)
- Nervous? Who Isn't!
- Practice Makes Comfort (Act in Confidence)
- First Responder & Refer
- Activate the Network & Go It Together
  - University Counseling Services
  - Dean of Students Office
  - Student Care and Assistance
  - Threat Assessment and Care Team

Responding to Distress

- Show You Care
  - Take All Talk SERIOUSLY
  - Forget About Saying “The Right Thing” Big Whatevs!
- Be Genuine
  - Share Concern, Fear, and Worry
  - Share Desire For Person to Be Okay
- Ask Directly About Suicide
  - Ask Directly, No Fussin’, and Ya Don’t Need to Be Fixin’ Nuthin’
- Use Your Resources
  - Acknowledge There Are People & Help: Educate About Resources
  - Make the Referral
    - Walk Over, Give A Name, Look at Websites, Make the Call
  - Follow Through Afterwards

Campus Resources!

- University Counseling Services
- Threat Assessment & Care Team
- Office of the Dean of Students: Care & Assistance
- Student Disability Services
- Residence Hall Professional Staff & RAs
- Academic Advisors
- Campus Clergy
- Office of the Ombudsperson
- RVAP/WRAC

Students in Distress Workshop
AND THESE IMPORTANT REMINDERS:

■ 76% of students report feeling significantly helped by counseling.

■ 60% of students report knowing counseling helped them stay and perform better in school.
Three Friendly Reminders

You Can
Call Us

We Have
Your Back

We Can Come
To You

Q&A

T. Hanks