September 4, 2019

Spring 2019 system-wide ACHA NCHA mental health survey results

The first of the Regents’ Mental Health Recommendations is to “Assess the Mental Health and Wellness Needs of USHE Students” and calls for the institutions to issue the American College Health Association National College Health Assessment (ACHA NCHA) in the spring semester of odd years starting 2019. The following slides compile the Spring 2019 USHE system-wide survey results from a portion of the mental health section of the ACHA NCHA survey. The results have been reviewed by the Regents’ Mental Health Advisory Committee and will help inform the institution 5-year mental health implementation plans which are due November 1, 2019.

Commissioner’s Recommendations

This is a discussion item only; no action is required.

Attachment
<table>
<thead>
<tr>
<th>University</th>
<th>Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>University of Utah</td>
<td>680</td>
</tr>
<tr>
<td>Utah State University</td>
<td>1157</td>
</tr>
<tr>
<td>Weber State University</td>
<td>524</td>
</tr>
<tr>
<td>Southern Utah University</td>
<td>687</td>
</tr>
<tr>
<td>Snow College</td>
<td>534</td>
</tr>
<tr>
<td>Dixie State University</td>
<td>824</td>
</tr>
<tr>
<td>Utah Valley University</td>
<td>587</td>
</tr>
<tr>
<td>Salt Lake Community College</td>
<td>209</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td><strong>5202</strong></td>
</tr>
</tbody>
</table>
57.8% of respondents “felt things were hopeless” in the last 12 months
89.7% of respondents “felt overwhelmed by all they had to do” in the last 12 months
86.3% of respondents “exhausted (not from physical activity)” in the last 12 months
66.1% of respondents “felt very lonely” in the last 12 months
71.1% of respondents “felt very sad” in the last 12 months
45.6% of respondents “felt so depressed it was difficult to function” in the last 12 months
63% of respondents “felt overwhelming anxiety” in the last 12 months
42.7% of respondents “felt overwhelming anger” in the last 12 months

Felt overwhelming anger

- Yes in the last two weeks
- Yes, in the last 30 days
- Yes, in the last 12 months
- No, not in the last 12 months
- No, Never
9.3% of respondents “intentionally cut, burned, bruised or otherwise injured themselves” in the last 12 months
14.9% of respondents “seriously considered suicide” in the last 12 months
1.9% of respondents “attempted suicide” in the last 12 months
29.1% of respondents have “ever been diagnosed with depression”
Last 12 months difficult to handle: Academics
Last 12 months difficult to handle: Finances
Last 12 months how would you rate your overall level of stress?

Overall level of stress

- USHE: 59.2% of respondents
- UU
- USU
- WSU
- SUU
- SNOW
- DSU
- UVU
- SLCC

- Tremendous stress
- More than average stress
- Average stress
- Less than average stress
- No stress
14.2% of respondents indicated they have ever received psychological or mental services from their current college/university’s Counseling or Health services.

79.7% of respondents indicated they would consider seeking professional mental health if they were having a personal problem that was really bothering them in the future.

### Have you ever received psychological or mental health services from any of the following?

<table>
<thead>
<tr>
<th>Service</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Counselor/Therapist/Psychologist</td>
<td>42.4%</td>
</tr>
<tr>
<td>Psychiatrist</td>
<td>14.1%</td>
</tr>
<tr>
<td>Other medical provider (e.g., physician, nurse practitioner)</td>
<td>24.1%</td>
</tr>
<tr>
<td>Minister/Priest/Rabbi/ Other clergy</td>
<td>16.6%</td>
</tr>
</tbody>
</table>
Timeline

• September 13th: ACHA NCHA results reviewed by Committee of the Whole at the Board of Regents meeting

• November 1st: Institutions final 5-year mental health implementation plans due to the Regents

• November 15th (tentative): the Regents’ Mental Health Advisory Committee will present to the Academic and Student Affairs Committee and the Board the summary of the work of the committee and an overview of the 5-year mental health plans

• Spring 2020: Institutions issue the Health Minds Study survey