



MEMORANDUM

TAB E

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

ACHA NCHA Mental Health Results – Spring 2019

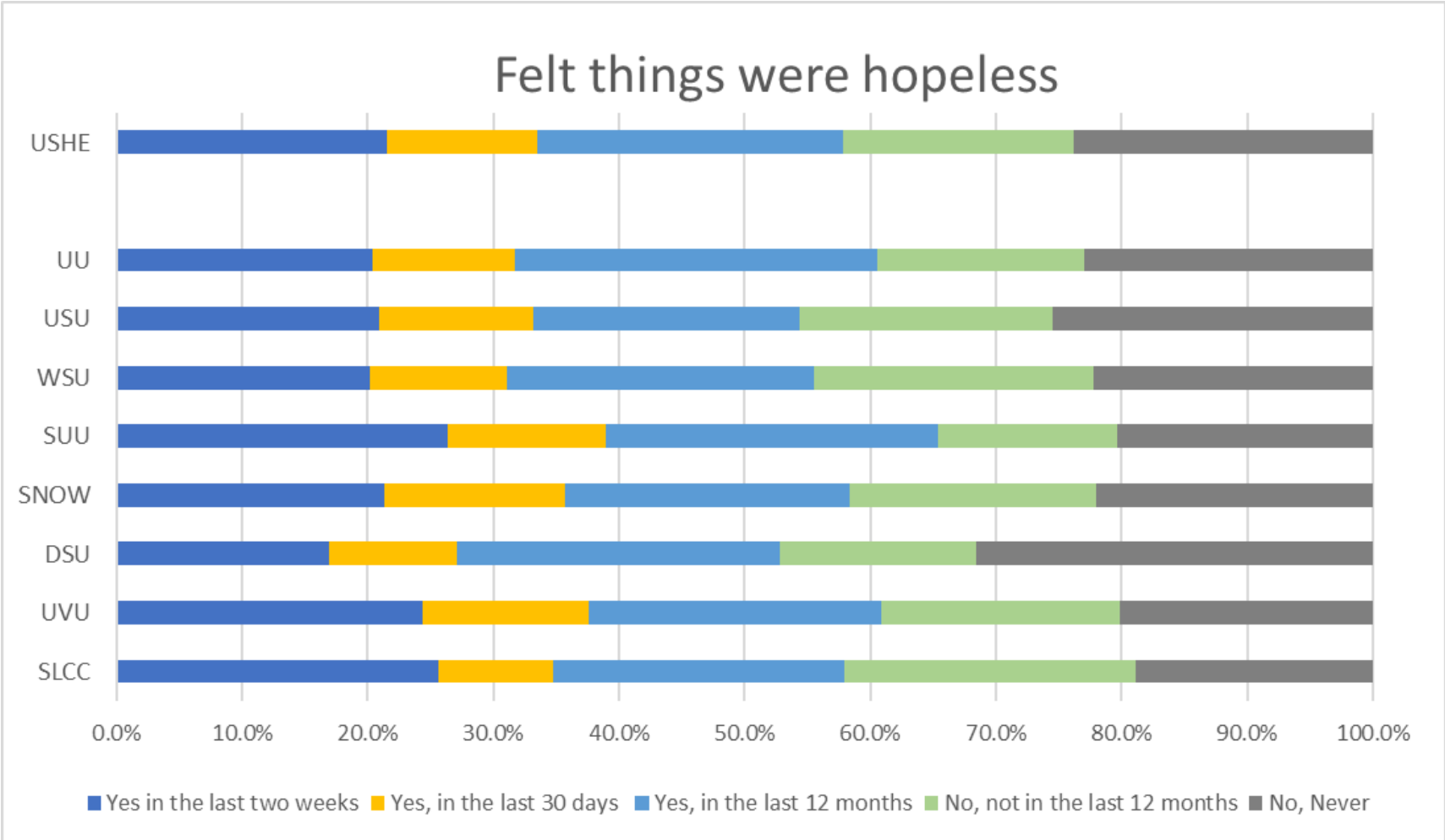
September 3, 2019



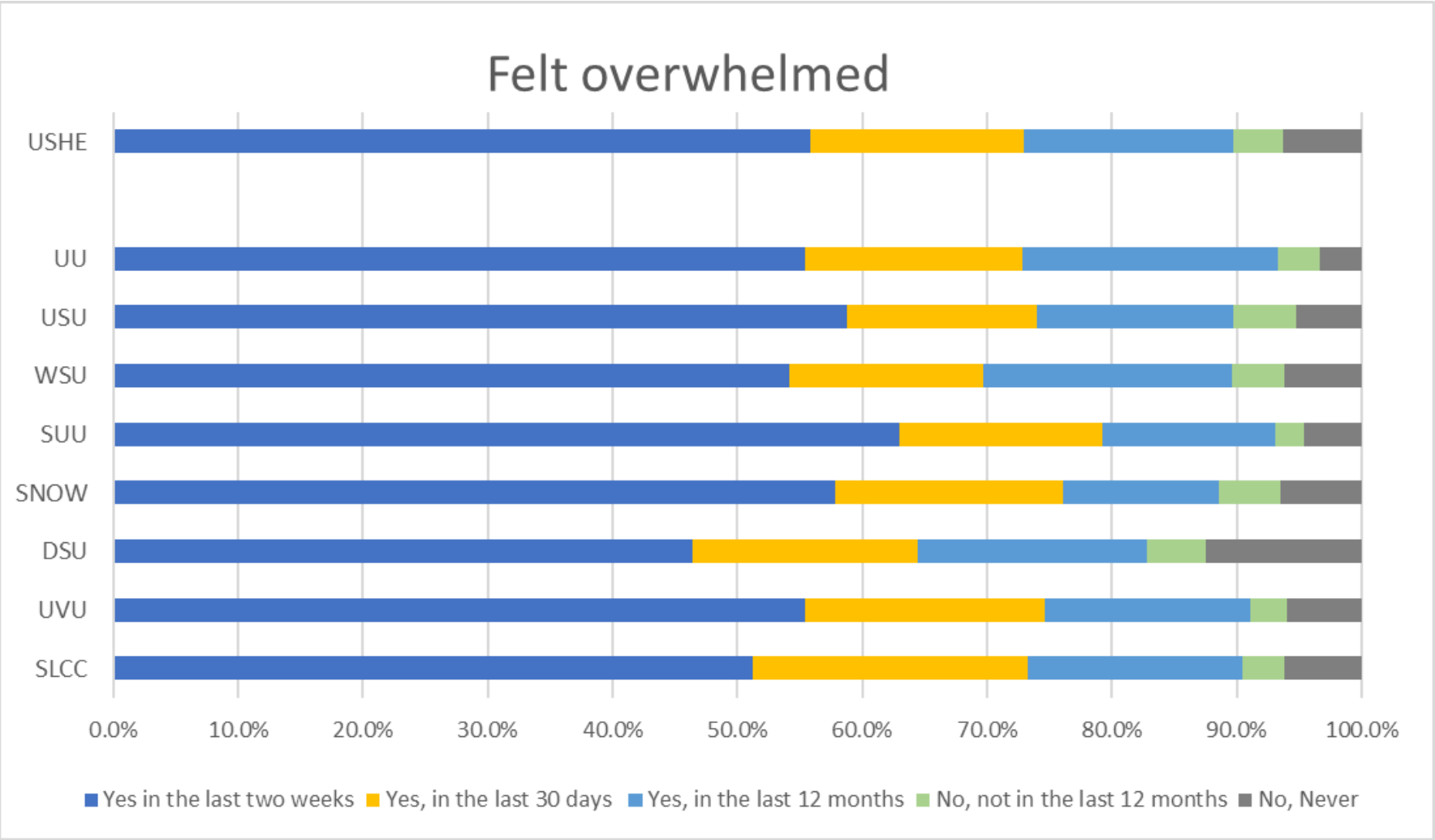
ACHA NCHA Survey Respondents Spring 2019

	Respondents
University of Utah	680
Utah State University	1157
Weber State University	524
Southern Utah University	687
Snow College	534
Dixie State University	824
Utah Valley University	587
Salt Lake Community College	209
<i>Totals</i>	<i>5202</i>

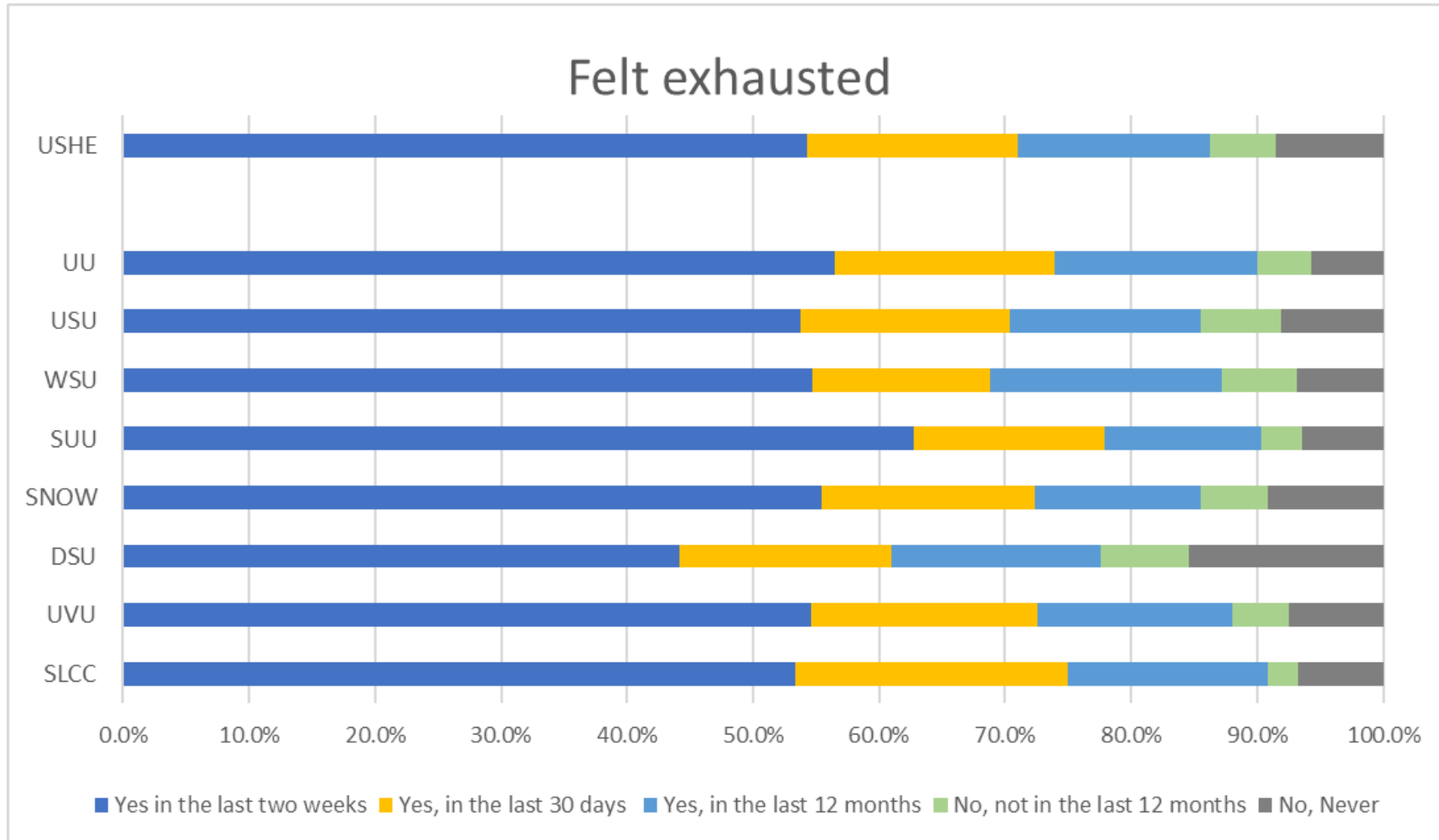
57.8% of respondents “felt things were hopeless” in the last 12 months



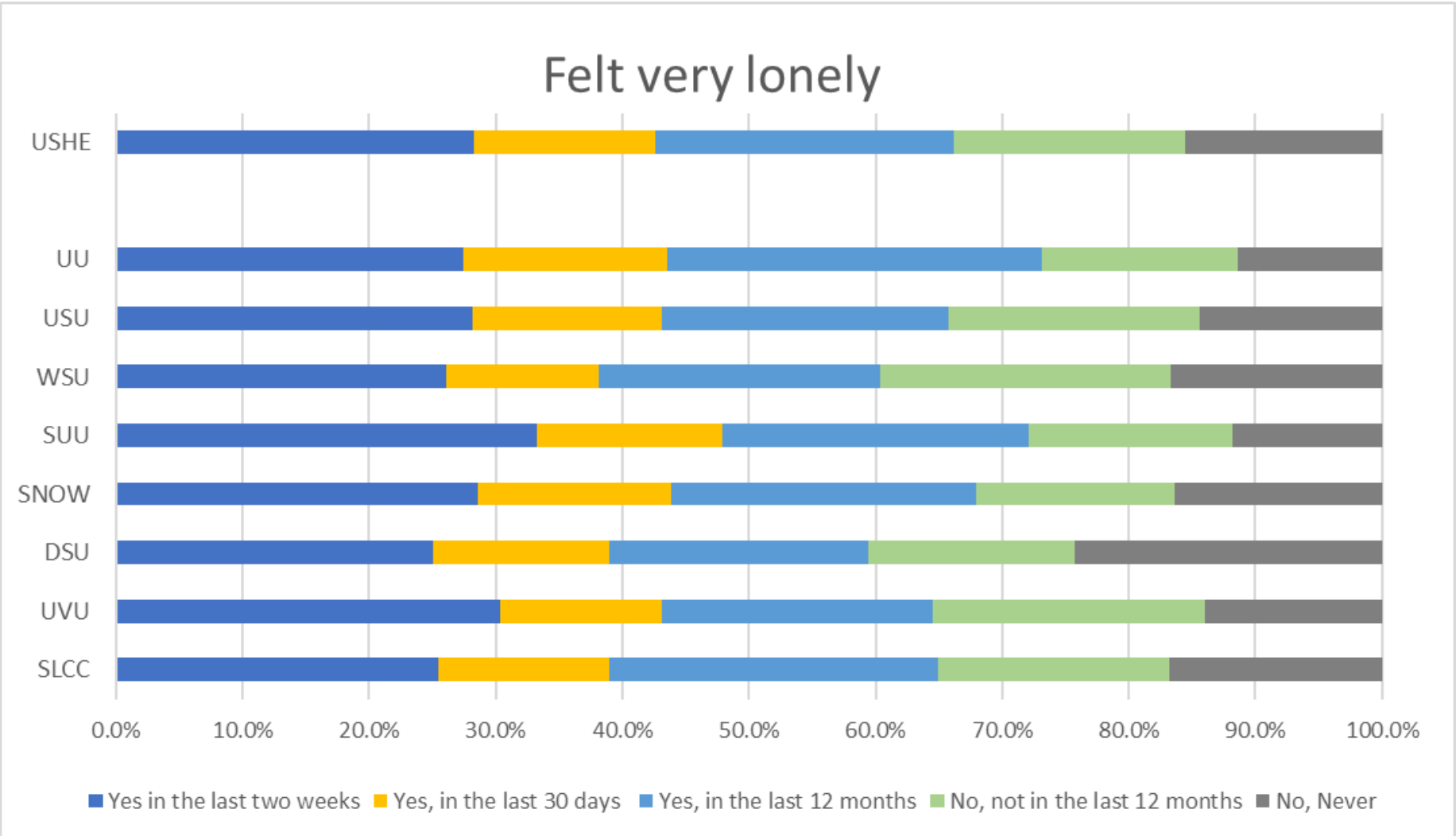
89.7% of respondents “felt overwhelmed by all they had to do” in the last 12 months



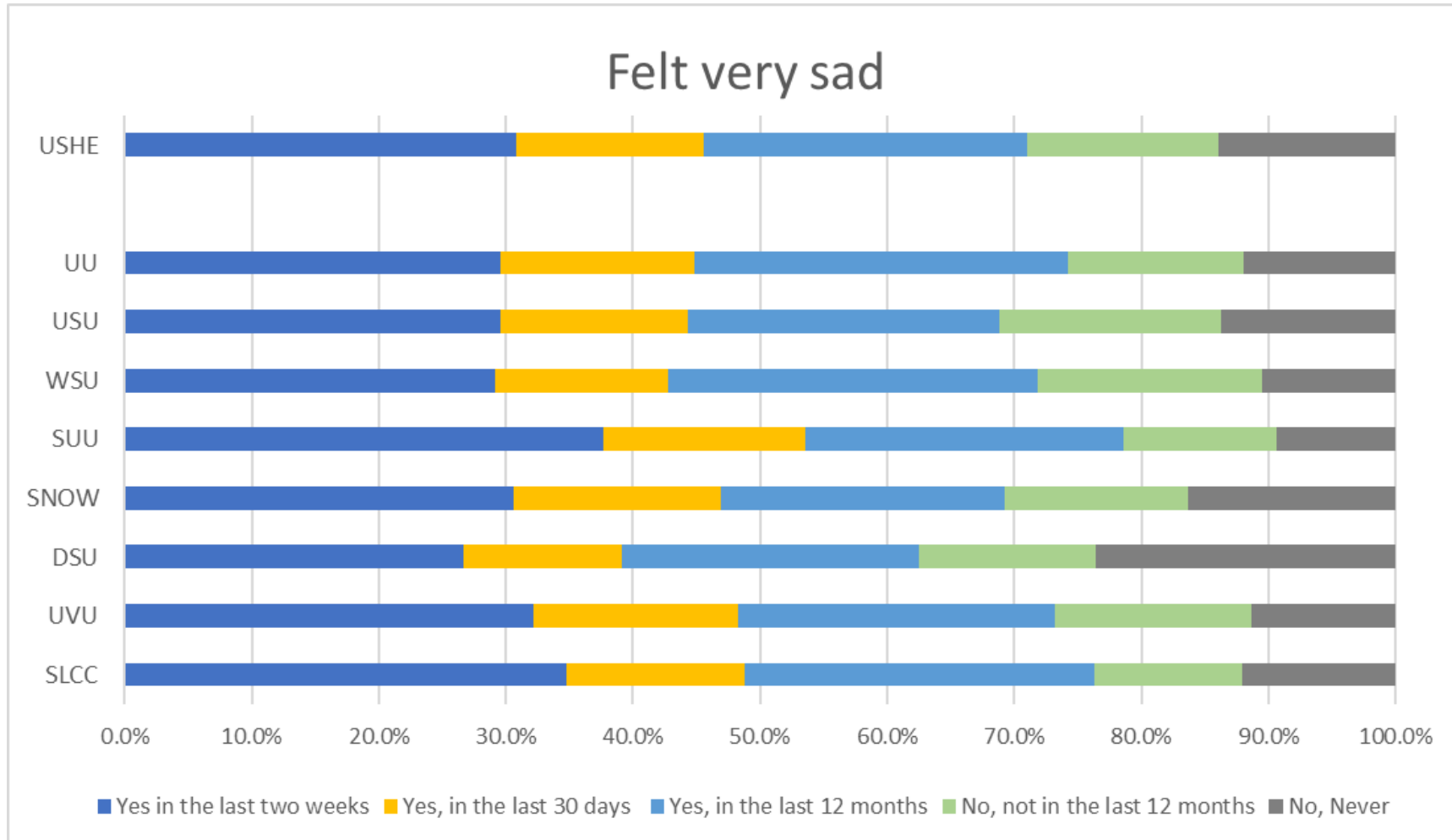
86.3% of respondents “exhausted (not from physical activity)” in the last 12 months



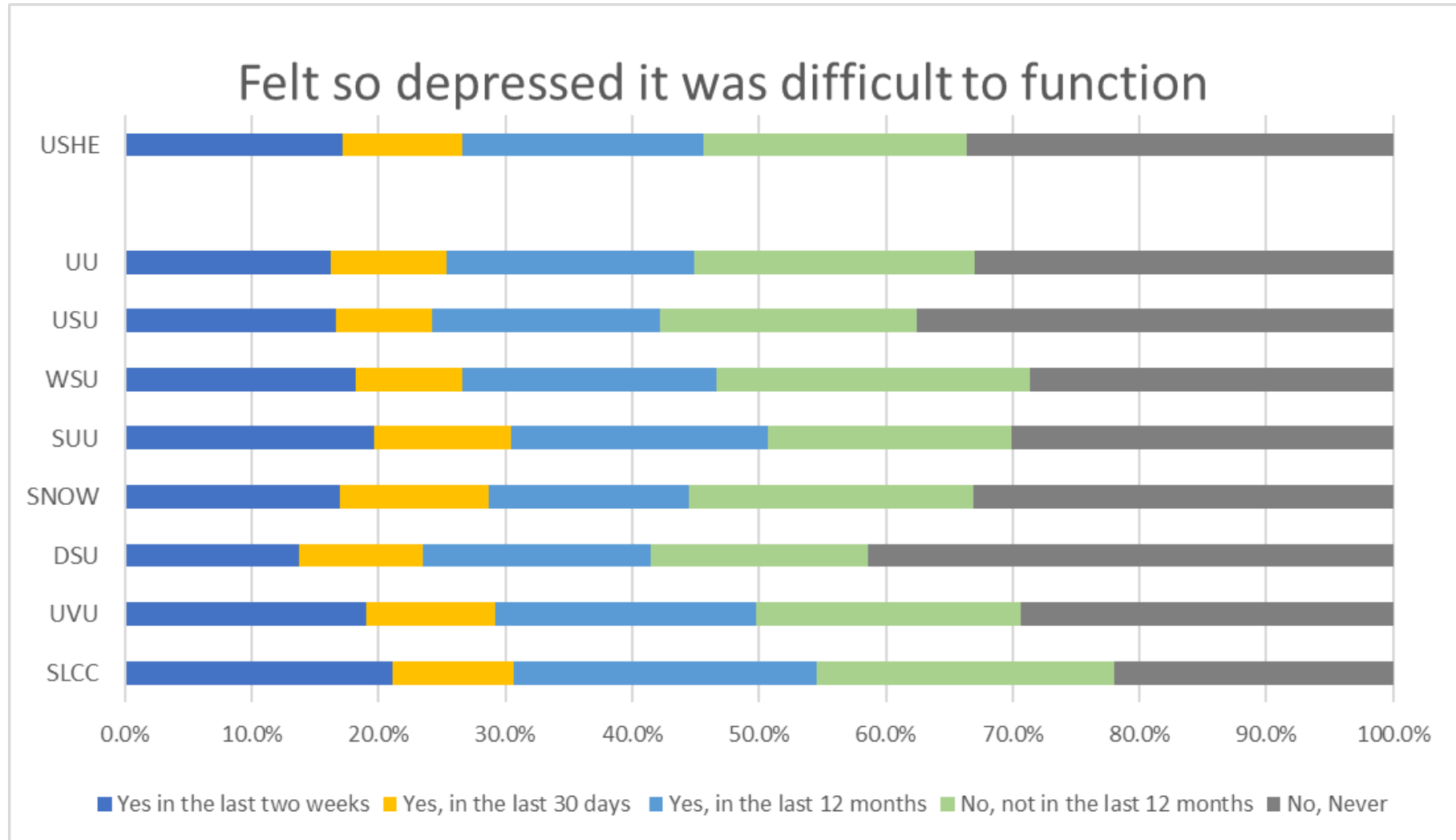
66.1% of respondents “felt very lonely” in the last 12 months



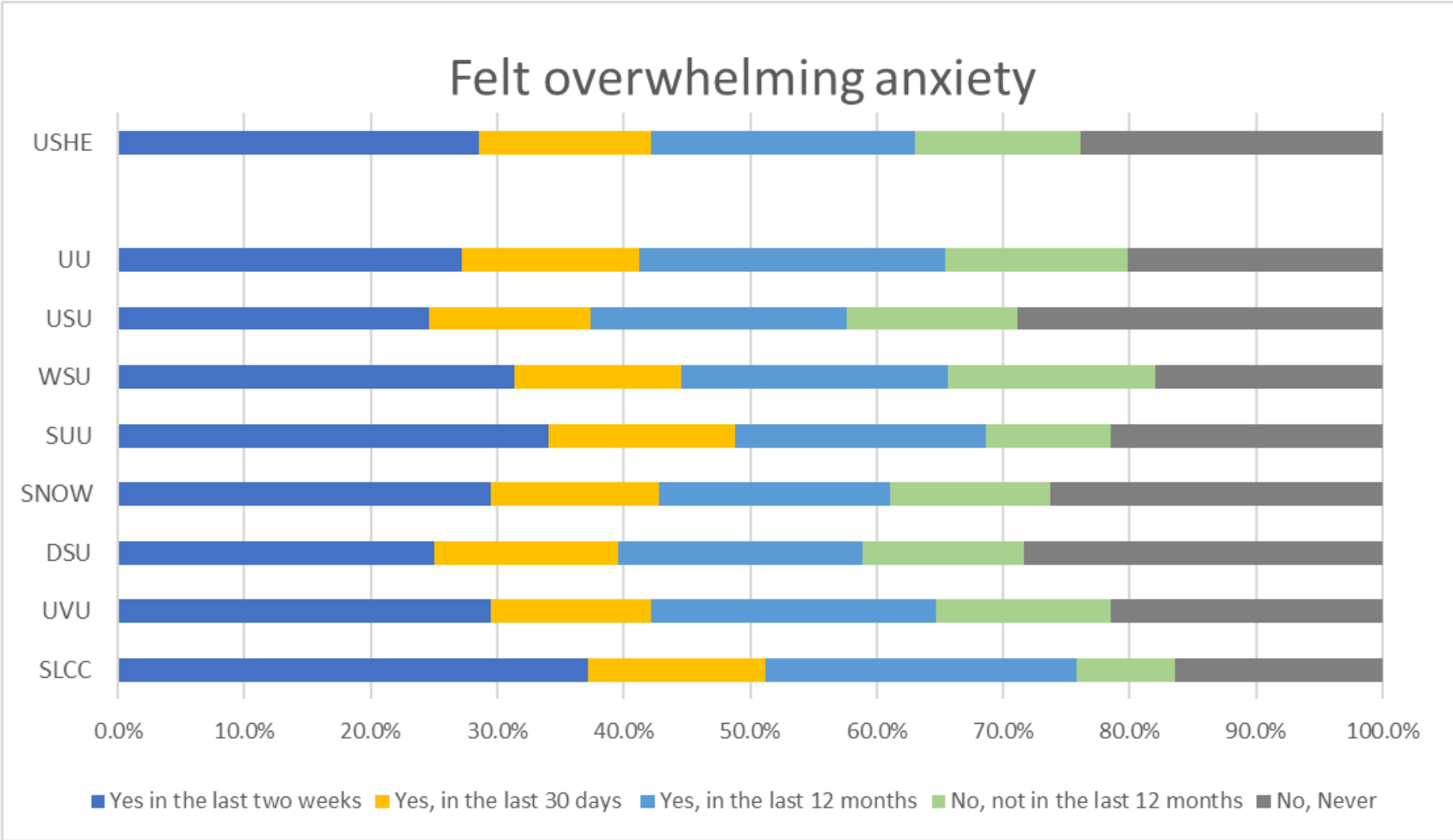
71.1% of respondents “felt very sad” in the last 12 months



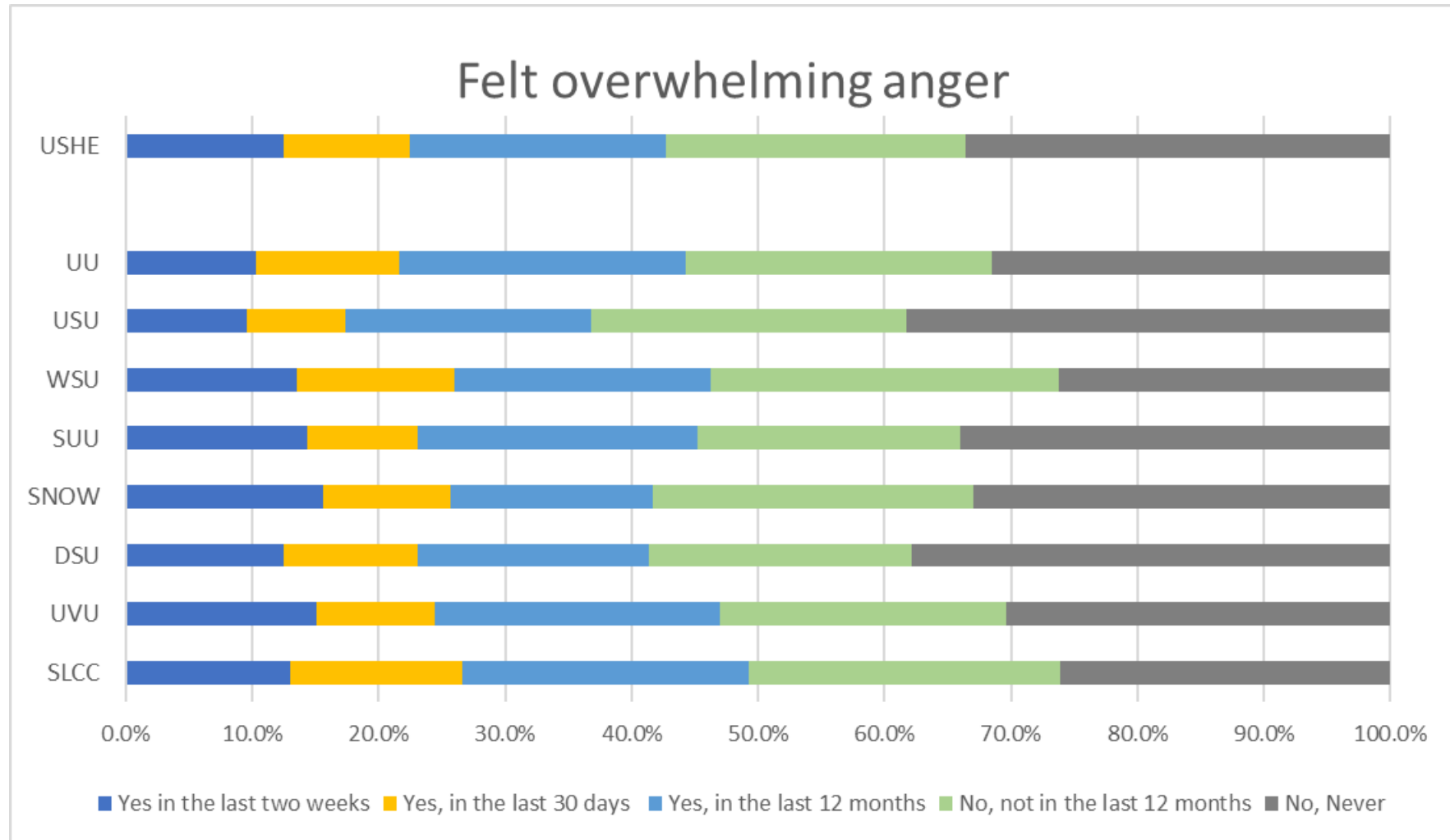
45.6% of respondents “felt so depressed it was difficult to function” in the last 12 months



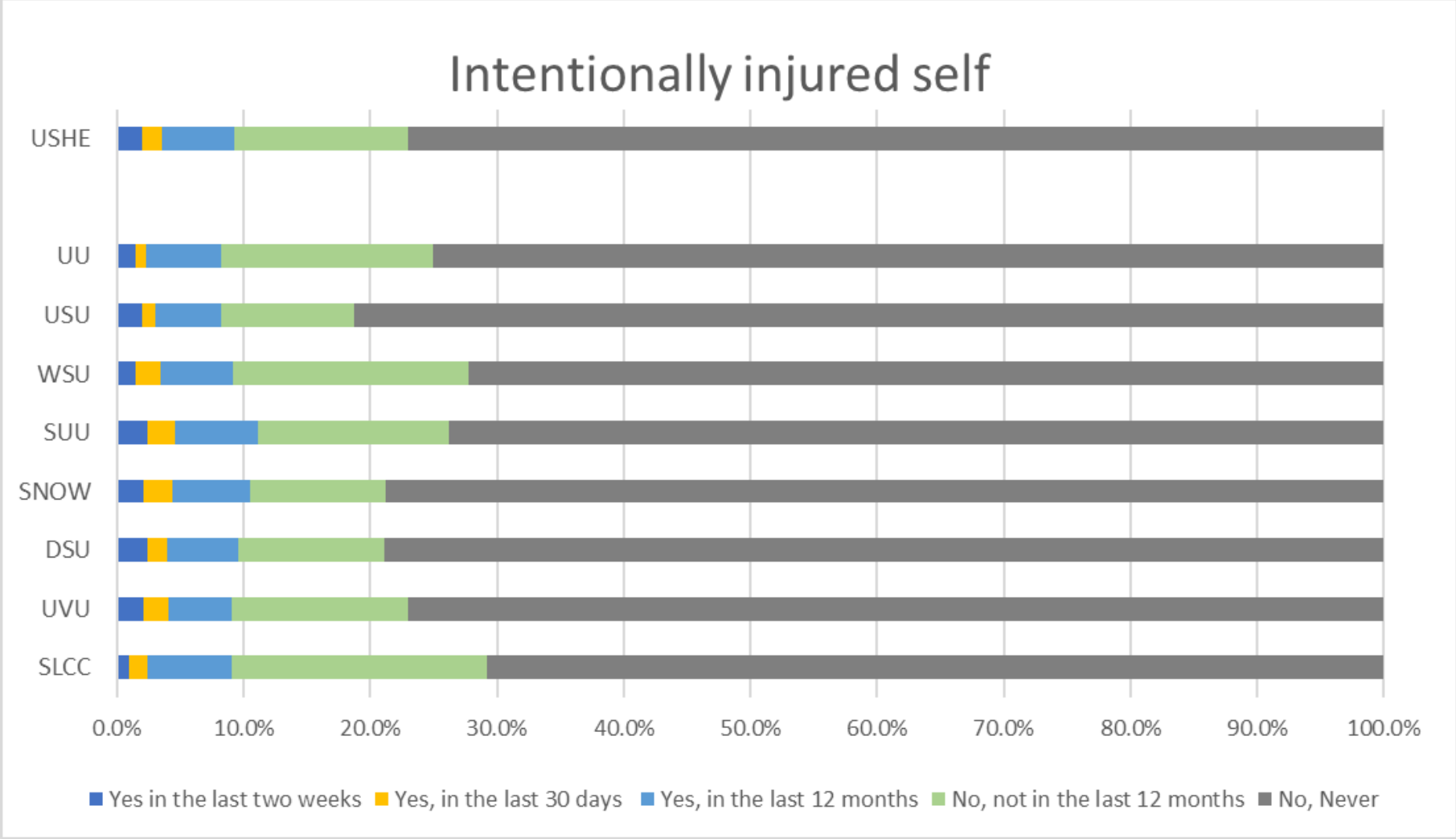
63% of respondents “felt overwhelming anxiety” in the last 12 months



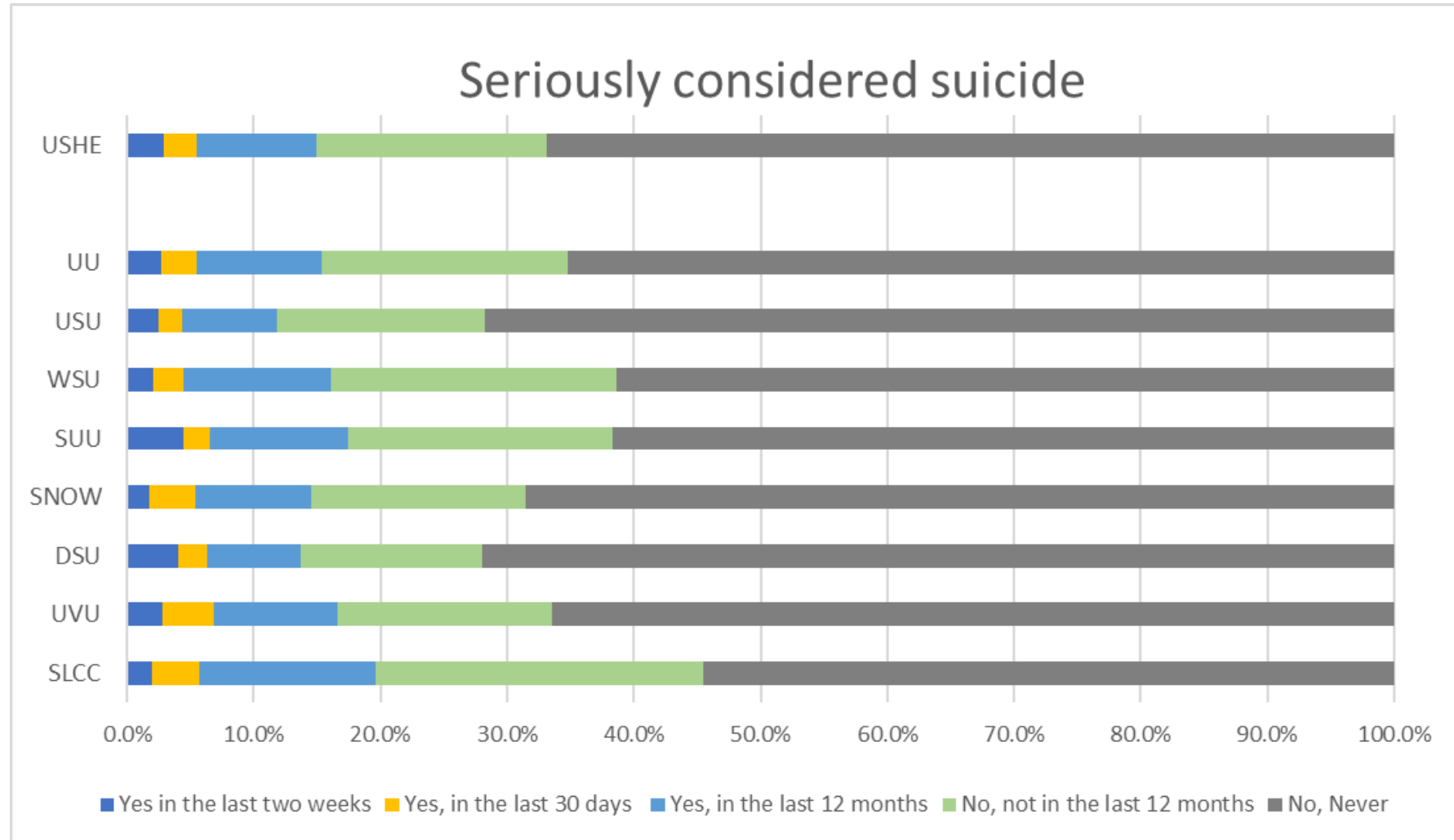
42.7% of respondents “felt overwhelming anger” in the last 12 months



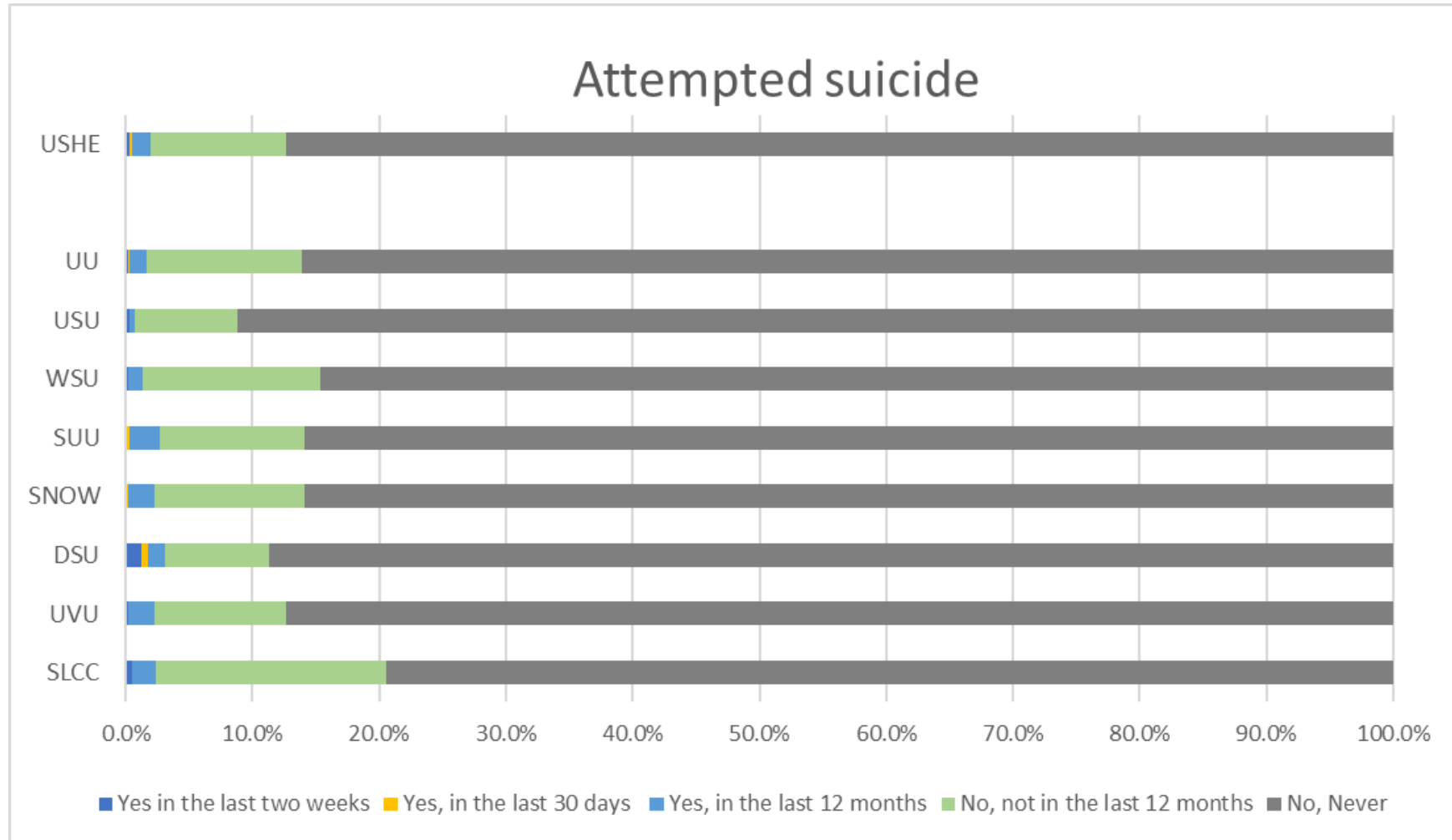
9.3% of respondents “intentionally cut, burned, bruised or otherwise injured themselves ” in the last 12 months



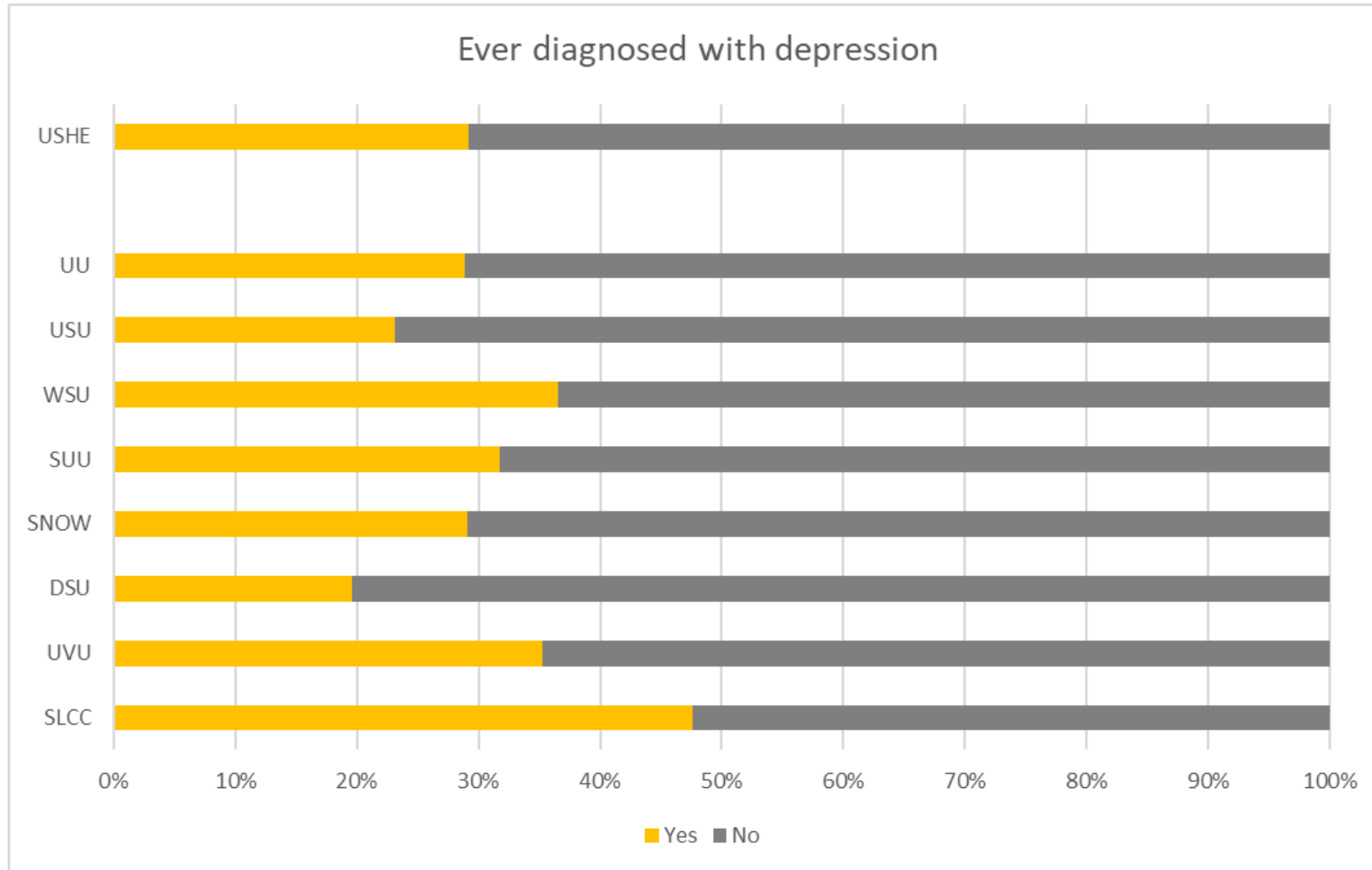
14.9% of respondents “seriously considered suicide” in the last 12 months



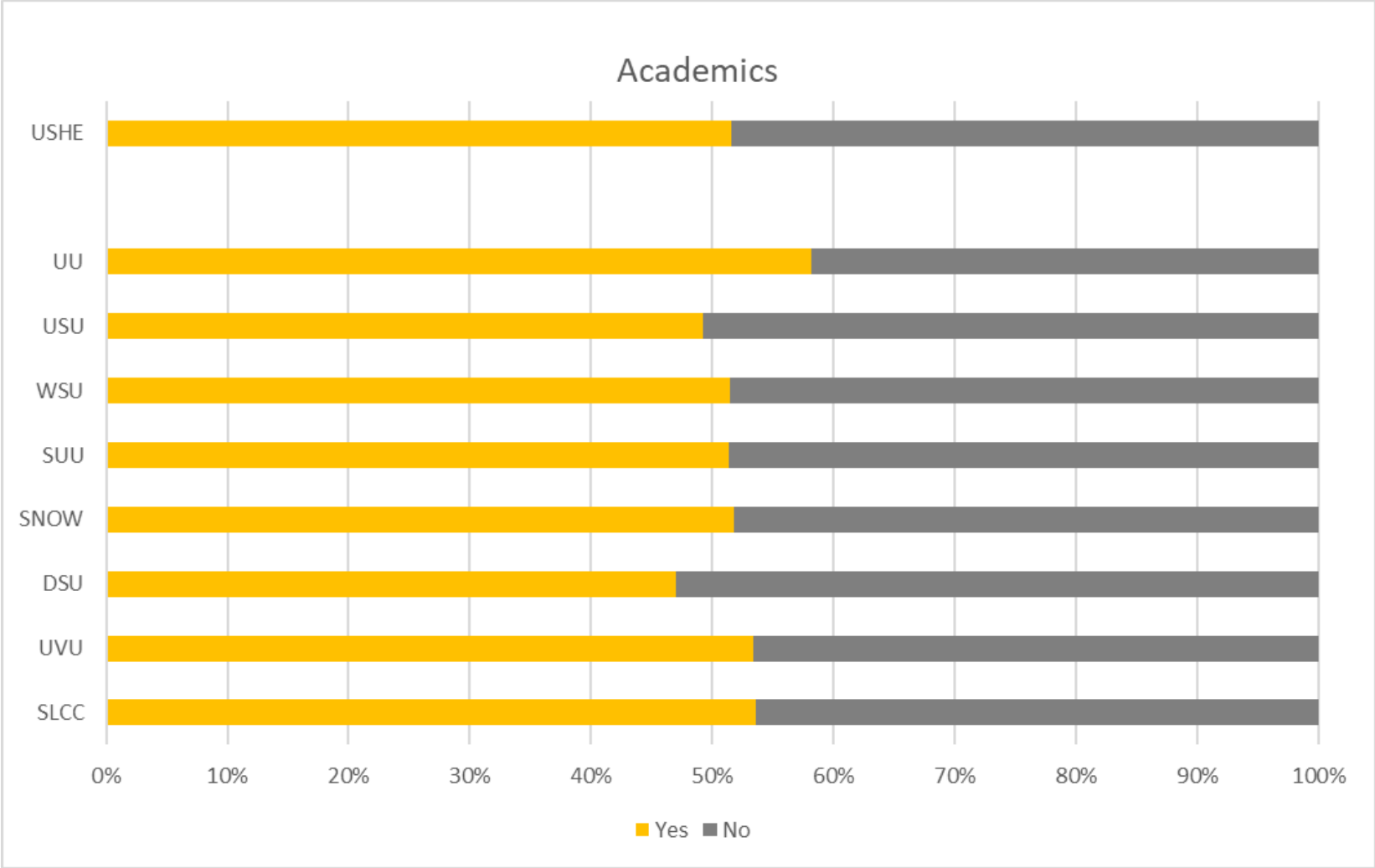
1.9% of respondents “attempted suicide” in the last 12 months



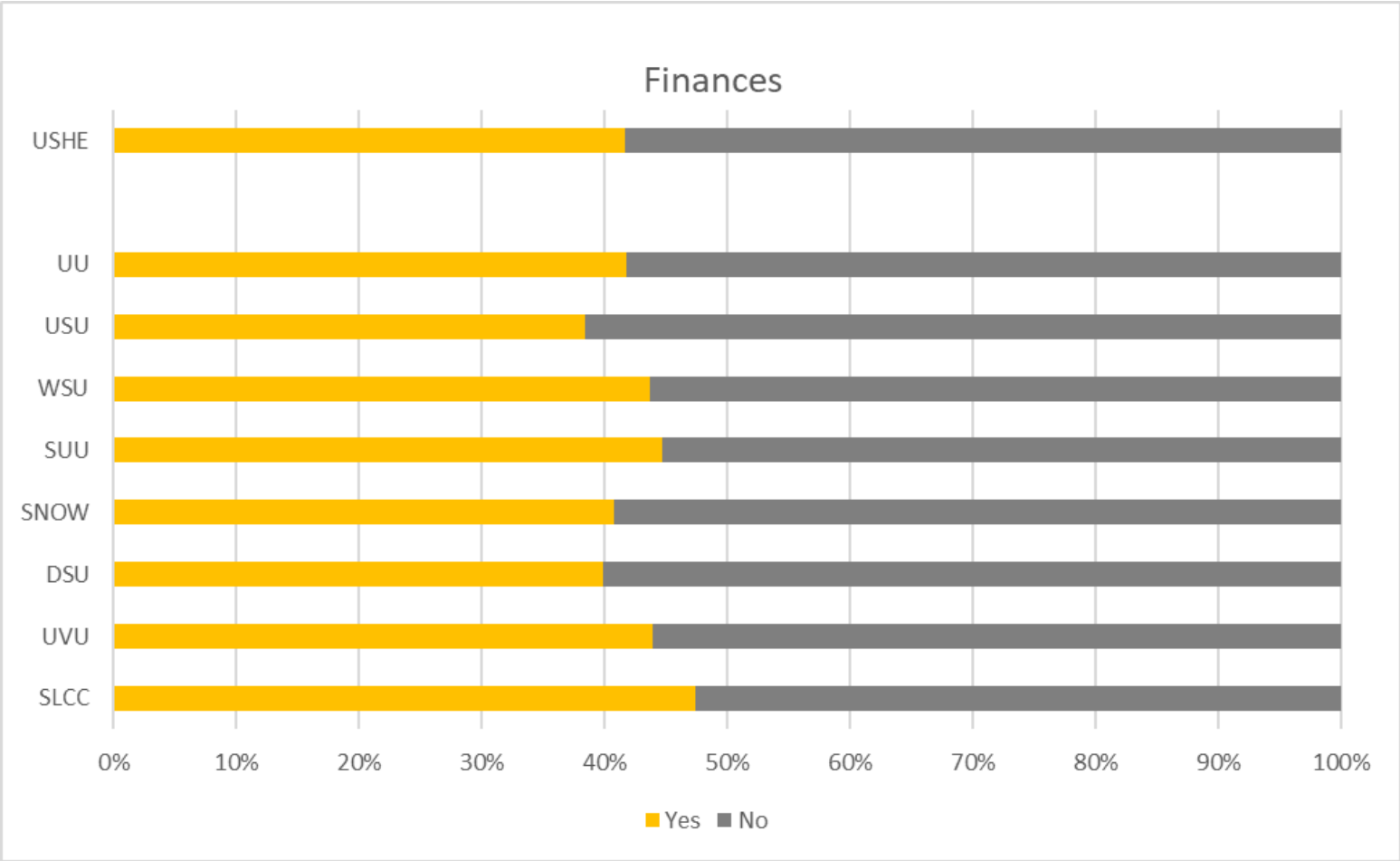
29.1% of respondents have “ever been diagnosed with depression”



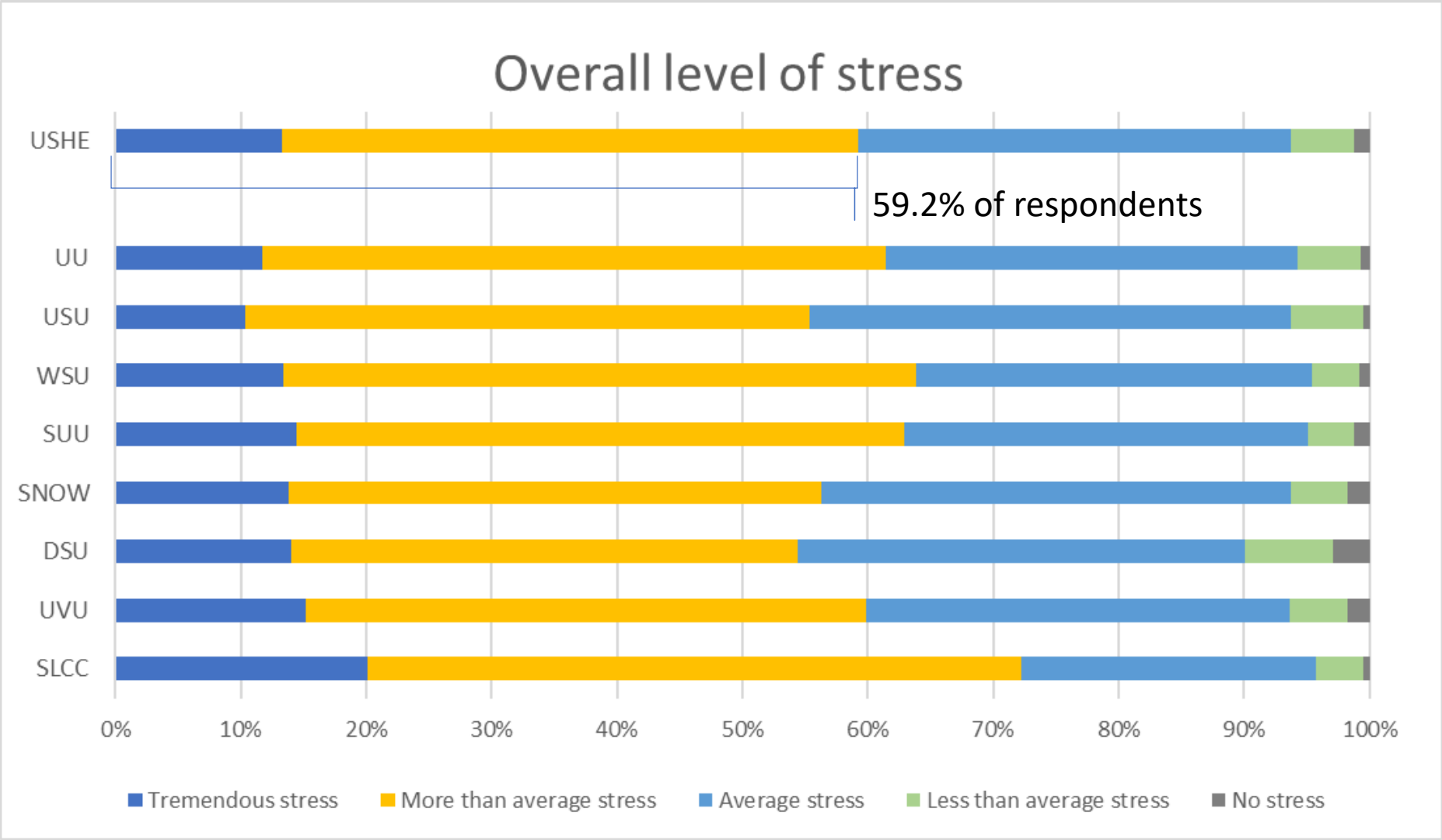
Last 12 months difficult to handle: Academics



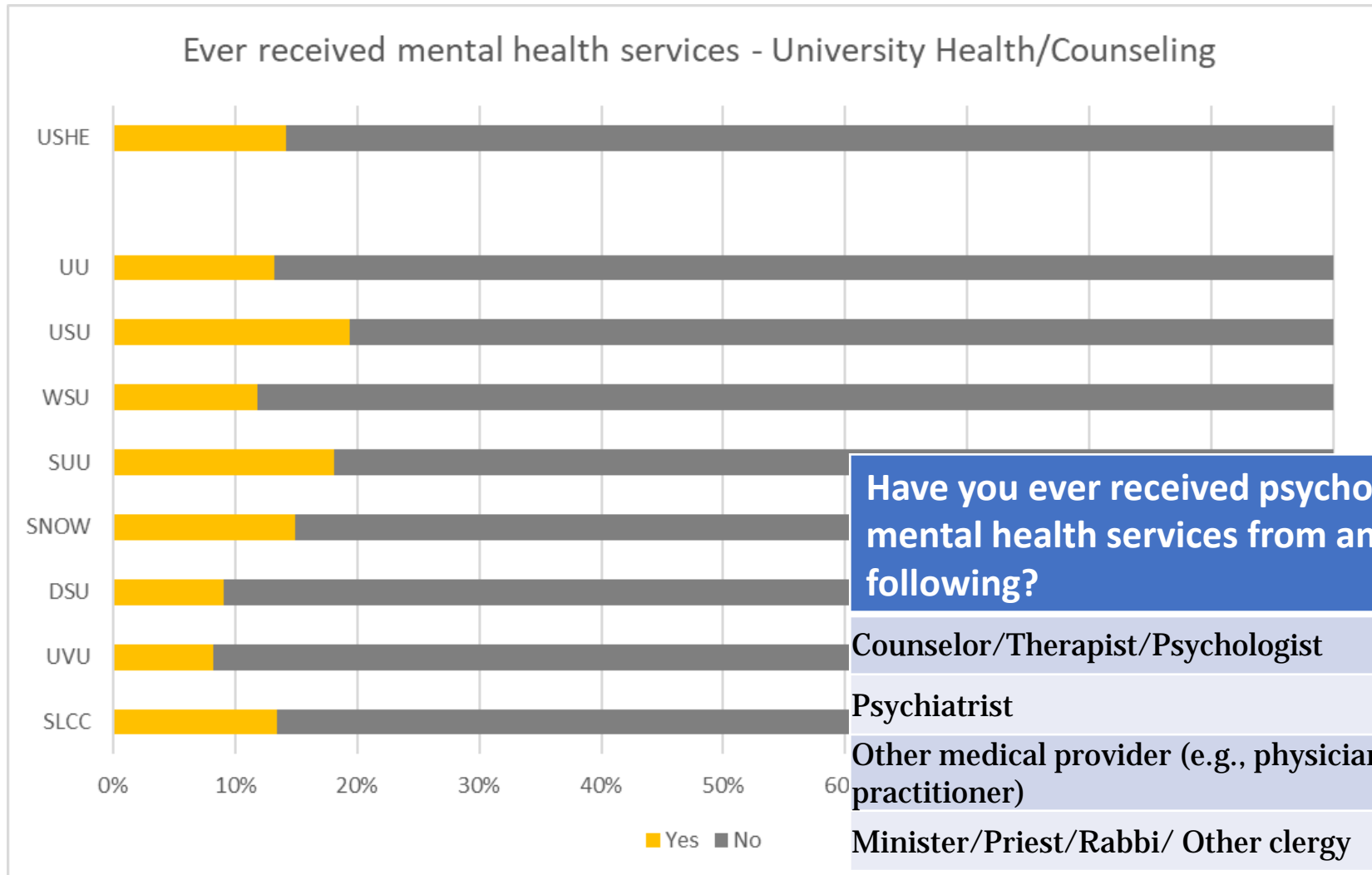
Last 12 months difficult to handle: Finances



Last 12 months how would you rate your overall level of stress?



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?	Percent
Counselor/Therapist/Psychologist	42.4%
Psychiatrist	14.1%
Other medical provider (e.g., physician, nurse practitioner)	24.1%
Minister/Priest/Rabbi/ Other clergy	16.6%

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