

Mental Health Issues and the Community College Student

Napa Valley College Spring 2007 Flex Day,
January 16, 2007

*Presented by Victoria Estrella NVC Coordinator of Student
Life*

Guest Experts Ken Arnold (NVC Chief of Police)
and Denise Layten (NVC Licensed M.F.T.)

Course: College Student Affairs 583 Counseling Issues and Practice

Assignment: Student Mental Health Workshop

Instructor: Dr. Sharyn Slavin Miller

Student Stories

- Depression: **“I told her my secret and she cried”**
- OCD - Obsessive Compulsive Disorder: **“Climbing the OCD mountain”**



- Bipolar Disorder: **“Helping a friend”**
- Anxiety: **“Kick, keep your head above water, and don’t drown.”**

(

<http://www.ulifeline.com/s>
2006)

Workshop Overview

1. Workshop Intentions
 2. Introductions and surveying the group
 3. Overview of the Napa Valley College student
 4. Hottest mental health issues facing college students
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Workshop Overview

5. Assessing a student in crisis
 6. Crisis intervention
 7. Counseling tips and tools
 8. Student scenarios group activity
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1. Workshop Intentions



- I will discuss the pressures today's Napa Valley College students are dealing with.
- I will explain 3 of the hottest mental health issues among college students.
- Guest experts Ken Arnold (NVC Chief of Police), and Denise Layten (NVC Licensed M.F.T.), will explain how to assess and intervene in a student crisis.
- The audience will demonstrate tips and tools learned through a small group activity.

2. Introductions and survey group

- 1) Name
- 2) Office or area of work
- 3) Say one student crisis you have seen, heard, or helped with.

Example:
depression,
rape,
suicide.

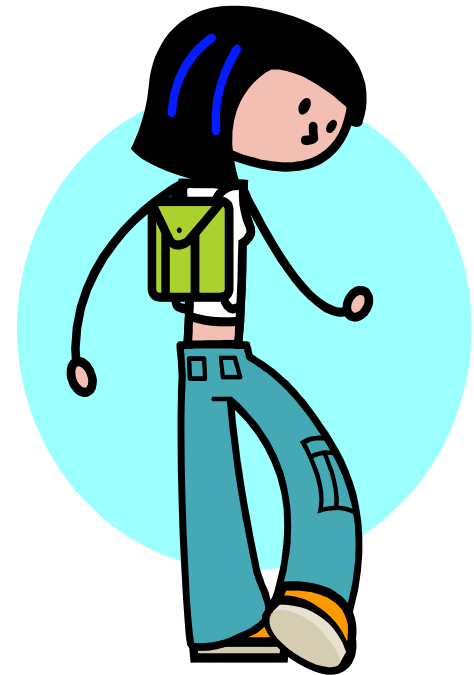


3. Overview of the Napa Valley College Student



Students Carry With Them..

- Work Schedule
- Cell/text phone
- Laptop
- Financial Aid paperwork
- 3 to 6 text books
- Child toys
- Condoms
- “Redbull” and “Cup of Noodles”



On a Student's Mind

- Deadlines
- Sleep, need sleep
- Concern for a friend or family member
- Relationship problems
- Unhappiness and feelings of anxiety
- Alcohol and drug use

(Mahan, V.J., Shaughnessy, M.F., 1999, p. 5)



Causes of Increased Student Stress

- More intense competition to stand out among peers.
- Intense future focus on the right internships, classes, experiences.
- No down time due to technology.
- Academic difficulty.



(2006 mtvU College Mental Health Study: Stress, Depression, Stigma & Students Executive Summary <http://halfocus.com/about.aspx>)

Results of Stressed Out Students

They struggle academically. Why? Stress causes:

- Anxiety/fear
- Depression
- Learning issues
- Failure to attend and participate in classes
- Procrastination
- Poor time management
- Excessive use of alcohol or other drugs
- Inability to communicate with professors/TAs
- Inability to take advantage of campus resources

(<http://www.osa.umn.edu/resources/success.html> 2006)

4. Hottest Mental Health Issues college students are facing.

Depression



Symptoms:

- Depressed mood most of the day.
- Insomnia or increased sleeping.
- Feelings of worthlessness or excessive or inappropriate guilt.
- Significant weight loss when not dieting, weight gain, or decrease or increase in appetite.

(Kadison, R., Digeronimo, T.F., 2004, p. 97)

Generalized Anxiety Disorder



Symptoms:

- Constant, worrisome thoughts and tension about everyday routine life events.
- Almost always anticipating the worst even though there is little reason to expect it.
- Physical symptoms such as fatigue, trembling, muscle tension, headache, or nausea.

(Kadison, R., Digeronimo, T.F., 2004, p. 198)

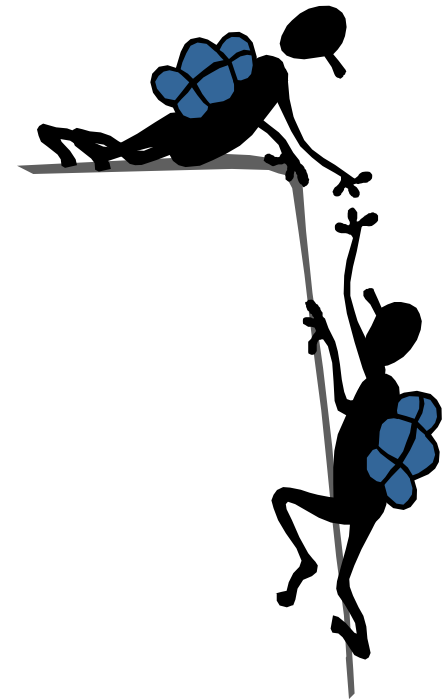
Bipolar Disorder (once called manic-depression psychosis)

Often has two ways of being: Depressed or Mania.

Symptoms:

- Feeling pressured,
- Rapid speech,
- Impulsive behaviors,
- Euphoric mood,
- Days of very little sleep.

(Kadison, R., Digeronimo, T.F., 2004, p. 98)



5. Assessing a Student in Crisis

Level 1- Student in Emotional Crisis

The student comes to you or is showing one or few of these signs:

- Depression,
- Fear and anxiety,
- Low self-esteem,
- Feelings of inadequacy, panic and fear,
- A threat of harm to themselves or others.

(Tull, D., 1999, p. 2)

Level 2- Disruptive Student

The student acts out in a behavior that is in breach of the Student Code of Conduct.

Example:

- Verbally threaten or abuse college personnel.
- Physically threaten or assaults others.
- Willfully damage District property.
- Misuse drugs or alcohol on District grounds

(Arnold, K., 2006, p. 1)

Level 3- Student with a normal reaction to a Real-Life Crisis Situation

Students reacting to a natural disaster or emergency situation that has happen on the campus or at their home.

Example:

- Napa Flood,
 - Fire,
 - Automobile Accident,
 - Sudden death in the family.
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6. Crisis Intervention

Crisis Intervention:

Level 1-Student in Emotional Crisis

College responsibility: provide “Emotional First Aid” aka: having short-term personal counseling available.

It is our responsibility to teach the student:

- Appropriate coping skills to manage their crisis situation.
- Regain control over their lives.

(Tull, D., 1999, p. 3)

Crisis Intervention: Level 2-Disruptive Student

College Responsibility: to re-establish control by doing one of the following:

- Contacting Campus Police or
- Contacting the Vice President of Student Services who will then uphold the Student Code of Conduct disciplinary action.

The law states that every student (regardless of disability status) has the responsibility of adhering to the Student Code of Conduct.

(Tull, D., 1999, p. 3)

Crisis Intervention:

Level 3-Student reacting to a Real-Life Crisis Situation

College responsibility: Act appropriately to provide students with “emotional first aid”.

- Refer students to the Student Health Center.
- Have college counselors available for brief counseling.
- Have College Police active and addressing the crisis.

(Tull, D. 1999, p. 3)

Check List for Student Crisis

- ❑ Does your office or division have a crisis plan for who will call Campus Police in time of immediate crisis?
 - ❑ Does your office or division have emergency information easily accessible?
 - ❑ Does your office or division provide time out at least twice a month to discuss students of concern?
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7. Counseling Tips and Tools

Identify, Assess and Refer

- Aim to identify the trigger of the crisis.
 - Make an assessment of the full impact of the crisis on the student's life.
 - Refer student to the necessary services.
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Identification

Some triggers that can lead a student into crisis

- Overwhelming stress and anxiety.
- Violence (rape, domestic violence).
- Changing relationships.
- Progression through significant life stages such as starting college, starting a new career.

(Tull, D., 1999, p. 6)

Assessment

Next step is figuring out how deeply the crisis has impacted the student. Questions you can ask:

- Can you tell me a little bit about what's wrong?
- What is bothering you?
- What do you think you should do about your situation?

(Tull, D., 1999, p. 8)

Referring to On-Campus Services

At Napa Valley College located in Building 2230 (T791)

For students in emotional crisis, disrupting or having real-life crisis situation

- **Student Health Center**

M-F 9am to 3pm. Wednesdays until 7pm

Phone: 259-8005

- **Psychological Counseling part of Student Health Center**

Therapists on campus Tues. Wed. Thurs. Phone 253-3227

- **Campus Police**

Emergency-911, Urgent Help-511, Routine Help-3333

For Administration involvement

- **Office of Student Services**

-Oscar De Haro Vice President of Student Services

M-F 8am to 5pm. Phone: 253-3110. Location: 1339H (210H)

*The important thing to remember is there are trained professionals ready to help you any time!

Referring to Off-Campus Services

SAVS

(Sexual Assault Victim Services)

Hotline: 707/258-8000 Website: www.members.napanet.net

Napa County Health Department

2281 Elm St.

Napa 94558

Phone: 707/253-6052

NEWS

(Napa Emergency Women's Services)

Phone: 707/255-6397

Planned Parenthood

Phone: 707/252-8050 Website: www.pphastadiablo.org/

**Researched from NVC Student Health Center resource
web page**

<http://www.napavalley.edu/apps/pub.asp?Q=190>

Hottest College Mental Health Web Sites

- www.WhataDifference.org –web campaign aimed for friends of those between the ages of 18-25 who might be suffering from depression, anxiety or bipolar disorder.
 - www.ulifeline.com- online resource center about college student mental health centers and the emotional well being of students.
 - www.halfocus.com- devoted to open dialogue about mental health on college campus and connect students to resources. Funded by mtvU, Half of Us and the Jed Foundation.
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8. Student Scenarios

Group Activity

Student Scenario 1

“I had a student come to my office to argue about the result of their challenge. When I told them that they needed to speak to a specific person, they became verbally abusive and started to crowd me in my office. They backed off when I stood up but grabbed the challenge out of my hand and left while hurling abusive insults.”

Task:

Identify Level of crisis, Assess intervention, Make referral.

Student Scenario 2

“I had a student who repeatedly wrote despairing emails to me. Their behavior in class was bizarre ranging from not speaking to not showing up or showing up and not predicating. Finally they wrote an email that was suicidal in nature.”

Task:

Identify level of crisis, Assess intervention,
Make referral.

Work Cited

2006 mtvU College Mental Health Study: Stress, Depression, Stigma & Students Executive Summary. Retrieved on December 17 from Half of Us About web site:

<http://www.ulifeline.com/student/stories>

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Thank you for joining us!

Please tear off the evaluation sheet,
complete it, and return the sheet to
the presenter.

