

Auburn University Student Counseling Services: College Mental Health



Doug Hankes, Ph.D.
Director/Licensed Psychologist

Student Counseling Services

2086 Lem Morrison Dr., Suite 2086
2nd Floor, Auburn University Medical Clinic
334.844.5123
www.auburn.edu/scs

Monday – Friday 8:00 am – 5:00 pm

Our Services Are Professional, Confidential, and No Charge
Our Clients Are Currently Enrolled Undergraduate and Graduate Students

Student Counseling Services Offers:

- Individual Therapy
- Group Therapy
- Crisis Intervention
- Limited Psychiatric Consultation
- Practicum Graduate Student Training
- Outreach Presentations
- Psycho-Education Workshops
- Consultation
 1. Faculty
 2. Staff
 3. Administrators
 4. Students
 5. Parents/Family

Who Are SCS Clients?

August 18, 2013 – August 17, 2014

- Total Students Seen = 2164 Intake Appointments = 1212
- 63.7% Female 35.6% Male
- 82% White 8.3% Black 2.4% Asian-American 2.8% Hispanic
- 86.4% Undergraduate 11.9% Graduate
- CCAPS “I have thoughts of ending my life?” 30.2%
- Who referred?
 1. 42.7% Self
 2. 20.1% Friend
 3. 4.4% Faculty
 4. 3.1% Staff
 5. 3.0% Academic Advisors

Reasons for Seeking Services at SCS

August 18, 2013 – August 17, 2014

- 83.5% Stress/Anxiety
- 62.0% Worrying Too Much
- 57.5% Depression
- 36.3% Sleep Problems
- 31.2% Academic Concerns
- 21.0% Family Concerns
- 19.9% Intimate Relationship Concerns
- 17.1% Body Image / Weight Concerns
- 12.5% Thoughts of Suicide

The College Student Mental Health Reality

- Increase in mental/behavioral health issues across the nation (CCMH Data)
- Estimated 27% of young adults have diagnosable mental health problems
- Suicide is the second leading cause of death among college students

Center for Collegiate Mental Health (2012-13)

Scope of the Problem

- 48.7% Attended counseling for mental health concerns
- 32.9% Taken a medication for mental health concerns
- 10.3% Been hospitalized for mental health concerns
- 23.2% Purposely injured self without suicidal intent
- 30.3% Seriously considered attempting suicide
- 8.8% Made a suicide attempt
- 11.2% Considered seriously hurting another person
- 3.3% Intentionally caused serious injury to another person

Why Should College Student Mental Health Be Important to Me?

- Altruism
- The Auburn Family
- 4/16 Post Virginia Tech
- Decreasing Bystander Effect

Recognizing Distressed or Unusual Behavior

- Marked Change in Behavior
- Depressed or Lethargic Mood
- Marked Changes in Hygiene
- Odd or Bizarre Behavior
- Increased Emotion or Inappropriate Responses
- Under Responding to Academic Notices and Grades
- Stops Attending or Engaging in Class
- References to Suicide

Interpersonal Connection is **KEY** in a Successful Intervention:

The person who has an established relationship with the person of concern is best positioned for **INITIAL** intervention and **referral**.

When to Refer

- If you are uncomfortable dealing with distressed students
- If the problem is more serious than you are trained to address
- If the student crosses professional boundaries
- If the student is relying solely on you for emotional support
- If you have helped as much as you can and further assistance is needed

Utilizing Campus Resources: Who to call?

- Knowing the student's stressors from having an established relationship will guide resource selection
- During business hours, consult SCS (334.844.5123) or TAT (Lt. Keith Walton, 334.844.5010)
- Call 911 if the student is a direct and immediate threat to themselves or others
- After business hours or in an emergency, contact City of Auburn Police at 911



Thank You!

Questions, Comments, Observations?