

# MENTAL HEALTH TRENDS & SERVICES

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AUBURN

# HEALTHY MINDS STUDY (2022-2023)

[HTTPS://HEALTHYMINDSNETWORK.ORG/WP-CONTENT/UPLOADS/2023/08/HMS\\_NATIONAL-REPORT-2022-2023\\_FULL.PDF](https://healthymindsnetwork.org/wp-content/uploads/2023/08/HMS_NATIONAL-REPORT-2022-2023_FULL.PDF)

## Depression Screen

- Severe Depression – 20%
- Moderate Depression – 20%
- Any Depression – 41%

## Anxiety Screen

- Severe Anxiety – 17%
- Moderate Anxiety – 19%
- Any Anxiety – 36%

## Suicidality & Self-Injurious Behavior (Past Year)

- Suicidal Ideation – 14%
- Suicide Plan – 6%
- Suicide Attempt – 2%
- Non-Suicidal Self-Injury – 29%

# NATIONAL COLLEGE HEALTH ASSOCIATION (SPRING 2023)

[HTTPS://WWW.ACHA.ORG/DOCUMENTS/NCHA/NCHA-III\\_SPRING\\_2023\\_REFERENCE\\_GROUP\\_DATA\\_REPORT.PDF](https://www.acha.org/documents/ncha/ncha-iii_spring_2023_reference_group_data_report.pdf)



Within the last 30 days, how would you rate the overall level of stress you have experienced?

No stress – 1.4%  
Low – 20.6%  
Moderate – 49.7 %  
High – 28.3%



Within the last 12 months, have you received psychological or mental health services?

No – 61.5%  
Yes – 38.5%

# STUDENT COUNSELING & PSYCHOLOGICAL SERVICES (SCPS)

- Personal/Mental Health Counseling
- Services include individual and group counseling, workshops, Zen Den rooms, and psychiatry
- Individual counseling is...
  - Brief: addressing specific goals with a defined end-point
  - Time-limited: providing the most help in the fewest number of sessions
    - 57.8% 1-5 sessions
    - 31.5% 6-10 sessions
  - Bi-weekly: SCPS typically meets with students for individual counseling every 2-3 weeks
- NO CHARGE for services and CONFIDENTIAL

# GETTING CONNECTED

- Referrals

- Call 334-844-5123
- Business Hours are M-F 8:00 am until 5:00 pm
- Come to a SCPS location:
  - 1) AU Medical Clinic Building, second floor
  - 2) Haley Center, ground floor
- Also, College of Veterinary Medicine students can meet with an embedded counselor there

- Crisis/Emergency Services

- Immediate access to an on-call clinician is available
- Come into any SCPS location during business hours
- Call 24 hours a day, 7 days a week
- If an immediate life-threatening situation, dial 911
- National Suicide Crisis Lifeline: call 988 or text 741-741



# SCPS WAITLIST

- Individual counseling is the ONLY service with a wait list
  - At intake, all other options are discussed with students (e.g., group, on-line workshops, community referral)
  - Consultations with case manager, e-mail check-ins, & assessing for changes
  - Wait time varies depending on urgency of need
  - In 2022-2023, 49.7% of students were assigned to a counselor within 7 days
- Significant improvements
  - Increased staff
  - Average wait time decreased by 55%
  - Continual reassessment of needs and resources

# SCPS STAFF INFORMATION

## PROFESSIONAL STAFF

- 22 full-time professional staff members
- Includes psychologists, social workers, and counselors
- Licensed in profession or working toward licensure under supervision

## TRAINEES

- 4 full-time pre-doctoral psychology interns
- Practicum students from counseling psychology, clinical psychology, and social work

## DOGTORS

- Most popular staff members
- From left: Winston (CVM), Rooster (Haley), Nessie (Medical Clinic)



# SCPS DATA (2022-2023)

20,226 ATTENDED APPOINTMENTS; 3298 STUDENTS

## Referral Source:

- Self – 45.8%
- Friend – 18.8%
- Parent/Family – 12.6%
- Faculty/Staff – 3.2%\*

## Reasons for Seeking Services:

- Anxiety – 78.6%
- Stress/Worry – 72.9%
- Depression – 50%
- Sleep Problems – 32.7%
- Attention Difficulties – 29.6%
- Social Isolation/Loneliness – 28%
- Relationship Concerns – 26.2 %
- Academic Performance – 24.3%

# SCPS CLIENT DEMOGRAPHICS (2022-2023)

## GENDER/GENDER IDENTITY

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- Cisgender Women: 61%
- Transgender Women: 0.4%
- Cisgender Men: 35.9%
- Transgender Men: 0.3%
- Non-Binary: 1.8%

## RACE/ETHNICITY

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- Black/African American: 7.1%
- American Indian/Alaskan Native: 0.4%
- Asian/Asian American: 7%
- Hispanic/Latino/a: 3.7%
- Native Hawaiian/Pacific Islander: 0.2%
- Multiracial: 2.9%
- White: 77%

## ACADEMIC YEAR/AGE

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- 1<sup>st</sup> year undergrad: 19.9%
- 2<sup>nd</sup> year undergrad: 13.8%
- 3<sup>rd</sup> year undergrad: 10.2%
- 4<sup>th</sup> year undergrad: 10.2%
- 5<sup>th</sup>+ year undergrad: 4.6%
- Graduate: 11.1%
- Professional: 3.5%
- Average Age: 22.96 years

# TAKE HOME MESSAGES



SCPS is a source for referral and consultation



Help us dispel the myths about our services



Contact us with any questions/concerns

Phone: 334-844-5123

E-mail: [jzc0026@auburn.edu](mailto:jzc0026@auburn.edu)

Website: <https://scps.auburn.edu/>