A PICTURE OF MENTAL HEALTH AT CAL MARITIME: STUDENT SURVEY RESULTS FROM FALL 2013
OVERVIEW

• Background and Introduction
• Results
• Summary and Discussion
• Implications
• Questions and Discussion
• Resources
BACKGROUND AND INFORMATION

• California Mental Health Services Authority (CalMHSA) led initiative
  • Created from the voter-approved mental health services act (prop 63)
  • Portion of funding reserved for higher ed systems in CA (CSU, UC and CCC)
• Conducted by the RAND corporation
  • Non-profit research and development corporation
• Organized and advertised at Cal Maritime by me
  • Surveys collected electronically during the last 3 weeks of November 2013

• Purpose: “to learn more about students’ experiences and attitudes related to mental health and well-being, perceptions of how campuses are serving students’ mental health needs, and perceptions of overall campus climate toward student mental health and well-being”
Student, Faculty, and Staff Feedback Survey – Complete entry for chance to win $1000

The California Maritime Academy has partnered with the RAND Corporation, a non-profit research organization based in Santa Monica, CA and the California Mental Health Services Authority (CalMHSA) to conduct a survey to learn more about students’, faculty, and staff experiences and attitudes related to mental health and well-being, perceptions of how campuses are serving students’ mental health needs, and perceptions of overall campus climate toward student mental health and well-being.

We invite you to participate in our anonymous and confidential survey so that your thoughts and opinions can be heard. The survey should take you approximately 5-10 minutes to complete. As appreciation for your participation and time spent filling out the survey, you will have the opportunity to enter your email address in a CSU-wide lottery for $1000. Participation in the survey is voluntary and confidential, and you can withdraw at any point.

If you are interested in participating, please follow the appropriate link:

For Students:
https://www.randsurvey.org/csustudent/

For Faculty and Staff:
https://www.randsurvey.org/csustaff/
Cal Maritime has partnered with the RAND Corporation, a non-profit research organization based in Santa Monica, CA and the California Mental Health Services Authority (CalMHSA) to conduct a survey to learn more about students’ experiences and attitudes related to mental health and well-being, perceptions of how campuses are serving students’ mental health needs, and perceptions of overall campus climate toward student mental health and well-being.

We invite you to participate in our anonymous survey so that your thoughts and opinions can be heard. The survey should take you approximately 10-15 minutes to complete. Participation in the survey is voluntary and you can withdraw at any point.

In addition, you will have the opportunity to enter your email address into a voluntary sweepstakes in which you could win $1,000. If you received this invitation in 2013, this is a new sweepstakes drawing. Whether or not you participated previously, we welcome and appreciate your participation for 2014.

If you are interested in participating, please follow this link https://www.randsurvey.org/csustudent, where we will provide you with more information about the survey and the sweepstakes.

Thank you!
RESULTS

• Completed surveys of 9 participating CSU campuses: 7210
  • Average surveys completed per campus: 812
    • Participating campuses:
      • CSU Channel Islands
      • Humboldt State University
      • California Maritime Academy
      • CSU Monterey Bay
      • CSU Northridge
      • California State Polytechnic University, Pomona
      • San Diego State University
      • California Polytechnic State University, San Luis Obispo
      • CSU Stanislaus

• Completed surveys at Cal Maritime: 242
RESULTS

• Note: Data in parentheses are comparative statistics from all CSU campuses

• Demographics (%):
  • Age: 22.4 (22.9)
  • Gender-F: 22 (64)
  • Hispanic/Latino: 13 (28)
  • Undergraduates: 99 (89)
RESULTS

• Within the past 12 months how would you rate your overall level of stress you have experienced? (1-no stress, 2-less than average stress, 3-average stress, 4-more than average stress, 5-tremendous stress)
  • 3.8 (3.7)
RESULTS

• In the past 30 days, how often did you feel... (0-none of the time, 1-a little bit of the time, 2-some of the time, 3-most of the time, 4-all of the time):
  • Nervous: 1.8 (1.8)
  • Hopeless: 1.2 (1.1)
  • Restless or fidgety: 1.9 (1.8)
  • Depressed that nothing could cheer you up: 1.1 (0.9)
  • That everything was an effort: 2.0 (1.8)
  • Worthless: 0.9 (0.8)
RESULTS

• Over the past 2 weeks, how many times have you had 5 or more drinks of alcohol in a sitting? (1-N/A, I don’t drink, 2-none, 3-1 time, 4-2-3 times, 5-4-5 times, 6-6 or more times):
  • 2.9 (2.5)
RESULTS

• In the past 12 months, have any of the following affected your academic performance?
  • 1-this did not happen to me,
  • 2-experienced this but my academic performance was not affected,
  • 3-received lower grade in an exam,
  • 4-received lower grade in a course,
  • 5-received incomplete/dropped course,
  • 6-significant disruption/took a leave of absence:
    • Alcohol use: 1.8 (1.5)
    • Anxiety: 2.2 (2.3)
    • Death of a friend or family member: 1.4 (1.4)
    • Depression: 2.0 (1.9)
    • Eating d/o or problem: 1.2 (1.2)
    • Stress: 2.3 (2.6)
RESULTS

• **Coping Questions**

• How true do you feel these statements are about you personally? *(1-not true at all, 2-a little true, 3-pretty much true, 4-very much true)*:
  - I know where to go for help with a personal problem: 2.9 (3.0)
  - I try to work out my problems by talking or writing about them: 2.5 (2.7)
  - I can work out my problems: 3.1 (3.1)
  - I accept mistakes as part of the learning process: 3.3 (3.3)
  - I seek alternative solutions to a problem: 3.1 (3.1)
  - When I need help, I find someone to talk with: 2.7 (2.8)
  - I am aware of where to go on campus if I need mental health or other similar supportive services: 3.2 (2.9)
RESULTS

• Have you ever been referred for or used mental health services on campus?
  • 20 (18.5)

• If yes, who referred you
  • Self 65 (66)
    • If self, how did you hear? Advertisement: 48 (31), peer health: 39 (19), student health web site: 26 (38)
      • University web site: 19 (45)
  • RA: 17 (21)
  • Parent: 29 (25)
  • Friend: 15 (12)
  • Student health: 13 (13)
  • Other: 17 (9)
    • Common write in: Commandant Office
RESULTS

• % of those referred who received mental health services:
  • 77% (71%)

• Was the serve effective? (1 not effective, 2-somewhat effective, 3-mostly effective, - 4 very effective):
  • 2.5 (2.5)
RESULTS

- Reasons for not using mental health services
  1. I didn’t feel the need: 85 (75)
  2. I didn’t have enough time: 30 (34)
  3. I didn’t think it would help: 29 (24)
  4. I was embarrassed to use it: 25 (23)
  5. I didn’t know what it offered: 16 (21)

- I didn’t know I was eligible: 12 (17)
- I got help off campus: 7 (13)

- In the future if you were having a personal problem that was really bothering you, would you consider seeking help from a mental health professional?: 68 (75)
  - If yes, would you consider seeking help on campus from CAPS?
    - 90 (89)
RESULTS

- Have you received information on the following topics from Cal Maritime? And was the information useful? (1-not useful to 5-very useful)

  - Depression/anxiety: 59 (52); 3.1 (3.4)
  - Alcohol and other drug use: 91 (67); 3.2 (3.5)
  - Grief and loss: 18 (27); 3.2 (3.4)
  - How to help others in distress: 44 (34); 3.5 (3.8)
  - Problem use of internet/computer gaming: 5 (9); 3.3 (3.5)
  - Relationship difficulties: 13 (26); 2.9 (3.4)
  - Stress reduction: 54 (58); 3.2 (3.5)
  - Suicide prevention: 40 (42); 3.4 (3.7)
  - Tobacco use: 25 (16); 3.1 (3.4)
RESULTS

- Rate the general climate for students at your campus (1 to 6 Likert scale)
  - 1-Hostile to 6-Friendly
    - 4.0 (5.0)
  - 1-Impersonal to 6-Caring
    - 3.6 (4.5)
  - 1-Intolerant of diversity to 6-tolerant of diversity
    - 3.9 (4.9)
  - 1-Dangerous to 6-safe
    - 4.6 (4.9)
RESULTS

• How much do you agree with the following statements about your campus and yourself? (1-strongly disagree, 5-strongly agree)
  • My school provides adequate mental health counseling and support services for students: 3.7 (3.7)
  • My school provides effective confidential support and referral services for students needing help because of substance use, violence or other problems: 3.5 (3.7)
  • My school emphasizes helping students with their social, emotional, and behavioral problems: 3.2 (3.6)
  • People with mental health problems experience high levels of prejudice and discrimination at my school: 2.7 (2.5)
RESULTS

How much do you agree with the following statements about your campus and yourself? (1-strongly disagree, 5-strongly agree)

- Faculty members on my campus are concerned about students’ emotional well being: 3.4 (3.6)
- My school does a good job of getting the word out to students about the available mental health services on campus to students: 3.4 (3.4)
- There is an emotionally supportive climate on this campus for students with mental health needs: 3.1 (3.5)
- There is an emotionally supportive climate on this campus for students with substance abuse problems: 2.8 (3.3)
- There is an emotionally supportive climate on this campus for students who have been victims of abuse or other violence: 3.1 (3.6)
DISCUSSION

• Similar to CSUs:
  • Rates:
    • Stress is high – close to “more than average stress” as the norm
    • Depression, anxiety, hopelessness, worthlessness
  • Mental Health Services perceived as somewhat to mostly effective
  • Impact on academics
    • Anxiety and stress most impactful
  • Coping with problems
    • Exception: Less talking and writing at Cal Maritime
  • Referrals to mental health services
    • Exceptions: More from RHOs and Commandant Office; Less from faculty: 4 (9)
  • Information received about mental health concerns
    • Depression/anxiety, gaming, stress, suicide
DISCUSSION

• Different from CSUs
  • Rates:
    • Alcohol use – binge drinking 1x/wk is our average
  • Knowledge and awareness of mental health services at Cal Maritime
    • More from advertising and peer health
    • Less from university web page and health presentations/fairs
  • Greater use of CAPS when referred (77-71)
  • Barriers to mental health services
    • More students: didn’t feel the need, didn’t think it would help
    • Fewer students: didn’t know how to access, got help off campus
  • Less likely to seek a mental health professional in the future (68-75)
    • But 90% would go to CAPS
DISCUSSION

• Different from CSUs (continued)
  • Information received about mental health concerns
    • Greater: ATOD, help others in distress,
    • Less: relationship difficulties, grief and loss
  • Academic impact:
    • Stress impacts student academic performance less

• Campus Climate
  • Hostile, impersonal, intolerant of diversity, emotional support
IMPLICATIONS

• For Students:
  • High levels of stress and anxiety that impact academics
    • Students know where to go for mental health support
      • But it’s not just knowledge and awareness
        • Barriers to help-seeking behavior
  • Not feeling supported or emotionally safe on campus
    • Academic impacts

• For CAPS
  • Continue effective outreach, advertising
  • Improve services and outcomes (e.g., treat anxiety/depression)
  • Identify ways to move students from contemplation to action
  • Increase information for students: relationship difficulties, grief and loss

• For the campus:
  • Increase emotional support and safety
  • Fight Stigma!
QUESTIONS

• Are the results what you expected them to be?
  • Where so? Where not?

• What conclusions and implications do you draw?

• How do these results impact your work at Cal Maritime? and specifically, your work with students?
CONTACT INFORMATION AND RESOURCES

• Ian Wallace, PhD
  • iwallace@csum.edu
  • Direct: (707) 654-1174
  • Student Health Front Desk: (707) 654-1170
  • Web site: http://www.csum.edu/web/health-services/counseling-services

• CAPS Hours: 8-5 M-F
  • Walk in hour (for Crisis/immediate appointments): 2-3pm M-F

• Resources:
  • Solano County Mental Health Crisis Stabilization Unit, (707) 428-1131
  • Campus Police, (707) 654-1111
  • Sutter Solano Medical Center, Vallejo 300 Hospital Drive, (707) 554-4444
  • Vallejo Police Department Emergencies, (707) 552-3285 or Call 911
  • National Suicide Prevention Lifeline, (800) 273-TALK (8255)
  • Rape & Intimate Partner Violence (707) 557-6600
Student Health Services and Counseling & Psychological Services (CAPS) at The California Maritime Academy introduce for students the...

**After Hours Medical and Psychological Assistance Line**

Call (707) 654-1170, ext 1

When Student Health Services and CAPS are closed, call the After Hours Assistance Line to speak directly with a professional who is specialized in the physical and psychological healthcare needs of college students.

- It’s free, confidential, and available
- Don’t worry, wonder or wait – Call Now
FACULTY AND STAFF RESULTS
IN 2 WEEKS

• Thursday November 20th at 1100 in Peachman
CONTACT INFORMATION AND RESOURCES

• Ian Wallace, PhD
  • iwallace@csum.edu
  • Direct: (707) 654-1174
  • Student Health Front Desk: (707) 654-1170
  • Web site: http://www.csum.edu/web/health-services/counseling-services

• CAPS Hours: 8-5 M-F
  • Walk in hour (for Crisis/immediate appointments): 2-3pm M-F

• Resources:
  • Solano County Mental Health Crisis Stabilization Unit, (707) 428-1131
  • Campus Police, (707) 654-1111
  • Sutter Solano Medical Center, Vallejo 300 Hospital Drive, (707) 554-4444
  • Vallejo Police Department Emergencies, (707) 552-3285 or Call 911
  • National Suicide Prevention Lifeline, (800) 273-TALK (8255)
  • Rape & Intimate Partner Violence (707) 557-6600