

Mental Health and Addictions

What Student Leaders Need to Know



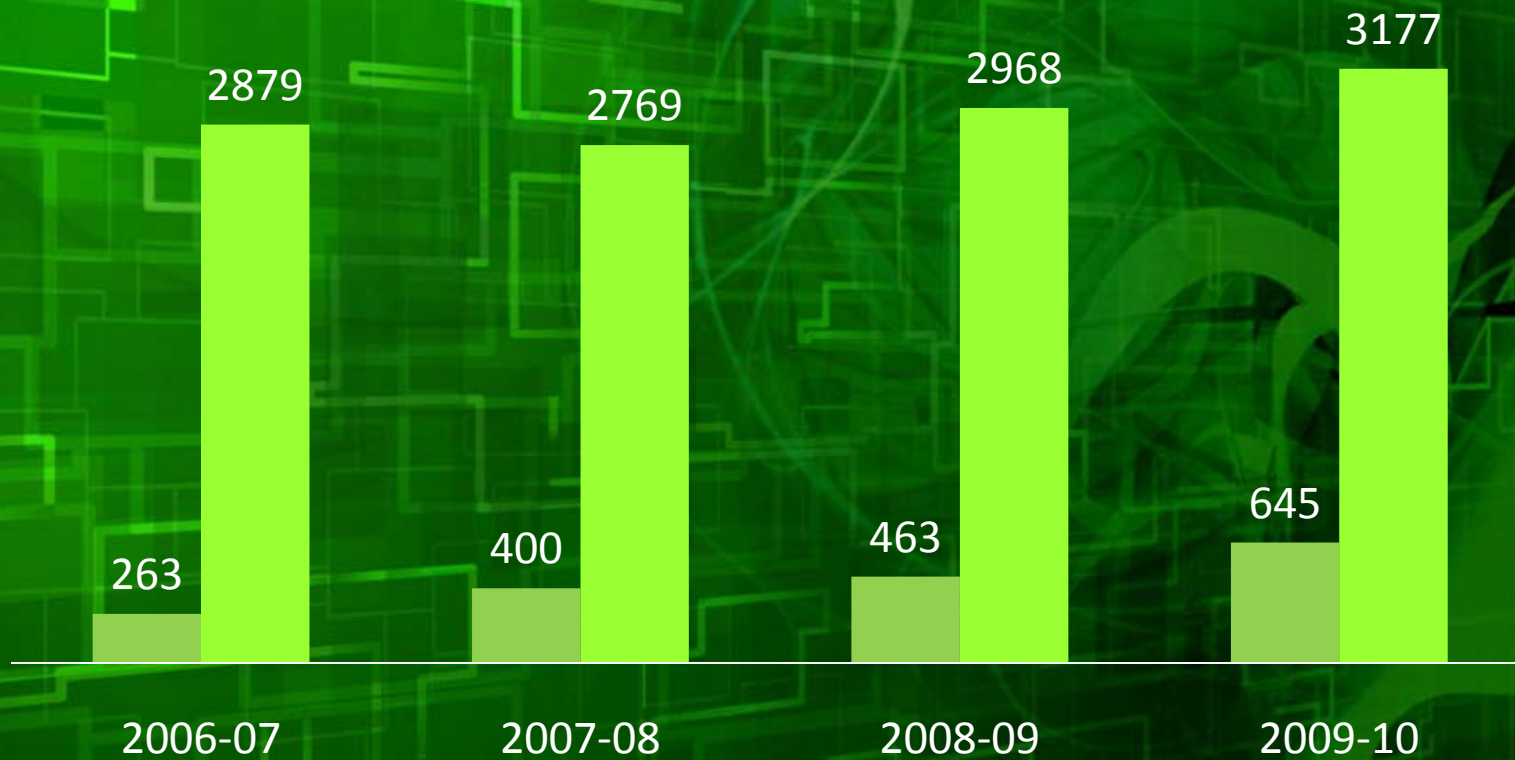
it's about
respect.

It's a bit of a perfect storm scenario...

- Recognition at a federal level
- Recognition at a corporate level
- <http://www.youtube.com/watch?v=033-6MY8OpM&NR=1>
- Recognition at a postsecondary education level

Anti-depressants and Enrolment @ Confederation

■ Paid Claims ■ Enrolment



Anti-depressants, Enrolment and Cost @ Confederation

■ Paid Claims ■ Enrolment ■ Total Paid



Why we are here??

(Dr. Bruce Ferguson, Opening Remarks, Summit 2010: Mental Health and Addictions in Postsecondary Education, October 29, 2010)

- Data from colleges and universities indicate what could be alarming rates of mental health and substance abuse problems amongst students
- Reports suggest that the rates have increased over the past two decades

Why we are here...

- Mental health and addiction issues interfere with academic success and cause students to leave programs without graduating
- Any student loss represents a societal, institutional and personal cost
- It's our responsibility to give all students the best chance to succeed

So what's the big deal? ACHA Survey 2009

www.acha-ncha.org/docs/

| Mental Health | | Alcohol | Drug Use |
|-----------------------------------------------------------|-----------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------------------|
| 29% unable to function due to depression in the last year | 6.1% seriously considered suicide | 29.7% had 5 or more drinks at least once in the past two weeks | 12% misused prescription drugs in the past year |
| 9.2% diagnosed by professional for depression and | 9.4% for anxiety | | 79.2% misused drugs other than alcohol, tobacco and marijuana in the last 30 days |

So what's the big deal in Canada? Ryerson's Dr. Su-Ting Teo, 2010

- 7% of student populations access counselling services
- Most common problems are anxiety and depression
- 10-30% are seen in urgent/crisis situations
- 28% of students registered for disability services had mental health problems as their primary issue

So what's the big deal? On Canadian Campuses (Adlaf et al, 2005)

- 29.2% report elevated psychological distress
- 32% reported hazardous drinking
- 9% report both

Bottom line...

- 1 in 4 students will experience a mental illness or addiction issue during their postsecondary program

Developing an inclusive community...

- Colleges are extremely well placed to deal with these issues
- 82.5% of 18 to 20 year olds are in PSE
- Age of onset
- Early identification
- Early access to treatment
- Better treatment outcomes
- The social role of “student”
- “it’s about Respect.” ...

What can I do?

- **On a personal level...**
 - Take care of yourself
 - Develop your sense of self awareness
 - Actively pursue mental health
 - Take time to learn about mental health and addiction issues

What can I do?

- **On an interpersonal level...**
 - Look out for each other
 - Notice when others aren't doing well
 - Help your friends to understand mental illness and do what you can to de-stigmatize it
 - <http://www.thejackproject.org/>

What can I do?

- **On a systems level...**
 - Advocate for increased community resilience strategies
 - Push for Mental Health First Aid, SafeTALK and other prevention programs at your schools
 - Support programs which “de stigmatize” mental illness
 - <http://www.cbc.ca/thecurrent/2011/01/07/youth-mental-health/index.html>

What can I do?

- **On a Systems level...**
 - <http://www2.carleton.ca/studentsupport/student-mental-health-framework/>
 - Development of on-line resources
 - <http://icopeu.com/fanshawe/>