

NNDC COLLEGE MENTAL HEALTH TASK GROUP

Presenters:

Michelle Riba

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Co-Chair Contact Information

- ▶ Michelle Riba, MD, MS, DFAPA, FAPM (co-chair)
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CMH

MEMBERSHIP

- ▶ Michelle Riba, MD - U of M (co-chair)
- ▶ Sarah Ketchen Lipson - U of M (co-chair)
- ▶ Ronald Albucher, MD - Stanford
- ▶ Catherine Bell, PhD - McLean
- ▶ Laura Blake Jones, PhD - U of M
- ▶ Amy Brudnick Cerel, MSW, BA - UMass
- ▶ Jacqueline Collins, MD - Cincinnati
- ▶ William Coryell, MD - Iowa
- ▶ Charles DeBattista, MD - Stanford
- ▶ Nikhil Dewan, MD - U of M
- ▶ Lilian Dindo, PhD - Iowa
- ▶ Daniel Eisenberg, PhD - U of M
- ▶ Amy Farabaugh, PhD - Mass General
- ▶ Maurizio Fava, MD - Mass General
- ▶ Elyse Galles - UCSD
- ▶ Steven Garlow, MD, PhD - Emory
- ▶ Rachel Glick, MD - U of M
- ▶ Matthew Goodnow - UMass
- ▶ Daphne Holt, MD, PhD - Johns Hopkins
- ▶ Doris Iarovici, MD - Duke
- ▶ Adam Kaplin, MD, PhD - Johns Hopkins
- ▶ Elizabeth Kastelic, MD - Johns Hopkins
- ▶ Cheryl King, PhD - U of M
- ▶ Daniel Kirsch, MD - UMass
- ▶ David Lohr, MD - Louisville
- ▶ Emily McCort, MD DFAPA - UC Denver
- ▶ Thomas Meyer, PhD - UT Health, Houston
- ▶ Trish Meyer, EdM - U of M
- ▶ Maren Nyer, PhD - Mass General
- ▶ Paola Pedrelli, PhD - Mass General
- ▶ Stephanie Pinder-Amaker, PhD - McLean
- ▶ Anthony Rostain, MD, MA - UPenn
- ▶ Gary Sachs, MD - Mass General
- ▶ Brian Skehan - UMass
- ▶ Jessica Stewart, MD - Columbia
- ▶ Gordon Straus, MD - Louisville
- ▶ Sudhakar Selvaraj, MD, PhD
- ▶ Suzanne Thomas, PhD - MUSC
- ▶ Kristin Vickers Douglas, PhD - Mayo Clinic
- ▶ Leigh White, MD - MSU
- ▶ Preston Wiles, MD - UTSW
- ▶ Albert Yeung, MD - Mass General



CMH

College Mental Health has no organizing national body

- ▶ NNDC CMH Task Group is a recognized national entity
- ▶ Collaborative relationships
 - JED Foundation (Victor Schwartz, M.D.)
 - AACAPAPA
 - ACHA
 - AADPRT



CONNECTIVITY

Health Minds Network: Updates



www.healthymindsnetwork.org

healthyminds@umich.edu



RESEARCH



Health Minds Network: Updates

- ▶ Healthy Mind Study: AY 2016-17, largest year
 - 54 campuses
 - 48,000 students
- ▶ Partnerships with JED Campus and CCMH
- ▶ Increased focus on marginalized student populations
- ▶ Campus Suicide Awareness Series
- ▶ College Mental Health Research Symposium
 - White papers
 - Data dashboard
 - Resource warehouse
 - Wellness paradigm



RESEARCH

Recent Task Group Publications

Lipson, S, & Sonnevile, K (2017). Eating disorder symptoms among undergraduate and graduate students at 12 US colleges and universities. *Eating Behaviors, 24*, 81-88.

Lipson, S, & Eisenberg, D (2016). Do resident advisors serve as mental health gatekeepers?: evidence from a natural experiment on college campuses. *Journal of Psychiatry and Mental Health, 1*(2).

Posselt, J, & Lipson, S (2016). Competition, anxiety, and depression in the college classroom: variations by student identity and field of study. *Journal of College Student Development, 57*(8), 973-989.

Eisenberg, D, Lipson, S, & Posselt, J (2016). "Promoting resilience, retention, and mental health" in *New Directions in College Student Mental Health*, 156, 87-95 (book chapter).

Lipson, S, Jones, M, Eichen, D, Fitzsimmons-Craft, E, Taylor, CB, Wilfley, D, & Eisenberg, D (2016). Understanding and promoting help-seeking for eating disorders and body image concerns on college campuses through online screening, prevention, and intervention. *Eating Behaviors*.

Pedrelli, P, Borsari, B, Lipson, S, Heinze, J, & Eisenberg, D (2016). Gender differences in the relationship between Major Depressive Disorder, heavy alcohol use, and mental health treatment engagement among college students. *Journal of Studies on Alcohol and Drugs, 77*(4), 620–28.



PUBLICATIONS

University of Michigan Campus Suicide Prevention Grant

Funded by the Garrett Lee Smith Memorial Act, Administered by the Substance Abuse and Mental Health Services Administration

Grant Number 1U79SM062492-01/ Grant Period 10/1/16-9/30/19

Abstract

The University of Michigan, as the flagship public university in the state of Michigan, educates over 43,000 students a year and is the largest employer in the state of Michigan. Despite strong institutional commitment to mental health services, 24% of UM students report thinking about suicide, while 11.3% seriously considered attempting suicide at least once in the last academic year. In addition, 1.1% of students said they had attempted suicide at least once. UM's Campus Suicide Prevention Grant will build upon a strong foundation of universal approaches to mental health education, student support, and stigma reduction at UM to make suicide prevention a core university-wide priority.

The goals of our 3-year Campus Suicide Prevention Grant will be to:

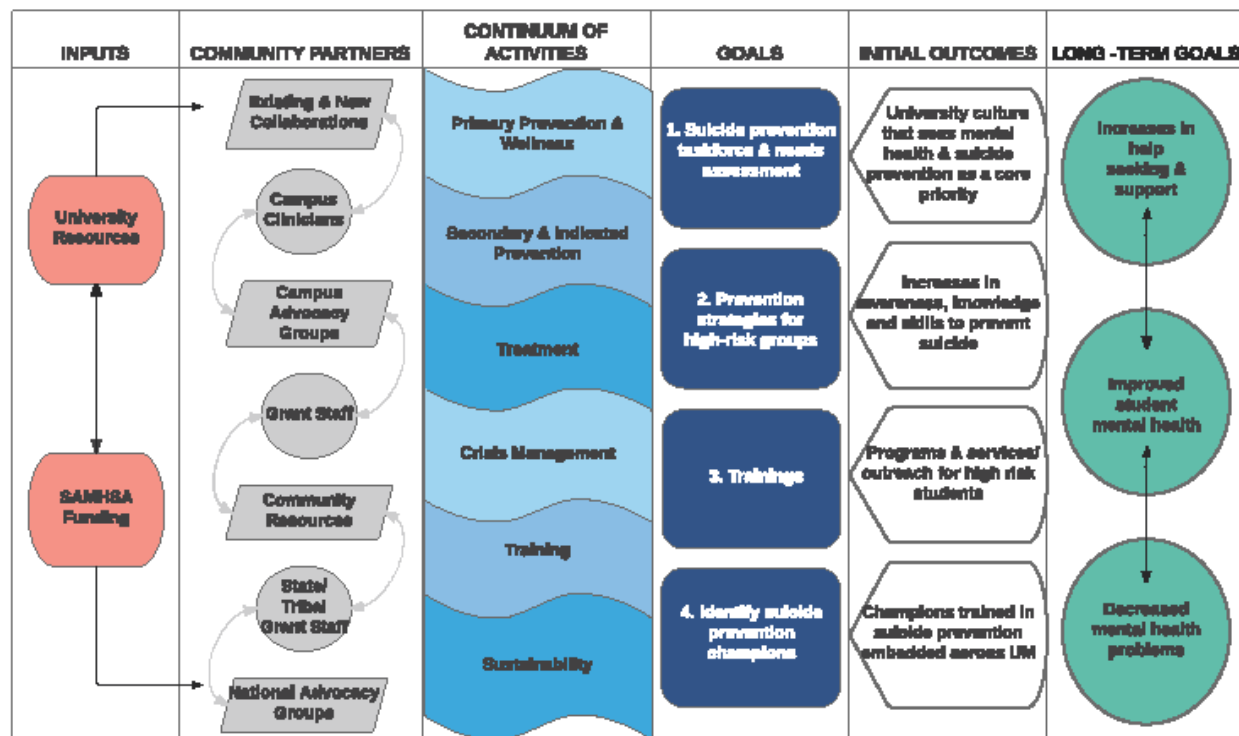
Capitalize on existing collaborations at the University of Michigan to increase capacity for suicide prevention. In Year 1, our Suicide Prevention Task Force will complete required activities such as a) updating the university's mental health needs assessment (last updated in 2005) b) assessing provider capacity/training both on and off campus, and c) developing and disseminating a long-term, comprehensive suicide prevention and crisis management plan aligned with the National Strategy for Suicide Prevention.

Build upon our foundation of universal prevention by initiating indicated prevention strategies for 3 high-risk groups at U of M: returning veterans and their families, LGBTQ youth, and "disconnected" students (defined as first generation students and/or those on academic probation).

Partner with Michigan's State GLS grant to provide training opportunities to university clinical staff as well as local community providers in evidence-based suicide risk assessment and care management (AMSR) as well as intensive gatekeeper training (ASIST). These training opportunities will expand U of M's existing QPR gatekeeper training program and will prioritize a) graduate student instructors, b) pre-service training for students studying to enter helping professions as well as c) tailored trainings to support the needs of our identified high risk populations.

With the support of our Suicide Prevention Task Force, we will identify "suicide prevention champions" across departments and organizations at the university who will actively support suicide prevention as a core priority and who will ensure sustainability of suicide prevention activities post grant award.

COMPREHENSIVE CAMPUS SUICIDE PREVENTION MODEL



★ **IMPACT**
 Reduction in suicide attempts & deaths at LM

A Vision for an NCDP Learning Network

September 26, 2017

National College Depression Partnership

Multi-University Quality Improvement Project

- 2006-2014
- 46 partnering universities

Goal: to improve depression detection and care while using all student health/counseling resources

- implemented depression screening in primary care
- Roadmaps for referral and treatment
- care managers
- registries and data collection

Impact: markedly increased screenings particularly among students unlikely to present to counseling, improved outcomes, improved relationship and collaboration between services

Differences in Collaborative Learning Models

Characteristics	Breakthrough Series	Learning Network
Composition	Clinical team	Co-production with clinical team, researchers, and patient/families
Time Frame	Time bound	Until aims are achieved and sustained
Enrollment	Cohorts	Rolling
Approach to Improvement	QI	QI + Research + Innovation
Structure	Learning Sessions, Monthly Calls, Monthly Reports	Learning Sessions, Monthly Calls, Monthly Reports
Use of data	Very Important	Very Important

Leveraging Non-traditional Partners for Expanding the Identification of Students with Depression: Screening for Barriers to Academic Success in Academic Advising

Amelia M. Arria, PhD

Associate Professor, Dept of Behavioral and Community Health

Director, Center on Young Adult Health and Development

Director, Office of Planning and Evaluation

University of Maryland School of Public Health



ADVOCACY

- ▶ Use our voices to:
 - ▷ Increase awareness
 - ▷ Educate
 - The profession
 - The public
 - Students
- ▶ For our profession