

Mental Health Awareness

Indiana State University

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Introduction

Mental health is a vital part of human well-being since it contributes to the potential and capacity of a human being. It copes with the normal stress in life, and have the capability to contribute worthwhile and productively to society. Human beings require having a complete social, physical, and mental state to work effectively. These are useful to help in the moments of thinking, interacting and living. This makes mental health an important and critical issue in the life of college students. Several studies have been conducted to determine the state of mental health in students in different colleges and universities. Consequently, the number of students with mental health problems rises. There are reviews that show prevalence of mental health problem in college student, reasons for mental health disorder increase, pacts to the students' success and treatment help in place to help the students cope with the mental health.

Planning model

One of the planning being used in our group is MAP-IT. We first start out by establishing the first phase out of five. This planning model involves a group and the first phase is establishing roles among the group. For this phase it will be the same thing as pre- planning such as establishing roles. With pre planning we have created a team contract. Within the contract we will be, establishing team procedures, identifying general team expectations, assign roles to individual members, and lastly identifying consequences for failing to follow these procedures and expectations. Using this phase will help keep focus and organization within the group. Phase two talks about the needs assessment and show why mental health awareness among college student is a problem. The phase three has us figure out what our target population is and what our

program is about. The fourth phase is the implementation phase focuses primarily on the plan being initiated in the program efficiently. This also focuses on the plan being fluently on schedule through each and every step. Then the fifth and last phase is the track phase were this phases talks about the equivalent of the evaluation. We did our assessment and plan data by making a survey questions which can make us follow the process of making the evaluation.

Statement of the Problem

Mental health and wellness have a great impact among college students. About 46.6% of US people aged 18-24 that are enrolled in college part time or full time. About half of the college students have been reported to have psychiatric disorders relating to alcohol, nicotine, drug abuse, and sleep deprivation since 2008. However, the freshmen in college seem to top the number of college student with a mental health problem. (Bruffaert et al., 2018).

(Blanco, 2008)

According to the American Psychological Association website, in a survey from 2014 respondents reported that 52 percent of their clients had severe psychological problems which is an increase from 44 percent in 2013 (2015).

Literature Review

Prevalence and Reasons of Mental Health Problem

The issue of mental health problems is an issue that should be observed with more attention. This is due to the increasing number of cases of the mental problem particularly the students. According to Wood (2012), the number of cases in colleges is staggering with a number of violence. Various studies indicate a significant number of students suffering from mental disorders. These are based on various reasons that the students have to face and cope with during their college duration. According to Aldiabat, Matani, Le Navenec (2014), college students are at a higher risk to develop mental health disorder due to exposure to different stressors. As Aldiabat et al., (2014) explain's the stressor comes with the anxiety about the transition from the high school life to college life. The National Council on Disability (2017) asserts that the students find it hard to cope with the increasing number of students managing to get to college. This forces the students to deal with issues like racism, low socioeconomic status, different cultures and prejudice (National Council on Disability, 2017). Concerning race Iarovici (2014) indicates that the other races like Indian, Chinese, Vietnamese and Filipino make 8.3 % of the student enrolled in colleges based on NASPA profile. Douce and Keeling (2014) acknowledge that students' level of mental disorder increases from anxiety and manage to the work life. The higher learning success usually determines the success of work life after college education. Following the pressure to study and manage the next level, the students' mental, social, emotional and physical status is deteriorated causing the problem of mental health status. Pedrelli, Nyer, Yeung, Zulauf, and Wilens (2015) indicate that college students engage in different activities like alcohol and

substance abuse that in turn shapes their mental status. Wood (2012) demonstrates that the number of cases that have reported on the mental health condition of the students has grasp attention since the number continues to rise.

The Impacts of Mental Health in Colleges

With the increasing number of mental disabilities in colleges, the students have to face difficulty in dealing with their problems. As a result, the impacts of their stresses can be felt with violent cases reported. Wood (2012) explains that increasing records of mental health cause depression in a number of students. The depression records showed a 50% rise in the students at Kansas State University for a period of thirteen years (Wood, 2012). But the impact of mental health is high on the performance of the students. According to Goodman (2017), there is a performance disparity between the students without problems and the students with mental health problems. Goodman (2017) also shows that student with mental disabilities is at higher risk to experience impairment in their academic performance. This is due to the stresses and depression that they experience when having a mental problem. Bruffaert, Motier, Kiekens, Auerbach, Cuijpers, Demyttenaere and Kessler (2018) shows that in their study deviation of 2.9-4.7% is experienced in the average year performance of the college students with mental problems. However, the freshmen in college seem to top the number of college students with the mental health problem (Bruffaert et al., 2018).

Treatment of Mental Health Problems

With the prevalence of mental health problems in many students in college, treatment should be considered to help the students have the ability to reverse their health. Pedrelli et al (2015) show that treatment methods have been established by the Substance Abuse and Mental

Health Services Administration (SAMHSA). This is to help the increasing number of students experiencing the mental problems. However, the problem is severe that the available services do not meet the needs of the college students with mental health. Hunt and Eisenberg (2010) demonstrate that the issue of treatment of mental health problems associated with the college students faces a lot of challenges. The challenges include such as students' privacy, less openness between the faculty and the students and financial problems (Hunt & Eisenberg, 2010). As a result, the students continue to bear the burden of mental health problems. Bertram's (2010) study shows that some colleges have embarked on collaborative efforts to help the students with mental problems.

Needs Assessment

Qualitative Assessment

The survey established was created by students of ISU and was created to evaluate the assessment among college students related to mental health issues. Each survey was given to the participants at random. Examining the results there was a total of 47 responses that presented a variety of different results associated with each question. Among the 47 participants, the majority were females of 30. While there were only 17 males that participated. Twenty of these participants were primarily aged range between 22-25 years of age with lowest and also the youngest participants was only one that was younger than 18 years of age. Most of these participants are in the appropriate age group to conduct this survey accurately. While being enrolled in college only a total of nine participants out of the 47 are either graduate students or not enrolled in college.

The participant's awareness of the mental health issues and resources available on campus is a neutral standpoint with each question. The results are close to the same with each qualitative question of yes and no. 47.92% suggested that they are aware of any mental health problems, like for example depression, stress, sleep disorders, or even anxiety, among other college students and 52.08% are not aware. The question with the biggest difference in results was if the participants ever helped a family, spouse, acquaintance, or a friend that is dealing with a mental health problem. This question resulted with 57.45% agreeing that they have and have been aware of the mental health issues of the surrounding people and 42.55% did was not. The resources on campus have been put in consideration with the association of mental health awareness on campuses. 52.08% of the participants are not aware of any available resources on Indiana State Universities campus. Though after evaluating there awareness of ISU's resources

for mental health 54.17% believes that ISU provides enough resources for the issues of mental health on campus.

Quantitative Assessment

Among the 47 participants within the research survey most have presented multiple answers to an open-ended question relating to their knowledge of mental health among college students. Thirteen of the students provided answers towards the question. The least most common mental health that was listed by the participants was anxiety and also two participants putting related activities like work life as a mental health issue. The most common mental health issue listed was depression with seven participants listing it as the most common mental health issue among college students.

Proposed Program

The proposed program is to set the appropriate goals and objectives regarding to Mental Health awareness among college students. This intervention involves an event that will take place in a common area of Indiana State University and the event will be held mid of each semester of college to obtain results during the stressful time of year and for the new students to get to know any resources on campus regarding their overall health.

This event will be known as, “Sleep and Peace”, it will be a one day event, once a semester for six total hours, that will give the students the ability to socialize among others and counselors to provide aid and information towards mental health. Also able to give out the necessary information about resources on campus. This event will consist of many tables involving two different areas involving different activities. This event will be known on campus through campus news and emails of the specialized event that will be hosted on campus. This event will be offered to every student on campus that want to attend the event.

One area will consist into the introduction of the area involving one table giving out the information and a secondary survey to get feedback on their experience of the event. These tables will also give out the information of what the students will be doing in area number two of an hands on activity. All the necessary information will be given out in brochures that will list all the fundamentals of the event and also resources on and off campus. One resource offered on the brochure is Student Counseling Center on the second floor in Gillum Hall at Indiana State University. They are providing all the mental health services for the students to improve their mental health issues.

Area number two will consist of three to six tables that will involve an activity that will involve imagination, creativity, and a stress free environment. This activity will involve many

pillow cases that allow students to draw their feelings on a pillow. The reason behind the pillow cases is to signify against the mental health issues among college students involving sleep deprivation, stress, and or anxiety. The participants get to have the chance to be creative and imaginative in a stress free environment there will be others their to share and be social in making friends talk to designated counselors at the event provided by ISU campus to provide information and useful strategies to get through school or life in a stress free way.

This intervention overall is here to help the participants be aware of the resources offered on campus for students. These resources can be offered in many ways by offering social or materialistic support. These supports can involve friends, campus counselors, or simple materials that can take away the mental health issues involving stress, anxiety, and many more. By showing students what mental health is and how it affects them and the people around them will give them the opportunity to help themselves or others with the many appropriate strategies and resources that were offered and taught at our event. Students not being aware of what campus or the community offers and the people who suffer from mental health is a problem that needs to be taught and controlled among college students to be shown as a tertiary problem.

Strategies

One of the effective strategies that are used to address mental health issues is that of intensive and youth-friendly mental health services that effectively engage the young people. These intensive services normally get the youth who have serious mental health issues on the right track. Those with most serious conditions normally are subjected to mental health crisis services (Blanco, 2008). This service helps in leveraging what matters to the young generation-relationships, school, and work.

Second, addressing the mental health of the young people, screening is vital to ensuring that those with mental health needs are identified and proper services given to them. For instance, the event that was set to take place at Indiana State University will help in educating and might help identify those with a mental health problem.

Third, there is a need to ensure that mental health services are available to youths wherever they are every day; in schools. Bringing mental health prevention and early intervention in schools is a good deal.

Objectives

This program is designed to reach its goals and objectives on mental health awareness. The overall goal is to increase the awareness of mental health issues among Indiana State University students and provide helpful resources on campus and in the community. The objectives are focused on the involvement of the program and the awareness of information regarding to mental health. By the end of the program, 80% of participants should be able to draw on the pillow a picture, word, or symbol that makes them happy. Also involving 80% of participants will be able to identify two mental health illnesses and their symptoms.

Program Evaluation Plan

After the participants have completed the second station they will be given a secondary survey that will give us results on their awareness of mental health. This survey will be anonymous and conduct three questions involving, What have you learned after attending this event? Do you feel different before you came to the event? Would you consider this to a friend or family member? These questions will give insight on how effective our event was from a personal insight.

Budget

<u>Category</u>	<u>Item</u>	<u>Requested Amount</u>	<u>Justification</u>
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Staffing	Health science students	\$0.00	Students will be in charge of educating other students on mental health issues and resources. Students will also direct the participants to where they can create their own pillow case.
Equipment and supplies	150 pillow cases	\$389.00	For participants to decorate
	Long Tables (4)	\$0.00	Need tables to set up materials and for participants to work
	Short Tables (2)	\$0.00	See above
	Chairs (50)	\$0.00	See above
	Paint	\$55.00	To decorate the pillows
	Glitter	\$20.00	See above
Basic Office supplies	Flyer paper	\$5.00	To make flyers
	Poster board	\$5.00	To make a sign for the event
	Markers	\$10.00	See above
Miscellaneous	Table Cloths (6)	\$6.00	To cover the tables so that paint does not get on them
	Printing	\$0.00	To print out flyers
	Hand Sanitizer	\$10.00	For participants to clean their hands
Total		<u>\$500</u>	

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Appendix A: Needs Assessment Survey

1. What is the classification of your gender?
 - a. Male
 - b. Female
 - c. Other
2. What is your age?
 - a. 16-18 years old
 - b. 19-21 years old
 - c. 22-25 years old
 - d. 26-older
3. What is your current enrollment status in college?

- a. Not currently enrolled
 - b. Freshman
 - c. Sophomore
 - d. Junior
 - e. Senior
 - f. Graduate Student
4. Have you been aware of any mental health problems among other students at the university? Mental health problems include conditions such as anxiety, depression, eating disorder, obsessive-compulsive disorder, bipolar, personality disorder and schizophrenia and psychosis.
 - a. Yes
 - b. No
5. Have you ever offered help to a friend, spouse, acquaintance, or a family member who is experiencing a mental health problem that you are aware of?
 - a. Yes
 - b. No
6. Are you aware of the available mental health resources provided on ISU campus?
 - a. Yes
 - b. No
7. Do you believe that ISU campus provides enough information regarding mental health issues among college students?
 - a. Yes
 - b. No
8. Can you identify a common mental health issue among college students? if yes please list.