

UW System President's Commission on University Security

Initial Discussion
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“Wellness must be a prerequisite to all else. Students cannot be intellectually proficient if they are physically or psychologically unwell.”

- Ernest L Boyer

Mental Illness in America

1 in 4

26.2% of Americans (age 18 and older) suffer from a diagnosable mental disorder in a given year.

57 Million people

Source: National Institute of Mental Health

Mental Illness in U.S. Adults

(18 years and older)

Major Depression:	14.8 Million people
Post Traumatic Stress Disorder:	7.7 million
General Anxiety:	6.8 million
Panic Disorder:	6.0 Million
Bipolar Disorder:	5.7 Million people
Obsessive-Compulsive Disorder:	2.2 Million

Source: National Institute of Mental Health

Mental Illness: Myths & Facts

Myth: People with mental illnesses are violent and unpredictable

Fact: In reality, the vast majority of people who have mental health needs are no more violent than anyone else.

Myth: Once people develop mental illnesses, they will never recover.

Fact: Studies show that most people with mental illness get better and many recover completely and go on to live full, healthy, productive lives.

Source: U.S. Gov't, SAMHSA (Substance Abuse and Mental Health Services Administration)

People do NOT just “SNAP”

Violence is the end result of an
understandable and often discernable
process.

There are warning signs...

In order to have any chance of avoiding a negative ending. Various campus constituents need to:

- know the warning signs
- recognize the warning signs
- know the appropriate responses to warning signs
- Intervene, as appropriate

Depression & College Students:

16% of college women & 10% of college men report having been diagnosed with depression at some time in their lives

Depression (major, dysthymic and bipolar) is the most common mental health issue among college students.

Source: American College Health Association (ACHA), 2001; Suicide Prevention Resource Center at Education Development Center, Inc.

Suicide & Homicide

Suicide:

- 2nd leading cause of death among college students
- 18-24 year old think about suicide more often than any other age group, and 1 in 12 college students make a plan.

Homicide:

- 2nd leading cause of death among college-aged youth; however the risk for homicide is much lower among college students compared to the general population of similar age.

Homicides many times end with suicide.
Mental Illness violence is most often times suicidal.

Is there REALLY an increase in mental health issues on college campuses?

81% of College Counseling Center Directors report seeing more students with serious psychological & emotional problems than 5 years ago, along with an increase in the demand for crisis services.

- Gallagher, R.P., National Survey of Counseling Center Directors, 2005 (n=333 centers; n=47 states and 4 provinces)

Campus Counseling Center's Challenge:

- Campus mental health services face an increasing burden to see and monitor larger numbers of students for longer periods of time, while offering more intensive, specialized and diverse services.

Standard: mental health counselor to student population ratio

1 : 1,500

Every effort should be made to maintain minimum staffing ratios of:

1 FTE professional staff member (excluding trainees) to every 1,000 to 1,500 students.

Who's Responsibility?

All of ours.

Mental health issues among college students surface in all areas of the campus and impact the entire community at varying degrees; therefore, the entire community needs to be invested in being part of the solution.

Leadership

Food for thought ...

If situation “x” were to happen at UW- “x”, what questions will be asked of you, by our constituents, and will you have satisfactory answers that we can comfortably live with?