

MENTAL HEALTH MATTERS

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A Two-Pronged Approach:

Faculty and Staff Supporting Student Mental Health

Faculty and Staff Mental Health



Mental Health Matters

October 4, 2023

Hybrid | McLeod Suite, Curry Student Center

David Madigan, Ph.D.

**Provost and Senior Vice President for
Academic Affairs**



Deb Franko, Ph.D.

Senior Vice Provost for Academic Affairs

Professor of Applied Psychology

Bouvé College of Health Sciences



CDC DATA: Youth Mental Health during COVID-19

37%

Experienced
poor mental
health during
COVID-19

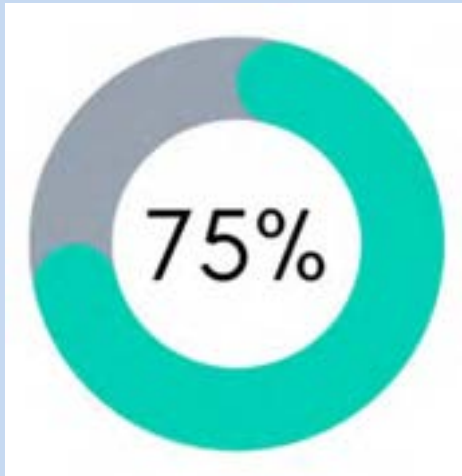


44%

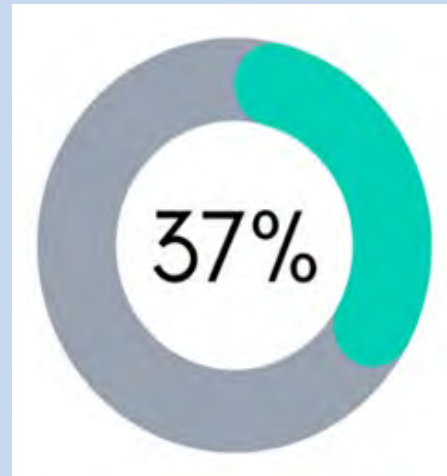
Experienced
persistent feelings
of sadness or
hopelessness during
the past 12 months



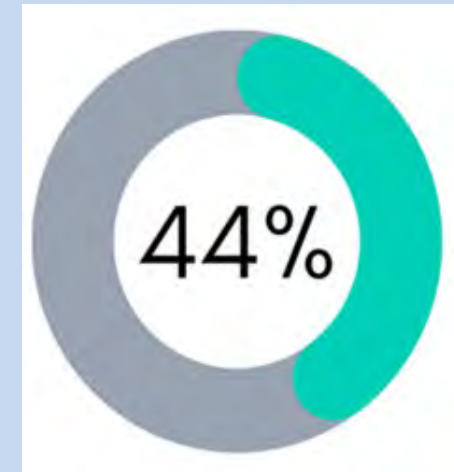
COLLEGE STUDENT MENTAL HEALTH: 2022 REPORT



% of all life-time mental health conditions that begin by age 24.
(National Alliance on Mental Illness)



% respondents who reported experiencing clinically significant anxiety in the last 2 weeks
(National Healthy Minds Survey 2021-2022 Data Report)



% respondents who reported experiencing depression in the last 2 weeks
(National Healthy Minds Survey 2021-2022 Data Report)



Percentage of Northeastern students experiencing factors negatively impacting academic performance

34.2% STRESS

23.9% ANXIETY

19% SLEEP DIFFICULTIES

17.4% DEPRESSION

8.9% INTIMATE RELATIONSHIPS

(Northeastern University NCHA, 2022)



COVID-19 pandemic triggered a 25% increase in prevalence of anxiety and depression in adults worldwide.

“We are just at the tip of the iceberg in understanding the toll the pandemic has taken on the world’s mental health.”

(WHO Director-General Dr. Tedros Adhanom Ghebreyesus)

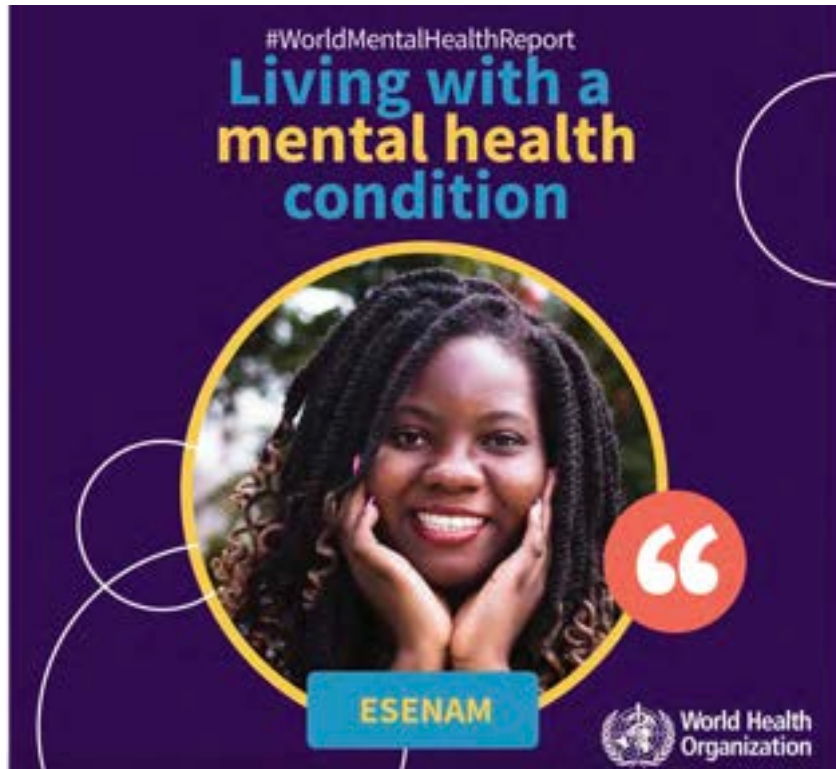


**World Health
Organization**

“We need to transform our attitudes, actions and approaches to promote and protect mental health. Ultimately, there is no health without mental health.”

(September 2022)

<https://www.who.int/publications/i/item/9789240049338>



**World Health
Organization**

Faculty and Staff Supporting Students: Program Elements



- Trainings at college-wide meetings (COS/COE/CAMD/Mills)
- Upcoming Boston campus trainings:
 - 10/11 and 11/29 (Faculty); 10/12 (Staff)
- Faculty and staff guides for supporting student mental health
 - Includes proactive steps such as syllabus language
- Wellness Days pilot program continues through 2023/2024
- NECHE Conference Presentation (Dec 2023)
 - “Student Mental Health: We’re all in it together”
- Faculty/staff advisory group (in progress)
- Mental Health Awareness Week: 10/9-10/13
<https://bit.ly/mhawarenessweek>
- JED Foundation partnership and university-wide task force



JED Foundation

The **Jed Foundation (JED)** is a nonprofit that promotes emotional health and prevents suicide for teens and young adults.

JED Campus program: An intensive 4-year collaboration between JED and key stakeholders from across a campus community to assess and strengthen mental health, substance use and suicide prevention systems on campus.



JED Foundation Task Force

Task Force Co-Leads:

Megan O'Hara, LICSW, Director of Violence Prevention Initiatives, Office of Prevention & Education at Northeastern
Deb Franko, Senior Vice Provost for Academic Affairs

Task force members:

- Kim Kelley- Director of Internal Communications, Office of the Chancellor, Boston Campus
- Jim Brand -Director of Space and Capital Planning, Boston Campus
- Rachel Jolliffe- Police Officer, NUPD, Boston Campus
- Rosa Williams- Executive Director, ODEI, Boston Campus
- Rach Pozerski- Senior Assistant Director, Residence Life, Boston Campus
- Russ O'Haver- Teaching Professor, Accounting Group, Boston Campus
- Neil Maniar- Professor of Practice and the Director of the MPH in Urban Health (MPH) program, Boston
- Chrissy Civileto- Assistant Vice Chancellor for Wellness, Boston Campus
- Sally Solomon- Senior Coordinator of Student Support, Boston Campus
- Kevin Vetiac- Director, LGBTQA Resource Center, Boston Campus
- Sagar Rajpal- Associate Director, Center for Spirituality, Dialogue and Service, Boston Campus
- Stephanie Ellman- Manager, Data Analytics for Student Affairs, Boston Campus
- Aaron Jorgensen- Senior Director of Network Student Affairs, Seattle Campus
- Brittany Cooper- Interim Director of CAPS, Oakland Campus
- Pooja Srinivasan- Undergraduate Student representative, Boston Campus
- Cassandra Friend- Graduate student representative, Charlotte Campus



Faculty & Staff Supporting Students: TRAINING

In-person trainings (90 mins):

October 11 and November 29 for Faculty

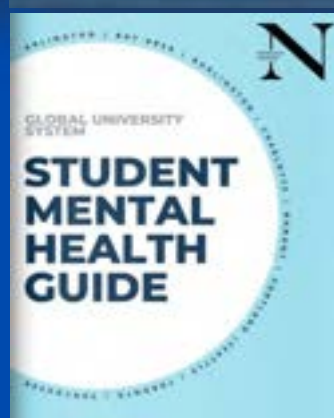
October 12 for Staff

Register here: <https://bit.ly/OPENSSMH>



Faculty & Staff Supporting Students: Guidebooks

<https://www.northeastern.edu/uhcs/health-and-wellness/supporting-student-mental-health/>





FACULTY AND STAFF MENTAL HEALTH



Supporting Faculty and Staff Mental Health

“Burnout and How to Avoid it” by Rebecca Pope-Ruark, Georgia Institute of Technology
November 3, 2023

HYBRID: Alumni Center, 716 Columbus Avenue and on TEAMS

Speakers you will hear from today!

Journal club: Wellness and Health readings and discussion

Faculty resources website

Video clips from “Coping with Covid-19” series on resources website

Mental Health and Wellness: An Expert Faculty Panel (in process)

YOUR ideas!

Faculty and Staff Resources

In addition to resources for students, the university has mental health and wellness resources for employees. See below for some examples of resources, or scan the QR code to view additional information.

<http://bit.ly/EmployeeMH>



Partner Resource	Information
Ombuds for Faculty and Staff	The Ombuds for Faculty and Staff serves as an off-the-record, neutral, and informal resource for Northeastern University employees seeking assistance with work-related concerns. Communications with the Ombuds are confidential, and the Ombuds Office is independent of all other university offices. Email: Ombuds@northeastern.edu .
New Directions Employee Assistance Program (EAP)	Services include: in-person counseling, online counseling (our partner BetterHelp), coaching, legal, financial, and work-life resources. https://eap.ndbh.com (company code northeastern university).
Well Connection	If you are on Northeastern's health plan, Blue Cross Blue Shield, you have access to Well Connection. This service connects you via phone or video chat with licensed therapists, psychiatrists, or medical doctors.
Care.com's Expert Assistant Program	Connect with someone to find the right caregiver for your family, including nannies, babysitters, pet sitters, housekeepers, special needs caregivers, and adult companion care.
Holistic Resources	MyBlue.com, through BCBS insurance, offers a range of mind and body wellness offerings with up to a 30% discount.
Job Accommodation Network	Find information about mental health and accommodations for employees at northeastern.



How will you take care of yourself ?

Mental health matters.



Chrissy Civiletto, Ph.D.

Assistant Vice Chancellor, Wellness

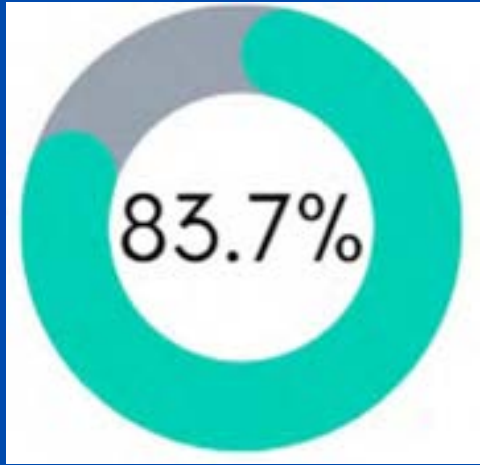
Licensed Psychologist

University Health and Counseling Services

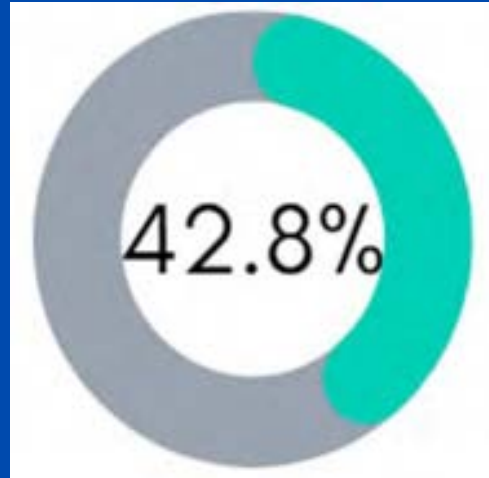


Faculty and Staff as Partners in Supporting Student Mental Health

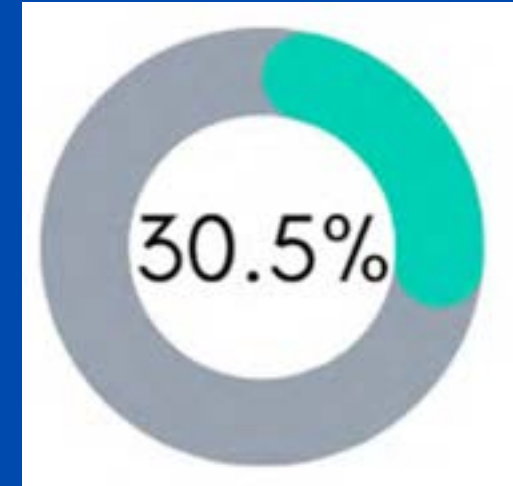
Help Seeking Behavior



% of respondents who indicated that they would consider seeking help from a mental health professional if they were having a personal problem that was really bothering them.



% respondents who reported that they have ever received psychological or mental health services.



% respondents who reported having received psychological or mental health services in the past 12 months.

GLOBAL: Find@Northeastern

877.233.9477 (U.S.)

855.229.8797 (Canada)

+1.781.457.7777 (International)



Free and confidential 24/7 mental health support

Immediate connection to a licensed clinician for support and connection to ongoing care

Connection to unlimited free counseling sessions

Free access to Headspace

Free access to Silvercloud



BOSTON: University Health and Counseling Services (UHCS)

135 Forsyth Building

617.373.2772

<https://www.northeastern.edu/uahcs/>

Confidential medical and mental health services

Hours of operation:

Mon, Wed, Fri: 8 AM – 5 PM

Tues, Thurs: 8 AM – 8 PM

Sat: 12 PM – 4 PM (Sept - June)

Daily drop-in visits for mental health support:

Mon through Fri: 11 AM – 2 PM

Tuesday and Thursdays: 5 PM – 7:30 PM

Support groups



Oakland: Counseling and Psychological Services (CAPS)

Cowell Building

510.430.2111

oakland-counseling@northeastern.edu

Confidential mental health support

Hours of operation:

Mon through Fri: 9 AM – 5 PM

Crisis support same day appointments available

Support groups



Rasa Chiras, LMHC

Director of Customer Success at
New Directions Behavioral Health
Employee Assistance Program (EAP)



Employee Assistance Program (EAP)

Confidential, no cost benefit includes:

Counseling sessions

- Six (6) per person, per issue, per year for you and your household members up to age 26
- In-the-moment support
- Face to face counseling
- Telephonic counseling
- Online counseling (texting, live chat, video conferencing)
 - Online provider: BetterHelp for ages 18 and up. Please use our website to connect to this online counseling provider

Legal and Financial Services

- 30-minute consultation with an attorney or financial advisor
- Access to a no cost legal document library including will preparation, health directive, power of attorney, etc.
- Budgeting tools.
- 25% discount off the hourly rate for an attorney.

Coaching Sessions

- Six (6) per person, per issue, per year for you and your household members

Work-Life Resources

- Referrals to local providers for childcare, elder care, health and wellness, home repairs, etc.

Online tools, app and resources

- Visit our website: eap.ndbh.com
*Company code: **northeastern university***
- Download EAP App on smart device
Search New Directions EAP
- Just Five educational substance abuse videos
- Access to free webinars, articles, legal templates, health resource center and more

Contact Your EAP Services at 800-624-5544 or visit eap.ndbh.com company code: northeastern university

Irina Todorova, Ph.D.

Clinical Professor and

Director of Workforce Development Programs

Department of Applied Psychology

Bouvé College of Health Sciences



Social Relations and Mental Health

Isolation

“The fact that I’ve stayed alone in a rental made me worry about my finances and paying the rent, and not having anyone to talk to in person. There was no ‘flesh and bone’ presence near me, no one to feel and to know, by my side. I needed support, a hug... ” (RO)

Todorova et al. (2021)“*What I thought was so important isn’t really that important*”: international perspectives on making meaning during the first wave of the COVID-19 pandemic.



Loneliness

A photograph of a bright yellow Adirondack chair on a stone patio. The chair is empty and positioned on a grey stone surface. In the foreground, there is a large pile of fallen yellow leaves. In the background, there are stone steps and some green plants. The overall scene is quiet and somewhat desolate, which visually represents the concept of loneliness.

“At the policy level, the UK has developed a national strategy on loneliness, appointing a Minister for Loneliness and a cross-governmental programme of initiatives to reduce loneliness. Japan has also created a Cabinet post for a Minister of Loneliness to oversee a programme to support people facing loneliness, stimulated in part by the disturbing rates of suicide in the country.”

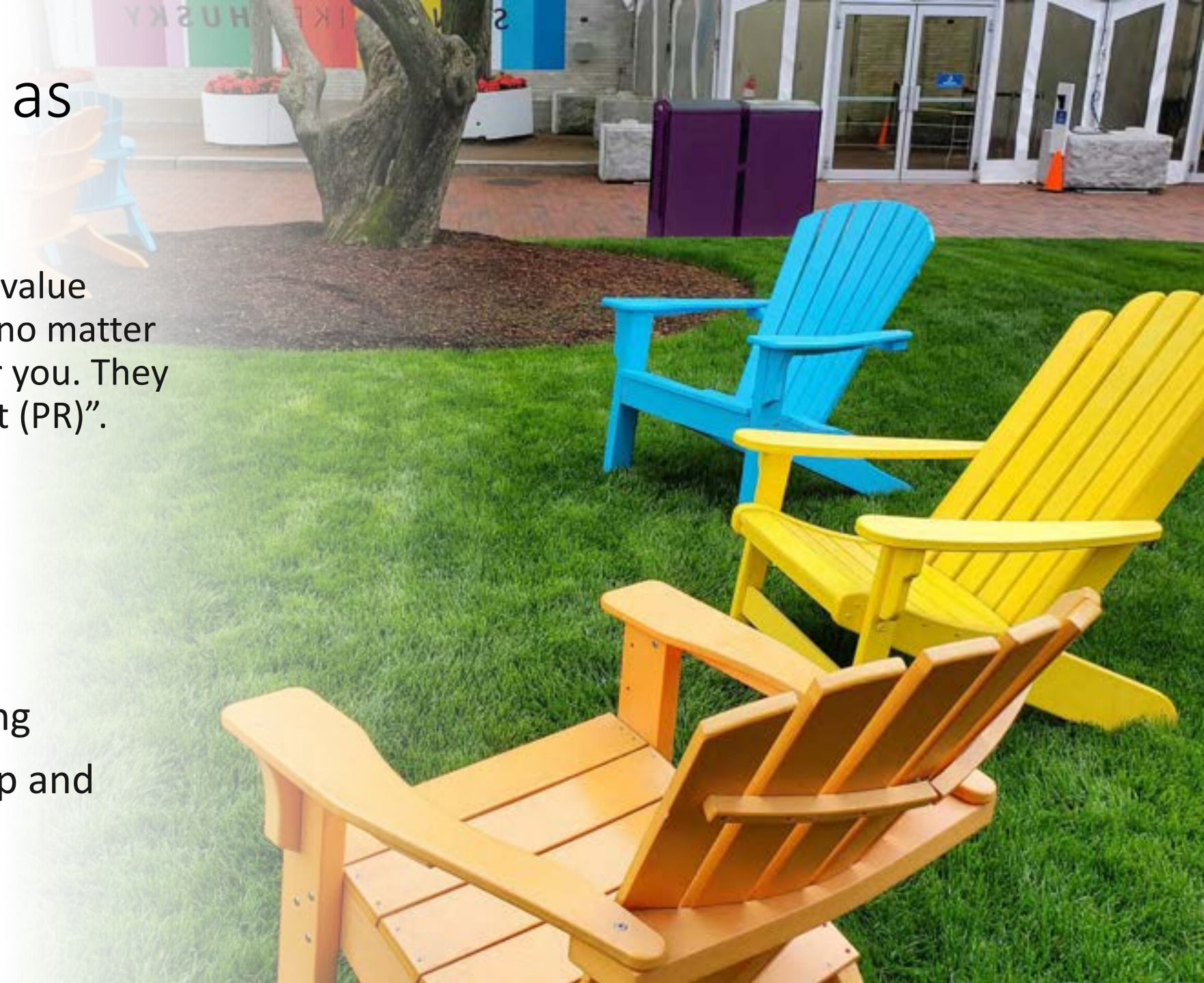
Steptoe, 2023

Special issue on loneliness and health in
Applied Psychology: Health and Wellbeing

Social relations as protective

“[Isolation] has taught me to value friendships. The people who no matter what, will always be there for you. They are few and they are constant (PR)”.

- ❖ Being present
- ❖ Listening and hearing
- ❖ Noticing and appreciating
- ❖ Savoring the relationship and conversation (informal mindfulness)



Resources

Department of Applied Psychology

- CAEP 1280: Introduction to Mindfulness
- CAEP 2012: Health Psychology: An Introduction
- CAEP 5002 Mindfulness: Theory & Practice
- Minor in Mindfulness Studies
- Health Psychology Minor
- Dialogue of Civilizations – Nepal
- Bouvé Healthy Together Initiative
- First Responder Resilience and Behavioral Health Workshops
- <https://bouve.northeastern.edu/ap/>



THANK YOU!



QUESTIONS?

