

# Supporting Student Mental Health at Baruch

Presentation to:  
Baruch Advising Alliance  
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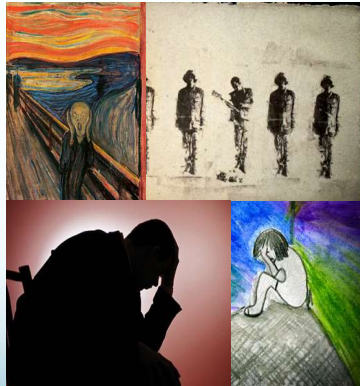
## Outline

1. Mental health needs at Baruch/Healthy Minds Study results
2. Impact on college completion
3. National mental health trends and Counseling Center findings
4. Resources for staff, faculty, and students

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## Mental Health Needs at Baruch & Healthy Minds Study Results



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## Baruch's Suicide Prevention Task Force

In the Spring of 2021, President Wu charged Baruch's Suicide Prevention Task Force. This Task Force, co-chaired by Art King, VP of Student Affairs and Dean of Students, and Dr. Teresa Hurst, Director of the Counseling Center, partnered with the Jed Foundation in 2020-2022 to improve Baruch's efforts to meet the mental health needs of students and reduce the risk of suicide.

Membership includes:

- Dr. Lynn Kaplan, Associate Director of the Counseling Center
- Dr. Jennifer Mangels, Chair & Professor, Psychology Department and Chair of Chairs at WSAS
- Dr. Sam Johnson, Professor, Psychology Department and Chair of the Faculty Senate
- Leslie Ann Hunt, Director of Graduate Programs
- Jody Vaisman, Director of Honors Program
- Kristy Perez, Director of SEEK
- Rosa Kelly, Director of International Student Service Center
- Damali Tolson, Director of Student Life
- Joy Allison, Interim Director of New Student & Family Programs
- Robert Curry, Director of Campus Safety
- Dr. Glenn Albright, Associate Professor, Psychology Department

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## JED Campus

Since 2000, JED has partnered with over 300 colleges through their JED Campus Program to build upon existing student mental health, substance use and suicide prevention efforts.

In 2020, JED received a grant to work with CUNY schools.



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## Baruch Student Statistics

As part of the JED program, Baruch's Suicide Prevention Taskforce partnered with the Healthy Minds Study (HMS) to survey all of Baruch's undergrad and grad student on the topic of Mental Health in Spring 2021. **1,278 students completed the survey.**

- 71% identified as students of color
  - 37% Asian/Asian American/Pacific Islander, 29% White, 22% Latinx, 13% Black/African American, 5% Other, 3% Arab/Middle Eastern, 1% American Indian/Native Alaskan
- 64% female, 34% male, 2% other
- 77% straight, 23% non-heterosexual (e.g., queer/lesbian/gay/bisexual/pansexual)
- 23% Christian-Catholic, 13% None, 12% Agnostic, 11% Atheist, 9% Muslim, 8% Christian-Protestant, 8% Other, 7% Buddhist, 6% Jewish, 4% Hindu.
- 75% undergraduate, 25% graduate students

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## HMS Results: Mental Health at Baruch

Of the 1,278 Baruch undergrad and grad students surveyed:

- 45% scored positive for moderate or major depression\*
- 37% scored positive for an anxiety disorder\*
- 19% reported non-suicidal self-injury over past year (e.g., cutting, burning, punching self)
- 13% reported suicidal ideation over the past year

\*as reported on the Patient Health Questionnaire-9 screen and Generalized Anxiety Disorder-7 screen as part of the HMS

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## Stressors for Baruch Students

### Financial Stressors:

- Multiple jobs
- Long commutes
- Food/housing insecurity
- Lack of resources to move out of unsupportive family homes

### Cultural Stress Factors:

- Language barriers
- Expectation to care for younger siblings and/or elder relatives
- Acculturation differences from parents
- Racial violence & discrimination for other marginalized identities



### Intensified Expectations:

- Family pressure to get high paying job after graduation
- Increased competition for internships/jobs
- Transfer student adjustment

### COVID-19:

- Fear of infection/vaccines
- Social distancing/isolation
- Loss of jobs
- Death of loved ones

### Immigration Stress:

- Detained/deported family members
- Fear of being deported themselves

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## HMS Survey Data on Additional Stressors

- 69% said they felt isolated from others often or some of the time
- 16% said they have been treated unfairly sometimes, a lot, most of the time, or all of the time over the past year because of their race, ethnicity, gender, sexual orientation, or cultural background
- 22% lost a close family member or friend due to COVID-19
- 76% reported their current financial situation as sometimes, often, or always stressful
- 66% said their financial situation was somewhat or a lot more stressful due to the COVID-19 pandemic

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## Perceived Stigma\*

37% agreed with “Most people would think less of someone who has received mental health treatment.”

but only...

6% agreed with “I would think less of someone who has received mental health treatment.”



\*as reported on the Healthy Minds Study Spring 2021

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## Impact on College Completion

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## Impact on College Completion

Untreated psychological distress and mental health issues can significantly impact:

- Academic success - including attendance, GPA, graduation timelines, drop out rates
- Executive functioning and ability to concentrate
- Memory – retaining and recalling information
- Relationships with peers, family, and faculty
- Test anxiety
- Self-esteem



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## Impact on College Completion

### Mental health concerns are one of the primary barriers to college completion.

The Healthy Minds Study, completed by a random sample of approximately 2,900 students at the University of Michigan in fall 2005, indicated that **depression at baseline** (as measured by the Patient Health Questionnaire-9) was associated with a **two-fold** increase in the likelihood of departing from the institution without graduating, even after controlling for prior academic record (test scores and grades) and other individual characteristics<sup>1</sup>.

<sup>1</sup> Eisenberg, D., Gollust, S. E., Golberstein, E., & Hefner, J. L. (2007). Prevalence and Correlates of Depression, Anxiety, and Suicidality among University Students. *American Journal of Orthopsychiatry*, 77(4), 534-542.

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## Academic Impairment and Need at Baruch\*

### Perceived need (current)

I currently need help for emotional or mental health problems such as feeling sad, blue, anxious or nervous.



### ACADEMIC IMPAIRMENT

In the past 4 weeks, how many days have you felt that emotional or mental difficulties have hurt your academic performance?



\*as reported on the Healthy Minds Study Spring 2021

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## National Mental Health Trends and Counseling Center Findings

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### Mental Health Treatment in Higher Education

Anxiety, depression, and academic distress continue to be the most common reasons for treatment seeking in the college student population.<sup>1</sup>

Item	11-Year Change	2010-2021	Lowest	Highest	2020-2021
<b>CCAPS-62</b>					
Depression	+0.23		1.59	1.82	1.82
Generalized Anxiety	+0.27		1.61	1.89	1.89
Social Anxiety	+0.25		1.82	2.07	2.06
Academic Distress	+0.19		1.85	2.04	2.04
Eating Concerns	+0.11		1.00	1.12	1.12
Hostility	-0.08		0.96	1.04	0.96
Substance Use	-0.18		0.59	0.77	0.59
Family Distress	+0.12		1.29	1.42	1.42

<sup>1</sup> CCMH 2021 Annual Report. 2020-2021 data based on 153,233 unique students from 180 higher education institutions

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## Anxiety and Depression

At Baruch, anxiety, stress, and depression were the 3 top reasons students sought mental health services during 2021-22 (as reported by our Wellness Survey).

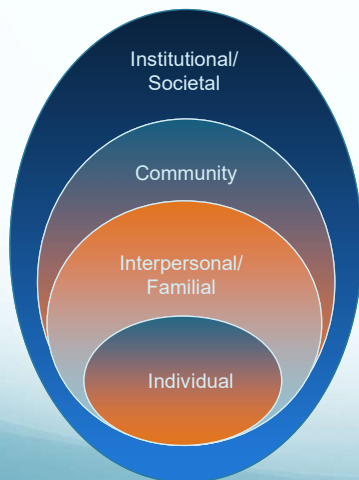


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## Trauma at Baruch

Our trauma screen revealed that 78% of Baruch students coming to the Counseling Center in 2021-22 reported a history of significant trauma – this is almost twice the national average for college students.



### In childhood:

- 41% reported emotional abuse
- 19% reported sexual abuse
- 18% reported neglect
- 16% reported physical abuse

### In adulthood:

- 34% reported emotional abuse
- 24% reported sexual abuse or sexual assault
- 9% reported physical abuse or interpersonal violence
- 52% reported other traumatic experiences in adulthood, such as witnessing a homicide, immigration trauma

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## Rise in Suicidality

During 2021-22 academic year, over 32% of Baruch students coming to the Counseling Center reported having thoughts that they would be better off dead or of hurting themselves in some way over the past two weeks (as reported on the Patient Health Questionnaire filled out at intake).



Leading Cause of Death in the United States for Select Age Groups (2020)  
Data Courtesy of CDC

Rank	5-9	10-14	15-24	25-34	35-44	45-54	55-64	All Ages
1	Unintentional Injury 685	Unintentional Injury 881	Unintentional Injury 15,117	Unintentional Injury 31,315	Unintentional Injury 31,057	Malignant Neoplasms 34,589	Malignant Neoplasms 110,243	Heart Disease 696,962
2	Malignant Neoplasms 382	Suicide 581	Homicide 6,466	Suicide 8,454	Heart Disease 12,177	Heart Disease 34,169	Heart Disease 88,551	Malignant Neoplasms 602,350
3	Congenital Anomalies 171	Malignant Neoplasms 410	Suicide 6,062	Homicide 7,125	Malignant Neoplasms 10,730	Unintentional Injury 27,819	COVID-19 42,090	COVID-19 350,831
4	Homicide 169	Homicide 285	Malignant Neoplasms 1,306	Heart Disease 3,984	Suicide 7,314	COVID-19 16,964	Unintentional Injury 28,915	Unintentional Injury 200,955
5	Heart Disease 56	Congenital Anomalies 150	Heart Disease 870	Malignant Neoplasms 3,573	COVID-19 6,079	Liver Disease 9,503	CLRD 18,816	Cerebrovascular 160,264
6	Influenza & Pneumonia 55	Heart Disease 111	COVID-19 501	COVID-19 2,254	Liver Disease 4,938	Diabetes Mellitus 7,546	Diabetes Mellitus 18,002	CLRD 152,657
7	CLRD 54	CLRD 93	Congenital Anomalies 384	Liver Disease 1,631	Homicide 4,482	Suicide 7,249	Liver Disease 16,151	Alzheimer's Disease 134,242
8	Cerebrovascular 32	Diabetes Mellitus 50	Diabetes Mellitus 312	Diabetes Mellitus 1,168	Diabetes Mellitus 2,904	Cerebrovascular 5,686	Cerebrovascular 14,153	Diabetes Mellitus 102,188
9	Benign Neoplasms 28	Influenza & Pneumonia 50	CLRD 220	Cerebrovascular 600	Cerebrovascular 2,008	CLRD 3,538	Suicide 7,160	Influenza & Pneumonia 53,544
10	Suicide 20*	Cerebrovascular 44	Complicated Pregnancy 191	Complicated Pregnancy 594	Influenza & Pneumonia 1,148	Homicide 2,542	Influenza & Pneumonia 6,295	Nephritis 52,547
11	Septicemia 16*	COVID-19 32	Cerebrovascular 188	Influenza & Pneumonia 578	Septicemia 979	Influenza & Pneumonia 2,511	Septicemia 6,242	Liver Disease 51,642
12	COVID-19 17*	Benign Neoplasms 27	Influenza & Pneumonia 185	HIV 468	Nephritis 859	Septicemia 2,510	Nephritis 6,213	Suicide 45,979

At this time, suicide is considered one of the world's greatest public health crises.

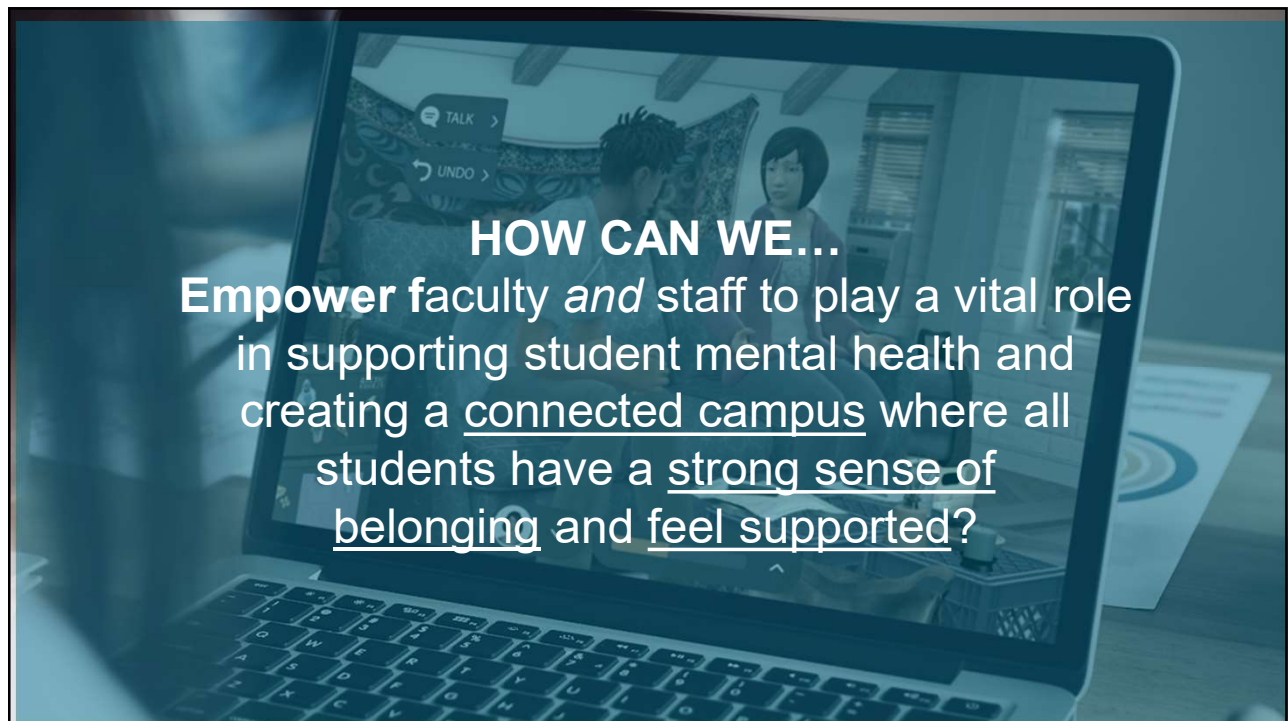
Based on data from 2020, suicide was the 3rd leading cause of death in people aged 15-24 and the 2nd leading cause of death in people aged 25-34.

Baruch also experienced a significant increase in student deaths during the height of the pandemic.

## Resources for Faculty/Staff/Students

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## Training Resource for Baruch Faculty & Staff

### Kognito's At-Risk Mental Health for Faculty and Staff

- 30-45 minute online role-play training
- Practice identifying and responding to students in distress
- Learn how to successfully make referrals to supportive services
- Practice these challenging conversations at your own pace through roleplay with virtual students



### To access this training:

- Visit [cuny.kognito.com/](https://cuny.kognito.com/)
- Log in or create a new account
- Use enrollment key: baruchcaruf
- Launch At-Risk Mental Health for Faculty



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## Mission of the Counseling Center

Through culturally-responsive and trauma-informed mental health services, the Baruch College Counseling Center assists students in achieving their academic and personal goals, such as completing college and attaining gainful employment in their chosen field.



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## Success of our Center

To help promote the health, safety, resiliency and success of our students, the Counseling Center does the following:



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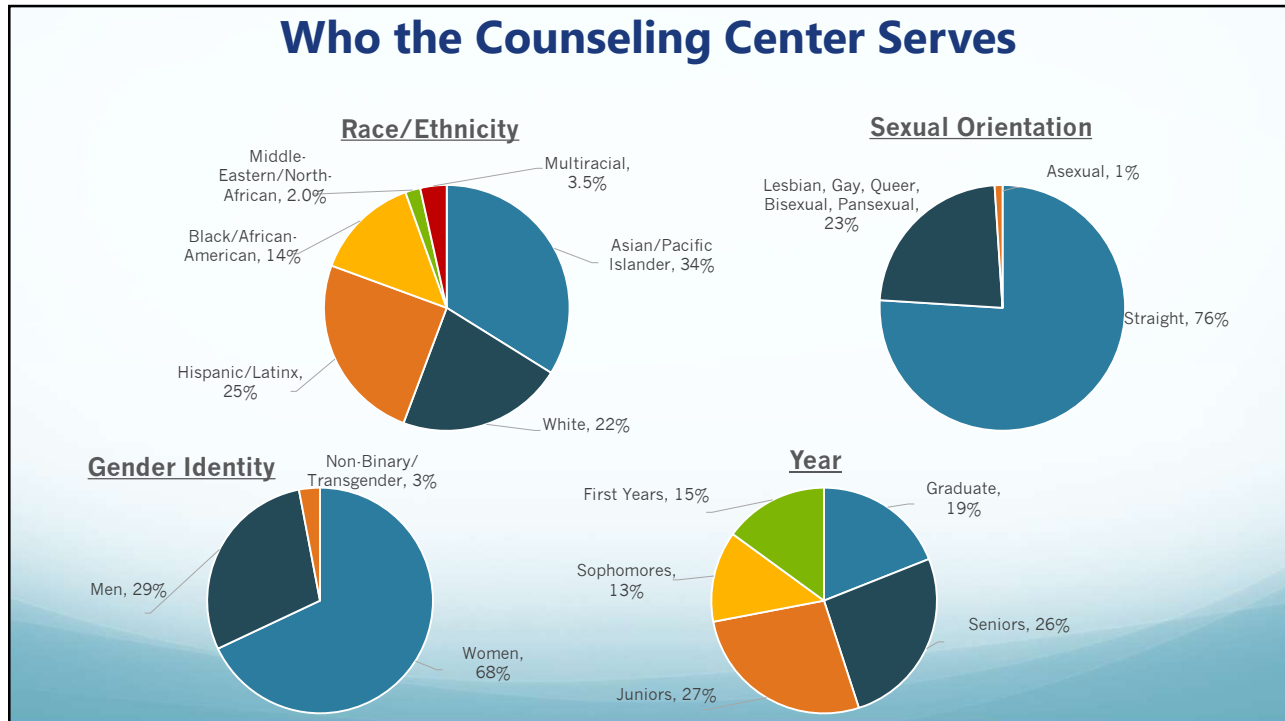
## Counseling Center Services

The Counseling Center provides the following trauma-informed and culturally-responsive services for students:

- Crisis counseling
  - Short-term individual counseling – both in-person and remote
  - Group counseling
  - Support sessions (e.g., Black Mental Health Matters, Stress Management)
  - Psychiatric medication evaluations and follow-ups
  - Performance Enhancement Consultations using biofeedback
  - Psychological testing
  - Workshops and presentations
  - Referrals
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## Counseling Center Workshops

In 2021-2022, the Counseling Center staff delivered 117 workshops and presentations across campus, reaching 2,614 students and 537 staff/faculty on topics such as Growing up as a Black or Latino Man, Rejoining the World after Social Distancing, Suicide Prevention, and the Imposter Phenomenon.

**Let's Talk About It**  
**RE-JOINING THE WORLD**

How can we prepare for this uncertainty and manage our distress?  
How can we change our mindset to better prepare for re-entering the world?

**JOIN US**  
**Thursday**  
**October 7, 2021**  
**1:00 PM**

In a discussion about people's fear and uncertainty during the pandemic and how we can bring ourselves back into the world.

**Meeting ID:**  
**898 2616 6932**  
**Passcode:**  
**636539**

BaruchCOLLEGE  
COUNSELING CENTER

**BOYS TO MEN:**  
**GROWING UP IN MY SKIN**

**A Conversation with Black and Latinx Men on Masculinity**

**NOVEMBER 12, 2021**  
**10 AM - 1 PM**  
**RSVP LINK:**  
**BIT.LY/BCBOYS2MEN**

BaruchCOLLEGE

In Partnership with: Black Male Initiative, Black and Latino Studies, SEEK, UMLA Counseling Center

**Let's Talk About It:**  
**Caring Conversations**

**November 4, 2021**  
**12:45 pm ET - 2:15 pm ET**

Starting conversations about suicide prevention. What are the signs to look out for in friends and others to prevent suicide? How can we have conversations with our friends to help them?

We will also share some results from the Healthy Minds Student Survey that will provide some insight into the thoughts and experiences of Baruch students.

Zoom ID: 880 5071 8487 Password: 593496

To access the BCCC and request an appointment, students can:

- Visit the website: [StudentAffairs.baruch.cuny.edu/counseling](https://StudentAffairs.baruch.cuny.edu/counseling)
- Email [counseling@baruch.cuny.edu](mailto:counseling@baruch.cuny.edu)
- Call 646-312-2155

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## Other Resources to Support Students in Distress

The Baruch Campus Intervention Team (CIT) is a cross-divisional service for faculty, staff, and students to connect students in distress with the help they need:

- Reports can be made by anyone at <https://studentaffairs.baruch.cuny.edu/campus-intervention-team> or by emailing [cit@baruch.cuny.edu](mailto:cit@baruch.cuny.edu)
- A CIT case manager will reach out to the student and get them connected to needed services

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## Other Resources to Support Students in Distress, cont'd.

- **Crisis Text/Call Lines:** resources for students in distress to receive immediate crisis assessment and counseling:
  - **CUNY Crisis Text Line:** Text "CUNY" to 741-741
  - **National Suicide and Crisis Lifeline:** Call 988
- **NYC Well:** a free, 24/7/365 NYC resource to provide suicide prevention and crisis counseling, peer support, and referrals via phone, text, or web chat:
  - Visit <https://nycwell.cityofnewyork.us/en/>
  - Call 1-888-NYC-WELL (1-888-692-9355)

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## Resources to Support Staff

- Take advantage of Baruch's Employee Assistance Program as a FREE health & wellness resource (including short-term counseling) - CCA@Your Service - <https://hr.baruch.cuny.edu/eap/> - OR 800-833-8707 Code: CUNY
- For those in the PSC, take advantage of free trauma counseling through AFT: <https://www.aft.org/benefits/trauma>
- Join Baruch Staff for a Mindful Monday Reset – Mondays 12:00-12:30pm

This is a 30-minute weekly Monday lunchtime reset to slow down, get present, and be intentional in a safe space and in community with your peers as we mindfully set the tone to move through the week. Hosted by Baruch's Office of Health & Wellness, Zicklin Graduate Career Management Center and the DEI Incubator.

- Please email [joy.allison@baruch.cuny.edu](mailto:joy.allison@baruch.cuny.edu) with any questions.
- Register at: <https://baruch.zoom.us/meeting/register/tZAucO2prTgsEtwVHxH3Xk2e0NsOzEdNCLC2>

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## How You Can Help

- Continue to encourage staff/faculty in your departments to complete the Kognito's At-Risk Mental Health for Faculty and Staff – CUNY Central is has extended the contract to at least end of June 2023
- Continue to partner with us to plan outreach events and workshops to reach at-risk student groups (e.g., LGBTQ+ student, BIPOC students)
- Help promote our upcoming workshops and events
- Continue to connect students to our services
- Share our new Instagram - @baruchcounseling

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## Questions and Comments

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