

Student Success and Mental Health

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Our Issues and Challenges

- More students are coming forth with issues related to their state of mental health
- Less availability for students to get into CAPS (Counseling and Psychiatric services)
- Effect upon their
 - Academics
 - Relationships
 - Overall wellbeing



Categories of Increased Acknowledgement

- Depression, Anxiety and Stress
- Nervous Exhaustion
- Use Abuse: gaming, binge drinking, social media & electronics
- Eating disorders
- Post Traumatic Stress from an event – “Nasser” and assaults
- Seasonal Effective Disorder
- Navigating between academics and family/home environment
- University Fit: student of color and discrimination, acknowledgement of sexual orientation,



BTAT: Behavior, Threat, Assessment Team

Student Issues

- MSU Police Department
- Counseling Center
- University Physician (or designee)
- Student Health Services – Psychiatry Services
- Office of the Vice President for Student Affairs and Services (or designee)
- Residence Education and Housing Services
- ADA Coordinator – Office of Institutional Equity (OIE)
- Dean of the Graduate School / Dean of Undergraduate Education
- Student Conduct and Conflict Resolution



Strategies that proved useful

- **Hired** more Counseling and Psychiatric Services Personnel: CAPS
- **Designated a CAPS Professional** for ANR students (individual, group and pet therapy activities)
- **Provide training for Faculty, Staff and Students**
 - Absence accommodations, FERPA and Parents
 - Compassion Fatigue for front line professionals/advisors
 - BTAT: Behavior Threat Assessment Team (btat.msu.edu/)
- **Send Multiple Campaigns** about services (emails and signage)
- **Use online counseling program** for International students
- **Merge services** such as Resources for Persons w/Disabilities
- **Fall Break**



Practical applications

- Provide support
 - Advocacy is key
 - Training for faculty and staff – mental health first aid training
- Provide resource information
 - Use multiple sources on campus
- Refer to professionals
 - Follow up with referral to professionals
- Circle back to “Goals” and “Achievement”

