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”