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# Redesigning Student Mental Health to Meet the Student's Needs

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## Disclosures



- ***Research/Grants:*** Astellas Pharma US, Inc.
- ***Advisory Board:*** Astellas Pharma US, Inc.;  
Zynerba Pharmaceuticals, Inc.

# Learning Objective 1

Incorporate mental health services for students into university health systems.



# Outline for Discussion



- History
  - Student health systems
  - Student counseling culture
- Evolving Landscape
  - Mental health needs in a university setting
  - Regulatory environment and standards of care
- A Call to Action and Future State



# History



- Student Health Systems
  - Autonomous, independent and insular
  - Accountability to student affairs not health systems
  - Public health & outreach perspective
- Student Counseling Culture
  - Brief contact and referral to the community
  - Lack of integration with medicine and psychiatry
  - Not designed for treatment of major mental illness

# Evolving Landscape



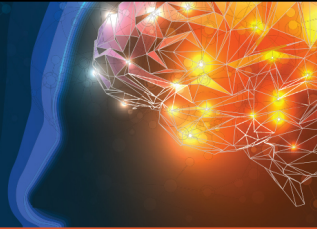
- Mental health needs in a university setting
  - In a sample of 4,569 USC students taken from 2017-2018, 32% experienced symptoms of mental illness\*
    - Depression (25%), anxiety (22%), eating disorders (9%), and SI (7%)
- Student health systems refer out most mental health care
- Regulatory environment and standards of care
  - Parents/students expect care on par with health systems and schools of medicine
  - Regularity and legal environment demands higher level care and integration of services

SI = suicidal ideation.

\*USC internal data from USC student database courtesy of Steven Siegel, MD, PhD.

# SMART Goals

Specific, Measurable, Attainable, Relevant, Timely



- Incorporate student mental health services into School of Medicine department of psychiatry/health system
- Retain student health model for initial contact with referral to your own department's practice plan for ongoing care
- Provide continuum of care across student health-fee and insurance-based care
- Integration of mental and physical health both within student health and across systems



# Questions & Answers

Don't forget to fill out the evaluation on your iPad to collect your credit.

