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February 27-29, 2020 | The LINQ | Las Vegas, Nevada

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Mental Health and Substance Use on Campus: New Solutions

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Disclosures



- **Research/Grants:** Astellas Research Institute of America LLC
- **Consultant:** Zynerba Pharmaceuticals, Inc.

Learning Objective 1

Address mental health and substance use on college campuses.



National Evolution of Student Health

From Counseling to Mental Health Service



- Student's mental health needs, acuity, and expectations dramatically increased over the past 2 decades
- College counseling systems struggle to keep pace
- Universities across the Nation are trying to rapidly increase resources for student mental health
- Even those that doubled their investment continue to refer students to community for ongoing care

Healthy Minds Network: 2018-2019 (n = 62,171)

Research on Adolescent and Young Adult Mental Health



- The Healthy Minds Study (HMS) is an annual Web-based survey study examining mental health, service utilization, and related issues among undergraduate and graduate students
- Each participating school provides the HMS team with a randomly selected sample of currently enrolled students over age 18
- Large schools typically provide a random sample of 4,000 students, while smaller schools typically provide a sample of all students
- Schools with graduate students typically include both undergraduates and graduate students in the sample



Available at https://healthymindsnetwork.org/wp-content/uploads/2019/09/HMS_national-2018-19.pdf.

Past 30-Day Prevalence

Estimated Values of Selected Measures	% of Students
Major depression (positive PHQ-9 screen)	18%
Depression overall, including major and moderate (positive PHQ-9 screen)	36%
Elevated level of depression (positive CCAPS-34 screen)	28%
Anxiety disorder (positive GAD-7 screen)	31%
Elevated level of generalized anxiety (positive CCAPS-34 screen)	31%
Eating disorder (positive SCOFF screen)	10%
Elevated level of eating concerns (positive CCAPS-34 screen)	34%
Non-suicidal self-injury (past year)	24%
Suicidal ideation (past year)	14%
Lifetime diagnoses of mental disorders	37%
Psychiatric medication (past year)	24%
Mental health therapy/counseling (past year)	30%
Any mental health therapy/counseling and/or psychiatric medication among students with positive depression or anxiety screens (past year)	56%

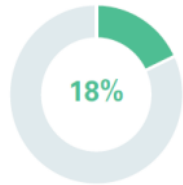
CCAPS-34 = Counseling Center Assessment of Psychological Symptoms-34; GAD-7 = general anxiety disorder-7; PHQ-9 = Patient Health Questionnaire-9; SCOFF = sick, control, one stone (14 lbs/6.5 kg), fat, food.
HMS Study Team. HMS Website. 2019. https://healthymindsnetwork.org/wp-content/uploads/2019/09/HMS_national-2018-19.pdf.

Lifetime Diagnostic Prevalence Self-Report

25%	Depression or other mood disorders (e.g., minor depressive disorder, persistent depressive disorder)
3%	Bipolar (e.g., bipolar I or II, cyclothymia)
28%	Anxiety (e.g., generalized anxiety disorder, phobias)
3%	Obsessive-compulsive or related disorders (e.g., obsessive-compulsive disorder, body dysmorphia)
6%	Trauma- and stressor-related disorders (e.g., posttraumatic stress disorder)
5%	Neurodevelopmental disorder or intellectual disability (e.g., attention deficit disorder, attention deficit hyperactivity disorder, intellectual disability, autism spectrum disorder)
4%	Eating disorder (e.g., anorexia nervosa, bulimia nervosa)
0%	Psychosis (e.g., schizophrenia, schizoaffective disorder)
1%	Personality disorder (e.g., antisocial personality disorder, paranoid personality disorder, schizoid personality disorder)
2%	Substance use disorder (e.g., alcohol abuse, abuse of other drugs)
63%	No, none of these

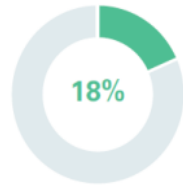
Prevalence of Mental Health Issues

Severe depression



PHQ-9

Moderate depression

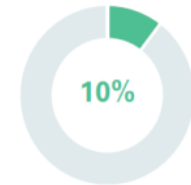


Any depression



SCOFF

Eating disorders

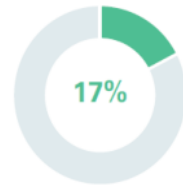


Severe anxiety

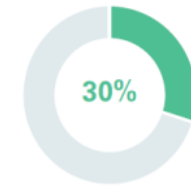
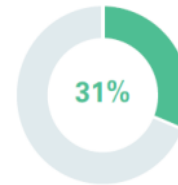


GAD-7

Moderate anxiety



Any anxiety

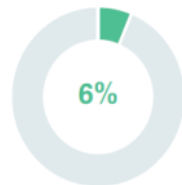


Past Year
Therapy
Lifetime

Suicidal ideation (past year)



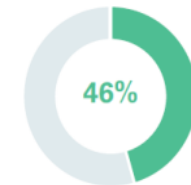
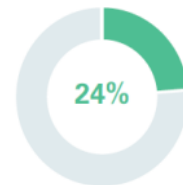
Suicide plan (past year)



Suicide attempt (past year)



Non-suicidal self-injury (past year)



Psychotropic Medication During the Past Year

6%	Psychostimulants (e.g., methylphenidate, amphetamine salts, dextroamphetamine)
16%	Anti-depressants (e.g., fluoxetine, sertraline, paroxetine, escitalopram, venlafaxine, bupropion)
1%	Anti-psychotics (e.g., haloperidol, clozapine, risperidone, olanzapine)
8%	Anti-anxiety medications (e.g., lorazepam, clonazepam, alprazolam, buspirone)
2%	Mood stabilizers (e.g., lithium, valproate, lamotrigine, carbamazepine)
4%	Sleep medications (e.g., zolpidem, zaleplon)
2%	Other medication for mental or emotional health
76%	None

Solutions: Integration of Student Health into Health System



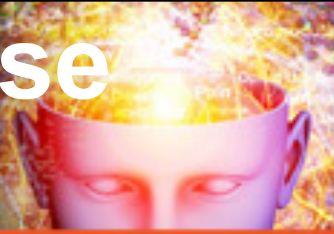
- Build a new mental health system for 48,000 students
- New administrative structure: part of health system
- New clinical oversight: credentialing, peer review, conduct
- New policies and procedures: integrated electronic medical records and administration
- New standards for productivity: assigned requirements
- Expanded staffing: increased from 30 to 40 full-time equivalent
- Clinician ratio: increased therapist:student ratio to 1:1000
- Moving target: national average moving to 1:500 therapists
 - Population health estimates 1:3000 therapy and 1:8000 MD

Opened a New Department of Psychiatry Student Practice



- Opened: November 19, 2019 with 6 clinicians
- Growing: Adding 12 more clinicians by July 2020
- Target: 18 clinicians with goal to grow to 27 (2/3rd therapists)
- Access: addresses major gap in mental health care availability
- Commercial practice: to meet clinical and financial needs
- Insurance gap: requires university underwriting
- Scope: treat ~ half of the students needing long-term care
- Outpatient only: no partial hospital, drug detox, or rehabilitation
 - Partner with The Haven at College for substance use disorders

Incidence of College Substance Use on College Campuses



- 1/3 drink excessively
- 1,500+ students die annually from alcohol-related incidents
- 49% engage in high-risk alcohol use or abuse prescription/illicit drugs
- 23% of college students meet criteria for substance use disorder
- 19% of college students meet criteria for alcohol use disorder
- Only ~2.5% seek treatment

Healthy Minds Network Study: Drug Use Over the Past 30 Days

24%	Marijuana
2%	Cocaine (any form, including crack, powder, or freebase)
0%	Heroin
1%	Opioid pain relievers (such as oxycodone, meperidine, hydromorphone hydrochloride, codeine, hydrocodone, methadone, morphine) without a prescription or more than prescribed
1%	Benzodiazepines
0%	Methamphetamines (also known as speed, crystal meth, or ice)
3%	Other stimulants (such as methylphenidate) without a prescription or more than prescribed
1%	Ecstasy
1%	Other drugs without a prescription
74%	No, none of these

Healthy Minds Network Study: Significant Problems with Alcohol, Marijuana, and Vaping



Substance Use, Past 30 Days

Cigarettes	11%
Vape pen or e-cigarette	17%
Marijuana	24%
Cocaine	2%
Heroin	0%
Opioid pain relievers without a prescription	1%
Benzodiazepines	1%
Methamphetamines	0%
Other stimulants without a prescription or more than prescribed	3%
Ecstasy	1%
Other drugs without a prescription	1%

In the past 2 weeks, about how many times did you have 4 (female)/5 (male)/4 or 5 (not female or male) or more alcoholic drinks in a row? (1 drink is a can of beer, a glass of wine, a wine cooler, a shot of liquor, or a mixed drink)

More than one time	37%
More than 3 times	13%

2019 NATIONAL YOUTH TOBACCO SURVEY SHOWS YOUTH e-cigarette use at ALARMING LEVELS

OVER 5 Million
youth are currently using e-cigarettes

MORE THAN **3.6 M** 2018
MORE THAN **5 M** 2019

NEARLY **1 Million**
used the product daily

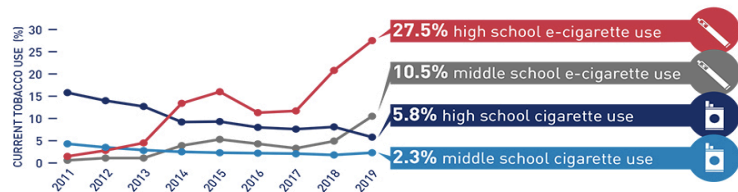


ABOUT **1.6 MILLION**
youth used the product frequently (on 20 or more days per month)

MAJORITY of the current e-cigarette users reported

JUUL as their usual brand

Current e-cigarette use has **INCREASED DRAMATICALLY**, while current cigarette use has dropped, **UNDERMINING PROGRESS** toward reducing overall tobacco use



The Facts About Vaping

2,711+
lung injury cases in the U.S. associated with vaping.*



Nicotine
can permanently change the developing teenage brain, creating a nicotine addiction for life.



10 million
youth in the United States used, or were open to using, e-cigarettes in 2018.



60+
deaths associated with vaping.*



Eighth graders who vape
are **10 times more likely to eventually** smoke cigarettes than their non-vaping peers.

135% increase
in high school students using e-cigarettes, reported between 2017 to 2019.



60%
of young people think e-cigarettes are mostly flavor; the truth is that more than 98% of products tested contain nicotine.



*As of January 2020



Partners in Pediatrics Website. 2020. <https://partnersinpediatrics.com/juul-juuling-dangerous-kids-e-cigarettes/>.
Spectrum Health Website. 2019. <https://www.spectrumhealth.org/vaping/facts>.



Colleges can partner with private clinical and residential providers to provide substance use treatment

The Haven at College Current Footprint

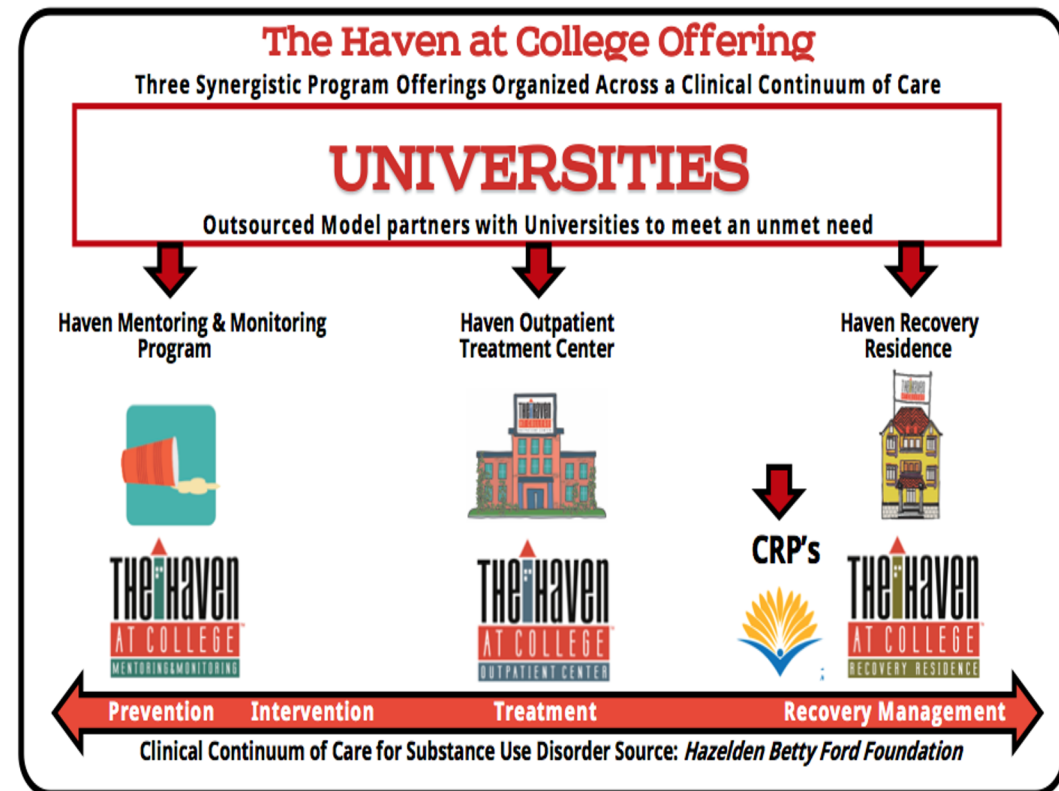


MIAMI
UNIVERSITY



Conclusions

- Mental health and substance use disorders on college campuses are escalating
- Potential solutions include:
 - Student counseling into health system
 - Develop accessible medical models of care
 - Partner with substance use programs for intensive outpatient programs and residential treatment



SMART Goals

Specific, Measurable, Attainable, Relevant, Timely



- Influence universities and clinics to provide better mental health services for an evolving population
- Create systems that increase students' access to **affordable** mental health and substance use services.

Questions & Answers

Don't forget to fill out your evaluations to collect your credit.

