Student Mental Health in the MUS

Crystine Miller, Director, Student Affairs & Student Engagement, OCHE
MUS Suicide Prevention & Mental Health Task Force

2021 Recommendations Report

- Ensure Access to Clinical Services
- Implement evidence-based training
- Establish cross-system communities of practice
- Establish depression screening in medical care settings
- Assess campus depression screening practices
- Establish provider best practices and training
- Reduce access to lethal means
- Establish protocol for suicide surveillance data
- Establish procedure for suicide risk assessment
- Sustain holistic approach through communities of practice
- System approach to securing resources
- MUS biennial summit
Launched You Matter MUS

Implemented system-wide suicide surveillance data tracking

Partnered with NASPA to administer NCHA

MUS Mental Health & Wellness Summit 2022
50.9% of students experience moderate psychological distress
20.5% experience severe psychological distress

46.9% of students scored positive for loneliness

44.8% of students reported challenges with academics
48.4% reported challenges with finances

38.6% of students reported stress as an impediment to academics
83.8% reported increased stress during COVID-19 pandemic

22.8% of students experience low food security
14.6% experience very low food security
70% of students feel that they belong at their college or university

MT students had an average score of 45 on the Flourishing Scale

MT students score an average of 6.2/8 on Resilience Scale

76% of students reported that they would seek mental health services
SAVE THE DATE!
Enriching Community Mental Health and Well-Being
FREE Mental Health & Wellness Summit
All students, faculty & staff welcome
September 20-22, 2022
Montana State University Billings