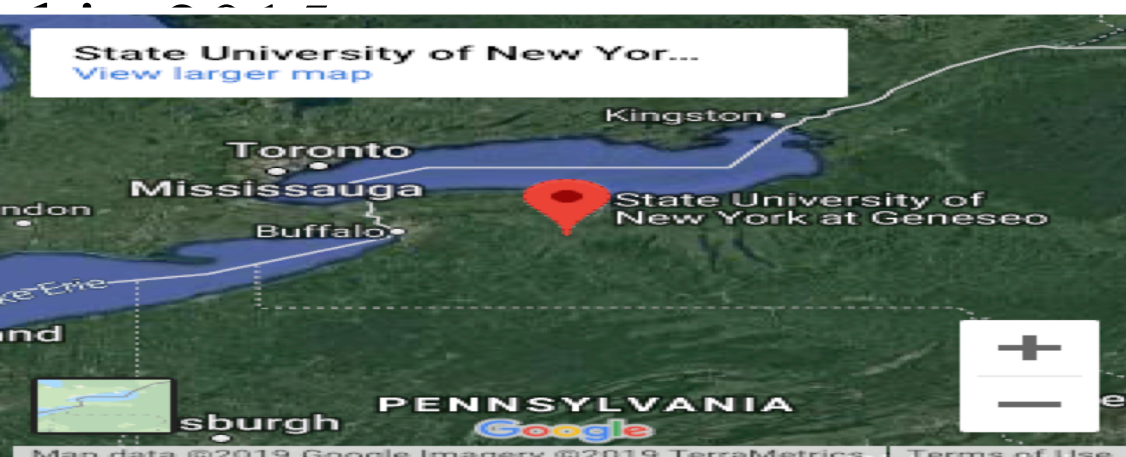
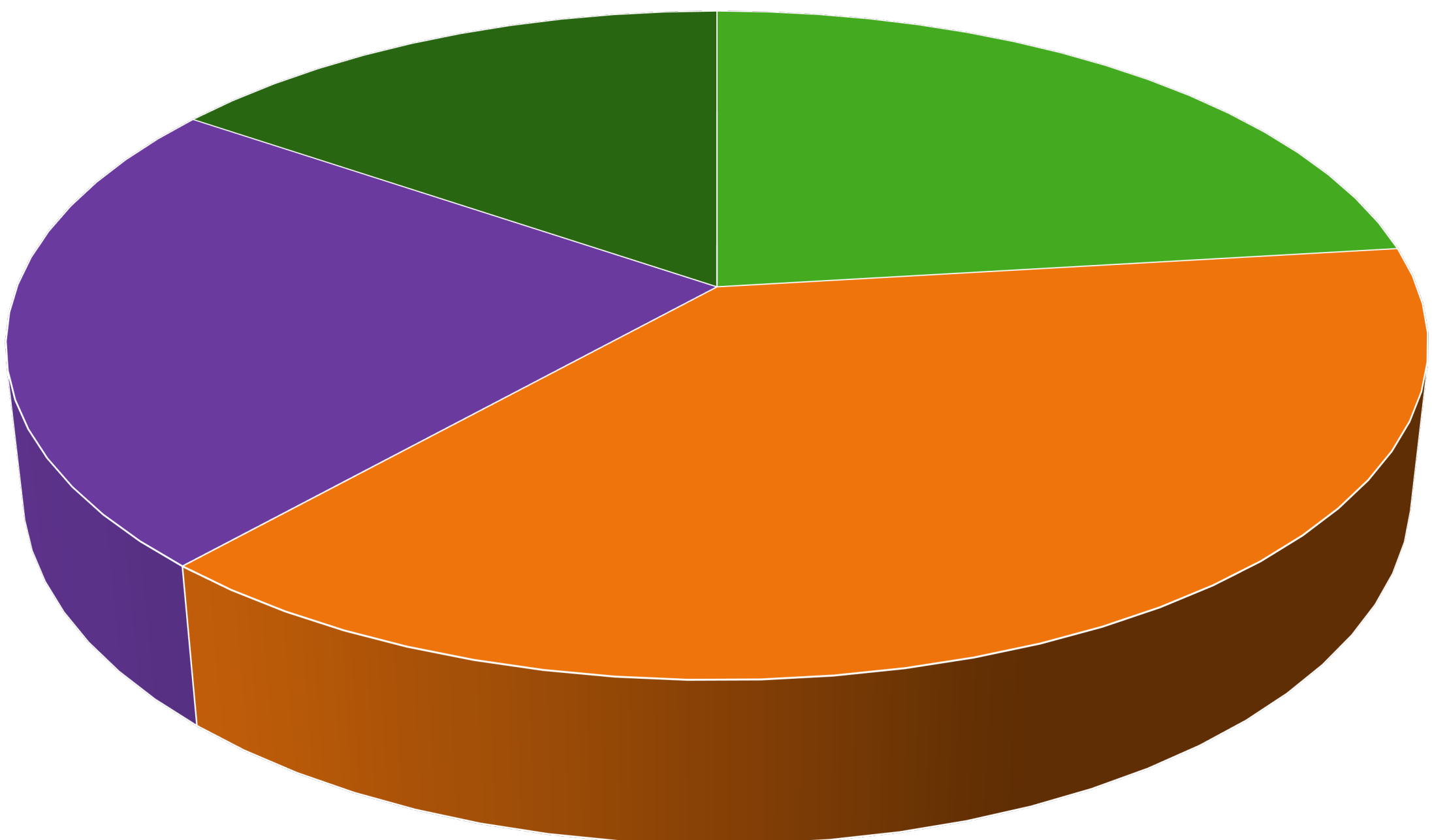


Success or Struggle of a College Student Based on Mental Health? A Review of SUNY Geneseo's Support Services

Keyanti Chavis



| Abstract | Methods & Participants | Results | | | | | | | | | | |
|--|--|---|--------|-------|-------------|-------|-------------------|--------|----------------|--------|--------|------------|
| <p>While there is research on mental health at SUNY Geneseo, few studies have examined firsthand accounts associated with the support services provided by the university and with individuals who have or have not had access to these resources. In this poster, I will present data from eight weeks of ethnographic data among students and staff on Geneseo’s campus. Lack of awareness about support services provided, complex stigmatization of mental health, and lack of appropriate funding and outside resources create the biggest barriers for receiving and facilitating mental health support services. I argue that a greater emphasis on mental health across campus is necessary to improve the access, education, and treatment of decreased mental health for all students and staff.</p> | <p>Data Collection</p> <ul style="list-style-type: none">• Audio recorded semi-structured interviews• Participant observation <p>Participants</p> <ul style="list-style-type: none">• Alcohol and Other Drugs Coordinator (n=1)• Principal Administrator of Student Health & Counseling (n=1)• Interim Director of Access Opportunity Programs (n=1)• Geneseo students aged 19-21 (n=6) | <p>Despite the vast list of support services provided to increase mental health, budget cuts are still a significant problem. Kognito, which is an interactive role-play simulation for students that builds awareness, knowledge and skills about mental health and suicide prevention might be removed from the college due to budget cutting.</p> <p><i>Interviewer:</i> “In the last three years, how has student health become more or less of a priority?”</p> <p><i>Participant:</i> “There is a greater awareness. In terms of putting money where needed and money being allocated, it is not more of a priority but about the same. There hasn’t been a concerted effort to allocate money. We have been able to add staff and counsels, but it is slowly becoming a priority.” – Key Informant, SUNY Geneseo.</p> <p>More often then not, students said that Geneseo don’t do a well enough job to promote upcoming events surrounding mental health wellness or advertise existing support services.</p> <p><i>Interviewer:</i> “If the school notifies you and ask ‘please tell us how we’ve been doing in terms of mental health support’ what would you say?”</p> <p><i>Participant:</i> “I would say that I think you’re trying but it’s not working. They need to advertise it like they advertise the volleyball games. I have friends who don’t even know that you can see a counselor here. So just stuff like that. Like even the therapy dogs, they’re freaking dogs, everyone wants to see dogs, and half the people don’t even know when they’re here.” – Student Participant 001</p> <p>Geneseo is notoriously known for having a hard curriculum and students feel detached from the professional staff currently due to previous experiences of dismissive attitudes between professors, staff, and students.</p> <p><i>Interviewer:</i> “Do you feel comfortable reaching out to any of your professors or professional staff here for help during a time of distress?”</p> <p><i>Participant:</i> “I don’t know. It depends. I don’t feel that comfortable with any of my professors like that, I don’t think I ever did. I don’t mind asking for help academically but for anything else. I can’t see it.” - Student Participant 004</p> | | | | | | | | | | |
| Background | Field Site | | | | | | | | | | | |
| <p>At SUNY Geneseo, the top diagnoses are anxiety, depression, and post-traumatic stress disorder as of 2018. Only 16% of the student body has received counseling within the last 12 months, while the top 3 contributors to decreased mental health on Geneseo’s campus was academics (84%), sleep concerns (58%), and relationship concerns (57%) as of 2018. The American College Health Association discovered that only 24% of post-secondary students diagnosed with depression were seeking any form of treatment (Rosenthal et al. 2018). Fewer than 20% of students suffering from any form of mental disorders sought professional help (Nourse et al. 2017). It is important that colleges tailor the specific needs of their students to understand how these factors contributes to the struggle or success of college students. The purpose of this research project is to look at how Geneseo’s mental health support services are implemented and promoted to college students. For my research project, I hypothesize that if more students were made aware of the on-campus mental health services provided and felt comfortable enough to reach out to these services, students would be more likely to do a better job at regulating stress and develop effective coping methods to deal with poor mental health.</p> | <ul style="list-style-type: none">• My primary location of research was SUNY Geneseo’s campus. Geneseo is a highly selective, residential liberal arts college located in upstate NY.<ul style="list-style-type: none">• 35 miles South of Rochester• Over 5,000 undergraduates• 19:1 Student to Faculty Ratio• I joined the Mental Health Advisory Committee, which is a standing committee at Geneseo that develops campus-wide initiatives and programs to promote conversations about mental health and to promote mental health wellness. This group is made up of students, faculty, and staff and was started  | Results | | | | | | | | | | |
| Research Questions | | <p>Reported main reasons for lack of effective services</p>  <table><tr><th>Reason</th><th>Color</th></tr><tr><td>Budget cuts</td><td>Green</td></tr><tr><td>Lack of resources</td><td>Orange</td></tr><tr><td>Stigmatization</td><td>Purple</td></tr><tr><td>Others</td><td>Dark Green</td></tr></table> | Reason | Color | Budget cuts | Green | Lack of resources | Orange | Stigmatization | Purple | Others | Dark Green |
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| Budget cuts | Green | | | | | | | | | | | |
| Lack of resources | Orange | | | | | | | | | | | |
| Stigmatization | Purple | | | | | | | | | | | |
| Others | Dark Green | | | | | | | | | | | |
| <p>The research questions driving this study:</p> <ul style="list-style-type: none">• To what extent are students at Geneseo made aware of any initiatives sponsored by the college to seek treatment through the on-campus support services?• In what ways can support services be more effectively provided in university settings? <p>The objectives of this study were to follow:</p> <ul style="list-style-type: none">• To explore how the college address the rising concerns about mental health on Geneseo’s campus.• To document ethnographic data that can contribute to faculty and staff understanding the importance of mental health awareness programs and support services. | Discussion | | | | | | | | | | | |
| | <p>Without the necessary funding to provide the programs or spearhead initiatives about mental health wellness, the school can’t provide the kind of education, support, and skills to help at-risk students. There are faculty and staff that are attempting to develop ideas and suggestion for programs and systems centered around mental health, but these ideas lack implementation.</p> <p>Additionally, students feeling a lack of promotion for current support systems or connection with a faculty or professional staff member makes it challenging to increase the turn-around rate for students attempting to seek support for themselves and others.</p> | References | | | | | | | | | | |
| | <p>American College Health Association. 2018. <i>American College Health Association-National College Health Assessment II: SUNY Geneseo Executive Summary Spring 2018</i>. Hanover, MD: American College Health Association.</p> <p>Nourse, R., P. Adamshick, and J. Stoltzfus. 2017. “College Binge Drinking and It’s Association with Depression and Anxiety: A Prospective Observational Study.” <i>East Asian Arch Psychiatry</i> 27: 18-25.</p> <p>Rosenthal, S., Melissa A. Clark, Brandon D.L. Marshall, Stephen L. Buka, Kate B. Carey, Robyn L. Shepardson, and Michael P. Carey. 2018. “Alcohol consequences, not quantity, predicts major depression onset among first-year female college student.” <i>Journal of Addictive Behaviors</i> 85: 70-76. http://doi.org/10.1016/j.addbeh.2018.05.021.</p> | | | | | | | | | | | |