



CENTRE FOR INNOVATION IN

Campus Mental Health

ASK THE EXPERTS

Instituting the NCHA in Ontario Colleges and Universities

June 17th, 2015 1:00 – 2:00 pm EST

Presented by the Centre for Innovation in Campus Mental Health

The webinar will begin shortly.

Audio: *Audio for this event will be through the computer speakers. Use of external computer speakers or headphones are recommended for optimal sound quality*

Please note this presentation will be **recorded**.

Instituting the NCHA in Ontario Colleges and Universities

Presented by Jim Lees, Confederation College and
Dr. Su-Ting Teo, Ryerson University

June 17, 2015



What percentage of CC students felt so depressed that it was difficult to function in the past 12 months?

a. 16%

b. 26%

c. 36% 

d. 46%

e. 56%

How does Confederation compare to the 2013 Canadian Reference Group?

a. Confederation College students were more likely to report depression

b. Confederation College students were less likely

c. Confederation College and the Ontario reference group reported similarly

37.5%

What is the NCHA?

☒ 64 question survey addressing...

- ☒ General health
- ☒ Health education
- ☒ Campus safety
- ☒ Alcohol and tobacco use
- ☒ Sexual behaviours, perceptions and contraception use
- ☒ Weight, nutrition and exercise
- ☒ Mental and physical health
- ☒ Impediments to academic performance
- ☒ Respondent demographics

American College Health Association- National College Health Assessment (ACHA- NCHA II)

- Developed by inter-disciplinary student services team 1998-99
- Systematically evaluated for reliability and validity
- Individual Canadian universities
- Canadian national collaboration
Spring, 2013



Canadian Schools Collaborate to Conduct a Nationwide Survey of Student Health (Spring, 2013)

COUCH of CACUSS facilitated nation-wide collaboration

- 32 postsecondary institutions - over 13 Ontario schools
- 34,000 student responses
- Data pooled and analyzed
 - Provincial Reference Group reports in 3 provinces



CACUSS / ASEUCC

Some limitations...

- Self-report data, may be subject to bias
- Sample size and generalizing to the overall population
- Slightly altered NCHA is offered as the Canadian version of the tool
 - Many questions may have an American bias, health activity for i.e.
 - Demographic information has been “Canadianized”
- Data is quantitative in nature, requires further qualitative research to discern detail/nuance

U of A's research objectives

- Increase our understanding of current health assets, issues, behaviors, and perceptions of our students.
- Employ evidence-based findings to inform health and wellness service development and delivery.
- Stimulate a dialogue about student and campus health.
- Establish a baseline of student health on our campus.

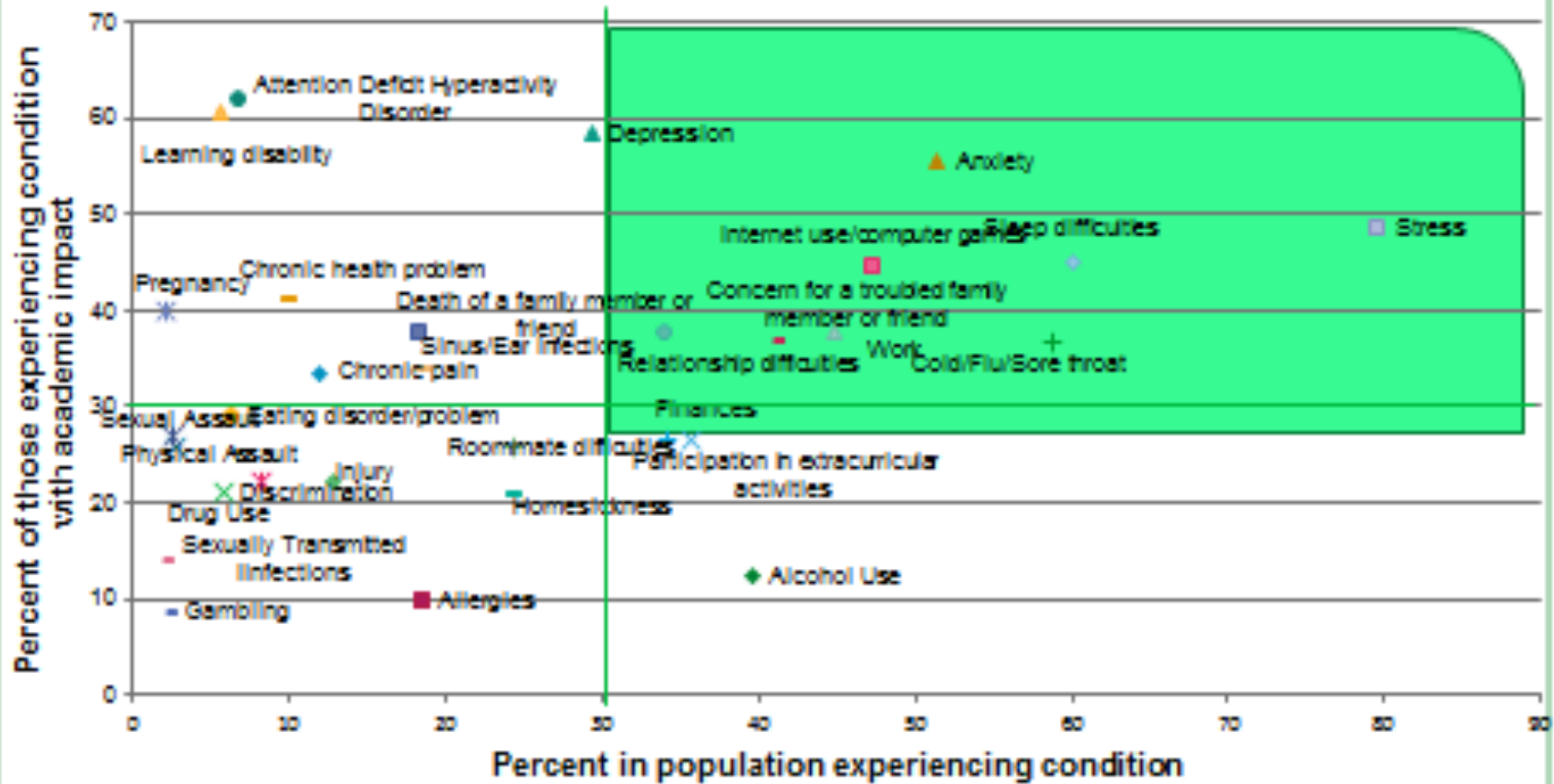
As well, the survey can... (U of A)

- Help allocate monetary and staffing resources based on defined needs
- Create social norming marketing campaigns by comparing student's actual behaviours to their perceptions of peer behaviours
- Provide needs assessment data for campus health taskforces
- Develop proposals to secure grant funding to expand or develop programs
- Help prioritize initiatives

Marijuana - Reported Use versus Perceived Use (CC, 2014)

Percent %	Actual Use	Perceived Use
Never used	55.3	13.3
Used, but not in the last 30 days	26.4	6.1
Used 1-9 days	10.0	30.3
Used 10 – 29 days	4.2	26.2
Used all 30 days	4.2	24.2
Any use w/l last 30 days	18.3	80.7

Canadian Undergraduate students: spring 2013



So far, we've used the data at Confederation College for...

- Awareness raising - senior team, staff, faculty, student leadership
- Informing the development of mental health strategy
- Prioritizing/substantiating project proposals (safeTALK)
- Contextualizing staff training (Mental Health First Aid training)
- Prioritizing/substantiating collaborative projects (TB Health Unit)
- Embedding in curriculum
- “Transition” work with high schools

Awareness Raising...

- Awareness raising 2010-11 used NCHA (2009) data as part of presentations
- To senior team, faculty, staff, student leadership, OCC, community organizations in Thunder Bay and Region

So what's the big deal?

ACHA Survey 2009

www.acha-ncha.org/docs/

Mental Health		Alcohol	Drug Use
29% unable to function due to depression in the last year	6.1% seriously considered suicide	29.7% had 5 or more drinks at least once in the past two weeks	12% misused prescription drugs in the past year
9.2% diagnosed by professional for depression and	9.4% for anxiety		



it's about
respect.

Confederation College Student Mental Health Strategy...

- Mental Health Summits in May/June 2013
- Student focus groups (80 students) over Spring, 2014
- **NCHA done Spring, 2013**
- Student Mental Health and Well-Being Strategy approved by College Planning Committee, February, 2015
- Media launch, May 19, 2015
- Health Promoter Intern (ranked #1 Special Initiative by Senior Team) will be hired June, 2015

The safeTALK Project...

- Our National College Health Assessment (NCHA) results from Spring, 2014 indicated;
- 35.9% of the sample reported feeling so depressed it was difficult to function in the previous 12 months (suicide ideation and behaviour is highly correlated with depressive disorders)
- 57.1% reported overwhelming anxiety (anxiety disorders place people at higher risk of suicide ideation and behaviour)
- Confederation College students report significantly higher rates of diagnosed depression (14.7% versus 10%) and diagnosed anxiety (18.5% versus 12.3%) than a national NCHA sample of postsecondary students
- 10.6% of the Confederation College NCHA sample reported seriously considering suicide in the past 12 months... that extrapolates to 320 of our students
- 1.7% reported attempting suicide in the past 12 months... that extrapolates to 54 of our students
- We had two students die by suicide this past academic year

Mental Health First Aid training...

- 134 college employees took MHFA
- invaluable in contextualizing the difference between “mental illness” and “mental health issue”
- Makes it real in terms of our students...

What is a Mental Disorder?

A mental disorder causes major changes in a person's thinking, emotional state and behaviour, and disrupts the person's ability to work and carry out their usual personal relationships.

Proportion of college students who reported any of the following...

	CC	National
ADHD	5.4	4.6
Chronic illness (i.e., cancer, diabetes, auto-immune disorders)	7.0	5
Deafness/Hearing Loss	4.5	2
Learning Disability	7.8	3.9
Mobility/Dexterity disability	1.4	1.1
Partial sight/blindness	2.3	2.4
Psychiatric condition	5.7	5.4
Speech/language disorder	.8	1
Other disability	4.7	2.1

Within the last 12 months, diagnosed or treated by a professional for the following...

	CC	National		CC	National
Anorexia	1.1	.9			
Anxiety	18.5	12.3			
ADHD	3.6	2.8	Students reporting...		
Bipolar disorder	1.3	1	none	70.9	80.2
Bulimia	1.3	1	One	9.8	7.5
Depression	14.7	10	Both depression and anxiety	10.3	6.9
Insomnia	7.5	4.1	Any two or more (other)	11.3	5.5
Other sleep disorder	4.8	2.5			
OCD	3.6	1.9			
Panic attacks	9.3	5.8			
Phobia	1.9	1.1			
Schizophrenia	.2	.2			
Substance abuse/addiction	3.4	.8			
Other addiction	.6	.4			
Other m/h condition	4.8	2.6			

What are Mental Health Problems?

A mental health problem is broader term that includes both mental disorders and symptoms of mental disorders which may not be severe enough to warrant a diagnosis of a mental disorder.

Within the last 12 months, students reported the following factors [negatively] affecting their individual academic performance...

	CC	National		CC	National
Alcohol Use	5.3	4.9	Gambling	.6	.3
Allergies	2.1	1.8	Homesickness	5.5	5.1
Anxiety	25.6	28.4	Injury	3.8	2.8
Assault (physical)	1	.6	Internet use/computer games	10.7	21
Assault (sexual)	.6	.8	Learning Disability	5.9	3.5
Attention Deficit/ Hyperactivity Disorder	3.1	4.2	Participation in extracurricular activities	4	9.5
Cold/Flu/sore throat	22	21.6	Pregnancy (own or others)	2.5	.8
Concern for a troubled friend or family member	14.9	15.2	Relationship Difficulties	14.3	12.9
Chronic health problem or serious illness	4.4	4.2	Roommate difficulties	5	6.3

Within the last 12 months, students reported the following factors [negatively] affecting their individual academic performance...

	CC	National		CC	National
Chronic Pain	3.4	4	STD/Is	.8	.4
Death of a friend or family member	7.7	6.9	Sinus/Ear infection/ bronchitis/ strep throat	5.7	6.4
Depression	17.5	17.3	Sleep difficulties	30.3	27.1
Discrimination	2.3	1.2	Stress	36.5	38.6
Drug Use	3.4	1.8	Work	17.8	17
Eating Disorder/problem	1.5	1.8	Other	3.4	2.9
Finances	16.2	9			

Keys to Optimizing Mental Health

Presented by Jim Lees, Counsellor
lees@confederationc.on.ca

Adapted from content developed by Dr. Mike Condra, Queen's University



Prioritizing external collaborations...

- Thunder Bay Health Unit loves we have data
- What appears to be a good collaborative focus for September from the next slide?

Diagnosed or treated for the following...

	CC	National		CC	National
Allergies	14.7	13.7	Hep B or C	0	.3
Asthma	9.4	7.8	High blood pressure	4.8	2.2
Back Pain	20.5	16.9	High cholesterol	3.2	1.4
Broken Bone/ fracture/sprain	7.3	7.7	HIV infection	0	.2
Bronchitis	5	5.2	Irritable Bowel	4.2	3.6
Chlamydia	1.5	1.1	Migraine	11.4	8.3
Diabetes	1.3	.9	Mononucleosis	1	1
Ear infection	9.5	6.6	Pelvic Inflammatory disease	.2	.2
			Repetitive Stress Injury	3.2	2.9
Endometriosis	1.3	.8	Sinus infection	10.5	11.3
Genital herpes	.6	.6	Step throat	9.9	11
Genital warts	1.1	1.2	Tuberculosis	.4	.3
Gonorrhea	.2	.2	Urinary tract infection	10.3	10.6



What we haven't done yet at CC

- Finer statistical interpretation... stats by Academic School, demographic group
- Really sold this to faculty to use in the classroom
- Made significant inroads in Business and Technology
- Fully developed the Health Promoter role

What does it cost?

▪ Annual membership for Confederation (CC is a small college)	\$543
▪ Cost of survey (3,200 students @ \$.43, no extra questions)	1,376
▪ Incentives (50 prizes; 2 iPod minis, Timmie's cards, Intercity Mall certificates)	1,200
	TOTAL
	<u>\$3,119</u>
▪ Surveying whole college or sample	
▪ Adding additional questions	

Implementation Steps

1. Go to <http://www.acha-ncha.org/getstarted.html> to plan: sample size, costing, web survey, time, etc.
2. Documents available: FAQs, Fees, Order Form
3. Complete letters, incentive plans
4. Ethics Review process
5. Establish IT/ privacy process, administrative permission
6. Decide additional questions
7. Submit order form and fees
8. Monitor survey process

The call for system-wide data

- Bryson, J. (2006), *Data Collection Committee Position Paper*, Ontario College Counsellors
- Lees, J. and Dietsche, P. (2012) *An Analysis of Counselling of Counselling Services in Ontario Colleges*
- Most recently...
- Coordination Committee of Vice Presidents Students (2015) *White Paper on Postsecondary Student Mental Health ...* which specifically recommends adoption of the NCHA...

Among the potential helpful outcomes from the survey:

- Helpful data summaries provided by NCHA (accurate, up-to-date, evidenced-based data, which if repeated, could provide longitudinal data and a basis for evaluating the impact of services)
- Provides strong evidence for health promotion
- Helps to shape and prioritize new initiatives and programs
- Reveals what health information and services students say they are getting and not getting (to compare with what the institution thinks they are providing/not providing)
- Provides basis for special projects and grant requests
- Gives much higher profile to mental health issues on campus
- Sharing data opens doors to new conversations
- Leads to good conversations with faculty and research projects
- Good tool for advocacy
- Contributes to the national conversation on mental health (34,000 students now in the Canadian reference group). (p. 39)

Pooled NCHA Data

- Reference Data
- Advocacy for resources locally, provincially, nationally
- Research
- Extra questions
- Pool resources for analysis

Spring 2016

Coordinated through CACUSS- Student Health Community of Practice

- Jan – March 2016
- Online platform for documents and discussion

Ontario working group Fall 2015

Contact Jennifer McPhee jmcphee@campusmentalhealth.ca:

- If you are planning on doing the NCHA Spring 2016
- Want to be part of the teleconference(s) to support NCHA
- Want to be added to the national platform

References

- Cooke, M. and Huntley, (2015) White Paper on Postsecondary Mental Health, Coordinating Committee of Vice Presidents Students
- Lees, J. and Dietsche, P. (2012) An Analysis of Counselling Services at Ontario Colleges, http://occ-ccco.ca/pub_counselling_research.html
- OUCHA, (2009) Towards a Comprehensive Mental Health Strategy: The Crucial /role of Colleges and Universities as Partners.
http://www.oucha.ca/pdf/mental_health/2009_12_OUCHA_Mental_Health_Report.pdf, retrieved April 30, 2015
- University of Alberta, (2011) Student Health at the University of Alberta: A Report of findings from the U of A National College Health Assessment.
<https://www.su.ualberta.ca/media/uploads/assets/CouncilPresentations/NCHA%20report%20January%2026:2012.pdf>, retrieved April 30, 2015



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Join Ontario's Campus Mental Health Community of Practice

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