

Duquesne University
Center for Student Wellbeing



**PROMOTING WELLBEING
IN THE COVID ERA**

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College Student Wellbeing



- Rising Levels of Depression, Anxiety, and Suicidality over the past ten years (Suicide is the second leading cause of death among college students).
- 80% of college presidents that were surveyed for the 2019 *College Student Mental Health and Well-Being: A Survey of Presidents* survey indicated that student mental health has become more of a priority on their campus than it was three years ago.
- One president wrote, “Mental health has become a major issue for retention and the general well-being of our students . . . This is in my top three areas of improvement for my college.”

College Student Wellbeing



- Roughly seven out of 10 presidents (72 percent) reported they had reallocated or identified additional funding to address the issue.
- One president reported raising \$15 million to build a “comprehensive student well-being building.”
- Nearly one in three public and private nonprofit four-year presidents and one in five public two-year presidents reported hearing once a week or more about students struggling with mental health.

College Student Wellbeing



- 90 percent of presidents agreed or strongly agreed that their staff is spending more time addressing these concerns than they did three years ago
- If given more resources, 58 percent of presidents said they would hire additional staff—mostly in the counseling center.
- Over 80 percent of presidents indicated that student well-being is mentioned in their strategic plan, and over 40 percent of plans mention mental health specifically.
- Since 2016, the percentage of students triaged at Duquesne has gone up 384%.

PANDEMIC-RELATED PRESENTING CONCERNS



- *Rising Cost of Living*
- *Housing Issues*
- *Food Insecurities*
- *Increased Anxiety*
- *Increased Suicidal Ideation*
- *Feeling Overwhelmed*
- *Distrust in one's own happiness*
- *Increase in Addictive Behaviors*

PANDEMIC RELATED PRESENTING CONCERNS



- *Decreased Interpersonal Comfort Level*
- *“Physically” but not “mentally” here*
- *Increased feelings of Alienation*
- *Increase in number of reported sexual assaults*
- *Pre-existing mental health conditions being exacerbated because of the pandemic*
- *Social Justice Issues*
- *Mass Shootings*
- *The War in Ukraine*

WHAT YOU CAN DO FOR YOURSELF AND OTHERS?



- *Practice Self-Care*
- *Strive for Work-Life Balance*
- *Know your limitations/boundaries*
- *Check in with yourself/with others*
- *Be Open About Your Own Struggles*
- *Establish a Wellbeing Culture at Home*
- *Establish a Wellbeing Culture in the Workplace*
- *Practice Compassion and Self-Compassion*

What You Can Do for Your School, College, or University?

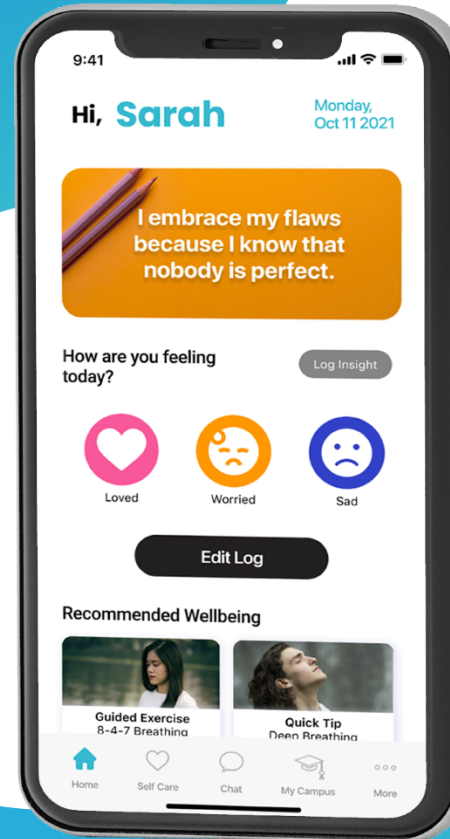


- Establish a Biopsychosocial Model for Care: PREVENTION through PROMOTION
- Establish a Holistic Approach to Developing Students
- Develop and Promote a Wellbeing Culture
- Develop Student-Oriented Wellbeing/Wellness Clubs
- Wellbeing Courses and Seminars in the Classroom/Outside the Classroom Curriculum
- An Annual Week of Wellbeing
- Wellness/Wellbeing Days
- Wellbeing Coaching and Peer Education
- Utilization of mental health and wellbeing apps
- Promote Faculty and Staff Wellbeing



Mental Health & Wellbeing App

- ✓ 100+ Self Care Articles and Videos
- ✓ Mood Log and Insights
- ✓ Secure Journal Templates
- ✓ Daily Positive Affirmations
- ✓ Campus Information
- ✓ Shared Stories of Lived Experiences



HOW TO DOWNLOAD AND SIGN UP

- 1 Scan the QR code with your phone's camera
- 2 Download the Oasis Mental Health App
- 3 Sign up with your student email
- 4 Follow the prompts to create an account