

Surpassing the Stigma: Educating Students on the Importance of Mental Health

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Abstract

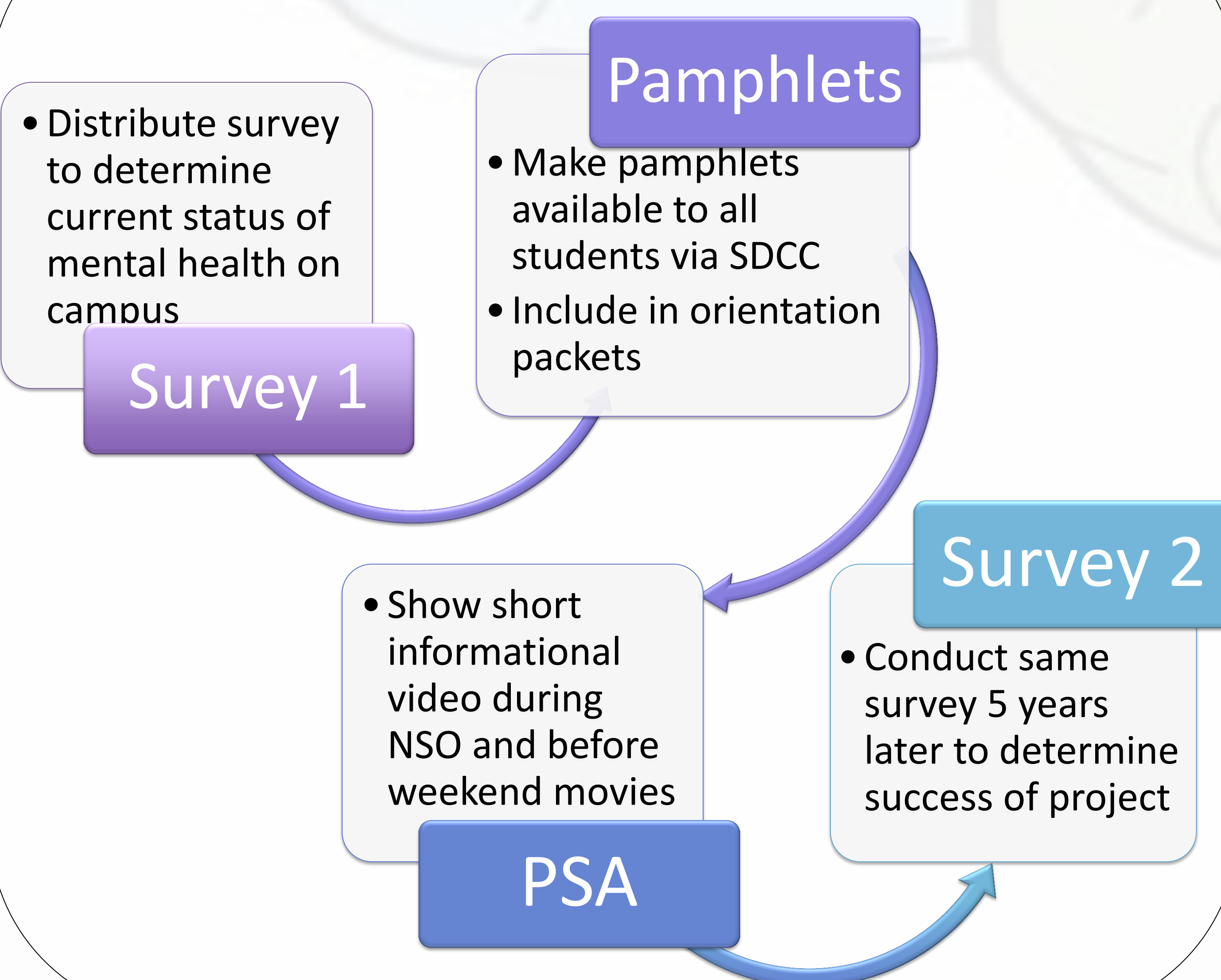
Mental health can be difficult to maintain, especially for students entering college. For this project, we created an education plan that can be carried out at colleges, such as WPI, providing information on six different mental health issues. A survey was distributed in order to determine the current state of students' mental health on campus, and in five years the same survey will be used to determine the success of the project.

Project Goals/Objectives

Instill the idea that mental health is just as important as physical health

Educate students on six mental health issues that could impact their transition to college

Methods/Process



Background

- 26% of the population suffer from a mental health disorder¹
- 95% of college counseling center directors believe the number of students with significant psychological problems is a growing concern on campus¹

Autism

- Second most prevalent neurological disorder among children³
- Often associated with high intelligence³

ADHD

- Often diagnosed in college when students struggle to adjust to new independence⁶

Depression

- About 30% of students report feeling so depressed that functioning was difficult⁵
- More than 6% of college students report seriously considering suicide⁵

Anxiety

- Especially concerning during stressful transition college⁴
- Affects nearly 70% of students seeking psychiatric help⁴

OCD

- Can severely impact students success in college if left untreated⁷
- Will not go away by itself, so it is important to seek treatment/help⁷

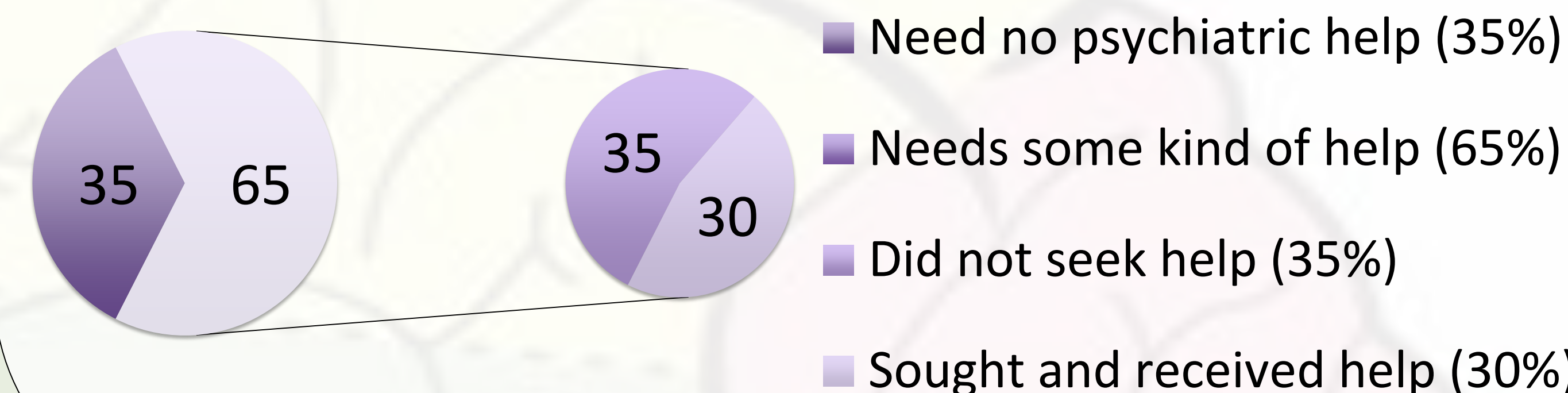
Tourette's

- Classified by uncontrolled tics²
- These tics can increase as a result of stress such as the beginning of school²



Current Stats and Projected Stats for students seeking help for mental health issues

Current stats based on information from the SDCC and NAMI¹



Conclusions/Recommendations

- By increasing awareness of these mental health issues, students are more likely to seek help if they need it, or to help a friend in need
- Through collaboration with Active Minds and the SDCC, the education plan can be spread to all of campus easily and will reach more students
- Over time a strong support network can be formed to help students with different mental health issues adjust to college life and be able to succeed

Resources

¹"Learn About the Issue." NAMI. N.p., n.d. Web. 28 Nov 2013.
²"Facts About Tourette Syndrome." Centers for Disease Control and Prevention. CDC, 18 Nov. 2013. Web. 03 Dec. 2013.
³"Frequently Asked Questions." AutismSpeaks.org. Autism Speaks, n.d. Web. 29 Nov. 2013.
⁴"Anxiety Disorders." NIMH RSS. N.p., n.d. Web. 15 Nov 2013.
⁵"Depression." NIMH RSS. N.p., n.d. Web. 15 Nov 2013.
⁶Weyandt, Lisa L., and George J. DuPaul. "ADHD in college Students: Developmental Findings." *Developmental Disabilities Research Reviews* 14.4 (2008): 311-319. Print.
⁷Rapoport, Judith. "Obsessive-Compulsive Disorder." NAMI. Nami, Apr. 2012. Web. 01 Dec. 2013