

Supporting Student Well-Being through the use of Mental Health Counselors

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**We are experiencing
a mental health
crisis in America!**



Things were already bad before COVID.....

Adolescent mental well-being had shown a steady decline

Anxiety & Depression rates were already rising



Major Depression Among Teens

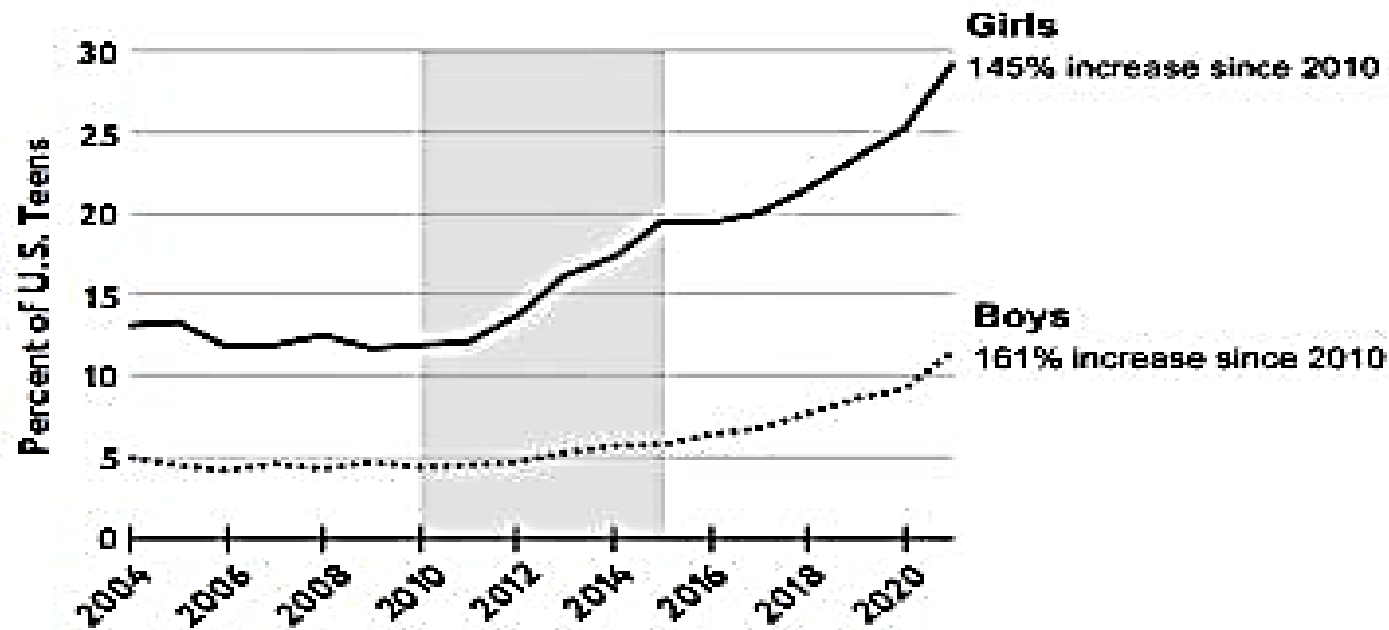


Figure 1.1. Percent of U.S. teens (ages 12–17) who had at least one major depressive episode in the past year, by self-report based on a symptom checklist. This was figure 7.1 in *The Coddling of the American Mind*, now updated with data beyond 2016. (Source: U.S. National Survey on Drug Use and Health.)³

Emergency Room Visits for Self-Harm

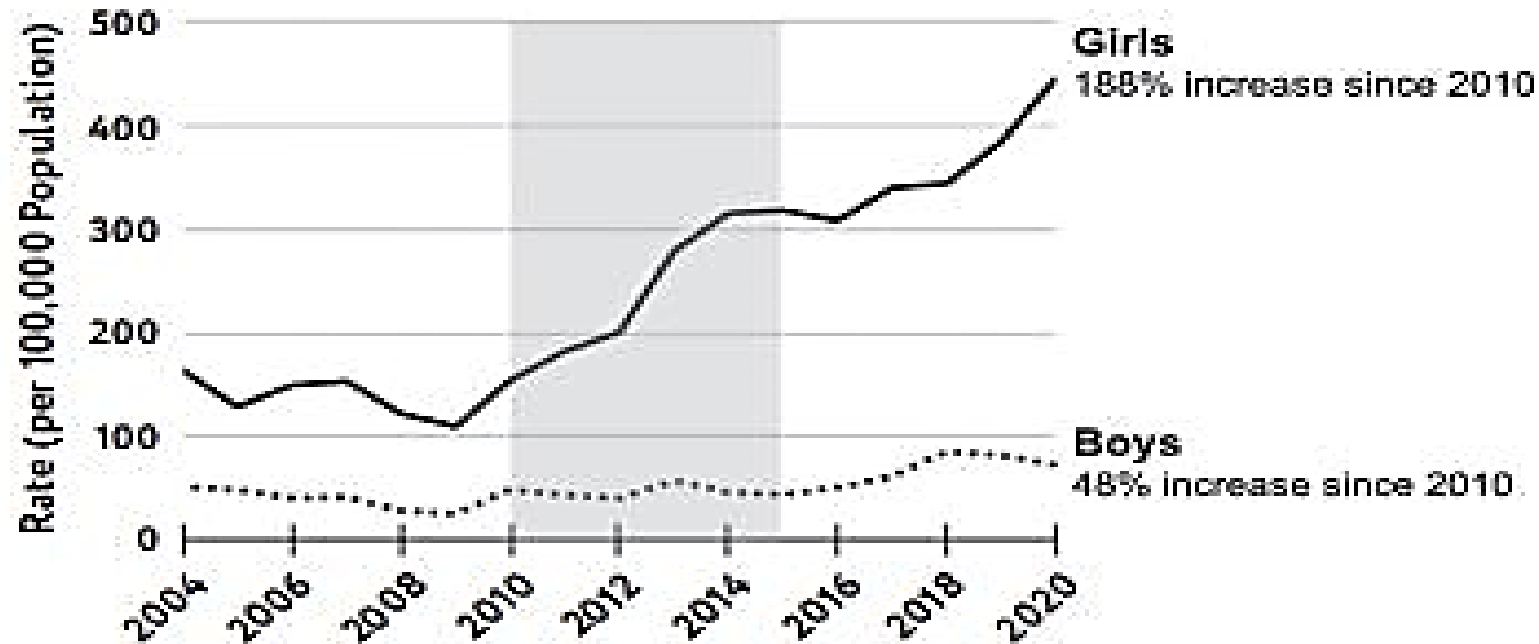
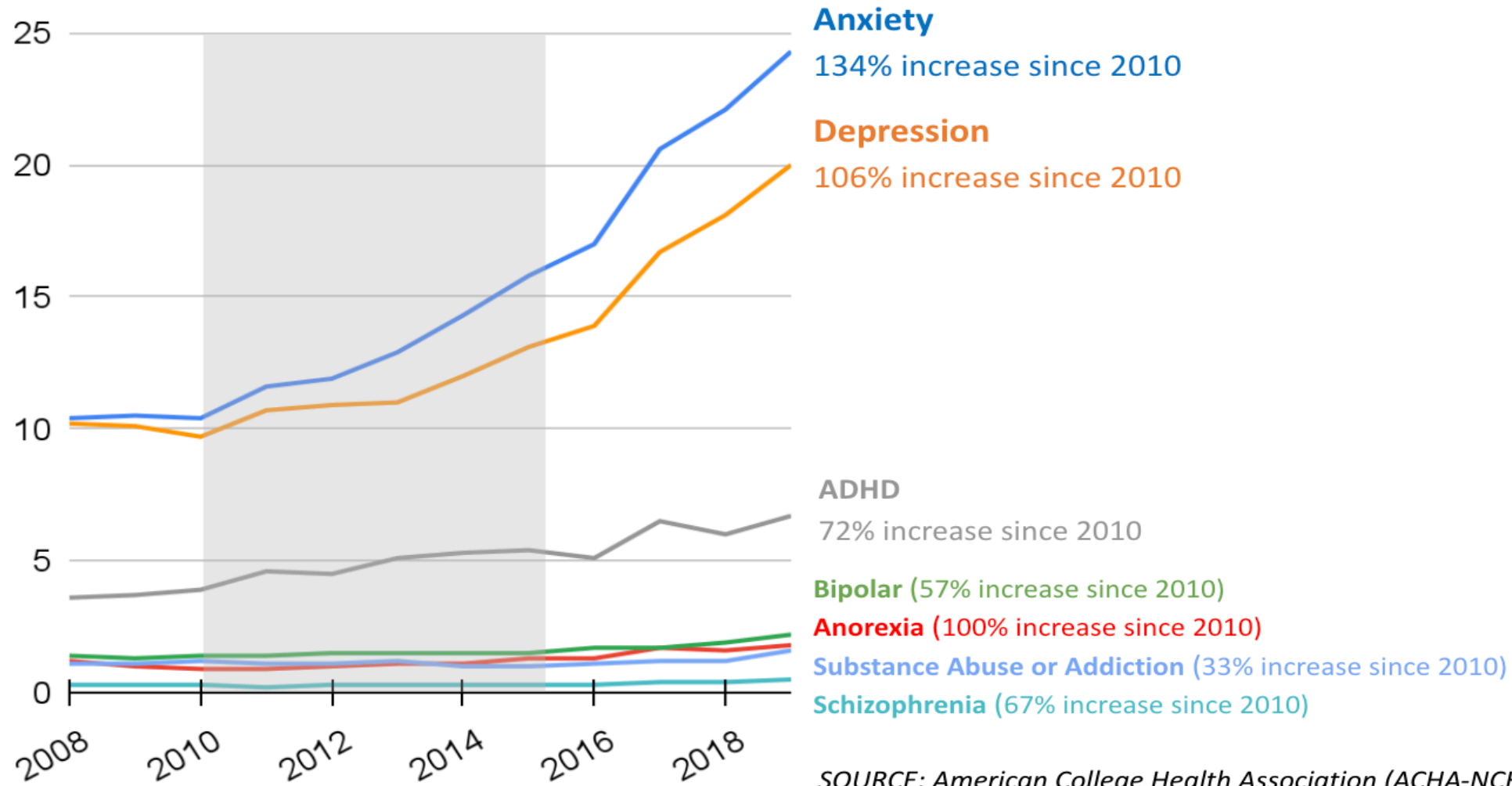


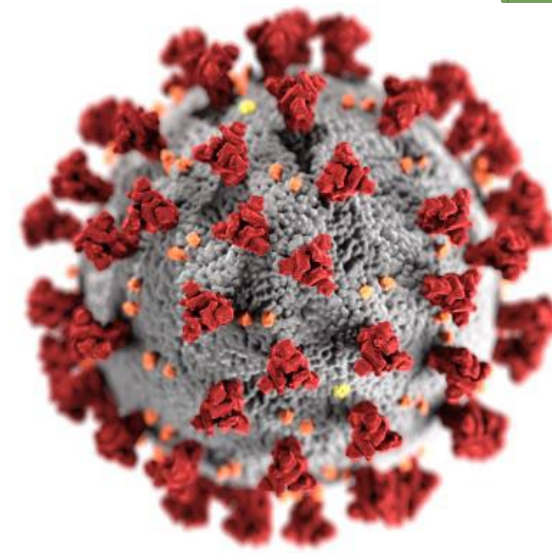
Figure 1.4. The rate per 100,000 in the U.S. population at which adolescents (ages 10–14) are treated in hospital emergency rooms for nonfatal self-injury. (Source: U.S. Centers for Disease Control, National Center for Injury Prevention and Control.)²⁰

Percent of U.S. Undergraduates Diagnosed with a Mental Illness



SOURCE: American College Health Association (ACHA-NCHA II)

Then along comes.....



Latest CDC stats show....

Persistent feelings of sadness and hopelessness

Pre-covid - 36.7% (higher for girls and highest for LGBTQIA)

Post(?) Covid – 44.2%

19.9% reported seriously considering suicide

9% report having attempted it

Loss of feelings of safety at home

55% reported having experienced emotional abuse by a parent or another adult at home

11% reported physical abuse

Racism on the rise

36% reported they had experienced racist behavior

54% of black and multiracial teens

School Connectedness

Studies show that teens who feel connected to other students and adults at school are less likely to feel sad or hopeless, to consider suicide or to attempt it.

Being a teenager and a young adult looks different than 30 years ago

More connected.....and MUCH less connected!!

Social media, smart phones, distance learning



1995:

60% talk to other teens on the phone daily

64% hang out with their friends at the mall or other place twice a week

Average 2.5 hours of TV time watching things like MTV

Rent movies at Blockbuster and watch on the VCR

Teens begin to start using the internet

23,500 websites

Nintendo 64

11% overweight

2005:

6 hours of using media every day, more than any other activity

2 hours spent hanging out with friends

1 hour of physical activity

Bike riding decreased by 31% since 1995

Netflix takes over

87% of teens use internet daily

Myspace the most popular social media

64.8 million websites

16% overweight

2015:

Average of 7.5 hours screen time per day

Talking is out, texting is in! (Avg 60 texts)

Only 39% take or receive voice calls

Most malls and gathering places have closed or are in danger of closing

School dances are dying out

Instagram is the most popular social media

1.2 billion websites

28% overweight

“These data echo a cry for help. The COVID-19 pandemic has created traumatic stressors that have the potential to further erode students’ mental well-being. Our research shows that surrounding youth with the proper support can reverse these trends and help our youth now and in the future.”

– Dr. Houry, CDC Acting Principal Deputy Director



Safe classrooms

**Build connection and
trust**

Mental health support

Safe Classrooms:

**Instructor educational opportunities (requirements)
respect, value, positive regard**

**Instruction in mental illness and practical ways to deal with
it in the classroom**

Modeling appropriate behavior for students

**No tolerance policies for any behavior
that can be considered damaging to
another student**



Build Connection and Trust

Challenge: Spend some time in your common areas where students gather and observe body language and social interactions

Foster and create an atmosphere of acceptance and positivity on campus

Mental Health Support

Develop a mental health protocol that is more than just a policy on paper!

Be creative about ways to incorporate mental well being activities

Develop a list of resources that can be IMMEDIATELY available if needed!

Inform and education students, staff and faculty about mental health

Mental Health Support Counselors support students/staff by:

- Providing professional individual and group counseling as needed
- Providing crisis-management as needed
- Providing professional development for staff
- Providing guidance for instructors and other staff regarding mental health related issues
- Providing class presentations about mental health topics

Short class-presentations:

Stress Management

Test Anxiety

Smartphones, Social Media & Mental Health

Conflict Management

Gaming

Mental Disorders

Work Life Balance

Dealing with Difficult Feelings

The Anxious Generation

COUNSELOR Connection



COLLEGE & CAREER COUNSELING
FREE MENTAL HEALTH SERVICES
SCHEDULE & ATTENDANCE HELP

Free services available to all CV Tech students

*Your counselors are
here to help!
Scan the QR code
to reach a counselor*



CV/TECH
Canadian Valley Technology Center

Canadian Valley Technology
Center

3 campuses
El Reno
Yukon
Chickasha

2000+ Students
300+ employees

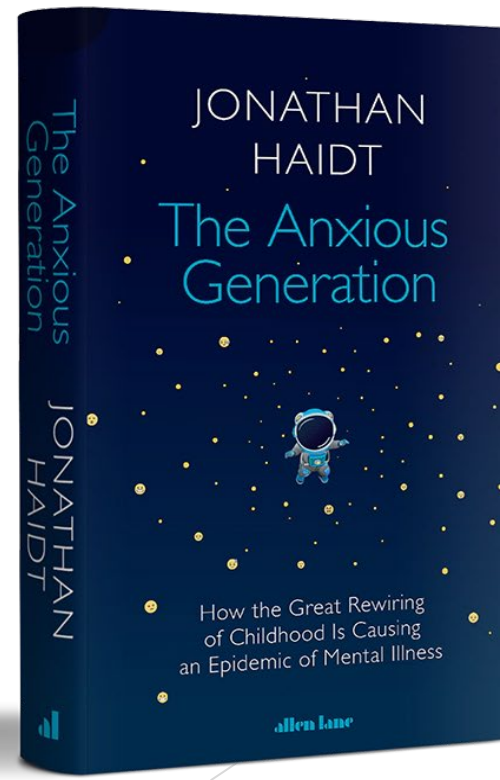
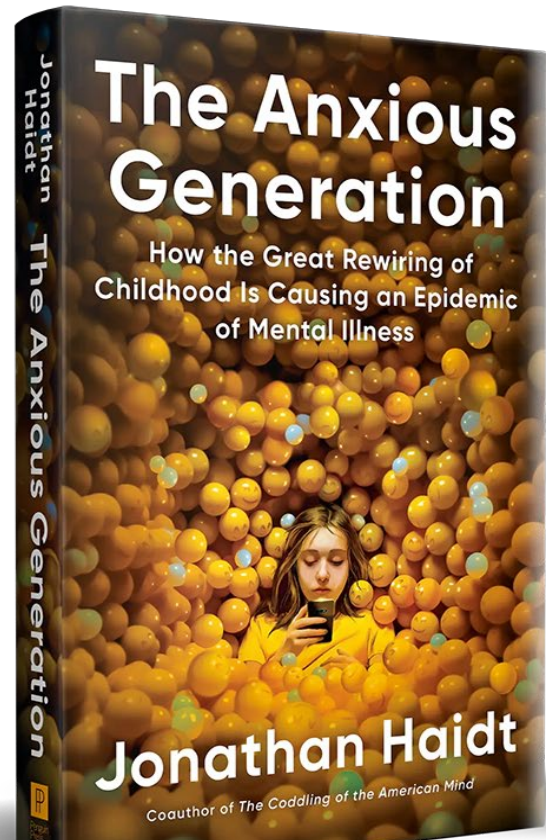
2 Mental Health Counselors

Students and staff can use the a QR code to access mental health support in a confidential manner.



One more thing.....

I HIGHLY recommend this book for ALL educators or people who work with students in any capacity!!





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