

2022 Mental Health & Wellness Report



Department of
Higher Education

Overview

The Mental Health and Wellness Report is in response to Ohio Revised Code section 3333.0418, which requires the Chancellor of the Ohio Department of Higher Education (ODHE) to issue a report about the mental health and wellness services and initiatives of state institutions of higher education. The report should include:

1. A description of each institution's mental health and wellness services and initiatives;
2. A summary of how much funding each institution dedicates to mental health and wellness services and initiatives, including the percentage of that funding that is used for administrative costs; and
3. Any other information the Chancellor deems appropriate.

The survey questions (appendix A) were developed by ODHE with feedback from the Ohio Department of Mental Health and Addiction Services (OMHAS). Definitions for mental health and wellness were provided in the reporting link to provide guidance for responding institutions. Questions for both mental health and wellness services were separated to identify services and initiatives provided to students and employees at each institution. Funding-related questions also sought to determine how the total services offered were impacted by federal funds provided in the form of direct awards to Ohio institutions to address mental health needs arising from the COVID-19 pandemic.

The survey was disseminated by ODHE to all state institutions in partnership with the Inter-University Council (IUC) and the Ohio Association of Community Colleges (OACC). Institutions had 10 weeks to respond to the survey. All 14 public universities (4YP) and all 23 community colleges (2YP) responded to the survey.

Mental Health Services & Initiatives

When assessing the mental health services and initiatives provided by state institutions, a list of common services was provided. A category for “other” was also provided.

Student Mental Health Data

All 37 state institutions reported providing mental health services to students in the 2021-2022 academic year, with 100% reporting that they offer institution-based counseling services to their students.

A category to collect “other” was also provided. Some responses were listed by multiple institutions. When this occurred, we captured the total number of institutions reporting a category in parentheses below. The following responses were received:

- Bio-feedback, neuro-feedback
- Direct referrals to local health providers
- Eye movement desensitization and reprocessing (EMDR) therapy
- JED membership
- Mental health awareness fair
- Mental health advocates
- Mindfulness opportunities
- Non-clinical case management (3)
- Parent-child interaction therapy
- Sensory rooms
- Student assistance program (2)
- Therapy dogs

Mental Health Services and Initiatives Offered to Students

Service/Initiative Description	All Institutions	4 year public institutions	2 year public institutions
Institution-based counseling, including in-person and telehealth	100.00%	100.00%	100.00%
Crisis intervention services	89.19%	100.00%	82.61%
Summer and other break service hours	86.49%	100.00%	78.26%
Outreach and awareness raising efforts	86.49%	100.00%	78.26%
Stigma reduction efforts and/or programs	81.08%	100.00%	69.57%
Suicide prevention programs	78.38%	100.00%	65.22%
Prevention strategies and/or programs	78.38%	85.71%	73.91%
Trauma-informed care	75.68%	92.86%	65.22%
Partnerships with local providers and/or health boards	72.97%	78.57%	69.57%
Access to 24-hour intervention and crisis care	72.97%	92.86%	60.87%
Group therapy and/or mental health sessions	64.86%	85.71%	52.17%
Recovery and support services	48.65%	64.29%	39.13%
Peer educators and/or peer-led services	45.95%	64.29%	34.78%
Peer support and recovery groups	43.24%	64.29%	30.43%
Culturally specific services	40.54%	64.29%	26.09%
Culturally specific outreach	40.54%	71.43%	21.74%
Phone app mental health services	37.84%	42.86%	34.78%
Mental health education programs	37.84%	100.00%	86.96%
Institution-based psychiatric services	35.14%	78.57%	8.70%
Art, music, and/or sound therapy	24.32%	42.86%	13.04%

Institutions were asked to identify their top three services sought by students during the 2021-2022 academic year.

The top three services sought by students, as listed by all institutional types, are as follows:

1. Counseling services (in-person or telehealth)
2. Mental health education programs, including suicide prevention programs
3. Crisis intervention, including 24-hour crisis services

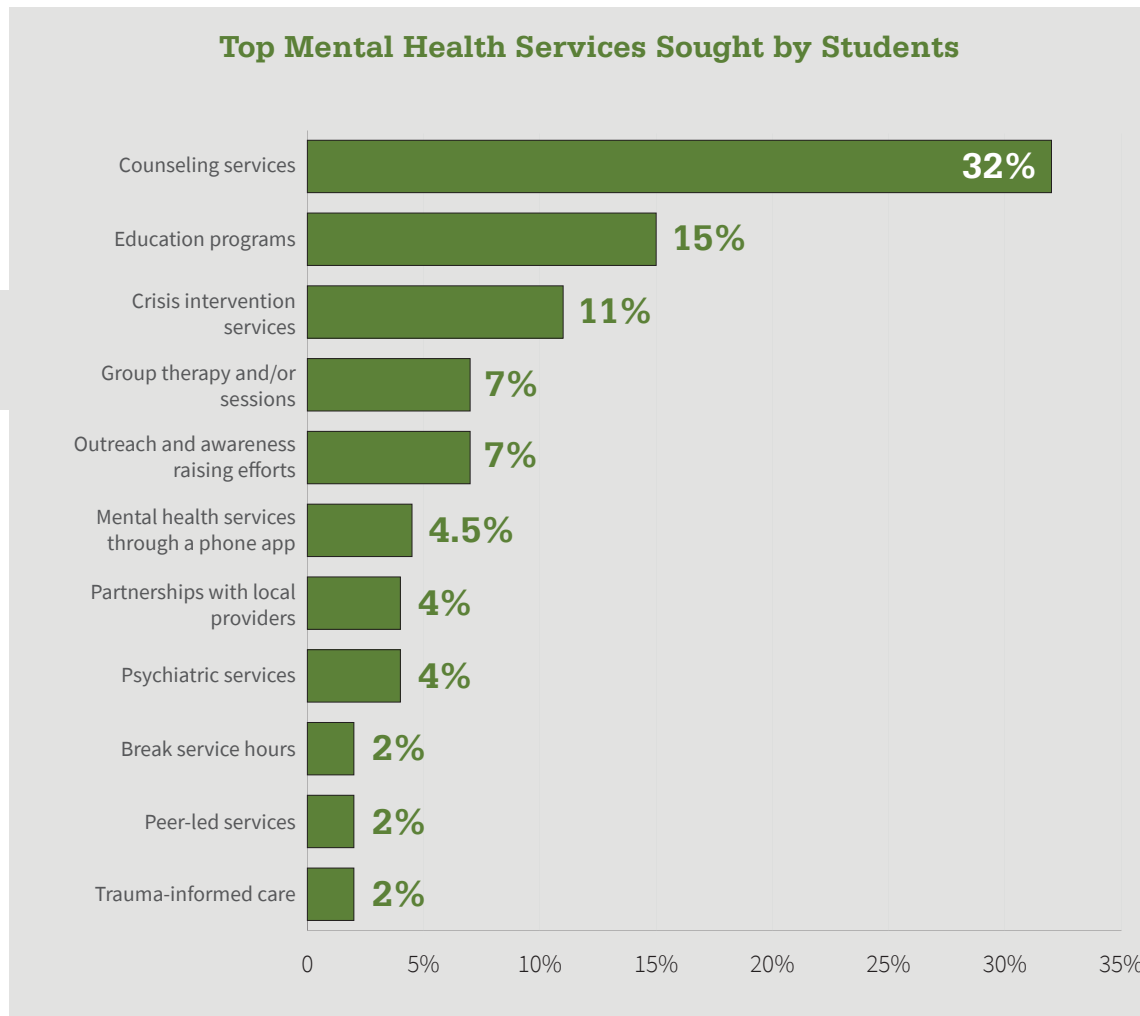
All responses for the mental health services sought by students include:

Top three mental health services sought by students at the four-year public universities:

1. Counseling service, in-person and/or telehealth
2. Mental health education programs, including suicide prevention programs
3. Group therapy and/or sessions

Top three mental health services sought by students at two-year public colleges:

1. Counseling service, in-person and/or telehealth
2. Mental health education programs, including suicide prevention programs
3. Crisis intervention, including 24-hour crisis services



The average number of students seeking mental health services, from all institution types, during this time

was 765, with a range of responses from four to 5,533 students. The median response for students seeking mental health services is 311. The average number of students seeking mental health services at four-year public universities was 1,447; at two-year public colleges, the average number was 332. **The combined average of students at both four-year public universities and two-year public colleges represented a 42% increase in students seeking mental health services from the previous academic year.** Five institutions noted either a decrease or no change in the percentage of students seeking services. Two institutions reported they did not have this information available.

Employee Data

There is greater variety in how mental health services provided to employees at state institutions are offered. Twenty-seven institutions reported having the capacity to offer employees direct access to the same or similar mental health services offered to students. Others rely on options offered through an employee assistance and/or benefits program that are external from the physical campus. All 37 state institutions offer one or both options to their employees. Institutions were asked to define “employee” based on their primary affiliation with the institution.

The average number of employees seeking mental health services during this time was 235 employees, with a range of responses from zero to 3,162 employees. The information regarding employees served has a wide distribution of responses with two institutions having more than 1,000 employees served. The median response for employees seeking mental health services is 40 individuals. Nine institutions reported they did not have this information for employees seeking mental health services. The average number of employees seeking mental health services at four-year public universities was 511; at two-year

public colleges, the average number was 26. **The combined average of employees at both four-year public universities and two-year public colleges represented a 40% increase in employees seeking mental health services from the previous academic year.** Eleven institutions noted either a decrease or no change in the percentages of employees seeking services. Ten institutions indicated that this information was unknown.

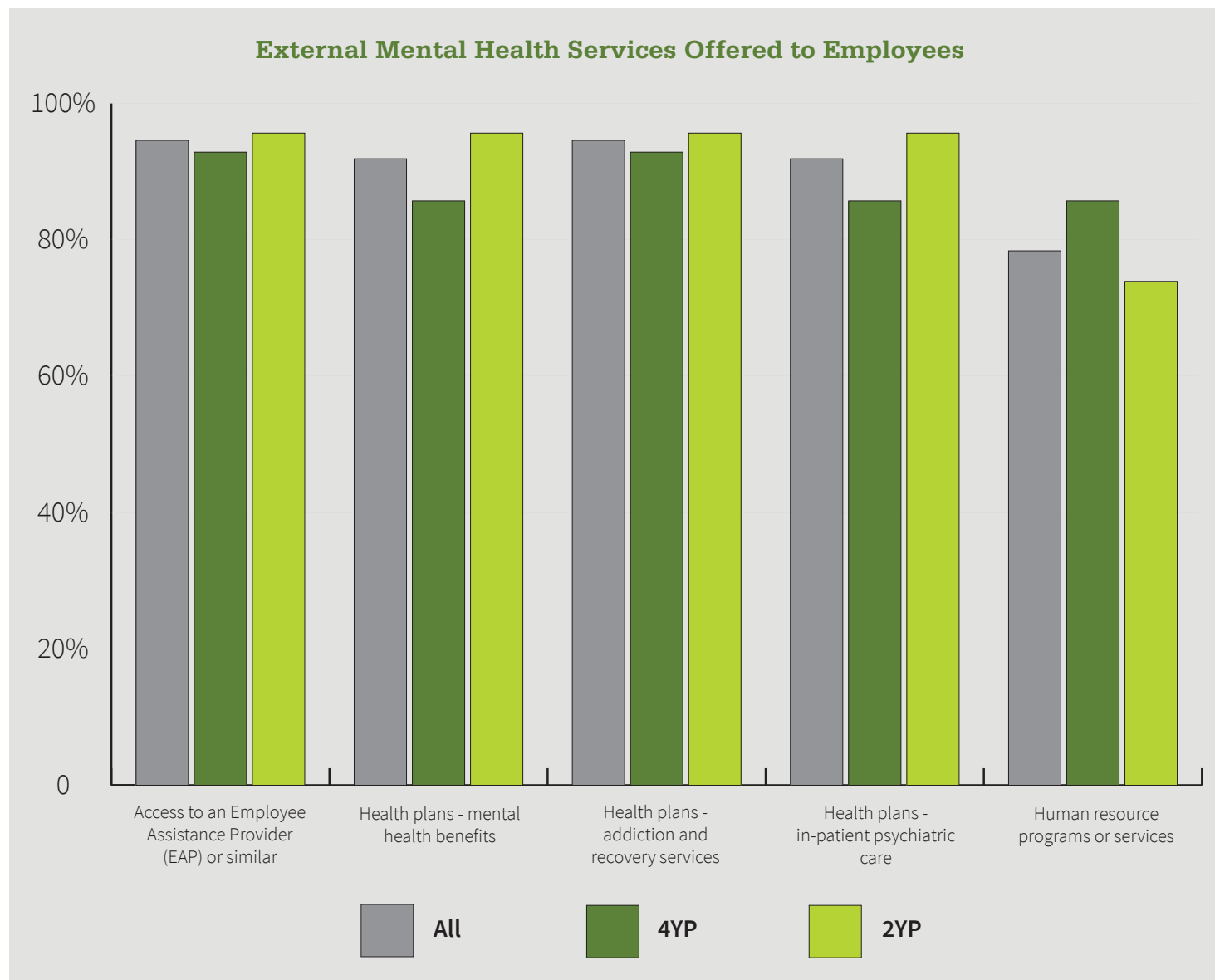
Mental Health Services Provided to Employees of the Institution

Service/Initiative Description	2YP	4YP	All
Human resource programs and services	80%	100%	85.19%
Mental health education programs	75.00%	85.71%	77.78%
Outreach and awareness raising efforts directed at employees	70.00%	85.71%	74.07%
Crisis intervention services	65.00%	71.43%	66.67%
Access to 24-hour intervention and crisis care	55%	85.71%	62.96%
Prevention strategies and/or programs	55%	71.43%	59.26%
Suicide prevention programs	60%	42.86%	55.56%
App-based mental health services	45.00%	71.43%	51.85%
Summer and other break service hours	50.00%	42.86%	48.15%
Institution-based counseling services	50.00%	42.86%	48.15%
Stigma reduction efforts and programs	40.00%	42.86%	40.74%
Trauma-informed care	35.00%	28.57%	33.33%
Recovery and support services	25.00%	42.86%	29.63%
Group therapy and/or mental health sessions	30.00%	28.57%	29.63%
Peer support and recovery programs	25%	28.57%	25.93%
Culturally specific services	25.00%	28.57%	25.92%
Institution-based psychiatric services	15.00%	28.57%	18.52%
Culturally specific outreach	15.00%	28.57%	18.52%
Art, music, and/or sound therapy	10.00%	14.29%	11.11%

A category for “other” was also included for institutional-based services. Some responses were listed by multiple institutions. When this occurred, we captured the total number of institutions reporting a category in parentheses below. The following responses were received:

- Direct referrals to local providers
- Employee Assistance Providers (2)
- Employee resource groups
- Generous time-off policies for mental health/well-being
- Mental health first-aid
- Sensory rooms
- Therapy dogs
- Webinars and workshops (2)
- Wellness Ambassador Network

Additionally, information was sought for mental health services provided to employees external from the institution through an employee assistance and/or benefits program.



Employee wellness programs were also cited in the “other” category for external mental health services for employees.

State institutions were asked to identify their top three mental health services sought by employees during the 2021-2022 academic year. The responses below include both internal and external services made available to employees.

The top three services sought by employees from all institutional types are as follows:

1. Access to an Employee Assistance Provider-type program (ex. EAP)
2. Mental health education programs
3. Human resources programs and services & mental health counseling, including in-person and/or telehealth-based services (tie)

There were two institutions that were unable to identify three services sought out by employees because the information was “unknown,” or they do not track this information. Additionally, 27% of state institutions also shared that they felt having health plans that included mental health benefits was important to employees.

Top three mental health services sought by employees at the four-year public universities:

1. Mental health education programs tied with Access to an Employee Assistance Provider-type program (ex. EAP)
3. Human resource programs and services

Top three mental health services sought by employees at two-year public colleges:

1. Access to counseling services (institutionally based and/or through external providers)
2. Access to an Employee Assistance Provider-type program (ex. EAP)
3. Human resource programs tied with services & mental health programming

Wellness Services

When assessing the wellness services, programs, and initiatives provided by state institutions, a list of common services was provided. A category for “other” was also provided. For the wellness question, student and employee responses were combined as these items tend to be more programmatically driven. As a result, the opportunities provided are often more transient and varied as compared to such mental health services as counseling appointments. Eighty-one percent of responding institutions allow employees to engage in the institutionally provided wellness programs and services.

Student & Employee Wellness Data

All 37 state institutions reported providing wellness services to students and employees in the 2021-2022 academic year.

A category to collect “other” was also provided. Some responses were listed by multiple institutions. When this occurred, we captured the total number of institutions reporting a category in parentheses below. The following responses were received:

- Employee resource groups
- Integration of wellness topics into first-year experience courses
- Non-clinical case management services for students

Wellness Programs and Services Provided at State Institutions

Service/Initiative Description	2YP	4YP	All
Career counseling and services	100%	92.86%	97.30%
Student organizations	91%	100%	94.59%
Campus activities and programs	91%	100%	94.59%
Food pantry	91%	93%	91.89%
Tutoring programs and services	91%	85.71%	89.19%
Time management programs	87%	85.71%	86.49%
Stress reduction programs and services	74%	100%	83.78%
Human resources programs	74%	92.86%	81.08%
Exercise classes	65%	100%	78.38%
Financial well-being programs	65%	92.86%	75.68%
Designated quiet spaces	65%	92.86%	75.68%
Culturally based programs and support services	61%	100%	75.68%
Healthy lifestyle choices programs	52%	100%	70.27%
Bystander/upstander programs	52%	100%	70.27%
Community-based learning and/or service program	65%	71.43%	67.57%
SafeZone spaces	48%	85.71%	62.16%
Programs focused on alcohol and other drugs	48%	85.71%	62.16%
Meditation space	43%	92.86%	62.16%
Recreational programs	48%	78.57%	59.46%
Peer- and community educator-led programs	43%	85.71%	59.46%
Goal-setting workshops	43%	85.71%	59.46%
Prevention strategies and/or programs rooted in public health strategies for physical health	43%	71.43%	54.05%
Outdoor education and/or recreational opportunities	39%	78.57%	54.05%

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- Paid wellness days
- Partnering with Wilmington College for Empathetic Leadership and Psychological Safety
- QPR training
- Student Wellness Committee
- Volunteer opportunities
- Web-based wellness programming through a portal (2)

Institutions were asked to identify the wellness services and programs that were the most sought after by students and employees.

The top three wellness services sought by students from all institutional types are as follows:

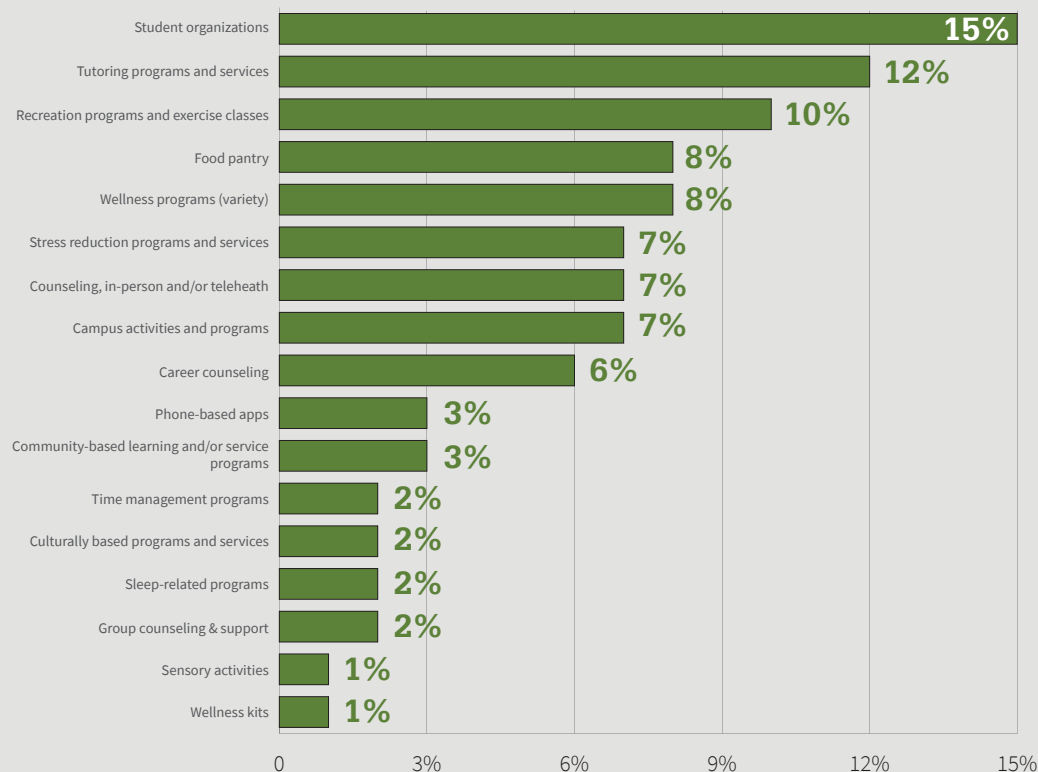
1. Student organizations
2. Tutoring programs and services
3. Recreation and exercise programs and services

All responses for the wellness services sought by students include:

Wellness Programs and Services Provided at State Institutions (cont.)

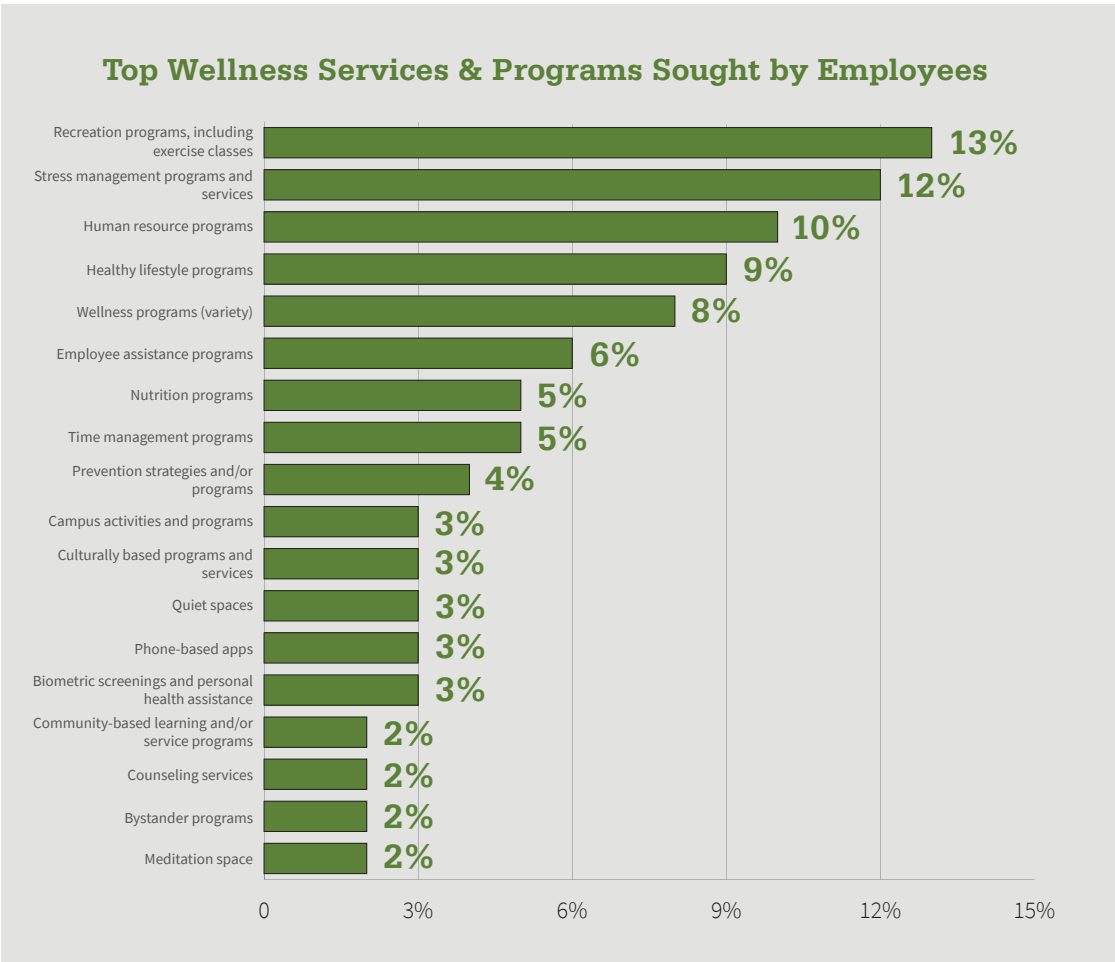
Resilience and persistence related workshops and programs	39%	71.43%	51.35%
Nutrition programs and services	35%	78.57%	51.35%
Wellness kits	39%	57.14%	45.95%
Support groups for affinity groups	26%	78.57%	45.95%
Social media programs	26%	64.29%	40.54%
Intramurals	13%	85.71%	40.54%
Spiritual programs and services	26%	50.00%	35.14%
Sleep-related programs	13%	71.43%	35.14%

Top Wellness Services & Programs Sought by Students



The top three wellness services sought by employees from all institutional types are as follows:

- 1. Recreation programs, including exercise classes
- 2. Stress reduction programs and services
- 3. Human resources programs



Funding

All 37 institutions were asked to respond to questions about institutional funding for mental health and wellness services and initiatives during the 2021-2022 academic year. Institutions were also asked to identify the percentage of funding that went toward administrative costs (ex. salaries and benefits). All 37 institutions provided responses to these questions.

The total amount of funding designated to mental health and wellness services and initiatives in the 2021-2022 academic year was \$53,189,155.00. The information regarding funding has a wide distribution of response, with a range from \$5,000.00 to \$14,138,190.00. The median response is \$310,054.50 in funding for mental health and wellness services and initiatives. On average, the four-year public universities dedicated \$3,450,156.79 for mental health and wellness services, with 23% of those funds used for administrative costs. The two-year public colleges, on average, dedicated \$212,554.78 for mental health and wellness services, with 13% of those funds used for administrative costs.

Starting in the 2020-2021 academic year, each institution received emergency federal funds to address acute mental health needs arising from the COVID-19 pandemic. With support from the Governor's office and the General Assembly, the Coronavirus Relief Funds (CRF) and the Governor's Emergency Education Relief (GEER) funds were distributed by ODHE in the form of direct aid to each institution. CRF money was to be expended by June 30, 2021, and GEER money was to be expended by June 30, 2022. As a result, ODHE sought to understand how much institutional funding for mental health and wellness services and initiatives during the 2021-2022 academic year came from these emergency funds.

Thirty-four institutions were able to provide a response to the question, indicating, on average, 34% of the over \$53 million that funded mental health and wellness services and initiatives in the 2021-2022 academic year came from CRF and/or GEER money provided by ODHE.

The total amount of funding designated to mental health and wellness services and initiatives in the 2021-2022 academic year was **\$53,189,155.00.**

Sustaining efforts to provide mental health and wellness services and initiatives

An open-ended question was added to the end of the survey to provide insight as to how institutions are seeking to support the mental health and wellness needs of their campus community moving forward.

Several institutions cited efforts to maintain and institutionalize mental health and wellness programs. Strategies to maintain these services include seeking out new or maintaining current partnerships internally amongst divisions or with community partners; maintaining student wellness committees; and working to identify ways to sustain funding for services. Through the creation of wellness committees and task forces, institutions cited responsibilities for ongoing assessment and prioritization

of needs to better leverage funding for services. External partnerships, through community partners and/or web portals, help to alleviate staff at the institution while providing real-time resources and tools to support mental health and wellness needs.

While some institutions identified that they have been able to continue to fund programs and services to support students and employees, several others indicated that they are actively looking for additional funding to try and close the gap in services. How programs and services will continue to meet current levels of need is a concern for these campuses.

