

College Students and Mental Health Resource Pack

2018

Overview

This resource pack was curated by the Global Health Education and Learning Incubator at Harvard University (GHELI) to support an upcoming Forum at Harvard T.H. Chan School of Public Health, “College Students and Mental Health: Confronting an Emerging Crisis.” The multidisciplinary materials are suitable for educators, students, and policy makers wanting to learn about the mental health challenges facing college students and young people more broadly. Materials cover both conditions in the United States, as well as globally. The Forum’s [“College Students and Mental Health: Confronting an Emerging Crisis”](#) event is described as follows:

Mental health issues are alarmingly on the rise among college students, and a serious gap exists in campus services to help them. What can be done to meet this growing need, spurred by issues of anxiety and depression, that has been described as sudden and dramatic by the Center for Collegiate Mental Health? In a spring 2017 survey by the American College Health Association, 39 percent of college students reported feeling so depressed that they were having trouble functioning, and 61 percent said that they had overwhelming anxiety in the previous 12 months. This Forum will serve as a call to action, asking how to develop a campus culture that prioritizes the prevention of mental health issues and the destigmatization of existing conditions. An expert panel featuring leaders from academia, mental health advocacy and psychology will speak from a public health and health care delivery perspective. How do we support students in need; remove barriers, particularly for already marginalized students; boost communication; and promote wellness drivers, such as improved sleep, nutrition, exercise and social connectedness? And how do we gather the much-needed evidence for public health policies?

[The Forum at Harvard T.H. Chan School of Public Health](#) is a live webcasting series that provides decision-makers with a global platform to discuss policy choices and scientific controversies across the world. This resource pack includes:

- [Basic Reads](#)
- [Reports and Books](#)
- [Articles and Briefs](#)
- [Data Publications, Portals, and Interactives](#)
- [Fact Sheets and Country Profiles](#)
- [Topic Portals](#)
- [Organizations](#)
- [Multimedia and News](#)
- [Teaching Material](#)

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Selected Resources – At a Glance

BASIC READS	
*	Data Publication. Center for Collegiate Mental Health 2017 Annual Report. Center for Collegiate Mental Health 2017. http://ccmh.psu.edu/publications .
*	Article. Auerbach RP et al. Mental Disorders Among College Students in the World Health Organization World Mental Health Surveys. Psychological Medicine 2016; 46(14): 2955-2970. DOI: https://doi.org/10.1017/S0033291716001665 .
	Article. Bruffaerts R et al. Mental Health Problems in College Freshmen: Prevalence and Academic Functioning. Journal of Affective Disorders 2018; 225: 97-103. DOI: https://doi.org/10.1016/j.jad.2017.07.044 .
*	Report. Eagan K et al. The American Freshman: National Norms Fall 2016. Higher Education Research Institute, University of California, Los Angeles 2017. https://heri.ucla.edu/publications-tfs .
	News Article. Rhodan M. Why College is a Risky Time for Students' Mental Health. Time Magazine 2016; Aug 31. http://time.com/4473575/college-mental-health-guidebook .
	News Article. Schrobsdorff S. Teen Depression and Anxiety: Why the Kids Are Not Alright. Time Magazine 2016; Nov 7. http://time.com/magazine/us/4547305/november-7th-2016-vol-188-no-19-u-s .
	Brief. Winerman L. By the Numbers: Stress on Campus. American Psychological Association 2017; 48(8): 88. http://www.apa.org/monitor/2017/09/numbers.aspx .
REPORTS AND BOOKS	
*	Report. The Equity in Mental Health Framework. The Steve Fund, The JED Foundation 2017. http://www.equityinmentalhealth.org .
*	Report. Kapungu C et al. Understanding and Tackling the Gendered Drivers of Poor Adolescent Mental Health. International Center for Research on Women 2017. https://www.icrw.org/publications/understanding-tackling-gendered-drivers-poor-adolescent-mental-health .
*	Report. School Violence and Bullying: Global Status Report. United Nations Educational, Scientific and Cultural Organization 2017. https://www.schooleducationgateway.eu/en/pub/resources/publications/school-violence-and-bullying-.htm .
	Report. Out of the Shadows: Making Mental Health a Global Development Priority. The World Bank Group 2016. http://documents.worldbank.org/curated/en/270131468187759113/Out-of-the-shadows-making-mental-health-a-global-development-priority .
	Report. Investing in the Health and Well-Being of Young Adults. The National Academies Press 2014. DOI: https://doi.org/10.17226/18869 .
*	Report. Mental Health Matters: Social Inclusion of Youth with Mental Health Conditions. United Nations 2014. https://www.un.org/development/desa/youth/publications/2014/06/mental-health-matters-social-inclusion-of-youth-with-mental-health-condition .
	Report. Integrated, Trauma-Informed Mental Health Care to Support Boys & Young Men of Color. California School-Based Health Alliance 2013. http://cshca-wpengine.netdna-ssl.com/wp-content/uploads/2014/05/Trauma-Informed-MH-for-BMoC-CA-Alliance.pdf .
ARTICLES AND BRIEFS	
	Brief. The Teen Brain: 6 Things to Know. National Institute of Mental Health. https://www.nimh.nih.gov/health/publications/the-teen-brain-6-things-to-know/index.shtml .
	Brief. Adolescent Mental Health Basics. U.S. Department of Health and Human Services Office of Adolescent Health 2018. https://www.hhs.gov/ash/oah/adolescent-development/mental-health/adolescent-mental-health-basics/index.html .

	Article. Gaddis SM et al. Contextualizing Public Stigma: Endorsed Mental Health Treatment Stigma on College and University Campuses. <i>Social Science & Medicine</i> 2018; 197: 183-191. DOI: https://doi.org/10.1016/j.socscimed.2017.11.029 .
	Article. Cokley K et al. Impostor Feelings as a Moderator and Mediator of the Relationship Between Perceived Discrimination and Mental Health Among Racial/Ethnic Minority College Students. <i>Journal of Counseling Psychology</i> 2017; 64(2): 141-154. DOI: http://dx.doi.org/10.1037/cou0000198 .
	Article. Erskine HE et al. The Global Coverage of Prevalence Data for Mental Disorders in Children and Adolescents. <i>Epidemiology and Psychiatric Sciences</i> 2017; 26: 395-402. DOI: https://doi.org/10.1017/S2045796015001158 .
	Article. Majeed H, Lee J. The Impact of Climate Change on Youth Depression and Mental Health. <i>The Lancet Planetary Health</i> 2017; 1: e95. DOI: https://doi.org/10.1016/S2542-5196(17)30045-1 .
	Article. Shain B, Committee on Adolescence. Suicide and Suicide Attempts in Adolescents. <i>Pediatrics</i> 2016; 138(1): e20161420. DOI: http://dx.doi.org/10.1542/peds.2016-1420 .
	Article. Collishaw S. Secular Trends in Child and Adolescent Mental Health. <i>Journal of Child Psychology and Psychiatry</i> 2015; 56(3): 370-393. DOI: https://doi.org/10.1111/jcpp.12372 .
	Article. Erskine HE et al. A Heavy Burden on Young Minds: The Global Burden of Mental and Substance Use Disorders in Children and Youth. <i>Psychological Medicine</i> 2015; 45(7): 1551-1563. DOI: https://doi.org/10.1017/S0033291714002888 .
	Article. Lee FS et al. Adolescent Mental Health: Opportunity and Obligation. <i>Science</i> 2014; 346(6209): 547-549. DOI: http://doi.org/10.1126/science.1260497 .
*	Article. Stebleton MJ et al. First-Generation Students' Sense of Belonging, Mental Health, and Use of Counseling Services at Public Research Universities. <i>Journal of College Counseling</i> 2014; 17(1): 6-20. DOI: https://doi.org/10.1002/j.2161-1882.2014.00044.x .
	Article. Patel V. Why Adolescent Depression is a Global Health Priority and What We Should Do About It. <i>Journal of Adolescent Health</i> 2013; 52: 511-512. DOI: https://doi.org/10.1016/j.jadohealth.2013.03.003 .
DATA PUBLICATIONS, PORTALS, AND INTERACTIVES	
	Data Portal. Behavioral Risk Factor Surveillance System. National Center for Chronic Disease Prevention and Health Promotion. https://www.cdc.gov/brfss .
*	Data Portal. Databases on Noncommunicable Diseases and Mental Health. World Health Organization. http://www.who.int/nmh/databases/en .
	Data Publication. QuickStats: Suicide Rates for Teens Aged 15-19 Years, by Sex - United States, 1975-2015. <i>Morbidity and Mortality Weekly Report</i> 2017; 66(30):816. DOI: http://dx.doi.org/10.15585/mmwr.mm6630a6 .
	Data Portal. High School Youth Risk Behavior Survey. Centers for Disease Control and Prevention 2016. https://nccd.cdc.gov/YouthOnline/App/Default.aspx .
*	Data Portal. CCMH Data Navigator. Center for Collegiate Mental Health 2015. http://ccmh.psu.edu/data .
	Data Report. College Students Speak: A Survey Report on Mental Health. National Alliance on Mental Illness 2012. https://www.nami.org/About-NAMI/Publications-Reports/Survey-Reports .
FACT SHEETS AND COUNTRY PROFILES	
*	Fact Sheet. WHO Fact Sheet: Adolescent Health. World Health Organization 2017. http://www.who.int/mediacentre/factsheets/fs345/en .
*	State Profiles. Adolescent Mental Health Fact Sheets. U.S. Department of Health and Human Services Office of Adolescent Health 2015. https://www.hhs.gov/ash/oah/facts-and-stats/national-and-state-data-sheets/adolescent-mental-health-fact-sheets/index.html .
*	Country Profiles. Mental Health Atlas 2014. Country Profiles. World Health Organization 2015. http://www.who.int/mental_health/evidence/atlas/profiles-2014/en .

	Fact Sheet. Mental Health By the Numbers. National Alliance on Mental Illness 2015. https://www.nami.org/learn-more/mental-health-by-the-numbers .
TOPIC PORTALS	
	Topic Portal. TeenMentalHealth.org. http://teenmentalhealth.org .
	Topic Portal. Mental Health. World Health Organization 2018. http://www.who.int/mental_health/en .
	Topic Portal. MentalHealth.gov. U.S. Department of Health and Human Services. https://www.mentalhealth.gov .
	Topic Portal. Child and Adolescent Mental Health. National Institute of Mental Health. https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml .
	Topic Portal. Adolescent Mental Health Resources and Publications. U.S. Department of Health and Human Services Office of Adolescent Health. https://www.hhs.gov/ash/oah/resources-and-training/adolescent-health-library/mental-health-resources-and-publications/index.html .
ORGANIZATIONS	
*	Organization. Active Minds. http://www.activeminds.org .
	Organization. Center for Collegiate Mental Health. Penn State University. http://ccmh.psu.edu .
	Organization. Global Coalition on Youth Mental Health. https://www.ymentalhealth.org .
*	Organization. Movement for Global Mental Health. http://www.globalmentalhealth.org .
	Organization. National Alliance on Mental Illness. https://www.nami.org .
	Organization. National Institute of Mental Health. https://www.nimh.nih.gov/index.shtml .
*	Organization. Substance Abuse and Mental Health Services Administration. https://www.samhsa.gov .
MULTIMEDIA AND NEWS	
	News Article. Thorne G. We Need to Address the Mental Health Care Imbalance for Students of Color. The Nation 2018; Feb 21. https://www.thenation.com/article/we-need-to-address-the-mental-healthcare-imbalance-for-students-of-color .
*	News Article. Denizet-Lewis B. Why Are More American Teenagers Than Ever Suffering From Severe Anxiety? The New York Times Magazine 2017; Oct 11. https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html .
	News Article. James SD. Mental Health Problems Rising Among College Students. NBC News 2017; Jun 28. https://www.nbcnews.com/feature/college-game-plan/mental-health-problems-rising-among-college-students-n77286 .
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	Video. Are Smartphones Making a Generation Unhappy? PBS NewsHour 2017; Aug 7. https://www.pbs.org/newshour/show/smartphones-making-generation-unhappy .
	News Article. Bichell RE. Suicide Rates Climb in U.S. Especially Among Adolescent Girls. National Public Radio 2016; Apr 22. https://www.npr.org/sections/health-shots/2016/04/22/474888854/suicide-rates-climb-in-u-s-especially-among-adolescent-girls .
	News Article. Kingkade T. Students of Color Aren't Getting the Mental Help They Need in College. Huffington Post 2016; Jan 14. https://www.huffingtonpost.com/entry/students-of-color-mental-health_us_5697caa6e4b0ce49642373b1 .
	News Article. Kwai I. The Most Popular Office on Campus. The Atlantic 2016; Oct 19. https://www.theatlantic.com/education/archive/2016/10/the-most-popular-office-on-campus/504701 .
	Video. Starting the Conversation: College and Your Mental Health. National Alliance on Mental Illness 2016. https://www.nami.org/collegeguide .

	News Article. Henriques G. The College Student Mental Health Crisis. Psychology Today 2014; Feb 15. https://www.psychologytoday.com/us/blog/theory-knowledge/201402/the-college-student-mental-health-crisis .
TEACHING MATERIAL	
*	Online Learning. College Students and Mental Health: Confronting an Emerging Crisis. The Forum. Harvard T.H. Chan School of Public Health 2018; Apr 17. https://theforum.sph.harvard.edu/events/college-students-and-mental-health .
*	Teaching Case. Fournier J et al. "I Know There is Hope, Even in a World of Loss": A Local Community-Based Intervention to Address Mental Health Challenges Among First Nations Men and Boys. Western Public Health Casebook. Public Health Casebook Publishing 2017. https://www.schulich.uwo.ca/publichealth/cases/Casebook2017.html .
*	Teaching Case. Sebastian A et al. From Theory to Action: Implementing an Internationally Developed Mental Health and Substance Abuse Program in Indigenous Communities in the Americas. Western Public Health Casebook. Public Health Casebook Publishing 2017. https://www.schulich.uwo.ca/publichealth/cases/Casebook2017.html .
	Lesson Plan. Mental Health & High School Curriculum Guide: Understanding Mental Health and Mental Illness. teenmentalhealth.org 2017. http://teenmentalhealth.org/product/mental-health-high-school-curriculum .
	Lesson Plan. Mental Health Lesson Plans. Alberta Teachers' Association , Canadian Mental Health Association Alberta 2016. http://canwetalk.ca/wp-content/uploads/2016/03/COOR-79I-2016-03-CWT-lesson-plans.pdf .
	Teaching Material. Riley JB, McWilliams M. Engaged Learning Through Curriculum Infusion. Association of American Colleges and Universities 2007; 9(3). https://www.aacu.org/publications-research/periodicals/engaged-learning-through-curriculum-infusion .

*indicates resource listed in GHELI's online Repository

Annotated Bibliography

BASIC READS

Center for Collegiate Mental Health 2017 Annual Report

Data Publication. Center for Collegiate Mental Health 2017 Annual Report. Center for Collegiate Mental Health 2017. <http://ccmh.psu.edu/publications>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12372>

This 2017 report from the Center for Collegiate Mental Health presents descriptive data on various domains of college students' mental health and factors related to treatment and care. The data for this report was gathered from over 150,000 students seeking mental health treatment in nearly 150 different schools across the United States. Key areas highlighted include treatment effectiveness and duration, rate of student improvement, and common reasons for seeking treatment, among many other topics. The findings indicate that many students who could benefit with additional treatment are frequently cut off from services due to arbitrary and/or rigid treatment limits that terminate care.

Mental Disorders Among College Students in the World Health Organization World Mental Health Surveys

Article. Auerbach RP et al. Mental Disorders Among College Students in the World Health Organization World Mental Health Surveys. *Psychological Medicine* 2016; 46(14): 2955-2970.

DOI: <https://doi.org/10.1017/S0033291716001665>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12373>

This article uses data from the World Health Organization's World Mental Health Surveys to examine whether mental disorders predict college drop-out among over 5,000 college-aged young adults. The survey was conducted in 21 low- and middle-income countries, and found that over 20 percent of respondents had a diagnosable mental illness in the past year. Among those individuals, 80 percent had an onset of illness prior to the start of college, and only 16 percent reported receiving treatment. Findings also showed that those students with mental health issues prior to starting college were more likely to drop out, emphasizing the need for early detection and treatment.

Mental Health Problems in College Freshmen: Prevalence and Academic Functioning

Article. Bruffaerts R et al. Mental Health Problems in College Freshmen: Prevalence and Academic Functioning. *Journal of Affective Disorders* 2018; 225: 97-103. DOI: <https://doi.org/10.1016/j.jad.2017.07.044>.

This 2018 study investigated the association between mental health problems and academic performance using a large sample of nearly 5,000 college students in Belgium. The authors found that roughly one-third of college freshmen reported having mental health problems in the past year, and cross-sectional analyses revealed that students with mental health problems had a 2.9-4.7 percent lower academic year percentage (AYP)—equivalent to a 0.2-0.3 point decline in GPA—compared to those with no mental health problems.

The American Freshman: National Norms Fall 2016

Report. Eagan K et al. The American Freshman: National Norms Fall 2016. Higher Education Research Institute, University of California, Los Angeles 2017. <https://heri.ucla.edu/publications-tfs>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12375>

This report by the Higher Education Research Institute at UCLA summarizes findings from the 2016 Freshman Survey, which describes the demographic characteristics, behaviors, and attitudes of over 130,000 first-year students at nearly 200 four-year colleges across the U.S. Findings from 2016 found growing political polarization among students; higher levels of civic participation; specific needs of first-generation, transgender, former foster care, and military-affiliated students; growing concerns over the increasing cost of education; and more severe mental health concerns among students with disabilities, psychological disorders, and chronic illness. Publications describing [prior years' results](#) are also available for download, as well as a [monograph](#) documenting trends in responses from 1966 to 2015.

Why College is a Risky Time for Students' Mental Health

News Article. Rhodan M. Why College is a Risky Time for Students' Mental Health. Time Magazine 2016; Aug 31. <http://time.com/4473575/college-mental-health-guidebook>.

This *Time Magazine* article articulates the mental health challenges facing young adults entering college. According to an American College Health Association survey, although many students report suffering from significant episodes of anxiety or depression only 12 percent went to counseling. Even when students are referred to services, there is great variation in the quality and accessibility of counseling services on campus. In addition to providing illustrative first-hand accounts of young people's struggles, the author also examines advocacy efforts at colleges and universities to address this rising public health crisis.

Teen Depression and Anxiety: Why the Kids Are Not Alright

News Article. Schrobsdorff S. Teen Depression and Anxiety: Why the Kids Are Not Alright. Time Magazine 2016; Nov 7. <http://time.com/magazine/us/4547305/november-7th-2016-vol-188-no-19-u-s>.

This *Time Magazine* article describes the rise of depression and anxiety among teenagers in the United States. Through a combination of first-hand accounts and research, the authors paint a vivid picture of the mental health of young people in the 21st century, focusing particularly on self-harm, the role of social media, and interpersonal relationships.

By the Numbers: Stress on Campus

Brief. Winerman L. By the Numbers: Stress on Campus. American Psychological Association 2017; 48(8): 88. <http://www.apa.org/monitor/2017/09/numbers.aspx>.

This brief from the American Psychological Association provides key statistics about stress on college campuses. According to the brief, there has been a 30 percent increase in students seeking counseling appointments between 2009-10 and 2014-15. In addition to providing information on the major mental health challenges facing students, it also includes data on college-based counselling services.

REPORTS AND BOOKS

The Equity in Mental Health Framework

Report. The Equity in Mental Health Framework. The Steve Fund, The JED Foundation 2017. <http://www.equityinmentalhealth.org>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12380>

This report by The Steve Fund and The JED Foundation provides a framework to help colleges and universities support the mental health of students of color. College students of color are more likely than their white peers to report feeling overwhelmed most or all of the time in their first term, and are less likely than their white peers to seek the help they need. This report proposes ten actionable strategies to tailor or strengthen programs addressing mental health disparities of students of color. Some of the recommended approaches include prioritizing the mental health and well-being of students of color, soliciting student feedback in program design, recruiting and training culturally competent faculty and staff, and offering a range of supportive programs in different formats.

Understanding and Tackling the Gendered Drivers of Poor Adolescent Mental Health

Report. Kapungu C et al. Understanding and Tackling the Gendered Drivers of Poor Adolescent Mental Health. International Center for Research on Women 2017. <https://www.icrw.org/publications/understanding-tackling-gendered-drivers-poor-adolescent-mental-health>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12378>

This report by the International Center for Research on Women describes gender-related factors contributing to poor adolescent mental health globally, including pubertal processes, gender norms, and gender-specific risk factors. In particular, the authors focus on gender-based discrimination, violence, and child marriage as important drivers of poor mental health, and discuss mental health interventions designed to address these issues.

School Violence and Bullying: Global Status Report

Report. School Violence and Bullying: Global Status Report. United Nations Educational, Scientific and Cultural Organization 2017. <https://www.schooleducationgateway.eu/en/pub/resources/publications/school-violence-and-bullying-.htm>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12230>

This report from the United Nations Educational, Scientific and Cultural Organization (UNESCO) addresses the issue of school violence and bullying around the world. The report notes that school violence encompasses physical violence (including corporal punishment), psychological violence, sexual violence (including rape and harassment), and bullying (which is defined as a pattern of violent behavior rather than an isolated event, and includes cyberbullying). Drawing on a number of available data sources, the report presents the scope, extent, and impact of school violence and bullying and describes how it varies by age and gender. It also explores responses from the education sector, including national laws, the provision of national and local level training in prevention, and health monitoring through data collection. Finally, the report presents priority actions, such as engaging children and young people, building capacity of education staff and learners, and implementing systems for reporting, among many others.

Out of the Shadows: Making Mental Health a Global Development Priority

Report. Out of the Shadows: Making Mental Health a Global Development Priority. The World Bank Group 2016. <http://documents.worldbank.org/curated/en/270131468187759113/Out-of-the-shadows-making-mental-health-a-global-development-priority>.

This report from the World Bank Group describes social, economic, and health burdens of mental health disorders, and current gaps in national and international response. Eighty percent of people who are likely to experience a mental health disorder in their lifetime are from low- and middle-income countries. However, as the report underscores, stigma and inadequate funding prevent people from accessing care for anxiety and depression, although safe, effective treatments already exist. The report outlines the economic case for investing in mental health, describes different treatment settings for mental health disorders inside and outside the health sector, and concludes with ideas to address funding resource gaps to scale up effective programs. Potential funding options and ways to scale up programs include building a funding pool based on sin taxes, leveraging resources from mineral wealth, amplifying development assistance and better use of domestic resources, adding mental health in universal health coverage packages, and building on results-based funding initiatives for complementary health issues.

Investing in the Health and Well-Being of Young Adults

Report. Investing in the Health and Well-Being of Young Adults. Institute of Medicine and National Research Council of the National Academies 2014. <http://www.nationalacademies.org/hmd/Reports/2014/Investing-in-the-Health-and-Well-Being-of-Young-Adults.aspx>.

This Institute of Medicine report describes research on the health and well-being of young adults in order to better inform policy and research. The report describes how the transition to adulthood has become more unpredictable for young people as costs of living have increased and jobs have become harder to find. With respect to health, young adults are more likely to be unhealthy than adolescents and adults in their late-twenties and thirties, with over one fifth reporting suffering from a mental illness in the past year. The authors also summarize policies and programs that cater to the needs of young adults, and find that they are generally disjointed, do not meet the developmental needs of this population, and that the evidence base for effective interventions and services are lacking. Lastly, recommendations are offered in the areas of education, employment, civic engagement, and public health.

Mental Health Matters: Social Inclusion of Youth with Mental Health Conditions

Report. Mental Health Matters: Social Inclusion of Youth with Mental Health Conditions. United Nations 2014. <https://www.un.org/development/desa/youth/publications/2014/06/mental-health-matters-social-inclusion-of-youth-with-mental-health-condition>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12381>

This report from the United Nations synthesizes current global research about the cultural dimensions of mental health conditions among people, the economic and social challenges that many youth living with mental health conditions face, and effective programs to prevent and address these conditions. Twenty percent of youth worldwide experience a mental health condition each year, and remain particularly vulnerable as they transition into adulthood. Mental health conditions impact youth development and their social and economic integration, and stigma remains a big barrier for youth accessing care. The authors indicate a multi-tiered public health approach across school, work, and community contexts is essential to effectively addressing the issue worldwide. Overall, the report advocates for more defined mental health policies geared at youth; increased education and campaign efforts to tackle mental health stigma; better surveillance and monitoring and evaluation to identify risks and protective factors; and, finally, additional research on promising programs and policies for low- and middle-income countries.

Integrated, Trauma-Informed Mental Health Care to Support Boys & Young Men of Color

Report. Integrated, Trauma-Informed Mental Health Care to Support Boys & Young Men of Color. California School-Based Health Alliance 2013. <http://cshca-wpengine.netdna-ssl.com/wp-content/uploads/2014/05/Trauma-Informed-MH-for-BMoC-CA-Alliance.pdf>.

This report, by the California School-Based Health Alliance, shares findings from a scan of school-based health centers (SBHCs) in California to better understand what a trauma-informed mental health care for boys and young men of color can look like at the practice level. African American and Latino boys in particular are more likely to have post-traumatic stress disorder than their white peers due to disproportionate exposure to various forms of trauma and marginalization. The SBHCs studied were well-positioned to address the multiple needs of underserved young men of color, but varied in the capacity, quantity, and quality of mental health services provided. Best practices among the SBHCs committed to trauma-informed mental health care included focusing on staff training and support, building strong relationships with clients, screening patients for both medical and mental health needs, creating safe spaces for clients to delve into cultural, historical, and gendered issues, and leveraging non-traditional therapeutic strategies, such as narrative therapy.

ARTICLES AND BRIEFS

The Teen Brain: 6 Things to Know

Brief. The Teen Brain: 6 Things to Know. National Institute of Mental Health.

<https://www.nimh.nih.gov/health/publications/the-teen-brain-6-things-to-know/index.shtml>.

This brief from the National Institute of Mental Health (NIMH) shares six important facts about the adolescent brain. These facts are intended to spread awareness about when the brain matures, how the brain learns and adapts, when mental disorders typically present, resiliency, and the need for sleep during adolescence.

Adolescent Mental Health Basics

Brief. Adolescent Mental Health Basics. U.S. Department of Health and Human Services Office of Adolescent Health 2018. <https://www.hhs.gov/ash/oah/adolescent-development/mental-health/adolescent-mental-health-basics/index.html>.

This brief from the U.S. Department of Health and Human Services (HHS) discusses the impact of adolescent mental health problems, with a focus on depression and depressive episodes. It highlights the importance of addressing mental health early to provide quality intervention and treatment, as well as recent advances in adolescent mental health care.

Contextualizing Public Stigma: Endorsed Mental Health Treatment Stigma on College and University Campuses

Article. Gaddis SM et al. Contextualizing Public Stigma: Endorsed Mental Health Treatment Stigma on College and University Campuses. *Social Science & Medicine* 2018; 197: 183-191.

DOI: <https://doi.org/10.1016/j.socscimed.2017.11.029>.

This article in *Social Science & Medicine* examines the association between school- and individual-level stigma and student self-reports of suicidal ideation and self-injury, screenings of depression or anxiety, and a number of other outcomes. It finds, counterintuitively, that school-level stigma is negatively associated with suicidal ideation and self-injury and is not associated with screenings for depression or anxiety. At the same time, however, individual level stigma was found to be positively associated with poor mental health outcomes. The authors hypothesize that their findings at the school-level lead to under-reporting of mental health problems in contexts with high stigma.

Impostor Feelings as a Moderator and Mediator of the Relationship Between Perceived Discrimination and Mental Health Among Racial/Ethnic Minority College Students

Article. Cokley K et al. Impostor Feelings as a Moderator and Mediator of the Relationship Between Perceived Discrimination and Mental Health Among Racial/Ethnic Minority College Students. *Journal of Counseling Psychology* 2017; 64(2): 141-154. DOI: <http://dx.doi.org/10.1037/cou0000198>.

This study examines how imposter feelings—where an individual finds it difficult to internalize their achievements—influence the relationship between discrimination and mental health among 300 racial and ethnic minority college students. Findings showed that experiences of discrimination predicted higher levels of imposterism, which in turn predicted poorer mental health for African American, Latino, and Asian American students. Overall, however, imposter feelings were found to be a stronger predictor for mental health than discrimination for only African Americans and Latinos. Additionally, among African Americans, the association between discrimination and mental health was larger for those who reported high levels of imposter feelings compared to those with lower levels. The authors conclude by discussing the implications of these findings for university counselling services, focusing particularly on providing effective services that address issues of imposterism and perceived discrimination experienced by racial and ethnic minority students.

The Global Coverage of Prevalence Data for Mental Disorders in Children and Adolescents

Article. Erskine HE et al. The Global Coverage of Prevalence Data for Mental Disorders in Children and Adolescents. *Epidemiology and Psychiatric Sciences* 2017; 26: 395-402.

DOI: <https://doi.org/10.1017/S2045796015001158>.

This 2017 study used data from the Global Burden of Disease Study 2010 and 2013 to calculate country-, region-, and global-level coverage of prevalence data for six mental health conditions in children and adolescents aged 5 to 17 years. Findings revealed that children and adolescents are not well-represented in global surveys of mental health, with 126 out of 187 countries having no data on any mental health disorders among youth. Overall, less than seven percent of mental disorder data covered children and adolescents, with variable coverage across low and middle-income countries (e.g., no region in sub-Saharan African had a coverage of more than two percent). Ultimately, the authors conclude that more resources need to be dedicated to collecting representative prevalence data in order to appropriately meet the needs of this vulnerable population.

The Impact of Climate Change on Youth Depression and Mental Health

Article. Majeed H, Lee J. The Impact of Climate Change on Youth Depression and Mental Health. *The Lancet Planetary Health* 2017; 1: e95. DOI: [https://doi.org/10.1016/S2542-5196\(17\)30045-1](https://doi.org/10.1016/S2542-5196(17)30045-1).

This short commentary points out that the impact of climate change on youth mental health requires broader public health attention. The authors describe evidence suggesting that adults are more likely to seek out mental health treatment when temperatures and humidity levels are higher, but point out that less studies have specifically investigated outcomes earlier in life. Ultimately, the authors advocate for researchers to give special attention to youth when considering the mental health consequences of climate change.

Suicide and Suicide Attempts in Adolescents

Article. Shain B, Committee on Adolescence. Suicide and Suicide Attempts in Adolescents. *Pediatrics* 2016; 138(1): e20161420. DOI: <http://dx.doi.org/10.1542/peds.2016-1420>.

This article by the American Academy of Pediatrics describes best practices to help pediatricians identify and manage suicide risk among adolescents. In particular, the statement recommends that pediatricians include questions about mental health and substance use during primary care visits, educating themselves and patients about the benefits and risks of antidepressant medications, develop strong relationships with other health professionals that facilitate coordinated mental health care, and consider additional professional training to understand the diverse manifestations of poor adolescent mental health. The statement maintains that pediatricians are important advocates for the teenage population, and are integral towards spreading quality resources and increasing awareness to reduce the impact of suicide in America.

Secular Trends in Child and Adolescent Mental Health

Article. Collishaw S. Secular Trends in Child and Adolescent Mental Health. *Journal of Child Psychology and Psychiatry* 2015; 56(3): 370-393. DOI: <https://doi.org/10.1111/jcpp.12372>.

This review article attempts to determine if population-level rates of child and adolescent mental illness have changed globally over the past few decades. It reports that the diagnosis and treatment of psychiatric disorders in children and adolescents has increased (with the exception of attention-deficit hyperactivity disorder), while emotional problems and antisocial behavior have fluctuated over time.

A Heavy Burden on Young Minds: The Global Burden of Mental and Substance Use Disorders in Children and Youth

Article. Erskine HE et al. A Heavy Burden on Young Minds: The Global Burden of Mental and Substance Use Disorders in Children and Youth. *Psychological Medicine* 2015; 45(7): 1551-1563.

DOI: <https://doi.org/10.1017/S0033291714002888>.

This study quantified the global burden of mental and substance use disorders among children and youth ages 0 to 24 years using data from the 2010 Global Burden of Disease Study. Results found that mental and substance disorders were the leading cause of disability in youth and accounted for 55.5 million disability adjusted-life years (DALYs) globally (six percent). In high-income countries, they were the leading cause of disability, while they were the seventh leading cause in low- and middle-income countries, behind infectious diseases. The authors conclude that as infectious diseases continue to decline in low- and middle-income countries, the burden of mental and substance use disorders will likely increase.

Adolescent Mental Health: Opportunity and Obligation

Article. Lee FS et al. Adolescent Mental Health: Opportunity and Obligation. *Science* 2014; 346(6209): 547-549. DOI: <http://doi.org/10.1126/science.1260497>.

This article from *Science* argues that since adolescence is a critical period during which mental illness can affect the brain, therefore early interventions to prevent against these are a worthwhile investment. The authors also advocate for more funding to address adolescent mental health in light of evidence that the development of the adolescent brain differs from the better understood, fully developed adult brain. Ultimately, the authors conclude by stating that there is an obligation and moral imperative to conduct such work, which has the potential to impart substantial benefits to society.

First-Generation Students' Sense of Belonging, Mental Health, and Use of Counseling Services at Public Research Universities

Article. Stebleton MJ et al. First-Generation Students' Sense of Belonging, Mental Health, and Use of Counseling Services at Public Research Universities. *Journal of College Counseling* 2014; 17(1): 6-20.

DOI: <https://doi.org/10.1002/j.2161-1882.2014.00044.x>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12379>

This study examines the sense of belonging, mental illness status, and usage of mental health services among

first-generation students. Using survey data results from six large public universities, the authors find that first-generation students report lower rates of belonging and use of counseling services, and greater levels of depression or stress compared to students who were not first-generation. The authors conclude that college counselors should more actively reach out to this unique population, while also making mental health services more accessible to those who need them most.

Why Adolescent Depression is a Global Health Priority and What We Should Do About It

Article. Patel V. Why Adolescent Depression is a Global Health Priority and What We Should Do About It.

Journal of Adolescent Health 2013; 52: 511-512. <https://doi.org/10.1016/j.jadohealth.2013.03.003>.

This editorial in the *Journal of Adolescent Health* argues that the management of depression in adolescence should be an important part of the global health agenda, given that mental illness is a leading cause of morbidity and mortality in adolescents worldwide and can also continue into adulthood. The authors also identify barriers to achieving this goal, including low levels of awareness about the health effects of depression and other mental health issues, poor detection of depression in the population, and limited access to treatment.

DATA PUBLICATIONS, PORTALS, AND INTERACTIVES

Behavioral Risk Factor Surveillance System

Data Portal. Behavioral Risk Factor Surveillance System. National Center for Chronic Disease Prevention and Health Promotion. <https://www.cdc.gov/brfss>.

This surveillance system run by Centers for Disease Control and Prevention (CDC) aggregates health data collected through random telephone surveys administered across the United States. Extensive data is available on risk behaviors, chronic health conditions, and use of preventive health services, including those related to mental health. 400,000 interviews with adults are conducted each year, making it the largest health survey system in the world that is conducted on a continuous basis. [Publications](#) and [fact sheets](#) based on the data in the system are also available.

Noncommunicable Diseases and Mental Health: Data Portal

Data Portal. Databases on Noncommunicable Diseases and Mental Health. World Health Organization.

<http://www.who.int/nmh/databases/en>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/11269>

This data portal, maintained by the World Health Organization (WHO), contains links to key databases on chronic disease and risk factors, mental health and substance abuse, suicide, and tobacco use.

These databases and links are provided below and are in addition to the general WHO statistics available through the [Global Health Observatory](#).

CHRONIC DISEASES AND HEALTH PROMOTION

- [Country Information: Topic Specific](#)
- [Cancer Incidence, Mortality and Survival Databases](#)
- [Diabetes Facts and Figures](#)
- [Oral Health Databases](#)
- [WHO Global InfoBase](#)

MENTAL HEALTH AND SUBSTANCE ABUSE

- [Mental Health: Evidence and Research](#)
- [Project Atlas: Mental Health Resources](#)
- [Global information System on Alcohol and Health](#)
- [Substance Abuse: Facts & Figures](#)
- [Suicide: Country Reports and Charts](#)

TOBACCO

- [Global Data: Global Information System on Tobacco Control](#)
- [Tobacco Control Country Profiles: Country Profiles](#)

QuickStats: Suicide Rates for Teens Aged 15-19 Years, by Sex - United States, 1975-2015

Data Publication. QuickStats: Suicide Rates for Teens Aged 15-19 Years, by Sex - United States, 1975-2015. Morbidity and Mortality Weekly Report 2017; 66(30):816. DOI: <http://dx.doi.org/10.15585/mmwr.mm6630a6>. This graph presents suicide rates for people aged 15 to 19 in the United States, during 1975-2015. Separated by sex, the data shows that the suicide rate in this age group are consistently higher for males compared to females. For males, the rate appears to peak in the early 1990s, reaching as high as 18 deaths per 100,000 population. For females, the rate is more constant, staying between three and five suicides per 100,000 population. Recently, from 2007 to 2015, the suicide rate for both sexes appears to be increasing.

High School Youth Risk Behavior Survey

Data Portal. High School Youth Risk Behavior Survey. Centers for Disease Control and Prevention 2016. <https://nccd.cdc.gov/YouthOnline/App/Default.aspx>.

This data portal from the Centers for Disease Control and Prevention (CDC) provides national, state, and local data from the Youth Risk Behavior Surveillance System (YRBSS), which is administered to American middle school and high school students yearly from 1991 to 2015. Health topics covered include unintentional injuries and violence (which captures suicide-related behaviors), alcohol and other drug use, dietary behaviors, obesity and weight control, tobacco use, sexual behaviors, and physical activity. This data can be filtered and sorted to explore the impact of these factors on different populations throughout the nation.

CCMH Data Navigator

Data Portal. CCMH Data Navigator. Center for Collegiate Mental Health 2015. <http://ccmh.psu.edu/data>. GHELI repository link: <http://repository.gheli.harvard.edu/repository/12376>

This data portal from the Center for Collegiate Mental Health at The Pennsylvania State University provides access to data on the mental health of college students in the United States, including mental health history, depression, generalized anxiety, social anxiety, academic distress, eating concerns, hostility, substance and alcohol use, and more. Key features include a [data navigator](#), where users can explore a selection of the data on their own. Upon request, users can receive a summary of the data or gain access to complete, anonymized data.

College Students Speak: A Survey Report on Mental Health

Data Report. College Students Speak: A Survey Report on Mental Health. National Alliance on Mental Illness 2012. <https://www.nami.org/About-NAMI/Publications-Reports/Survey-Reports>.

This data report from the National Alliance on Mental Illness (NAMI) disaggregates national survey data from college students with mental health conditions. The 2012 survey results identify stigma as the primary barrier to seeking help, and suggests services and supports that students need to effectively combat this challenge. Each report section provides recommendations for colleges to increase resources for students. This report provides data to illustrate the relationship between mental health and academic experience in college, with the hopes of improving higher education experiences.

FACT SHEETS AND COUNTRY PROFILES

WHO Fact Sheet: Adolescent Health

Fact Sheet. WHO Fact Sheet: Adolescent Health. World Health Organization 2017. <http://www.who.int/mediacentre/factsheets/fs345/en>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/11182>

This fact sheet from the World Health Organization (WHO) focuses on adolescent health, describing key facts

about health conditions, risks, and solutions. It includes basic descriptive statistics on leading causes of adolescent death due to HIV, suicide and interpersonal violence, and road traffic injuries, and highlights the role of teenage pregnancy and mental health disorders on adolescent health. It includes basic information about risk factors such as alcohol, tobacco, lack of physical activity, unprotected sex, and exposure to violence. Interested in learning more? In 2014 the WHO published [Health for the World's Adolescents: A Second Chance in the Second Decade](#), a broad report which provides a global overview of adolescents' health and health-related behaviors, and describes the specific challenges and opportunities faced by this population.

Adolescent Mental Health Fact Sheets

State Profiles. Adolescent Mental Health Fact Sheets. U.S. Department of Health and Human Services Office of Adolescent Health 2015. <https://www.hhs.gov/ash/oah/facts-and-stats/national-and-state-data-sheets/adolescent-mental-health-fact-sheets/index.html>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12377>

These profiles from the U.S. Department of Health and Human Services (HHS) provide national and state-level data on adolescent mental health. Each profile provides a state-level snapshot of the prevalence of depression symptoms, depressive episodes, and suicidal thoughts and attempts among U.S. adolescents. Each profile contextualizes state-level data with national data.

Mental Health Atlas: Country Profiles

Country Profiles. Mental Health Atlas 2014. Country Profiles. World Health Organization 2015. http://www.who.int/mental_health/evidence/atlas/profiles-2014/en.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/11231>

This web portal, offered by the World Health Organization (WHO), provides country profiles accompanying the WHO's [Mental Health Atlas 2014](#) global report, giving a snapshot of resources and services available in each country, as well as the implementation status of policies, plans and laws. That report is particularly important as it provides baseline data against which progress towards the objectives and targets of the Comprehensive Mental Health Action Plan 2013-2020 will be measured.

Mental Health By the Numbers

Fact Sheet. Mental Health By the Numbers. National Alliance on Mental Illness 2015. <https://www.nami.org/learn-more/mental-health-by-the-numbers>.

This fact sheet from the National Alliance on Mental Illness (NAMI) summarizes key facts about the prevalence and impact of mental illness in the U.S. In a given year, approximately one in five adults in the U.S. experiences mental illness. Mood disorders—like depression and bipolar disorder—are the third most common cause of hospitalization in the U.S. for individuals aged 18 to 44. The fact sheet also focuses on the specific statistics related to social determinants of mental health, such as homelessness, race, and incarceration.

TOPIC PORTALS

TeenMentalHealth.org

Topic Portal. TeenMentalHealth.org. <http://teenmentalhealth.org>.

This topic portal shares facts on mental disorders, personal narratives, resources on caring for teenagers with mental disorders, and events around mental health. The portal provides literature to improve mental health awareness, including a school mental health curriculum guide and [a toolbox](#) of free resources, reports, and publications.

Mental Health

Topic Portal. Mental Health. World Health Organization 2018. http://www.who.int/mental_health/en.

This topic portal from the World Health Organization (WHO) summarizes global efforts to respond to mental health challenges. The portal highlights key data and news on maternal and child mental health, neurology and public health, suicide prevention, mental health in emergencies, and mental disorders. In addition, the topic

portal offers information about WHO's [Mental Health Gap Action Programme \(mhGAP\)](#), WHO's policies and services, and the latest [evidence and research](#).

MentalHealth.gov

Topic Portal. MentalHealth.gov. U.S. Department of Health and Human Services.

<https://www.mentalhealth.gov>.

This topic portal from the U.S. Department of Health and Human Services (HHS) addresses mental health in the United States, aiming to spread awareness to local communities, government and policy makers, health professionals, and school systems. It encourages a national dialogue through community conversations, public/private partnerships, and social media. The topic portal provides a wider range of resources, including myths and facts about mental health, how to talk about mental health, and resources to getting quality help. It addresses multiple mental health disorders including: anxiety disorders, behavioral disorders, eating disorders, substance abuse, mood disorders, obsessive-compulsive disorder, personality disorder, psychotic disorders, suicidal behavior, and trauma- and stress-related disorders.

Child and Adolescent Mental Health

Topic Portal. Child and Adolescent Mental Health. National Institute of Mental Health.

<https://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>.

This topic portal from the National Institute of Mental Health (NIMH) focuses on how addressing mental health symptoms in youth has beneficial implications for their future health and well-being. Resources included mostly focus on adolescent brain development in relation to mental health disorders. Additional information is also provided on mental health symptoms specific to children and adolescents, and publications produced for teens, educators, and family members covering anxiety disorders, bipolar disorders, eating disorders, and other mental health topics are also available.

Adolescent Mental Health Resources and Publications

Topic Portal. Adolescent Mental Health Resources and Publications. U.S. Department of Health and Human Services Office of Adolescent Health. <https://www.hhs.gov/ash/oah/resources-and-training/adolescent-health-library/mental-health-resources-and-publications/index.html>.

This topic portal from the U.S. Department of Health Human Services Office of Adolescent Health shares federal resources about the prevalence, diagnosis, prevention, and treatment of adolescent mental health illnesses. Highlighted resources focus on common myths about mental illness, behavioral health trends among adolescents, how to facilitate conversations about mental health, suicide prevention, and developmentally appropriate mental health treatment for adolescents.

ORGANIZATIONS

Active Minds

Organization. Active Minds. <http://www.activeminds.org>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12382>

Active Minds is a non-profit, grassroots organization working to combat stigma of mental illness among college students. The organization encourages students to seek help early and spread mental health awareness on college campuses through student-led chapters. Active Minds coordinates a multitude of engagement activities to reach students, including a speakers bureau, a national conference, and an emerging scholars fellowship. In addition to general mental health information, Active Minds [provides educational resources](#) aimed at students, families, and administrators.

Center for Collegiate Mental Health

Organization. Center for Collegiate Mental Health. Penn State University. <http://ccmh.psu.edu>.

The Center for Collegiate Mental Health, coordinated by Penn State University, is a network of nationwide university counseling services. Through this collaborative effort among education institutions, the organization

has created a comprehensive, national database on college student mental health. This data informs the development of clinical tools, reports, and research based on accurate and updated mental health information.

Global Coalition on Youth Mental Health

Organization. Global Coalition on Youth Mental Health. <https://www.ymentalhealth.org>.

The Global Coalition on Youth Mental Health works towards amplifying youth voices on mental health, with the goals of catalyzing global conversations around reducing mental health stigma and inspiring countries to prioritize youth mental health. The organization leverages targeted social media messages to engage individuals, organizations, and communities and leave a positive impact on adolescent mental health.

Movement for Global Mental Health

Organization. Movement for Global Mental Health. <http://www.globalmentalhealth.org>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12383>

The Movement for Global Mental Health (MGMH) is an international network of individuals and organizations dedicated to improving services for people living with mental health problems and psychosocial disabilities. Borne out of a call to action in the [first Lancet series](#) on global mental health and grounded in human rights principles, MGMH amplifies opportunities for knowledge-sharing across borders, national and international campaigning, and understanding the latest published evidence. While global in nature, MGMH has a special focus on low- and middle-income countries where effective resources are scarce.

National Alliance on Mental Illness

Organization. National Alliance on Mental Illness. <https://www.nami.org>.

The National Alliance on Mental Illness (NAMI) is a grassroots mental health organization supporting Americans affected by mental illness. The organization, founded in 1979, leads education programs to connect families across the country to the information they need; advocates for public policies that benefit people with mental illness and their families; runs referral hotline for individuals in need; and spearheads public awareness events and activities, like Mental Illness Awareness Week. NAMI disseminates in-depth information through variety of [publications and reports](#), helps people living with mental health conditions to [share their stories](#), and facilitates opportunities to [stand against stigma](#).

National Institute of Mental Health

Organization. National Institute of Mental Health. <https://www.nimh.nih.gov/index.shtml>.

The National Institute of Mental Health (NIMH), part of the 27 National Institutes of Health (NIH), is the main federal agency in the U.S. responsible for conducting basic and clinical research on mental health conditions. Envisioning a world where mental illnesses are prevented and cured, NIMH funds and leads research on a variety of mental health topics including neuroscience, AIDS, technology development, genomics, disparities, and global mental health. The organization shares several [data resources](#) for basic and clinical mental health research, and summarize latest breakthroughs in mental health research through its comprehensive [news section](#).

Substance Abuse and Mental Health Services Administration

Organization. Substance Abuse and Mental Health Services Administration. <https://www.samhsa.gov>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12384>

The Substance Abuse and Mental Health Services Administration (SAMHSA), part of the U.S. Department of Health and Human Services (HHS), leads public health efforts to improve behavioral health within the country. It was established in 1992 by Congress to improve availability of information, access to services, and research efforts related to substance abuse and mental illness. Although the agency focuses on mental health topics from health disparities to homelessness, SAMHSA's [current strategic initiatives](#) include substance abuse prevention, health care and health systems integration, trauma and justice, recovery support, health

information technology, and workforce development. SAMHSA both curates high-quality [behavioral health data](#) for public use and disseminates [research findings](#) via comprehensive reports, fact sheets, and briefs.

MULTIMEDIA AND NEWS

We Need to Address the Mental Health Care Imbalance for Students of Color

News Article. Thorne G. We Need to Address the Mental Health Care Imbalance for Students of Color. The Nation 2018; Feb 21. <https://www.thenation.com/article/we-need-to-address-the-mental-healthcare-imbalance-for-students-of-color>.

This article by a college student at Harvard University brings to light some of the challenges of being a female student of color who faces pressure from a number of different social forces. In particular, the author points out how difficult it can be to focus on school when devastating social events are occurring: “During my freshman year, when Black Lives Matter was gaining prominence, it was hard to focus on student life while people who looked like me were being killed—all while dealing with other issues in my life.” This is made even more difficult, she explains, when mental health services may not be available that are adequately understanding and empathetic of her unique situation. The arguments she makes and testimonies she shares from multiple students illustrate the need for more accessible and flexible mental health services in university settings and beyond.

Why Are More American Teenagers Than Ever Suffering From Severe Anxiety?

News Article. Denizet-Lewis B. Why Are More American Teenagers Than Ever Suffering From Severe Anxiety? The New York Times Magazine 2017; Oct 11. <https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12374>

This article in *The New York Times Magazine* explores why U.S. teenagers are experiencing more severe anxiety than ever before. The article first introduces the story of “Jake” and the long-term effects of severe anxiety in his life, before situating the narrative in the broader context: According to the annual American College Health Association student survey, the percentage of undergraduate students experiencing anxiety increased from 50 percent in 2011 to 62 percent in 2016. In the U.S. itself, anxiety affects almost one-third of adolescents and adults. The article explains some of the “good” roles healthy anxiety plays; how manifestations of anxiety in low-income communities are often ignored or mislabeled as aggression; and the way social media can exacerbate severe anxiety issues. The article looks at diverse approaches to treatment, from medication and residential camps, to therapy and school-based plans. It also examines the challenges educators and parents face in addressing anxiety in the classroom and home, walking the tightrope of empowering young people to take ownership, but fearing they might trigger a panic attack.

Mental Health Problems Rising Among College Students

News Article. James SD. Mental Health Problems Rising Among College Students. NBC News 2017; Jun 28. <https://www.nbcnews.com/feature/college-game-plan/mental-health-problems-rising-among-college-students-n777286>.

This article describes the record numbers of college students who are seeking out help for a variety of mental health problems. It features the story of a college student who was eventually diagnosed with bipolar II disorder after spending much of her life resisting multiple forms of mental health treatment. One of the main messages of the article is that students should not feel shy about seeking out help and taking help from those around them when possible.

Semester-Long Program Aims to Help College Students with Mental Health Conditions

News Article. Thielking M. Semester-Long Program Aims to Help College Students with Mental Health Conditions. Scientific American 2017; Dec 21. <https://www.scientificamerican.com/article/a-semester-long-program-aims-to-help-college-students-with-mental-health-conditions>.

This article in *Scientific American* examines a semester-long program at Boston University for college students

who have had to leave school. The program, NITEO, helps students learn coping skills that allow them get back into school or work while managing severe mental health conditions. In the program, which costs \$8,500 a semester, students meet with a peer group three days a week, receive assignments, and work with a personal coach to manage their anxiety or depression. Students develop an individualized plan with their coach and participate in activities that push them outside of their comfort zone, like improv. While NITEO has not been effective for all students and long-term effectiveness is still being studied, 83 percent of alumni surveyed four months following NITEO graduation have reported being back in college or working.

Are Smartphones Making a Generation Unhappy?

Video. Are Smartphones Making a Generation Unhappy? PBS NewsHour 2017; Aug 7.

<https://www.pbs.org/newshour/show/smartphones-making-generation-unhappy>.

This video from PBS NewsHour discusses the impact of social media on the adolescent mental health. The video interview summarizes recent research looking at the correlation between teen depression and smartphones, comparing the influence of the devices to other potential social factors that affect mental health and well-being (e.g., unemployment, access to health care). The conversation emphasizes delaying adolescent access to smartphones and limiting use to 1-2 hours a day.

Suicide Rates Climb in U.S. Especially Among Adolescent Girls

News Article. Bichell RE. Suicide Rates Climb in U.S. Especially Among Adolescent Girls. National Public Radio 2016; Apr 22. <https://www.npr.org/sections/health-shots/2016/04/22/474888854/suicide-rates-climb-in-u-s-especially-among-adolescent-girls>.

This news article discusses increases in suicide in America, focusing particularly on adolescent girls ages 10 to 14, whose suicide rates have tripled over the past fifteen years. The authors examine trends over time, and consider the ways economic stagnation, health insurance, and physician reluctance to prescribe have contributed to increases, as well as individual level drivers, like earlier pubertal onset.

Students of Color Aren't Getting the Mental Help They Need in College

News Article. Kingkade T. Students of Color Aren't Getting the Mental Help They Need in College. Huffington Post 2016; Jan 14. https://www.huffingtonpost.com/entry/students-of-color-mental-health_us_5697caa6e4boce49642373b1.

This article is based on survey results from the Jed Foundation and the Steve Fund that found that black and Hispanic students between the ages of 17 and 20 were more likely to feel overwhelmed while in college and also more likely to keep their challenges private compared to their white counterparts. Based on these findings, and a [report from the Center for Collegiate Mental Health at Penn State](#), the author posits that while the number of students requiring treatment has gone up, many minority students are still not receiving the required services.

The Most Popular Office on Campus

News Article. Kwai I. The Most Popular Office on Campus. The Atlantic 2016; Oct 19.

<https://www.theatlantic.com/education/archive/2016/10/the-most-popular-office-on-campus/504701>.

This article in *The Atlantic* explores the relationship between education and mental health. The article reports that the current generation of college students are reaching out for mental health resources around campus, with demand for counseling services increasing five-fold over the past ten years. This article discusses the glorification of victimhood, suicidal ideation, early interventions, and the impact of smartphone culture. This article was the last in a three-part series on student mental health; part one focused on [child mental health](#) and part two focused on the [lack of teacher training that exists to address child mental health issues](#).

Starting the Conversation: College and Your Mental Health

Video. Starting the Conversation: College and Your Mental Health. National Alliance on Mental Illness 2016.

<https://www.nami.org/collegeguide>.

This video from the National Alliance on Mental Health (NAMI) discusses the challenge related to navigating

college, and how they can impact mental health of students on campus. The video focuses on starting the conversation around mental health in college, including stressing that mental health conditions are common, who to talk to, and making a plan. The video highlights the importance of understanding warning signs of suicidal ideation and understanding available resources to seek help.

The College Student Mental Health Crisis

News Article. Henriques G. The College Student Mental Health Crisis. *Psychology Today* 2014; Feb 15.

<https://www.psychologytoday.com/us/blog/theory-knowledge/201402/the-college-student-mental-health-crisis>.

This news article in *Psychology Today* explores the rising trend in mental illness throughout America. It focuses on college campuses, and uses survey data to identify perspectives of college counseling center directors, graduate student, and undergraduate students. The article discusses the alarming rise in depression and anxiety rates, as well as patterns in eating, sexual activity, sleeping, and drinking as maladaptive factors that can contribute to the rising mental health crisis.

TEACHING MATERIAL

College Students and Mental Health: Confronting an Emerging Crisis

Online Learning. College Students and Mental Health: Confronting an Emerging Crisis. The Forum. Harvard T.H. Chan School of Public Health 2018; Apr 17. <https://theforum.sph.harvard.edu/events/college-students-and-mental-health>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/12385>

This webcast seminar from The Forum at the T.H. Chan School of Public Health examines the alarming increase in mental health issues among U.S. college students and the current gaps in campus responses to these trends. According to American College Health Association data from 2017, 39 percent of college students reported extreme depression and 61 percent of students reported severe anxiety in the previous 12 months. In light of this troubling data, experts in psychology, higher education, and grassroots advocacy describe how to cultivate stigma-free campus cultures, amplify existing counseling services and programs, and reach the most vulnerable college students. This event was presented jointly with HuffPost as part of the Forum's "Policy Controversies" series.

[The Forum at Harvard T.H. Chan School of Public Health](#) is a live webcasting series that provides decision-makers with a global platform to discuss policy choices and scientific controversies across the world. Through collaboration with major media outlets, The Forum facilitates discussion with expert panelists, and aims to bridge the gap between science and policy decision-making for the pressing health issues that affect populations worldwide.

Community-Based Mental Health Interventions for First Nations Men and Boys

Teaching Case. Fournier J et al. "I Know There is Hope, Even in a World of Loss": A Local Community-Based Intervention to Address Mental Health Challenges Among First Nations Men and Boys. *Western Public Health Casebook*. Public Health Casebook Publishing 2017.

<https://www.schulich.uwo.ca/publichealth/cases/Casebook2017.html>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/11744>

This case study features an effort between three friends from a First Nations (Native American) community in rural Canada to establish a mental health program for men and boys that respects and builds on traditional cultural values and beliefs. First Nations youth are five to six times more likely to commit suicide than non-indigenous youth, according to health data in Canada. Existing mental health interventions typically fail to consider socio-cultural traditions and stresses associated with racial inequity, poverty, and discrimination. This case offers a model for discussion in classes related to mental health policy, health and culture, First Nations or Native American culture, gender and health, and indigenous health care delivery systems. Lessons from this Canadian example could also apply to indigenous health care initiatives in other communities around the

world. The case includes guidance for instructors, including learning objectives and discussion questions. It is part of a 12-case collection written by students in the MPH class of the Schulich Interfaculty Program in Public Health at Western University, Canada. The cases may be copied and used free of charge without permission for any educational uses by an accredited educational institution.

Implementing an Internationally Developed Mental Health and Substance Abuse Program in Indigenous Communities in the Americas

Teaching Case. Sebastian A et al. From Theory to Action: Implementing an Internationally Developed Mental Health and Substance Abuse Program in Indigenous Communities in the Americas. Western Public Health Casebook. Public Health Casebook Publishing 2017.

<https://www.schulich.uwo.ca/publichealth/cases/Casebook2017.html>.

GHELI repository link: <http://repository.gheli.harvard.edu/repository/11741>

This case study describes a mental health initiative for indigenous communities in South America with a focus on those at high risk for adolescent suicide and substance abuse due to sociocultural inequities. With support from the Pan American Health Association (PAHO), an indigenous tribal leader adapted an existing tool—the Mental Health Global Action Program Intervention Guide (mhGAP IG)—and, together with a tribal healer and PAHO staff, planned a culturally sensitive program for his community. This case would be suitable for considering health concerns of indigenous cultures across the globe. The case includes sample materials developed during the program as well as guidance for instructors, including learning objectives and discussion questions. It is part of a 12-case collection written by students in the MPH class of the Schulich Interfaculty Program in Public Health at Western University, Canada. The cases may be copied and used free of charge without permission for any educational uses by an accredited educational institution.

Mental Health & High School Curriculum Guide: Understanding Mental Health and Mental Illness

Lesson Plan. Mental Health & High School Curriculum Guide: Understanding Mental Health and Mental Illness. teenmentalhealth.org 2017. <http://teenmentalhealth.org/product/mental-health-high-school-curriculum>.

This lesson plan from TeenMentalHealth.org provides resources for understanding mental illness, designed for both teachers and students. The high school-level curriculum empowers teachers to educate students through interactive, supportive dialogue. Fostering dialogue lets students learn more about mental health, ask questions in a safe environment, and combats stigma around mental illness.

Mental Health Lesson Plans

Lesson Plan. Mental Health Lesson Plans. Alberta Teachers' Association & Canadian Mental Health Association Alberta 2016. <http://canwetalk.ca/wp-content/uploads/2016/03/COOR-791-2016-03-CWT-lesson-plans.pdf>.

This lesson plan examines stigma in mental health through a wide range of activities and learning materials. The guide aims to teach students about the influence of stigma and discrimination, spread awareness on myths and facts around mental health, explore attitudes, and foster a positive understanding of mental illness. This lesson is intended to educate students on stigma, allow them to explore their personal attitudes, and work to reduce the overall impact of stigma in mental health.

Engaged Learning Through Curriculum Infusion

Guide. Riley JB, McWilliams M. Engaged Learning Through Curriculum Infusion. Association of American Colleges and Universities 2007; 9(3). <https://www.aacu.org/publications-research/periodicals/engaged-learning-through-curriculum-infusion>.

This guide describes a style of pedagogy called “infused curriculum” used at Georgetown University to incorporate “real life” health issues impacting college students into the college course curriculum. The aim of this approach is to encourage greater reflection and awareness of mental health challenges among students, while also developing a school-wide safety net that encompasses professors, teaching assistants, students, and even health professionals. This article describes key findings from four semesters of piloting the program with nearly 20 faculty members at Georgetown, reaching nearly 1,200 students. Vignettes from specific courses are also included to provide concrete examples of how mental health content was integrated into courses.