

Scanlan Center for School of Mental Health

Mental Health Update

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Deconstructing the Campus Mental Health Crisis Narrative

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DO YOU HAVE PANIC ATTACKS?

Do you experience episodes of
• Fear and anxiety

ANXIETY RESEARCH
18-50 years old inclus

If you feel tense, irritable, have trouble
concentrating, find yourself worrying
over small matters, have difficulty
upset sta... beat....

DEPRESSED?

PANIC ATTACKS

Anxiety

DEPRESSED?
If you are 60 years or older and depressed, you may qualify

PANIC ATTACKS
A research study for adults who suffer from

DO YOU HAVE HEROIN

DO YOU HAVE PANIC ATT

experience episodes of
• Fear and anxiety • Heart Pounding
• Shortness of breath • Chest

DEPRESSION

If you are 18 to 60 years old,
depression, and have tried anti-depressants,
you may be eligible to participate in a
research study with an inv...

DEPRESSION!
needed for 7-8 week inpatient
study of medication...
women, age 21-45 yrs)

PANIC ATTACKS
A research study for adults who suffer from or are
... by shortness of breath, pounding
heart, dizziness, or fear of dying?

DEPRESSION?
Do you suffer from

ANXIETY
DO YOU WORRY OVER MINOR MATTERS?

DEPRESSED?

all the time?
3 FREE
Tired

NERVOUS, TENSE, RESTLESS,
IRITABLE?

CRISIS ON CAMPUS MENTAL HEALTH ILLNESS



COLLEGE



OF THE

OVERWHELMED



THE CAMPUS MENTAL
HEALTH CRISIS AND
WHAT TO DO ABOUT IT

THE Unrelenting Campus Mental Health Crisis

FREE WEBCAST | Wed., Jan. 26 at 2 P.M. ET

INSIDE
HIGHER ED

REGISTER NOW

GBH News



The Student Mental Health Crisis

Overwhelmed

The real campus mental-health crisis

**MENTAL
HEALTH
ON
CAMPUS**
A NATIONAL CRISIS



MENTAL HEALTH CRISIS ON CAMPUS

FLOURISHING & RESILIENCE

Flourishing*

Feeling	Undergraduate Students	Graduate Students	Professional Students
I lead a purposeful and meaningful life	81.2%	86.1%	91.3%
My social relationships are supportive and rewarding	87.2%	89.2%	92.9%
I am engaged and interested in my daily activities	77.0%	83.4%	87.8%
I actively contribute to the happiness and well-being of others	87.4%	86.7%	89.6%
I am competent and capable in the activities that are important to me	90.0%	90.6%	93.0%
I am a good person and live a good life	87.7%	89.7%	91.9%
I am optimistic about my future	80.6%	84.2%	91.7%
People respect me	85.4%	86.0%	92.2%

A Gauge of Emotion & Distress

Stress

- Upset feelings in response to challenges that require attention and effort.

“I am feeling really overwhelmed because I have a big project due tomorrow.”

Distress

- Upset feelings in response to a situation that is occurring.

“I am really upset and sad because I just found out I got bad grades this semester.”

Disorder

- Upset feelings long after the original situation has ended.

“I got bad reviews at work. I never do well. It’s not worth trying anymore. I have been so angry and disappointed with myself these past weeks.”

Crisis

- Upset feelings regardless of the situation that result in possible or actual threat to self or another.

“I give up. I see no purpose or point. I don’t care anymore. This is the end.”



**DON'T
GET ME
WRONG**

Why Does It Happen

- 25 Years of “Go Get Help”
- Destigmatizing Worked: *Problems of Our Success*
- Centering Emotionality as the Problem
- Mainstreaming of Anxiety, Depression & Trauma
- Identification With an Unchecked Social Media
- Press Loves a Mess: “It Don’t Bleed, It Don’t Read”
- Donors Don’t Give to Good



Then What?

- Highlight Resilience Stories Over Catastrophe Stories
- Focus On Positive Coping
- Speak About BOTH Sides of the Coin
- Normalize Help Seeking.From Support Networks
- Feelings-----Not Always Symptoms
- Normative Worries Are a HUGE Basket
 - Discomfort is Not a Problem/Don't Need to Ramp Up
- Mental Health Concerns: An Outcome
- Systems Matter

What Can Scanlan Do?



Ongoing
In-Person Iowa City, Iowa
Presenter/s Barry Schreier, Ph.D.

Working with Students in Distress Workshop

Higher Education

A Scanlan Center for School Mental Health workshop for college/university faculty and staff You are in your office,...

REGISTER → LEARN MORE →



Ongoing
In-Person Iowa City, Iowa
Presenter/s Barry Schreier, Ph.D.

Mindfulness and Meditation for Your Office

Higher Education Learning and Training Opportunity

A Scanlan Center for School Mental Health workshop for college/university faculty and staff Resilience is not a...

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Ongoing
In-Person Iowa City, Iowa
Presenter/s Barry Schreier, Ph.D.

Caring for Self While Caring for Others: You're Hardy and You Know It

Higher Education Learning and Training Opportunity

A Scanlan Center for School Mental Health workshop for college/university faculty and staff In our work, we are call...

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DECEMBER 2023 SCSMH.EDUCATION.UIOWA.EDU/HIGHER-EDUCATION EDITION #2

CampUS

The official newsletter of the Scanlan Center for School Mental Health's Higher Education Program

Ending the Year on a High(er Education) Note

Happy December Iowa Higher Ed Colleagues! The 2nd edition of the monthly mental health and well-being newsletter, "CampUS" for all of us working on Iowa campuses, is here.

Each month we share current talk from the national campus mental health community. This month we offer a deconstruction of the ever-present "campus mental health crisis" under whose weight we all work as well as a practical skills video.

We also provide a platform to elevate the people behind the work in our Higher Edge Spotlight and introduce "Innovation Station." Please consider submitting examples of the work on your campus for us to feature. And lastly, we always want to offer you and your campus the services of the Higher Education Program in the Scanlan Center for School Mental Health.

Hope "CampUS" continues to prove useful! Please read and send to others on your campus! We will publish again in February, so best wishes on finishing the semester and for a break of replenishment and well-being!

Barry A. Schreier, Monice Turner & Kun Wang



2023
Mental Health
CHAMPION AWARD

Congratulations!

Ana Jimenez

Senior Advisor & Program Coordinator for University of Iowa Study Abroad, International Programs

IOWA

LIVINGWORKS
ASIST

Applied Suicide Intervention Skills Training

People in distress often turn to those they know rather than seek professional help.

How can you help?

Kognito is an online training program that prepares you to lead real-life conversations with fellow students and colleagues who are in distress and connect them with the support they need.



mentalhealth.uiowa.edu/kognito



Ongoing
In-Person Iowa City, Iowa
Presenter/s Barry Schreier, Ph.D.

When the Going Gets Tough: Leaning In, Keeping Real, and Staying Safe in De-escalation

Higher Education Learning and Training Opportunity

It can be exhausting working with someone who is emotionally upset and despite your best efforts to make things...

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Ongoing
In-Person Iowa City, Iowa
Presenter/s Barry Schreier, Ph.D.

Imposter Syndrome: Addressing the Fear of Being a Fraud

Higher Education Learning and Training Opportunity

A Scanlan Center for School Mental Health workshop for college/university faculty and staff We all engage in...

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Ongoing
Online

Kognito Distress Intervention and Suicide Prevention Program

Higher Education Learning and Training Opportunity

People in distress often turn to those they know rather than seek professional help. Kognito training provides skills and...

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IOWA

Scanlan Center for School of Mental Health

Thank you

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→ <https://scsmh.education.uiowa.edu/>