What Every College Health Professional Needs to Know about Mental Health on Campus

Current Topics of Interest
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College Mental Health
- Increasing utilization
- Increasing acuity, illness in college students
- Additional stressors on students
- Impact of technology, social media on development (Millennials)
- Changing demographics of student body—internationals!
- Economics of college, increasing focus on costs, debt—Under resourcing of student health and mental health on many campuses

Mental Illness and Campus Life
- Americans with Disabilities Act
- Fear and Stigma
- How to keep communication channels open?
- Relationship with Campus Security, General Counsel, Higher Administration
- How to keep the campus on alert and safe, while protecting confidentiality and respect for the individual? What systems are in place?

Topics
- Identification and Treatment of Bipolar Disorder
- Treatment of Depression
- Anxiety and Stress—types and treatments
- Eating Disorders
- Substance Abuse
- Medications—a few brief notes

College
- Developmental phase of students
- Impatience
- Impulsivity
- Inexperience
- Immortality

What Are the Issues?
- Most common
  - Adjustment issues
  - Alcohol
  - Interpersonal issues
  - Anxiety
  - Stress
  - Eating problems
  - Depression
- Most feared
  - Suicide
  - Psychosis
Bipolar Disorder

• What does it look like in college?
• What to do when someone comes in to be seen with depression or possible mania?
• What happens to the semester?

Bipolar Disorder

• Acute treatment
  • The problem with antidepressants
  • Depression >> Mania, though mania is the dramatic part
  • Antipsychotics, Lithium, blood tests, etc.

• Maintenance Treatment
  • Medications—Mood stabilizers
  • Lifestyle—exams, sleep, roommates, LOA’s, study abroad, alcohol,….
  • What if the person needs stimulants?

Rule Outs

• Substance abuse
• Borderline personality
• Lack of sleep
• Recurrent depression
• Cyclothymia (labile moods)
• Other personality disorders

Case presentations

• Emma
• Anna
• Peter
• Joseph

Depression

• Diagnosis, types of depression, confusions with stress
• Medication
• Non-Pharmacological treatment
  • > CBT and DBT
  • > Campus milieu therapy
  • > Lifestyle: the Big Five

Pharmacology

• SRI
• SNRI
• Dopaminergic
• Stimulant (probably not)
• Tricyclic
• MAOI
• Other
The BIG FIVE: SELF CARE

what your mother already told you
• Sleep
• Nutrition
• Exercise
• Socializing
• Getting outside of yourself (spirituality)

Sleep

Nutrition

Exercise

Socializing

PDA NOT
Social media NOT
Screens NOT

Spirituality/Volunteering
Anxiety

- Types most relevant in college mental health
  - Social and Performance
  - Panic Disorder
  - OCD and Habit Disorders
  - Generalized

Anxiety and College Students

- Stay in room and use computer and phone rather than getting out
- Don’t go to class (downward spiral)
- Procrastinate and avoid
  - Worry about perfection
  - Better things to do
  - Don’t know how to plan their time
- Drink and drug
- Stress as a way of life
- Embarrassment and shame when family finds out

Anxiety Treatments

- CBT
  - Three Component Model and ARC
  - Mindfulness, Anchoring in the Present
  - “Opposite Action”
  - Exposure and Response Prevention
  - Interceptive Stimulation
  - Relaxation techniques

Anxiety Treatments

- DBT—how to get the skills to students?
  - Mindfulness
  - Interpersonal Effectiveness
  - Emotional Regulation
  - Distress Tolerance
  - Narrative, Supportive, Dynamic therapies within and outside Student Health

The BIG FIVE

- Sleep
- Nutrition
- Exercise
- Socializing
- Getting outside of yourself (spirituality)

Pharmacology

- SRI’s
- Benzodiazepines
- Buspirone
- Other GABA-ergic and related medications
  - Lyrica
  - Gabapentin
- Anxiety and Sleep (sedative-hypnotics)—Vistaril, clonidine
When Students Don’t Fit…

- Considerations of Personality Disorders, Autism Spectrum, Psychosis
- What to do??
- Resources??

Eating Disorders

- Essentials of eating disorder diagnosis and treatment
- Team approach: nutrition, primary care, mental health
- Connections with the rest of the academic community, such as Residence Life, General Counsel, Deans, Professors. Team?
- Federal Laws (Americans with Disabilities Act), University policy, community resources, family attitudes
- Complexity of these illnesses on campus

Substance Abuse

- Perhaps biggest problem on any campus
- Loss of life, accidents, sexual assaults, violence, poor school performance
- Alcohol, Marijuana, Opiates
- What means to identify students in trouble?
- Followup after the weekend—what works?
- What does the Higher Administration do to help?
- What are the resources on and off the campus?
- Relationship of Town and Gown?
- What about the parents?

Pharmacological Considerations: Some Brief Random Notes

- What to do for Insomnia?
  - Take a history—food, family, substances, exercise, meds
  - Lifestyle considerations
  - If medication must be used, choose safest ones
  - Trazodone, Remeron
  - Vistaril, Benadryl (diphenhydramine)
  - Melatonin (artificial)
  - Sleep study if necessary

Pharmacology

- Anti-psychotic drugs
  - Latuda (lurasidone)—bipolar depression
  - Second Generation Antipsychotics—
  - New drugs for depression:
    - Brintellix (vortioxetine) (SRI)
    - Vibryd (vilazodone)
  - Meds for ADD and ADHD
  - > non medicine treatments
  - Carlat Report

Thank you

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