

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

Current Topics of Interest
Margaret S. Ross MD October 2014

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)

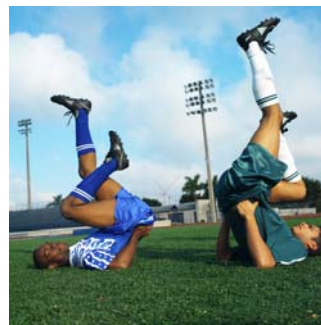
Sleep



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
 - Interoceptive 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)
 - Viibryd (vilazodone)
- Meds for ADD and ADHD
- > non medicine treatments
- Carlat Report



Thank you

- Margaret S. Ross M.D. mross@bu.edu 617 353 9610
Medical Director, Center for Anxiety and Related Disorders at BU

