

# BEHAVIORAL HEALTH, SUICIDE PREVENTION & YOUR SERVICES

# University of the Incarnate Word

# School of Medicine Orientation

# Dr. Christie Melonson



# Did you know....



- Roughly 1 in 5 adults suffer from mental illness or substance abuse disorder
- Serious mental illness tends to develop in adults between the ages of 18-25 years of age (typically university age)
- Lack of mental health treatment impacts educational and financial opportunities, length of lifespan, well-being, and involvement in the child welfare, justice and legal systems (Alegria et al., 2010; Alegria, Lin, Chih-Nan, Duan, Cook, & Meng, 2012)
- There is a correlation between mental & physical health:
  - Poor mental health is a risk factor for chronic physical conditions
  - People with serious mental health conditions are at high risk of experiencing chronic physical conditions
  - People with chronic physical conditions are at risk of developing poor mental health (CMHA, 2017).

# What is Behavioral Health?



- AKA Mental Health
- Mental health refers of the branch of health care that deals with the treatment of mental disorders, social-emotional problems, substance abuse, and abuse, trauma or neglect through psychiatric, psychotherapeutic, or other methods (Melonson, 2015)
- According to the World Health Organization (2012), mental health is *“related to the promotion of well-being, the prevention of mental disorders, and the treatment and rehabilitation of people affected by mental disorders.”*
- Indicators
  - **Emotional well-being-** such as perceived life satisfaction, happiness, cheerfulness, peacefulness
  - **Psychological well-being-** such as self-acceptance, personal growth including openness to new experiences, optimism, hopefulness, purpose in life, control of one’s environment, spirituality, self-direction, and positive relationships
  - **Social well-being** -social acceptance, beliefs in the potential of people and society as a whole, personal self-worth and usefulness to society, sense of community (CDC, 2013)

# Social Determinants of Health



Healthy People, 2020

# Early life experiences impact health through the lifespan

Adverse Childhood Experiences have been linked to

- risky health behaviors,
- chronic health conditions,
- low life potential, and
- early death (CDC, 2018)

## ACES can have lasting effects on....



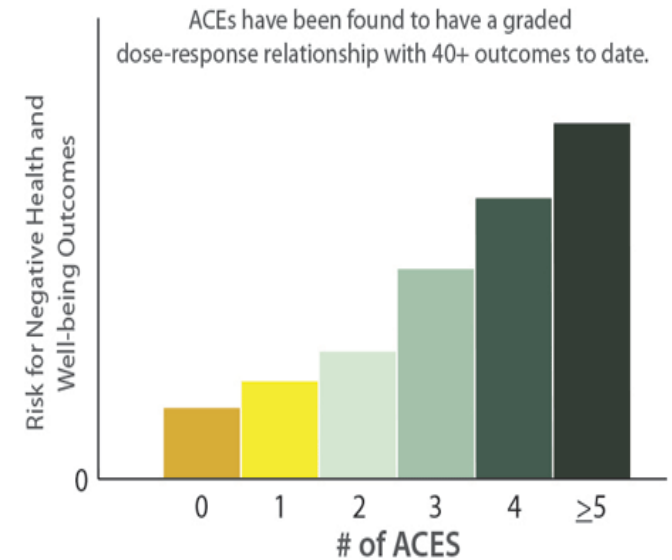
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)



Life Potential (graduation rates, academic achievement, lost time from work)



\*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

# Suicide Prevention Efforts



- UIW has created a Partnership for Suicide Prevention across the campus
- Suicide is the 10<sup>th</sup> leading cause of death in the United States (CDC, 2015)
- 494,169 people visited a hospital for injuries due to self-harm (CDC, 2015)
- Untreated depression is the #1 CAUSE of suicide & about 25% of adults will experience a depressive episode in their lives
- The global prevalence of depression amongst medical students was 28.0% (95% CI 24.2–32.1%;  $Z = 9.37$ , d.f. = 76,  $s^2 = 0.76$ ,  $I^2 = 99.06$ ) based on the random-effects model (22)
- A meta-analysis of 195 studies involving medical students in 47 countries demonstrated that 11.1% (range, 7.4%-24.2%) reported suicidal ideation during medical school. Additionally, approximately 10–14% of medical students were having suicidal thoughts and 6% have planned to commit suicide during medical training [33]

# Suicide Prevention Efforts

- In research sample of 15,000 college students
  - 50% experienced thoughts of suicide
  - 18% seriously considered attempting suicide
  - 8% attempted once in their life (Drum, Denmark, & Smith, 2009)
- Question, Persuade, Refer
  - Intervention for helping people with suicidal ideation to access assistance
  - Train the trainer
  - Will be rolling this program across all of UIW



# Counseling/ Behavioral Health Services

We offer the following services for students in the UIW system:

Service	Description
<b>Presentations/ Workshops</b>	Interactive and informational workshops to educate the university community on counseling topics, mental health, human development/ learning, and diversity issues.
<b>Individual Counseling</b>	Individual therapy where student can set personal goals and engage in a variety of therapeutic strategies to reach these goals.
<b>Couples/ Family Counseling</b>	Couples or family therapy where goals for conflict resolution/ relationship improvement are established and worked toward as a couple or with family.
<b>Group counseling (semi-structured)</b>	Open group counseling service that focuses on educating a group of people on a targeted topic using psychoeducational techniques and experiential activities.
<b>Brief case consultation</b>	Service where university professionals consult with Counseling Services staff about referral to outside mental health resources.
<b>Crisis Intervention</b>	Brief assessment/ de-escalation intervention with student experiencing an emotional crisis.
<b>Targeted Assessment</b>	Brief behavioral assessment for students enrolled in professional programs who are in need of monitoring.



# How we can help...



Common Issues we can help you address:

- Stress Management/ Anxiety
- Depressive symptoms/ loss of energy or concentration
- Feeling overwhelmed or underwhelmed
- Relationship/ Family/Friend Issues
- Career concerns
- Learning issues
- Eating challenges
- Issues with using substances/ alcohol or addictions
- Sleep issues
- Treatment and screening for disorders

# Please note....

- We are a confidential service\*
- We are free of charge until September 1. At that time we will have a 12 session/ year student assistance program. After that, we will accept student insurance with \$10 co pay & other major insurances with standard copay
- We will provide services at both the UIW Main Campus & at Brooks City Base
  - Brooks schedule: Mon-Fri, 8am-5pm
  - Main campus/ AD 438 schedule: Mon-Fri, 8am-5pm
- To initiate services, please call 832-5656



# Our Staff



**Director,  
Dr. Christie  
Melonson,  
LPC-S**



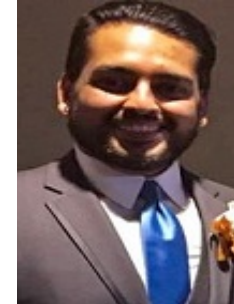
**Associate  
Director,  
Dr. Chris  
Leeth, LPC**



**Clinical Counselor,  
Dr. Stacy Waterman,  
LPC**



**Clinical  
Counselor,  
Dr. Julieta  
Rubio  
Hobbs, LPC**



**Doctoral  
Intern,  
Timir  
Brarucha,  
M.S.**

# Questions????????????

