



FEATURED SESSION **Student Mental Health: Understanding and Responding to the Challenge**

Melissa Holloway, *Moderator*, Deputy General Counsel, Ball State University

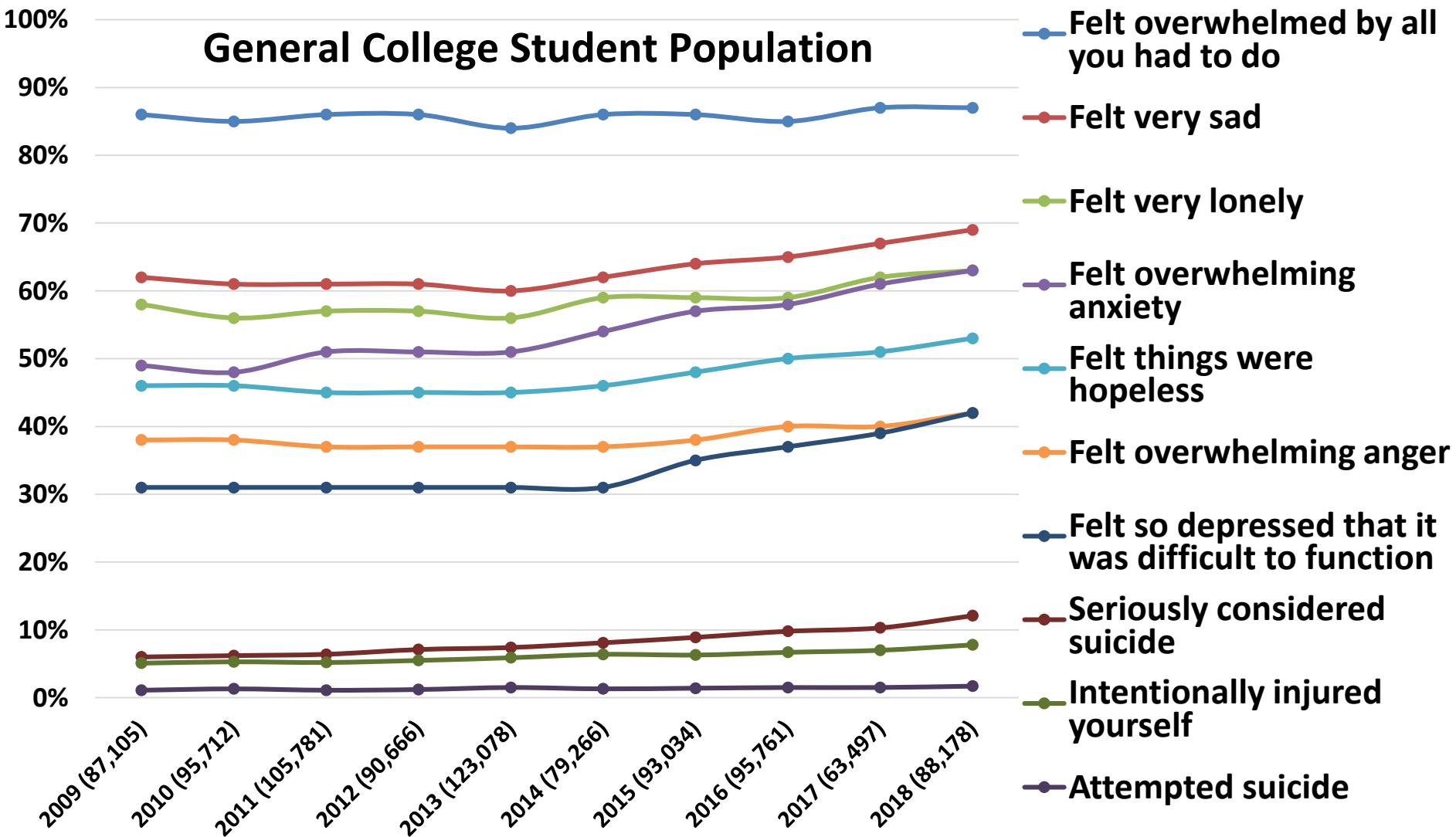
Robin Holmes-Sullivan, Vice President for Student Life and Dean of Students, Lewis and Clark College

David Reetz, Director, Counseling and Psychological Services, Rochester Institute of Technology

Madelyn Wessel, University Counsel and Secretary of the Corporation, Cornell University

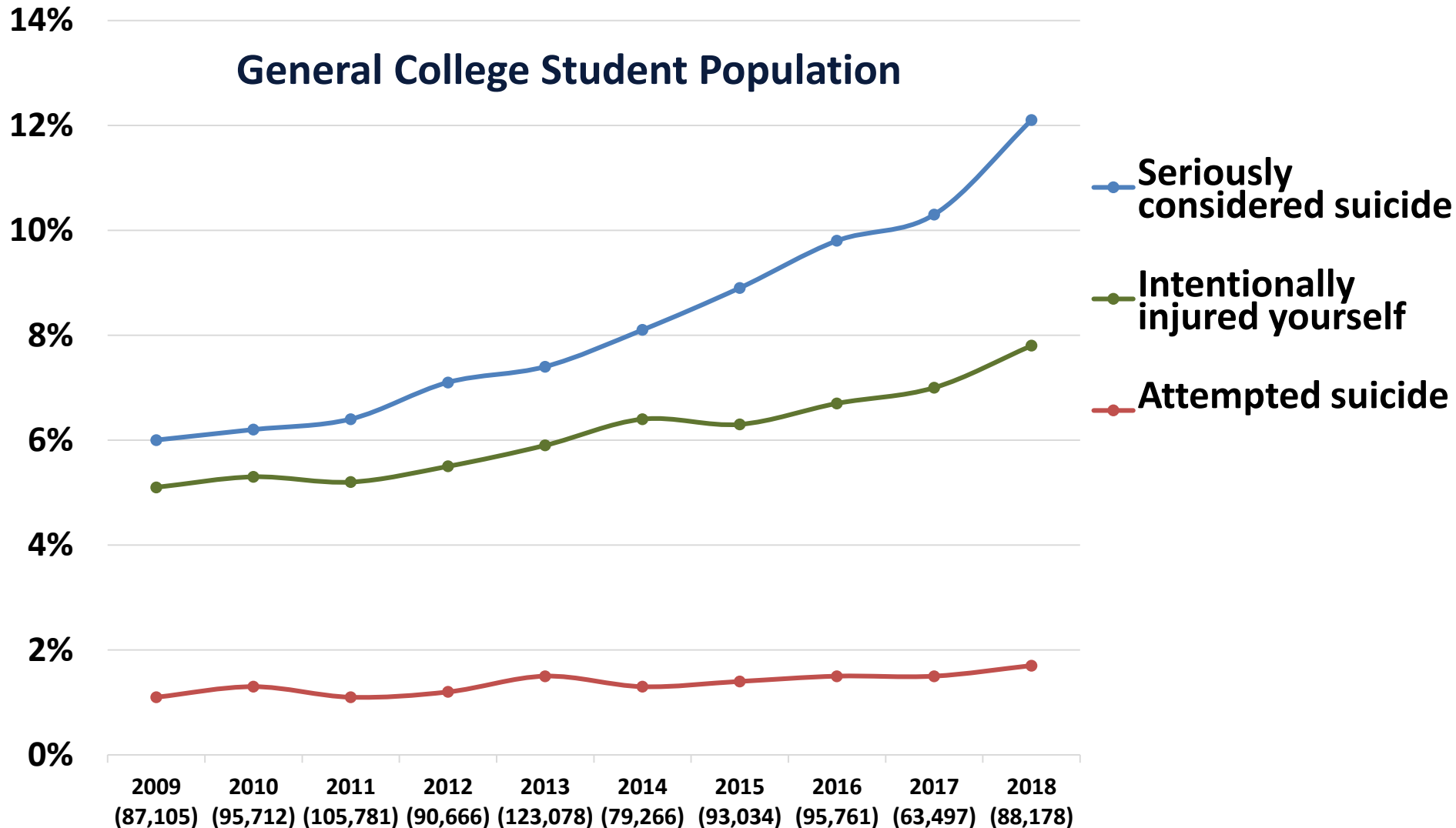
National College Health Assessment

General College Student Population



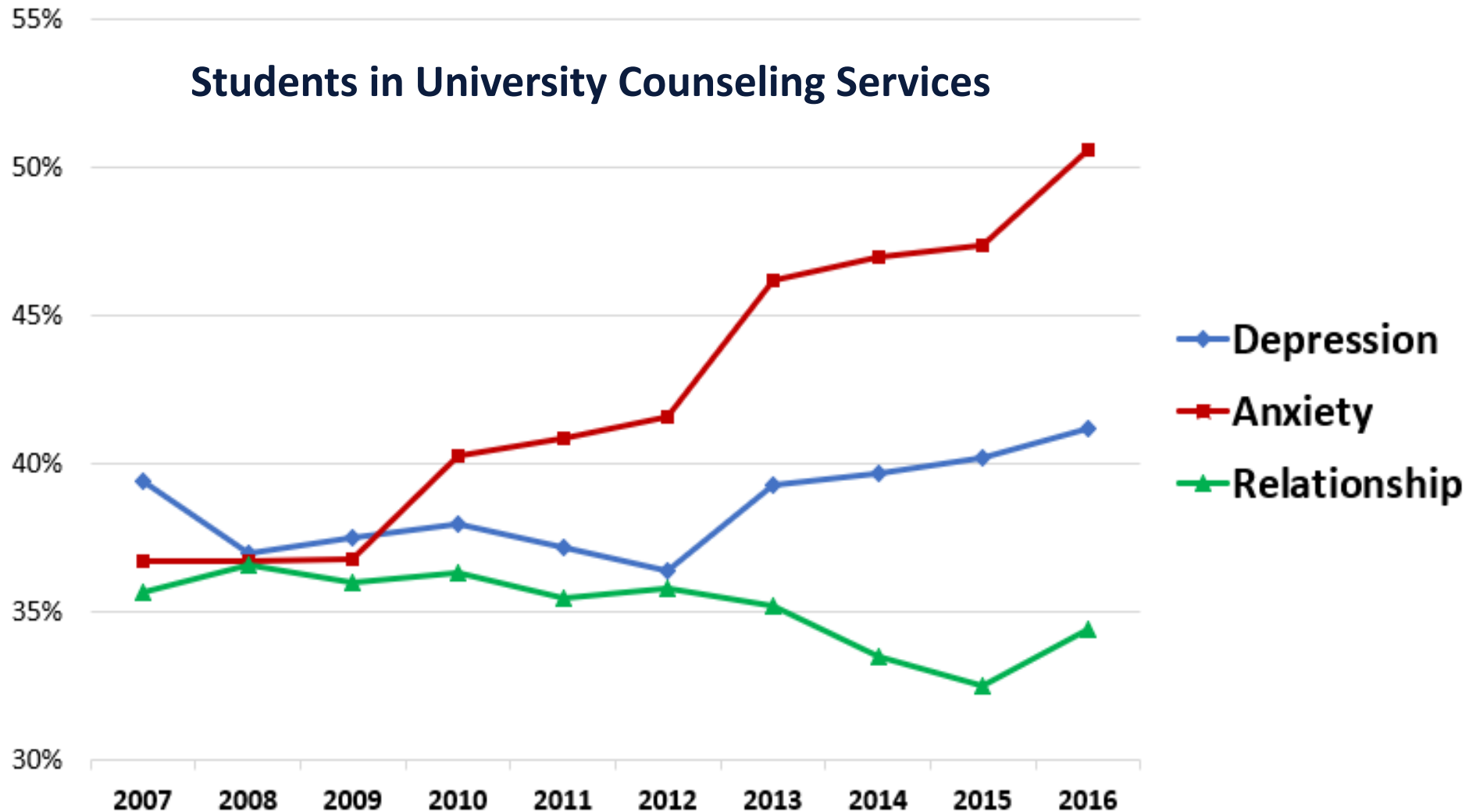
National College Health Assessment

General College Student Population

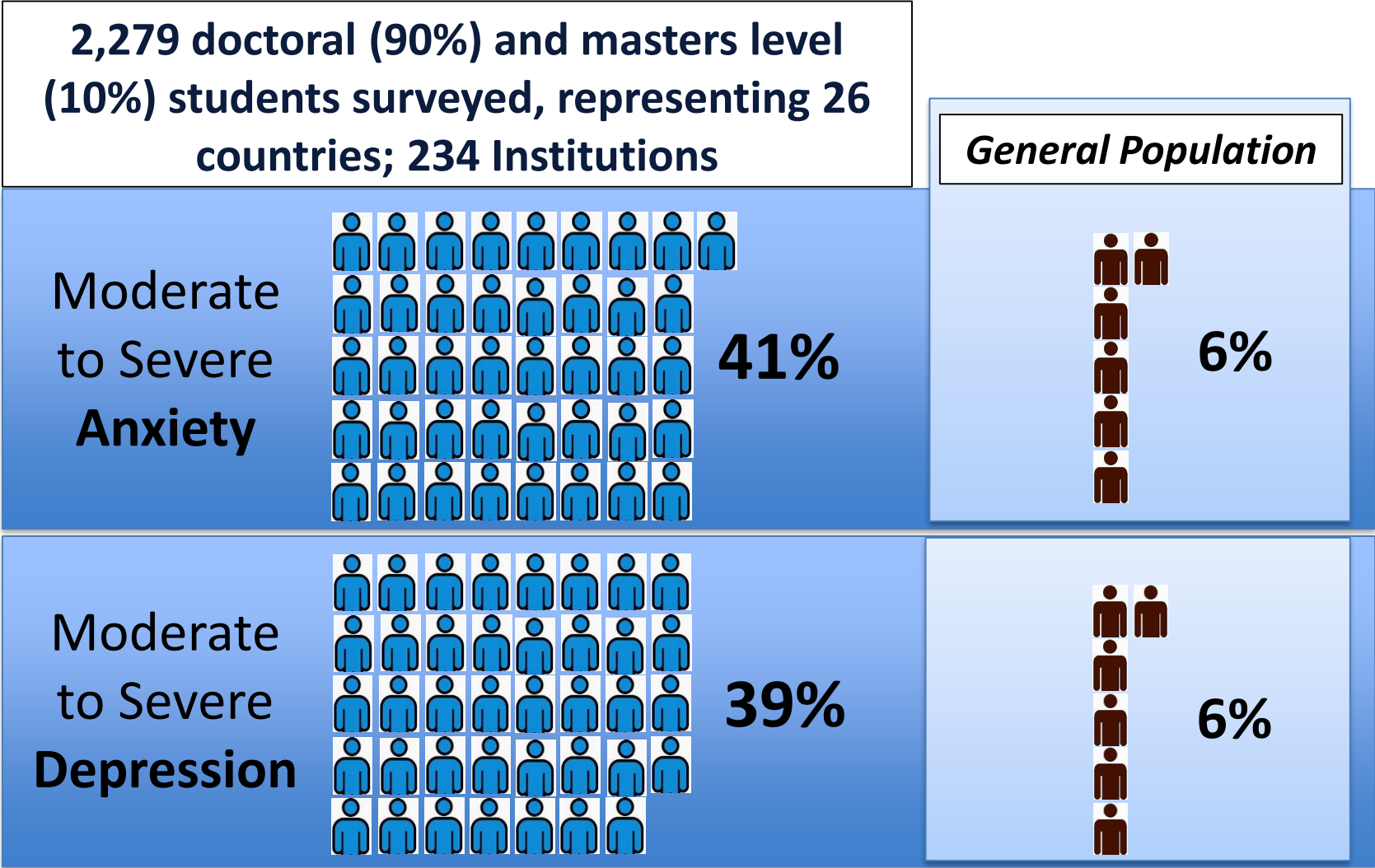


Most Frequent Presenting Concerns

Students in University Counseling Services

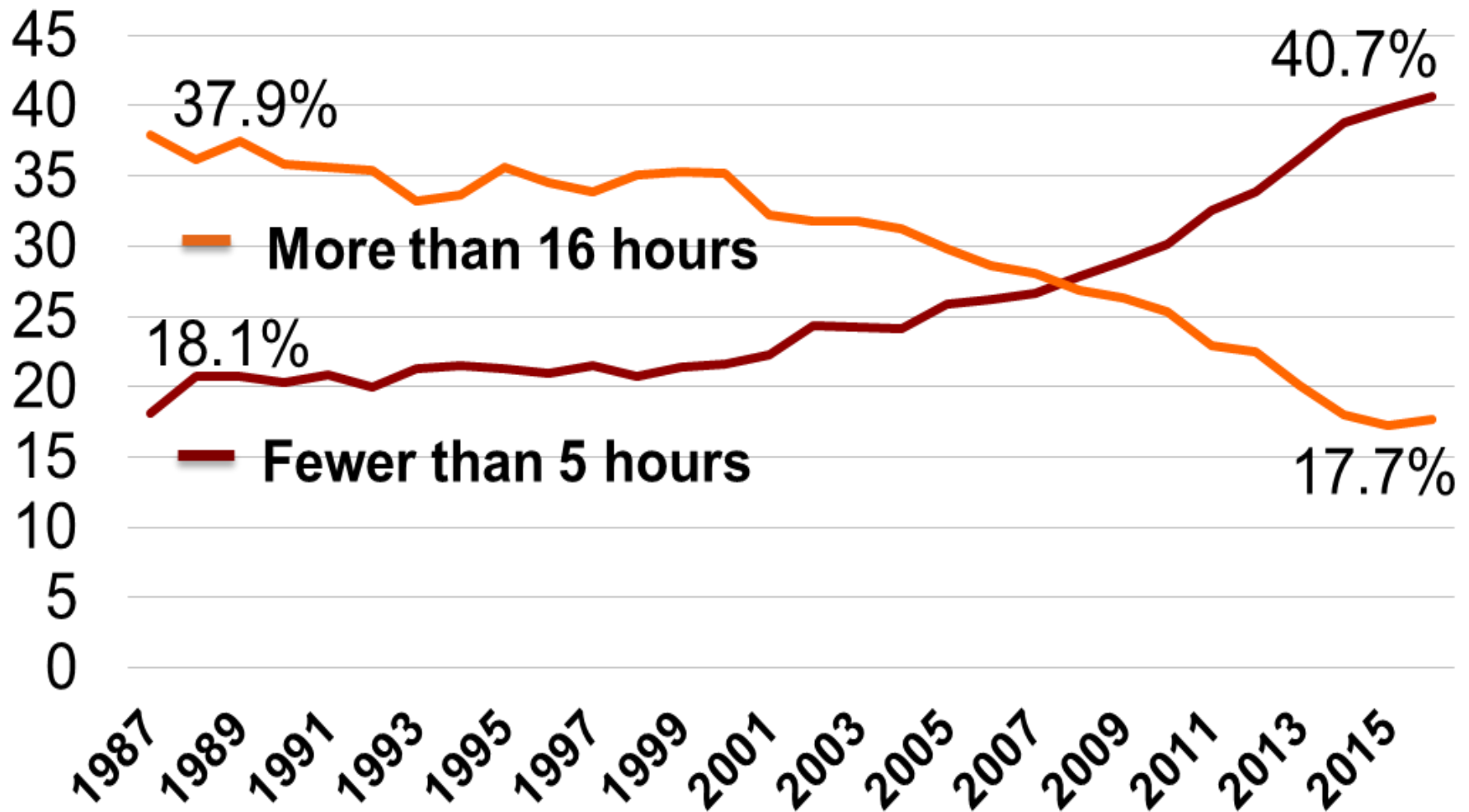


Mental Health Distress Among Graduate Students



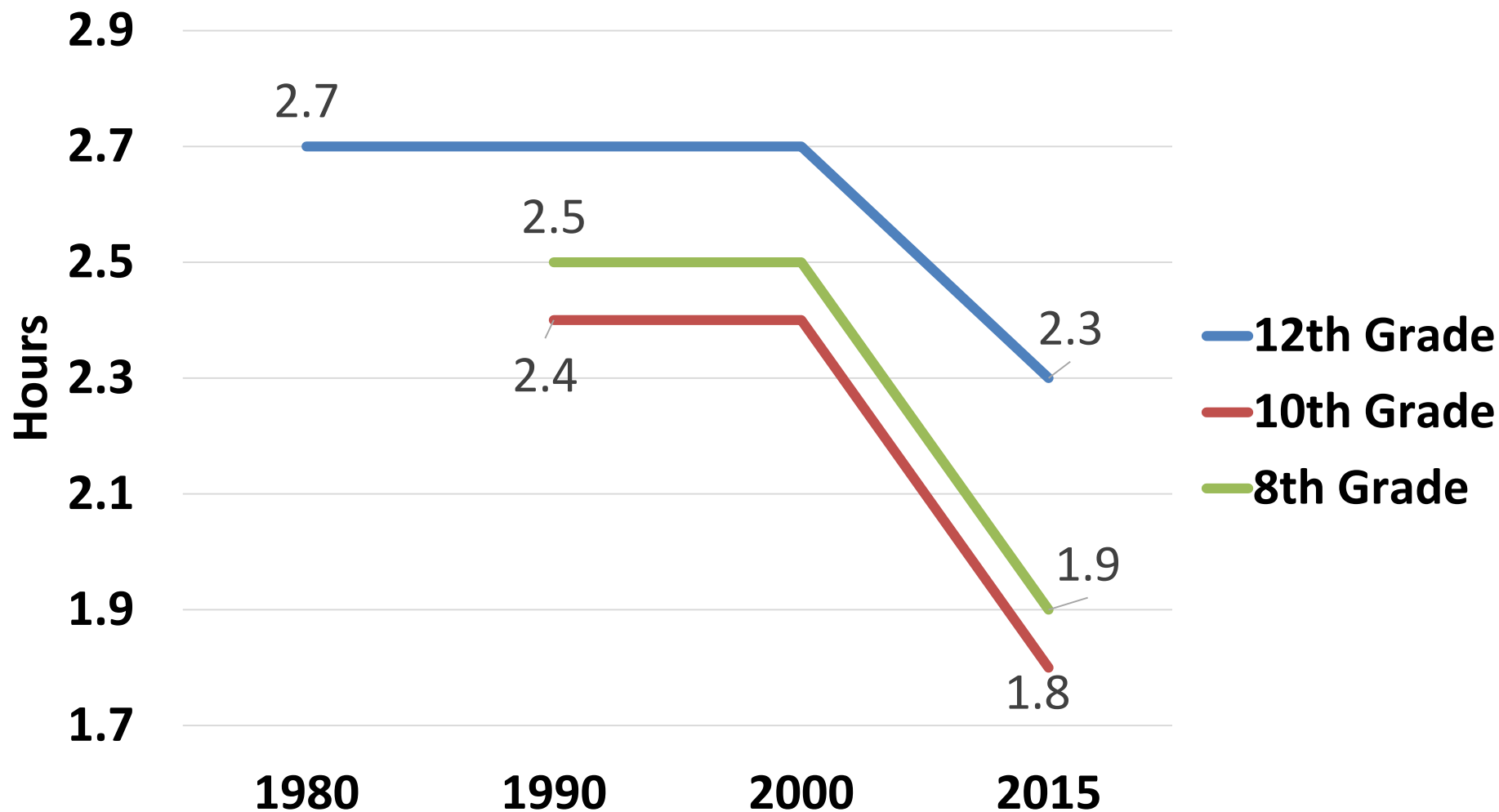
Why are students increasingly more sad, lonely, and anxious?

Time Spent Socializing with Friends (hrs/wk) – 12th Graders

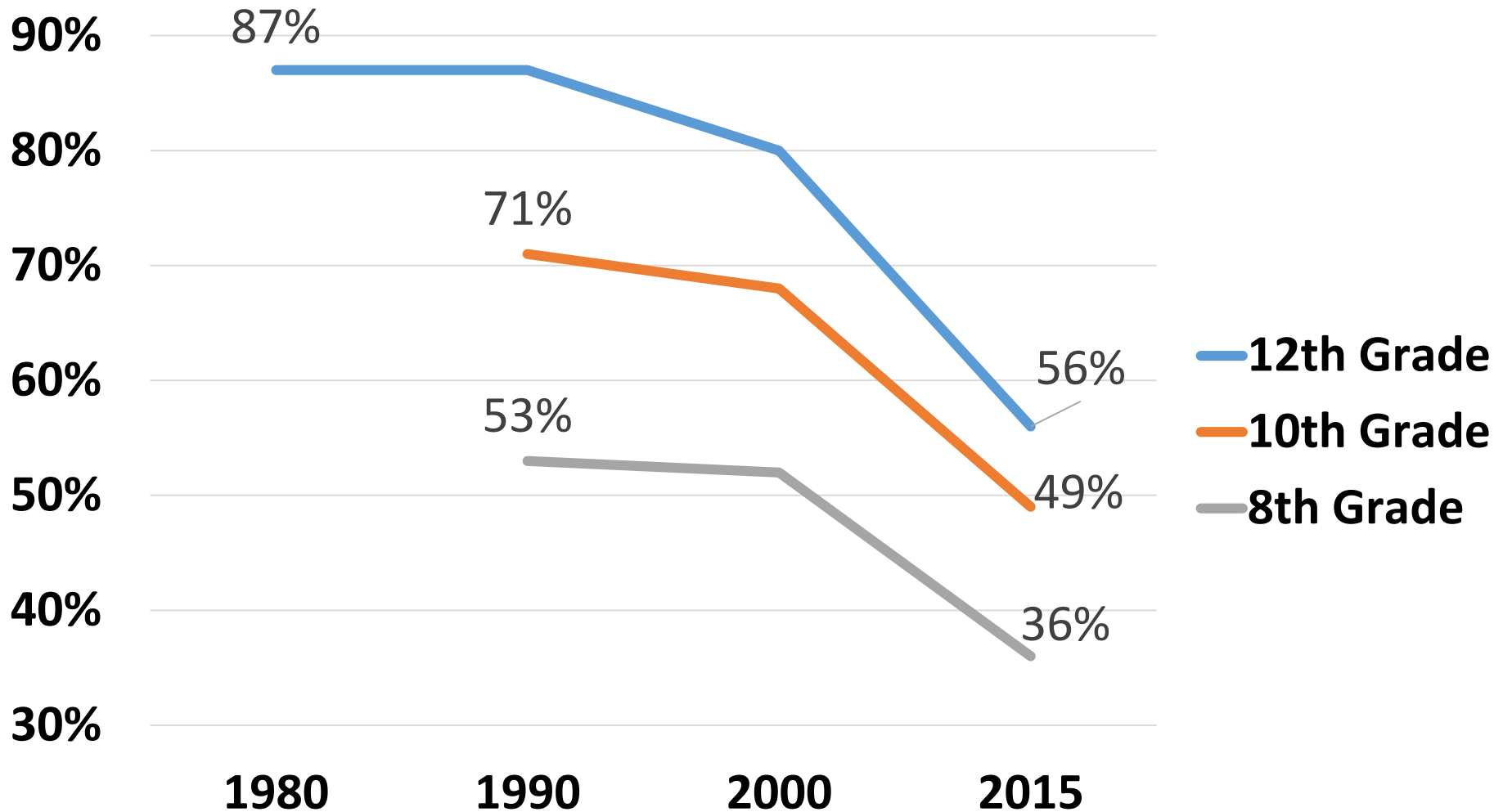


Time Spent Going Out *Without* Parents

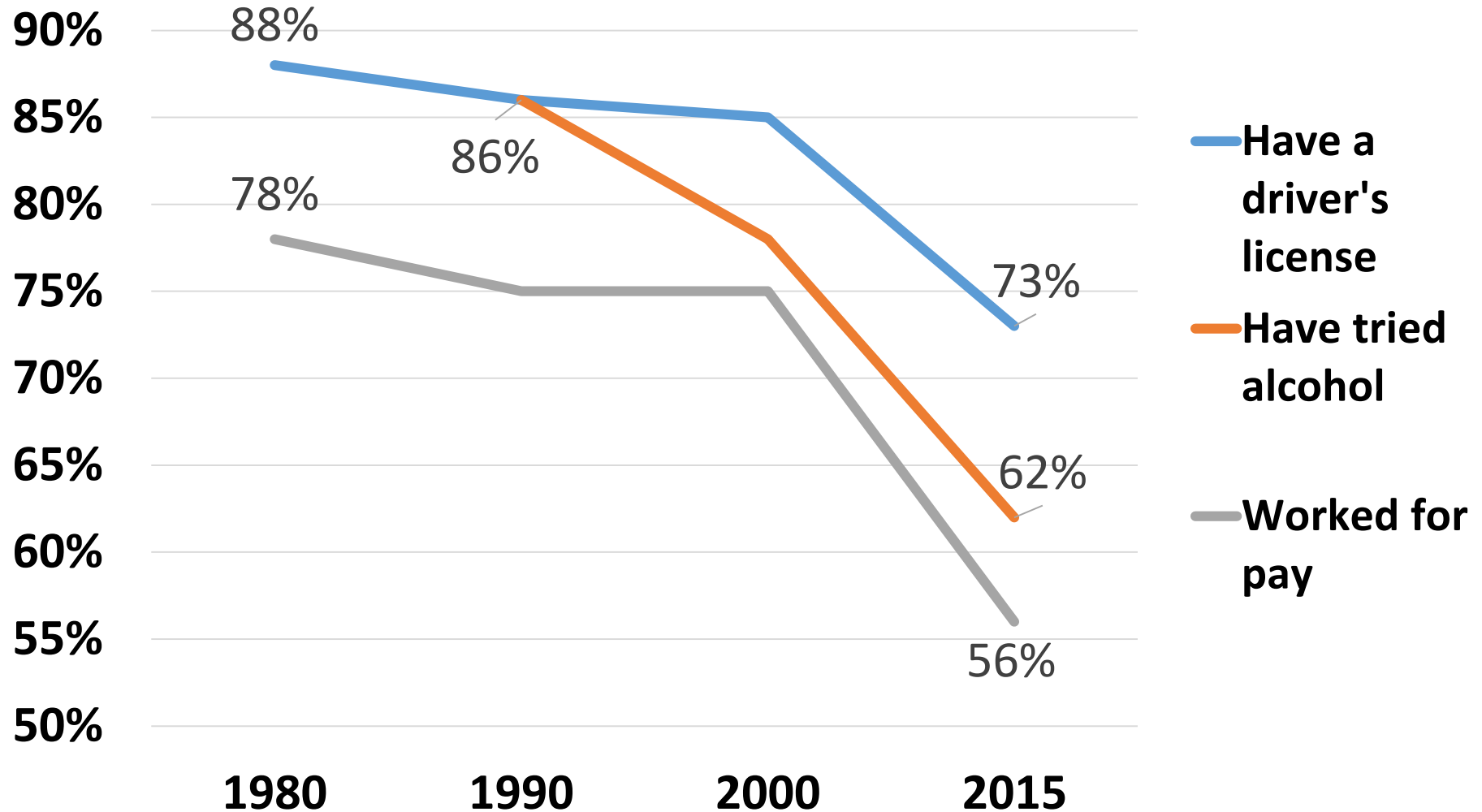
Hrs/Wk



Percentage of Students Dating



Engagement of 12th Graders in Other Activities



Social Isolation and Overall Health

Reviewed studies from January 1980 – February 2014
(70 published reports)

*Social isolation results in higher likelihood of mortality, whether measured objectively or subjectively. Cumulative data from 70 independent prospective studies, with 3,407,134 participants followed for an average of 7 years, revealed **a significant effect of social isolation, loneliness, and living alone on odds of mortality** (p.233).*