Making Sense of the Research: Recent Findings and Implications for Practice
Garrett Lee Smith Suicide Prevention Grantee Meeting, February 2010

Resources

Panelists:
David Drum, Ph.D., University of Texas at Austin (Nature of College Student Suicidal Crises)
Daniel Eisenberg, Ph.D., University of Michigan (The Healthy Minds Study)
Ben Locke, Ph.D. Pennsylvania State University (Center for the Study of College Student Mental Health)
Mort Silverman, M.D., SPRC
Linda Langford, Sc.D., SPRC

Featured Studies

1. Nature of College Student Suicidal Crises
National Coordinator: Chris Brownson, Ph.D.
Meeting Panelist: David Drum, Ph.D.

The National Research Consortium of Counseling Centers in Higher Education
http://cmhc.utexas.edu/researchconsortium.html
The consortium, housed at the University of Texas Counseling and Mental Health Center, conducts large scale, national research studies on the mental health issues of college students.

Publications:


Manuscripts in process:
Brownson, C., Drum, D., Smith, S.E., & Burton Denmark, A. Gender and suicidality in undergraduate and graduate students: Rates, help-seeking, and predisposing and protective factors. In process.

2. **The Healthy Minds Study**  
Principal Investigator: Daniel Eisenberg, Ph.D.  
[http://www.healthymindsstudy.net/](http://www.healthymindsstudy.net/)

The Healthy Minds Study is a national online survey that examines mental health issues among college students. Its main goals are to estimate the prevalence of untreated mental health problems and to increase understanding of why students do or do not seek help.

Publications:


3. **Center for the Study of College Student Mental Health (CSCSMH)**
   Executive Director: Ben Locke, Ph.D. (Penn State University)
   [http://www.sa.psu.edu/caps/research_center.shtml](http://www.sa.psu.edu/caps/research_center.shtml)

   CSCSMH is a research center that coordinates over 140 counseling centers nationwide along with partnerships in business, industry, and member organizations. Participating counseling centers gather standardized client information during routine clinical practice in their electronic medical record (EMR) system and CSCSMH is working with EMR vendors to pool de-identified data from participating centers at the national level. This infrastructure is designed to create an ongoing data flow for accurate trend analysis, wide-ranging mental health research, supporting self-advocacy by counseling centers, creating/refining clinical tools, and professional development. CSCSMH conducted a pilot test of the infrastructure in 2009 and plans for ongoing data flow beginning in 2010.

   Publications:


   Crane, A., Hayes, J., Locke, B. (In press). Save me from myself: College students’ fears of losing control and acting violently. *Journal of College Student Psychotherapy*.


4. **American College Health Association—National College Health Assessment**
   [http://www.acha-ncha.org](http://www.acha-ncha.org)

   The ACHA-NCHA is a survey that individual campuses choose to administer. Each fall and spring, results from all campuses that use the survey are combined into a “reference group” report. The questions address an array of health issues, including mental health and suicide; alcohol, tobacco, and other drug use; sexual health; weight, nutrition, and exercise; and personal safety and violence. The survey instrument was redesigned in Fall 2008. The revised ACHA-NCHA II has an expanded section on student mental health.

Other Studies and Surveys

The Survey & Study of College Mental Health and Well-Being
Janis Whitlock, Ph.D., MPH, Director of the Cornell Research Program on Self-Injurious Behaviors
http://www.crpsib.com/projects.asp
Data collected from a random sample of four American universities in 2005-2006 using the Survey of College Mental Health and Well Being assessed a variety of mental health and well-being indicators useful in understanding student mental health and help-seeking behaviors, with a special focus on self-injurious behaviors.

College Breakthrough Series - Depression (CBS-D)
Henry Chung, MD (New York University)
The CBS-D Project integrates mental health screening into the primary care setting.
Archived August 2008 webinar with Dr. Chung on the SPRC campus private pages:
http://www.sprc.org/grantees/grantee_campus/summaries.asp

The Big Ten Student Suicide Study

The College Student Health Survey
Ed Ehlinger, MD, MSPH, Director, Boynton Health Service
Developed by Boynton Health Service, the College Student Health Survey was designed to give postsecondary institutions a comprehensive look at the health of their students. The survey measures eight key areas: Health Insurance and Health Care Utilization, Mental Health, Alcohol and Other Drug Use, Tobacco Use, Personal Safety, Financial Health, Nutrition and Physical Activity, and Sexual Health. With modifications over the years, Boynton Health Service has administered the College Student Health Survey either at the University of Minnesota or at partner institutions across the state of Minnesota since 1995.
http://www.bhs.umn.edu/healthdata/surveys/index.htm