

2023

MENTAL HEALTH & WELLNESS REPORT



Department of
Higher Education

OVERVIEW

The mental health and wellness report is in response to Ohio Revised Code section 3333.0418, which requires the Chancellor of the Ohio Department of Higher Education (ODHE) to issue a report about the mental health and wellness services and initiatives of state institutions of higher education. The report should include:

1. A description of each institution's mental health and wellness services and initiatives;
2. A summary of how much funding each institution dedicates to mental health and wellness services and initiatives, including the percentage of that funding that is used for administrative costs; and
3. Any other information the Chancellor deems appropriate.

The survey questions were developed by ODHE with feedback from the Ohio Department of Mental Health and Addiction Services (OMHAS). Definitions of mental health and wellness were provided in the reporting link to provide guidance for responding institutions. Questions for both mental health and wellness services were separated to identify services and initiatives provided to students and employees at each institution.

The 2022-2023 academic year came with no external support compared to the previous year, when federal funds provided in the form of direct awards to Ohio institutions to address mental health needs arising from the COVID-19 pandemic impacted the total services offered. The reduction of the funding and its impact on serving students and/or employees was not fully evaluated in this report. Funding-related questions sought to determine how institutions funded mental health and wellness programs and services largely in absence of the federal funds.

The survey was disseminated by ODHE to all state institutions through the Inter-University Council (IUC) and the Ohio Association of Community Colleges (OACC). Institutions had 10 weeks to respond to the survey. All 14 public universities and 23 community colleges and technical schools responded to the survey.

MENTAL HEALTH SERVICES & INITIATIVES

When assessing the mental health services and initiatives provided by state institutions, a list of common services was provided. A category for “Other” was also provided.

STUDENT MENTAL HEALTH DATA

Thirty-seven state institutions reported providing mental health services to students in the 2022-2023 academic year, with 35 of the 37 institutions reporting that they offer institution-based counseling services to their students.

MENTAL HEALTH SERVICES AND INITIATIVES OFFERED TO STUDENTS

Service/Initiative Description	All Institutions	4-year public institutions	2-year public institutions
Institution-based counseling, including in-person and telehealth	97%	100%	96%
Summer and other break service hours	89%	100%	83%
Outreach and awareness raising efforts	84%	93%	78%
Crisis Intervention Services	81%	93%	74%
Partnerships with local providers and/or health boards	78%	93%	70%
Suicide prevention programs	78%	93%	70%
Stigma reduction efforts and/or programs	76%	86%	70%
Trauma-informed care	76%	93%	65%
Mental health education programs	76%	100%	61%
Prevention strategies and/or programs	73%	79%	70%
Access to 24-hour intervention and crisis care	70%	100%	52%
Group therapy and/or mental health sessions	49%	79%	30%
Recovery and support services	49%	64%	39%
Peer educators and/or peer-led services	46%	86%	22%
Culturally-specific outreach and services	46%	79%	26%
Phone app mental health services	43%	36%	48%
Peer support and recovery groups	38%	64%	22%
Institution-based psychiatric services	32%	79%	4%

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A category to collect “Other” was also provided. The following responses were received:

- “Let’s Talk” drop-in hours
- Direct referrals to local health providers
- Wellness coaching
- Collaborations with community partners for peer education, recovery services, and peer support
- HOPELine 24/7 access
- ReachOut App
- Screenings for wellness and depression
- Non-clinical case management

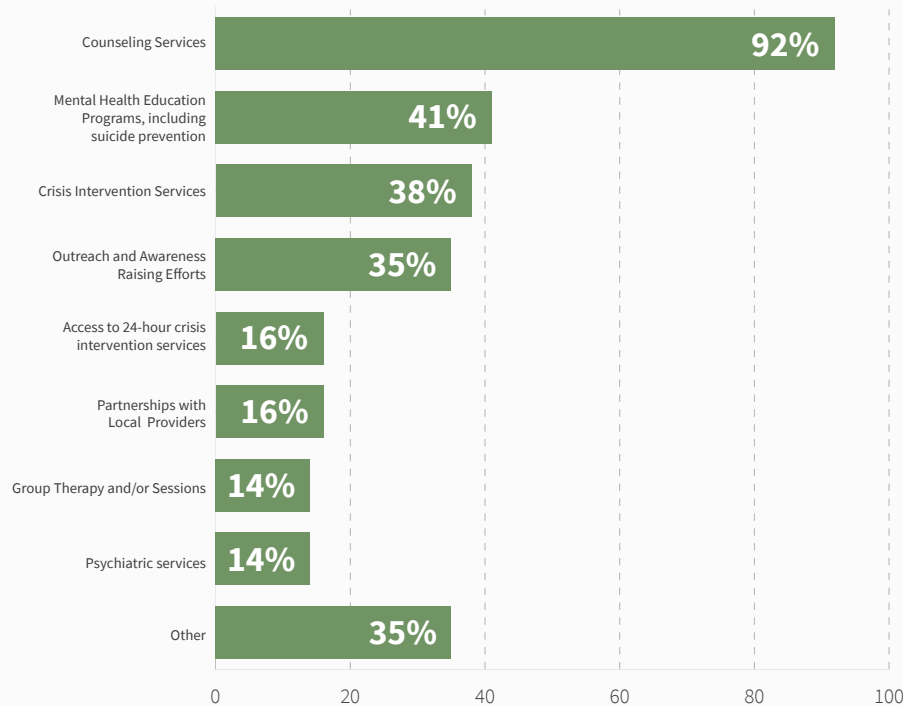
Institutions were asked to identify their top three services sought by students during the 2022-2023 academic year. **The median number of students seeking mental health services during this time was 325 students, with a range of responses from 0 to 10,703 students. This represented a 4.74% decrease in students seeking mental health services from the previous academic year.** One institution noted no change in the percentage of students seeking services. Another institution reported it did not have this information available.

The top three services sought by students from all institutional types are as follows:

1. Counseling services (in-person or telehealth)
2. Mental health education programs
3. Crisis intervention services

All responses for the mental health services sought by students include:

TOP MENTAL HEALTH SERVICES SOUGHT BY STUDENTS



Top three mental health services sought by students at the four-year public universities:

1. Counseling services, in-person and/or telehealth
2. Crisis intervention services
3. Group therapy and/or sessions & institutionally based psychiatric services (tie)

Top three mental health services sought by students at two-year public colleges:

1. Counseling services, in-person and/or telehealth
2. Mental health education programs, including suicide prevention
3. Outreach and awareness raising efforts

EMPLOYEE DATA

Mental health services provided to employees at state institutions are more varied as to how they are offered. Some institutions have the capacity to offer employees access to services on site. Others rely on programs offered through an employee assistance and/or benefits program that are external from the physical campus. All 37 state institutions offer one or both options to their employees. Institutions were asked to define “employee” based on their primary affiliation with the institution.

The median number of employees seeking mental health services during this time was 56 employees, with a range of responses from 0 to 7,469 employees. This represented a 41% increase in employees seeking mental health services from the previous academic year. Ten institutions reported they did not have information on employees seeking mental health services. Nine institutions noted either a decrease or no change in the percentages of employees seeking services. Two of those institutions stated that there was “likely a decrease” but were unable to quantify with numbers.

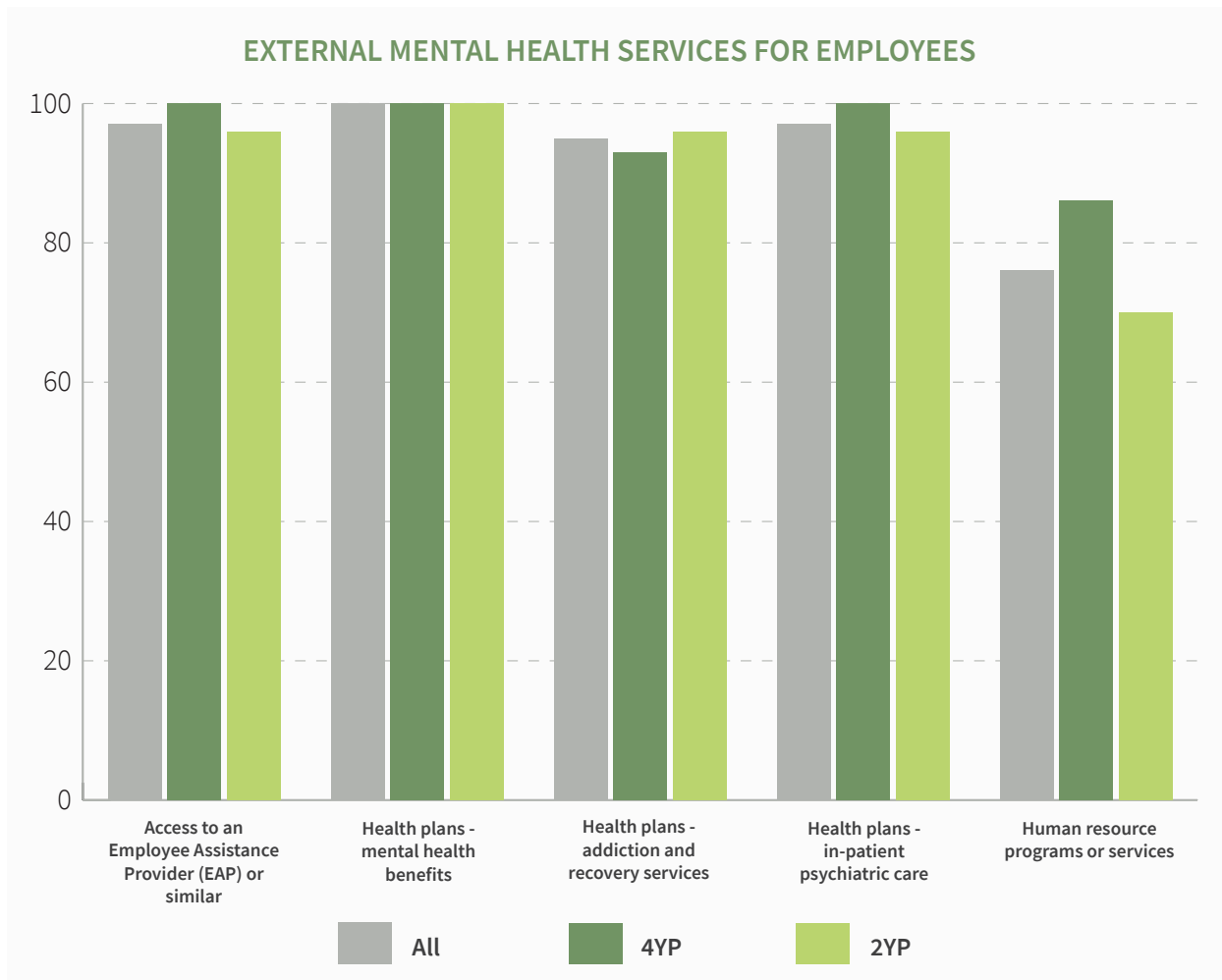
MENTAL HEALTH SERVICES PROVIDED AT THE INSTITUTION TO EMPLOYEES

Service/Initiative Description	All Institutions	4-year public institutions	2-year public institutions
Mental health education programs	84%	88%	82%
Outreach and Awareness raising efforts directed at employees	80%	88%	76%
Human resource programs and services	80%	100%	71%
Suicide Prevention Programs	64%	63%	65%
Summer and other break service hours	60%	50%	65%
Access to 24-hour intervention and crisis care	60%	75%	53%
Stigma reduction efforts and programs	56%	50%	59%
Institution-based counseling services	56%	50%	59%
Crisis Intervention Services	56%	88%	41%
Prevention strategies and/or programs	52%	50%	53%
Mental health services through a phone app	44%	50%	41%
Trauma-informed care	36%	38%	35%
Culturally specific outreach and services	28%	38%	24%
Recovery and support services	24%	25%	24%
Peer support and recovery programs	24%	25%	24%
Institution-based psychiatric services	24%	38%	18%
Group therapy and/or mental health sessions	20%	25%	18%

A category for “Other” was also included for institutional-based services and the following responses were received:

- Mental Health First Aid Training
- Employee resources groups
- Wellness Ambassador Network
- Employee Emergency Fund
- Therapy dogs
- Webinars and workshops

Additionally, information was sought for mental health services provided to employees external from the institution through an employee assistance and/or benefits program.



Access to online portals and phone apps were cited in the “Other” category for external mental health services for employees.

As with the students, state institutions were asked to identify their top three mental health services sought by employees during the 2022-2023 academic year.

The top three services sought by employees from all institutional types are as follows:

1. Access to an Employee Assistance-type program (ex. EAP)
2. Health Plans that include benefits for mental health and/or addiction and recovery services
3. Human resources programs and/or services related to mental health

The top three mental health services sought by employees at the four-year public universities:

1. Access to an Employee Assistance-type program (ex. EAP)
2. Health plans that include benefits for mental health and/or addiction and recovery services
3. Human resources programs and/or services related to mental health and mental health education programs (tie)

The top three mental health services sought by employees at two-year public colleges:

1. Access to an Employee Assistance-type program (ex. EAP)
2. Health plans that include benefits for mental health and/or addiction and recovery services
3. Human resources programs and/or services related to mental health

WELLNESS SERVICES

When assessing the wellness services, programs, and initiatives provided by state institutions, a list of common services was provided. A category for “Other” was also provided. Categories for different types of programs were consolidated based on the number of responses received in 2021-2022. This allowed for a more objective review of the programs and services provided. Ninety-five percent of responding institutions allow employees to engage in the institutionally provided wellness programs and services.

Student & Employee Wellness Data

Thirty-five of the 37 reporting state institutions reported providing wellness services to students and employees in the 2022-2023 academic year. Columbus State Community College and Sinclair Community College reported they do not allow employees to engage in wellness programs or services provided by the institution.

WELLNESS PROGRAMS AND SERVICES PROVIDED AT STATE INSTITUTIONS			
Service/Initiative Description	All Institutions	4-year public institutions	2-year public institutions
Campus Activities and Programs	100%	100%	100%
Student organizations	97%	100%	96%
Tutoring programs and services	95%	100%	91%
Food Pantry	95%	100%	91%
Exercise Classes	89%	100%	83%
Career Counseling & Services	86%	93%	83%
Stress reduction programs and services	81%	100%	70%
Human resources programs	81%	93%	74%
Outdoor education and/or recreational opportunities	76%	93%	65%
Community-based learning and/or service program	76%	79%	74%
Healthy lifestyle choices programs	73%	86%	65%
Bystander/Upstander programs	70%	86%	61%
SafeZone spaces	70%	93%	57%
Financial well-being programs	70%	79%	65%
Culturally based programs and support services	70%	93%	57%
Designated Quiet Spaces	68%	79%	61%
Time management programs	68%	93%	52%

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Programs focused on alcohol and other drugs	65%	86%	52%
Prevention strategies and/or programs rooted in public health strategies for physical health	65%	79%	57%
Recreational programs	62%	93%	43%
Peer and community educator-led programs	62%	93%	43%
Meditation space	62%	79%	52%
Goal-setting workshops	62%	79%	52%
Resilience and persistence related workshops and programs	57%	79%	43%
Nutrition programs and services	57%	79%	43%
Support groups for affinity groups	51%	71%	39%
Spiritual programs and services	46%	71%	30%
Intramurals	46%	86%	22%
Wellness kits	43%	50%	39%
Social media programs	41%	50%	35%
Sleep-related programs	32%	71%	9%

A category to collect “Other” was also provided. The following responses were received:

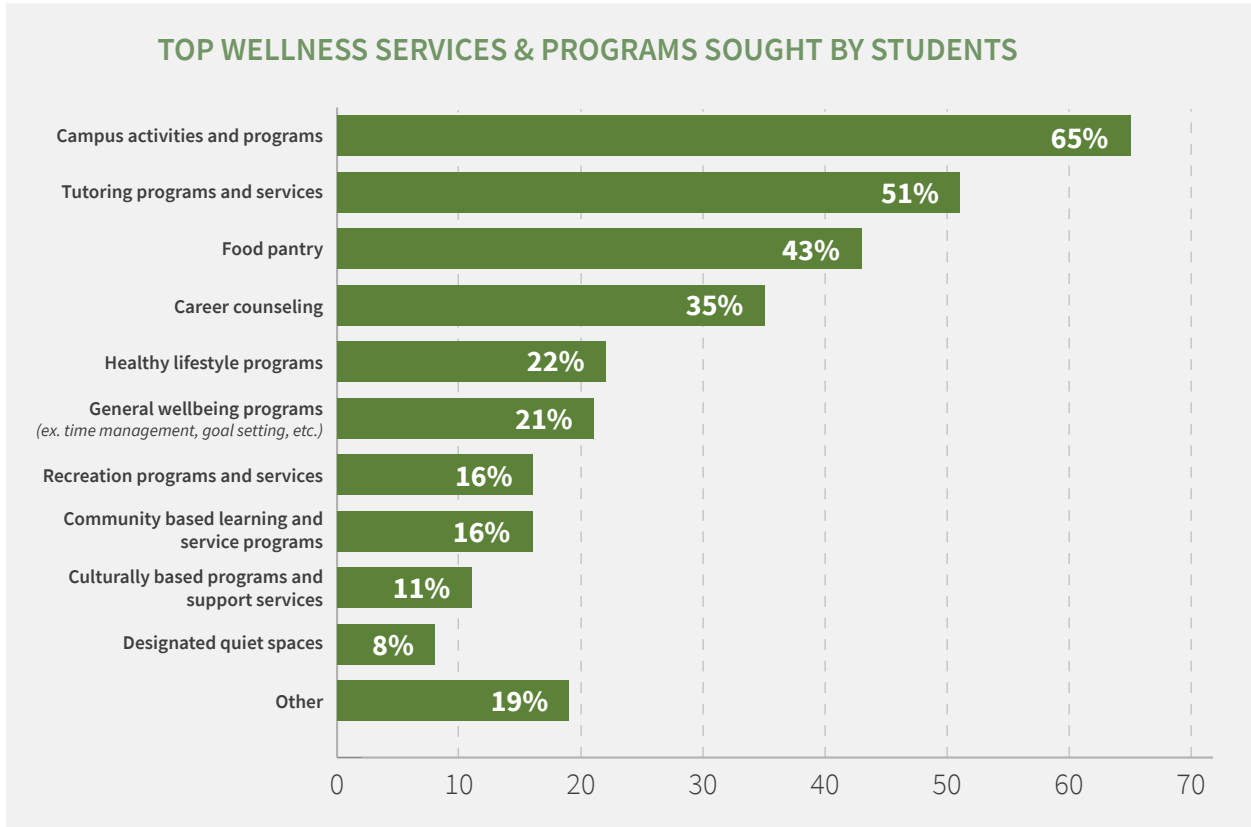
- Wellness-related virtual learning/challenges
- Wellness programming and themed weeks
- Volunteer opportunities
- Employee resource groups
- Emergency funding
- Phone apps
- Non-clinical case management (students only)
- Mental health first aid training

Institutions were asked to identify the wellness services and programs they felt were the most sought after by students and employees.

The top three wellness services and programs sought by students from all institutional types are as follows:

1. Campus activities and programs
2. Tutoring programs and services
3. Food pantry

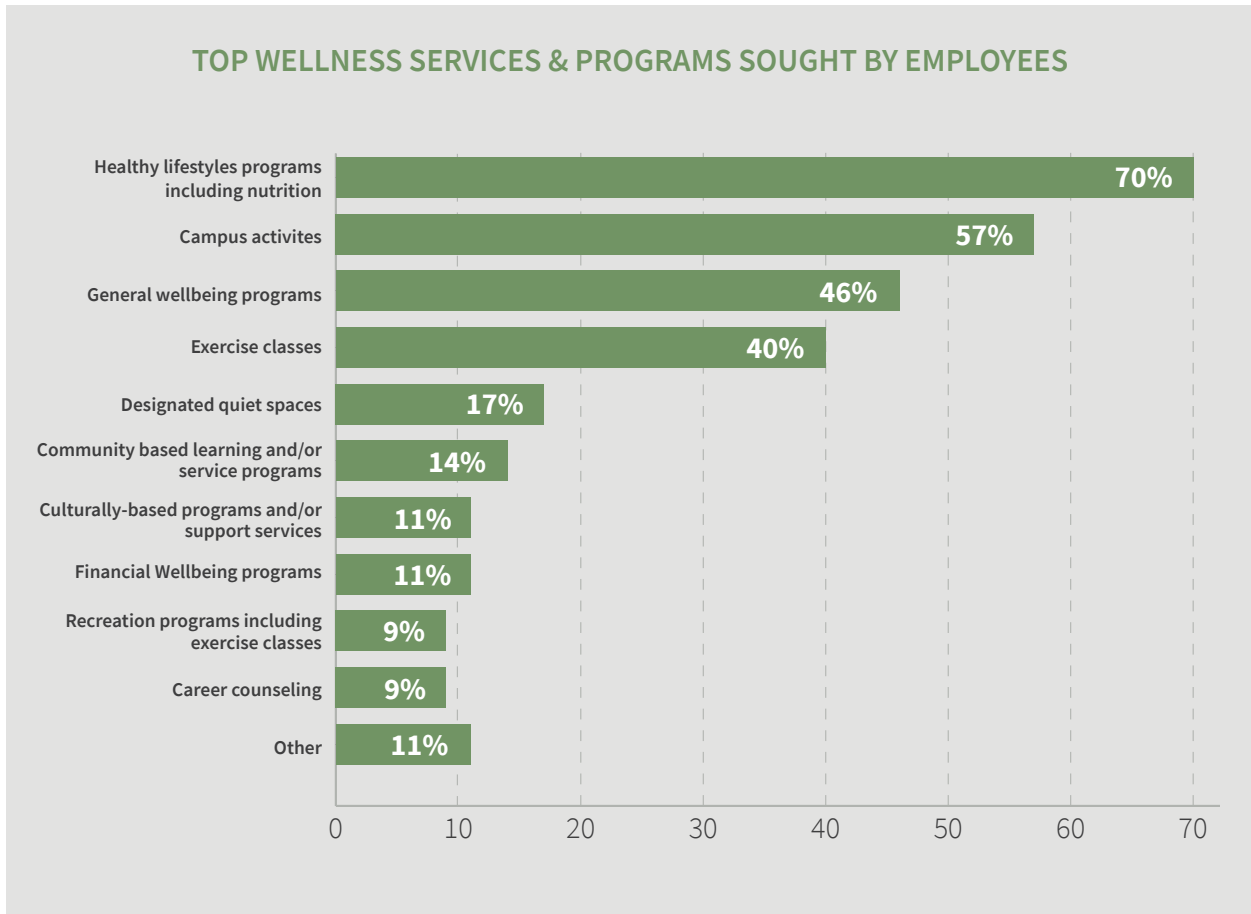
All responses for the wellness services sought by students include :



Sixty-five percent of the 37 reporting state institutions identified campus activities and programs as their most sought-after service offered to students. Campus activities and programs promote connectedness and belonging, which support individuals in finding a connection to their peers and to the institution. The more students connect to others, the more likely they are to stay in school and persist toward achieving their academic goals and seeking out supportive resources offered through the institution.

The top three wellness services sought by employees from all institutional types are as follows:

1. Healthy lifestyles programs, including nutrition, sleep, and stress-reduction programs
2. Campus activities and programs
3. General well-being programs, including time management, goal setting, spiritual, etc.



Seventy percent of the reporting 35 institutions* identified healthy lifestyle programs, such as nutrition, sleep, and stress-reduction programs, as the most sought-after programs by their employees. The next-closest wellness service was campus activities at 57%. The significant difference between the top two services indicates the desire for employees to identify ways to achieve a meaningful work-life balance and a healthier lifestyle.

**Columbus State Community College and Sinclair Community College do not allow employees to engage in wellness programs or services provided by the institution.*

FUNDING

All 37 institutions were asked to respond to questions about institutional funding for mental health and wellness services and initiatives during the 2022-2023 academic year. Institutions were also asked to identify the percentage of funding that went toward administrative costs (ex. salaries and benefits). All 37 reporting institutions provided responses to these questions.

The total amount of funding designated to mental health and wellness services and initiatives in the 2022-2023 academic year was \$58,338,508. The information regarding funding has a wide distribution of responses, with a range from \$0 to \$15,634,629. The median response is \$486,413 in funding for mental health and wellness services and initiatives. On average, four-year public universities dedicated \$3,768,184 for mental health and wellness services, with 37% of those funds used for administrative costs. Two four-year public institutions were unable to provide an exact percentage for administrative costs.

Of the 23 reporting two-year public colleges, 20 dedicated, on average, \$292,697 for mental health and wellness services, with 21% of those funds used for administrative costs. Two of the two-year public colleges stated there is no funding designated for mental health and wellness services and initiatives in their institutional budget. One two-year public college stated this information was not available.

Starting in the 2020-2021 academic year, each institution received emergency federal funds to address acute mental health needs arising from the COVID-19 pandemic. With support from the Governor's office and the General Assembly, the Governor's Emergency Education Relief (GEER) funds were distributed by ODHE in the form of direct aid to each institution. GEER money was to be expended by June 30, 2022; however, the possibility existed where some services or items purchased with GEER funds were used to support mental health efforts throughout a portion of the 2022-2023 academic year. ODHE asked institutions what percentage of their institutional funding was still supported by programs and services purchased with GEER funds.

Twenty-seven out of 36 responding institutions indicated that 0% of institutional funding was still supported by GEER funds. One institution stated that it was not sure. Nine institutions reported an average of 37% of their institutional funding for services and programs in the 2022-2023 academic year were still supported with GEER funds.

Sustaining efforts to provide mental health and wellness services and initiatives

An open-ended question was added to the end of the survey to provide insight as to how institutions are seeking to support the mental health and wellness needs of their campus community moving forward.

In the 2021-2022 report, several institutions indicated there were efforts under way to identify the means to maintain and institutionalize mental health and wellness programs that had been created or expanded with the use of the CRF and GEER funding the previous two years. In the 2022-2023 report, several institutions cited ongoing investment in sustaining access to services, programs, and/or partnerships that had been established with the federal emergency funds. However, many of those reporting institutions also cautioned that there were ongoing challenges to identify funding sources to support the needs of their community. A few institutions stated that they had been unable to sustain the services provided with the GEER funds after they ended.

Institutions also reported that, in recent years, they have established coordinated care teams that have increased their ability to work collaboratively with both internal and external partners. These team approaches have also led to institutions being able to evaluate services and initiatives against needs and identify strategic priorities related to mental health and well-being.

The ability for many institutions to meet the needs of their students continues to be dependent on external funding, such as the funding provided through House Bill 33 and/or through grants offered through local mental health boards and community partners.



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