

A person with long, dark hair is seen from behind, looking out a window. The window is divided into panes, and the view outside shows a sunset or sunrise over a landscape with hills. The lighting is warm and golden, creating a contemplative atmosphere.

SELF-ADVOCACY AND THE SHIFT IN SERVICES OFFERED

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PLAN

We will do a quick overview of trends and data to create a foundation of knowledge

We will discuss best practices at our individual institutions

We will talk about:

- The shift in our programming (recruitment, orientation, etc.)

- Peer leaders (training models, coaching techniques etc.)

- Resources available to meet the needs of incoming students

BACKGROUND



Nationwide colleges have reported:

Large increase in college counseling and psychological services (occurrence and severity of mental health issues)

Growth in the number of students taking psychotropic medications

Students in high school are already familiar with medication management and therapy

NATIONAL TRENDS

NATIONAL NORMS OF COLLEGE FRESHMAN SURVEY, FALL 2016
(HIGHER EDUCATION RESEARCH INSTITUTE AT UCLA)

The UCLA survey confirmed the rising need for services.

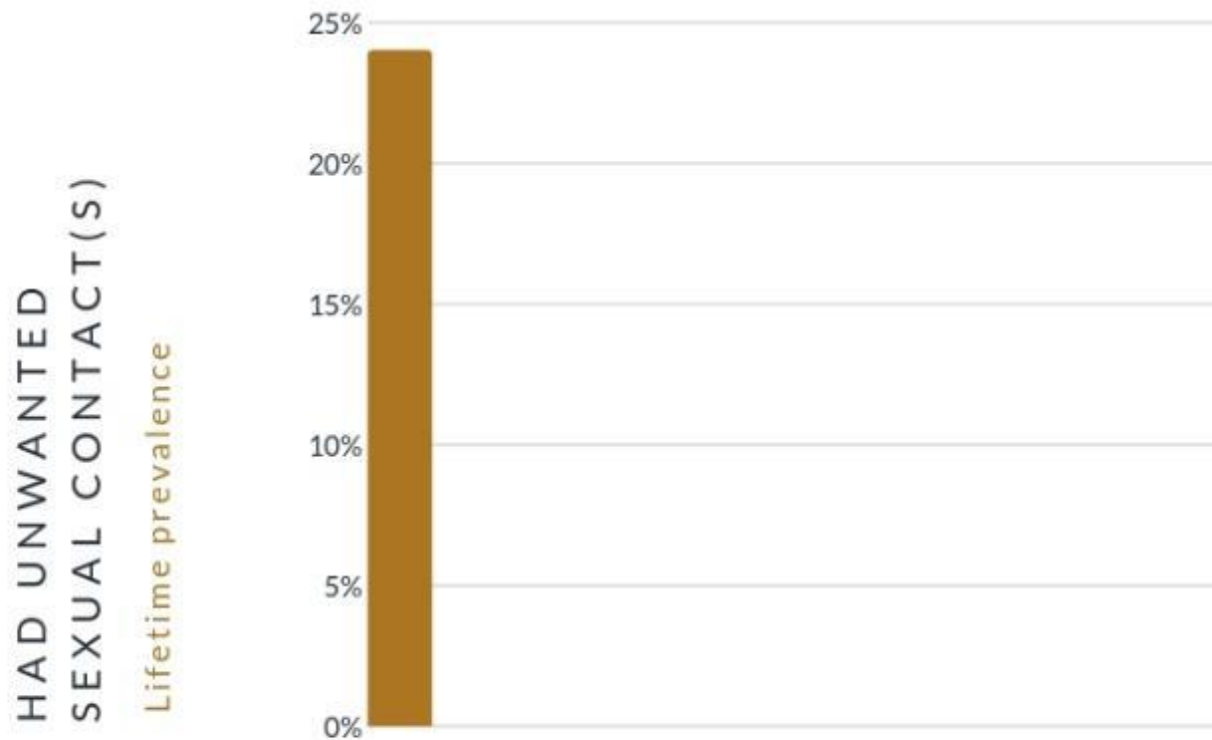
For the first time since the survey began, fewer than half of respondents said their mental health was better than average compared with their peers.

More than 1/3 said they frequently felt anxious.

While about 1 in 8 students said they were frequently depressed.

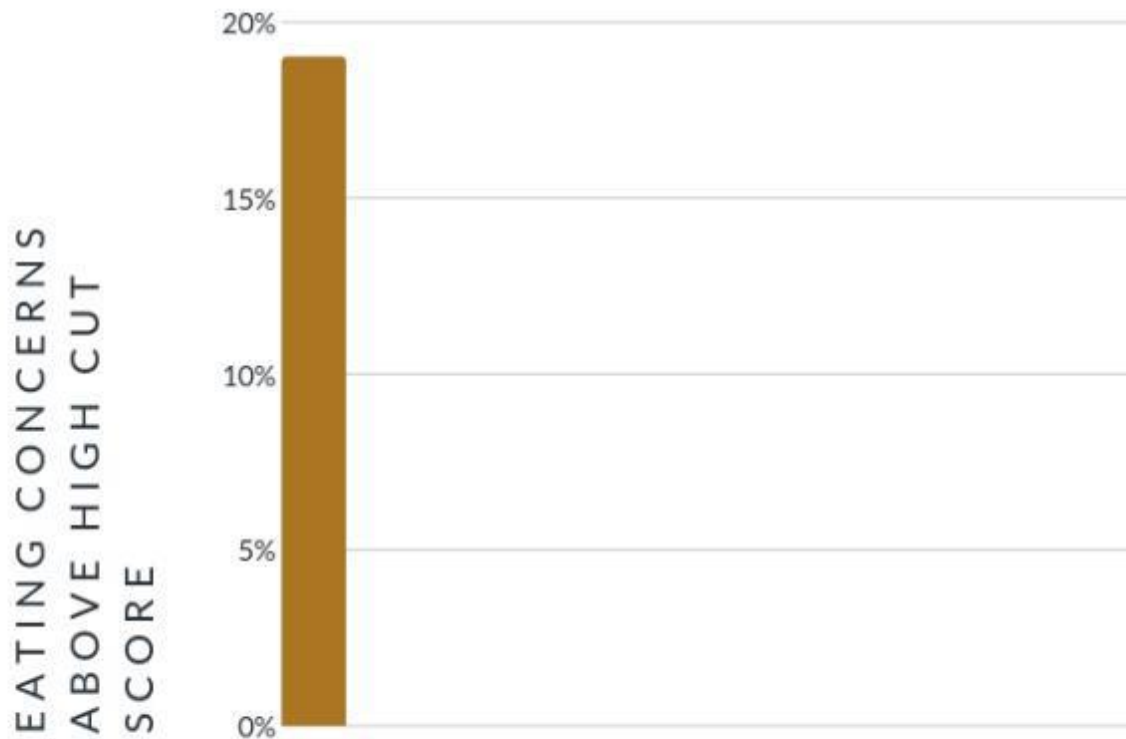
NATIONAL TRENDS

CENTER FOR COLLEGIATE MENTAL HEALTH, 2017-2018
(AT PENN STATE UNIVERSITY)



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CURRENT HONORS STUDENTS

RICE, LEEVER, CHRISTOPHER, AND PORTER (2011)



CURRENT HONORS STUDENTS

GREENE (2002 AND 2006)

RESEARCH HAS ALSO SHOWN THAT THE AFFECTIVE NEEDS OF HONORS STUDENTS ARE OFTEN OVERLOOKED BECAUSE MENTAL HEALTH PROFESSIONALS ASSUME THAT INTELLECTUAL TALENT MUST NATURALLY EQUATE TO AN INCREASED ABILITY TO HANDLE LIFE'S EMOTIONAL DIFFICULTIES.



NEBRASKA BUSINESS
HONORS ACADEMY
APPLICANT

“In the fall of my sophomore year [high school], I admitted myself into a residential treatment facility for an eating disorder. While the 6 week stay was incredibly illuminating as to the reasoning behind many of my struggles with body image, mental health, and perfectionism it also served as further ammunition for my abusive mother.”

RECRUITING AND RETAINING

If there is a propensity for mental health and an acknowledgement of suicide ideation what is our responsibility as an applicant reviewer and what do we do with this information? Can we truly be unbiased?



NEBRASKA BUSINESS HONORS ACADEMY APPLICANT

“Like many students with mental health conditions and difficult home lives, my circumstances have unfortunately affected my studies at times. However, though I may face struggles inside and outside of the classroom environment, I have never lost my love for learning and my desire to explore the diverse world around me. College is not only a means of continuing my education and pursuit of wisdom, but is also a path to lifting myself and others out of the abusive circumstances that we were powerless to change as children.”

RECRUITING AND RETAINING

How do we adjust our current student orientation and transition programs? What training do our peer leaders or staff need?



NEBRASKA BUSINESS
HONORS ACADEMY
APPLICANT

“When I was 14 I was raped by a family friend. This sexual assault caused me to develop and be diagnosed with Post-Traumatic Stress Disorder (PTSD).”

RECRUITING AND RETAINING

What is the expectation of the university to handle the influx in services requested? How do we balance student agency with realistic resources? How do we create an environment where people feel secure, safe, and that the university is responsive?

NEBRASKA

The newly adopted program, Big Red Resilience, provides, educational programs, peer coaches, early intervention processes designed to help students “bounce back from life’s challenges, failures, and hardships.”

Currently going through the process of being a JED Campus.

Increased Student Counseling and Psychological Services to accommodate the rising need on our campus.

YOUR INSTITUTION

SERVICES AND STRATEGIES



CLOSING THOUGHTS

An experience that can be emotionally crippling for one person may cause another to find a resource for personal growth and maturation.

(Owens and Giazzoni)

Legally, our students are adults, but it is essential to keep in mind that our students are young adults. Student's today are still developing their independence, purpose, and integrity.

(Chickering and Reisser)

