

Student Mental Health in the Remote Learning Environment

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Objectives

1

Identify term “Mental Health Disorder” and dispel common myths about mental health

2

Review the Four R’s

3

Develop increased awareness of MC resources for students with mental health concerns

4

Discuss the importance of self-care for faculty and staff

What is a Mental Health Disorder?

National Alliance on Mental Illness (NAMI):

“A mental illness is a condition that impacts a person's thinking, feeling or mood and may affect his or her ability to relate to others and function on a daily basis. Each person will have different experiences, even people with the same diagnosis.”

<https://www.nami.org/Learn-More/Mental-Health-Conditions>

Key is decreased ability to function in work, school, and personal relationships

Treatable

What isn't a Mental Health Disorder

Everyone feels a range of emotions at some point in their lives

- Feeling depressed after a breakup

- Getting anxious about an exam

- Many people even have passing suicidal thoughts

Some things are developmentally appropriate at certain ages

- Teens are highly emotional because of puberty

- A 5-year-old has a short attention-span

Mental Health and COVID-19

Increased fear, anxiety, depression, and anger

- Uncertainty around jobs, school, health

- Things change quickly

Increased sleep disturbance

Decreased motivation

"Zoom Fatigue"

Isolation

- Decompensating into mental health disorders

Increased consumption of social media

- More comparisons and negativity

El Arroyo



**ME: THIS SHOW
IS BORING**

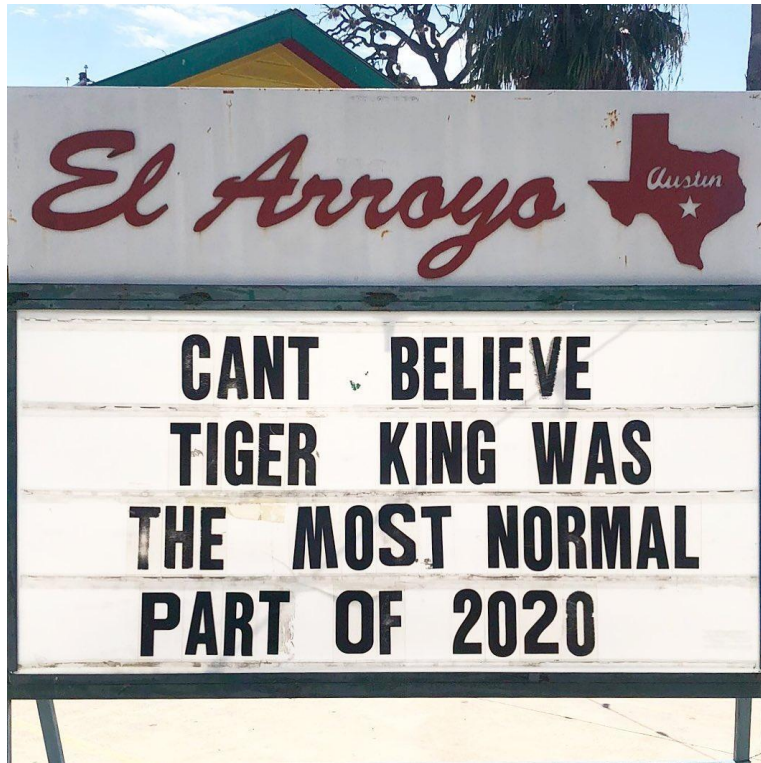
**MY BOSS: AGAIN, THIS
IS A ZOOM MEETING**

Other Major Factors

Reckoning of racism and social justice

Racial trauma

Election November 2020



The Four R's

Recognize

Respond

Refer

Report

RECOGNIZE

Signs and Symptoms of Mental Disorders:

Eating or sleeping too much or too little

Pulling away from people and usual activities

Having low or no energy

Feeling numb or like nothing matters

Having unexplained aches and pains

Feeling helpless or hopeless

Smoking, drinking, or using drugs more than usual

Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared

RECOGNIZE

Yelling or fighting with family and friends

Experiencing severe mood swings that cause problems in relationships

Having persistent thoughts and memories they can't get out of their head

Hearing voices or believing things that are not true

Thinking of harming self or others

Inability to perform daily tasks like taking care of children or getting to work or school

RECOGNIZE

Keys to Identifying Someone Who May Need Help:

Look for patterns and clusters of behaviors

Significant changes from typical behavior

Interference with ability to carry out daily activities

RECOGNIZE

What Can Effect Mental Health Disorders?

Stress

School, family, work, medical/health issues, money

Trauma

Domestic violence, sexual assault, military deployment, victim of a crime

Healthy practices

Good sleep, eating well, physical fitness, hobbies

Medications

Taking regularly, side effects

Therapy/Emotional Support

Therapist, family, friends, coworkers

Recognizing in a Remote Setting

Assignments are late or not turned in at all- missing makeup assignments

Disengaging from or inappropriate content in discussion

Marked differences between test scores and other assignments

Missed classes

Multiple illnesses

Concerning content in papers

Excessive emails

Disheveled appearance on Zoom

RESPOND

DO:

Address the student and the problem

Appear confident

Listen non-judgmentally

Stay positive and strengths-based

Empathize- this doesn't mean you condone their behaviors

Remain calm and non-confrontational

Keep voice even and at an appropriate volume

Give the student options when possible and involve them in the decision making process

Let the student know what you are doing before you do it, if it is safe

RESPOND

DON'T

Ignore statements or emails if they concern you

Use your gut, you know when something is wrong

Use sarcasm

Try to talk them out of their feelings or delusions

Threaten disciplinary or police action- although this may come to pass

Blame, criticize or judge the students

Minimize a difficult situation

Promise confidentiality

REFER

Engage support system

Friends, family, spiritual leader, and others

Encourage professional help

Therapist, psychiatrist, primary care physician

Hotlines

National Suicide Prevention Lifeline

(800) 273-8255

Montgomery County Crisis Line

(240) 777-4000

Imalive.org

Crisis Text Line: Text “Start” to 741741

Campus Resources

Student Health and Wellness Center for Success

<https://www.montgomerycollege.edu/shaw-center>

Counseling and Advising

Specific services (Financial Aid, Tutoring, etc.)

IF STUDENT IS IN LIFE-THREATENING CRISIS CALL
911

REFER

Don't just tell student to talk to someone else

Give thorough information

- Contact information

- Websites

- What the organization can help with

- Questions students can ask

Express care and concern while making referral

REPORT

If a student has demonstrated a reason to be concerned about their mental health, incident information should be submitted in a timely manner to the B.I.T. Chair and the Dean of Student Affairs via a B.I.T. Incident Report.

Incident Report icons can be found on any MC desktop or MyMC

If that option is not available email the Dean of Student Affairs

Self-Care

Part of stress management is knowing how to stop it before it starts

Many things we can't control- don't overdo it on things you can

Mindfulness practices help us key in on early signs of stress so we can intervene

Is it easier to reduce stress when you're at a 4 or a 10?

Self-Compassion

You are not alone

Struggle is part of the human experience

Don't deny or suppress your negative emotions

Don't get swept up by them either

Stress Management Tools

Hobbies

Physical activity

Diet

Sleep

Meditation

Good time
management

Engaging with your
social group

Stay away from mind-
altering substances
(unless prescribed by
a physician)

Talk to your doctor if
self-help isn't enough

Things to Remember

You are
not alone

Help is out
there

Recovery
is possible!

Resources

Myth v. Fact taken from: <http://www.mentalhealth.gov/basics/myths-facts/>

Eisenberg, D., Goldrick-Rab, S., Ketchen Lipson, S., & Broton, K. (2016, March). Too Distressed to Learn? Mental Health Among Community College Students. Retrieved July 21, 2016, from [http://www.acct.org/files/Publications/2016/Wisconsin HOPE Lab - Too Distressed To Learn \(Final\).pdf](http://www.acct.org/files/Publications/2016/Wisconsin%20HOPE%20Lab%20-%20Too%20Distressed%20To%20Learn%20(Final).pdf)

For more information about specific disorders, warning signs, how to get help and support, and how to get involved with mental health awareness check out NAMI:

<https://www.nami.org/>