



Addressing College Mental Health Concerns Through Wellness Coaching for Academic Success

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Objectives

- Describe mental health concerns of undergraduate students
- Describe GatorWell's Wellness Coaching for Academic Success Program
- Identify the benefits of Wellness Coaching for Academic Success

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What is GatorWell?

- Health Promotion Services at the University of Florida
- Mission: to educate, empower, and coach students to make healthy decisions and provide leadership and advocacy for health-enhancing policy.
- Theory-based, data-driven services and programming targeting current UF students



Mental Health Trends

- What are some mental health trends you are seeing at your institution?



2016 Healthy Gators Survey

- Population based survey administered biannually since Spring 2008.
- 7,500 undergraduate students sampled
- Online survey, two forms
- n = 1,511, response rate = 20.1%



Top Impediments to Academic Performance

ACHA-NCHA (n = 80,139)

- Stress (33.8%)
- Anxiety (24.4%)
- Sleep Difficulties (22.2%)
- Depression (16.2%)
- Cold, Flu, Sore Throat (15.7%)
- Work (14.9%)
- Internet Use/Computer Games (11.8%)
- Concern for Friend or Family Member (11.7%)
- Participation in Extracurricular Activities (10.2%)
- Relationship Difficulties (9.8%)

UF Healthy Gators (n = 1511)

- Stress (32.8%)
- Anxiety (27.6%)
- Cold, Flu, Sore Throat (21.1%)
- Internet Use/Computer Games (19.0%)
- Participation in Extracurricular Activities (17.7%)
- Sleep Difficulties (17.5%)
- Depression (14.7%)
- Relationship Difficulties (11.5%)
- Finances (11.4%)
- Work (11.1%)



College Students' Mental Health

In The Past 12 Months...	UF Students	ACHA-NCHA
Felt things were hopeless	51.6%	21.4%
Felt overwhelmed by all you had to do	88.3%	18.2%
Felt very sad	58.6%	23.2%
Felt so depressed that it was difficult to function	33.0%	16.7%
Felt overwhelming anxiety	57.8%	20.6%



College Students' Mental Health

In The Past 12 Months, Have You...	UF Students	ACHA-NCHA
Ever seriously considered suicide?	10.0%	6.8%
Ever attempted suicide?	1.3%	1.1%
Ever intentionally cut, burned, bruised, or otherwise injured yourself?	5.9%	7.3%



Strain on College Counseling Centers

- 2016 National Survey of Counseling Center Directors
 - 57.1% surveyed felt the severity of student mental health concerns and related behavior on their campus has increased in the past year
 - 50.61% of students presented concerns of anxiety (2011: 40.94%)
 - 41.23% of students presented concerns of depression (2011: 37.18%)
 - 20.52% of students presented concerns of suicidal thoughts/behaviors (2011: 15.92%)
 - 14.17% of students engaged in acts of self-harm or injury (2011: 9.22%)



What is Wellness Coaching?

- Tailored approach focusing on holistic wellness
- Based on positive psychology, Stages of Change Model (or TTM), and motivational interviewing
- It is NOT
 - Therapy or Counseling
 - A “quick fix”
 - A prescriptive or one-way process
- Certification through: Real Balance Global Wellness Services, Wellcoaches, International Coach Federation



GatorWell's “Wellness Coaching for Academic Success”

- Health Promotion Specialists with Masters degrees
 - Certified in Wellness Coaching through Real Balance
- Initial appointments about 1½ hours. Follow-up appointments about 1 hour.
- Focuses improvement in one or more of the following areas:
 - General wellness and self-care
 - Stress management and relaxation strategies
 - Time management and organization
 - Sleep habits
 - Eating habits
 - Physical activity
 - Study skills



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GatorWell's “Wellness Coaching for Academic Success”

- Students can see a Wellness Coach for as many sessions as they want, though tend to see improvement with a minimum of 4-8 weeks of work
- Sessions include:
 - Identifying areas of growth or change
 - Recognizing benefits and identifying barriers to change
 - Creating an action plan (SMART goals)
 - Helping with accountability, problem solving, skill building, and other referrals as needed



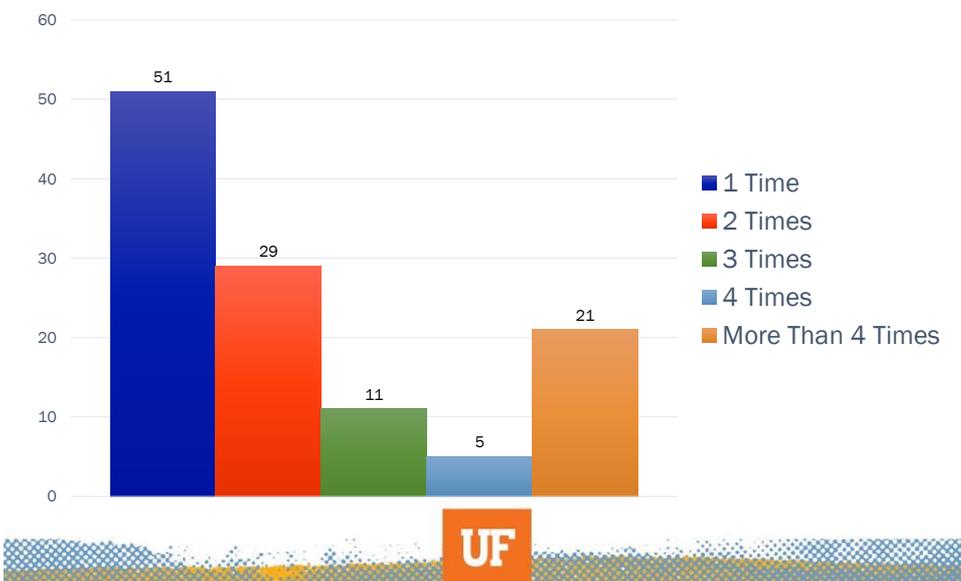
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Evaluating Wellness Coaching

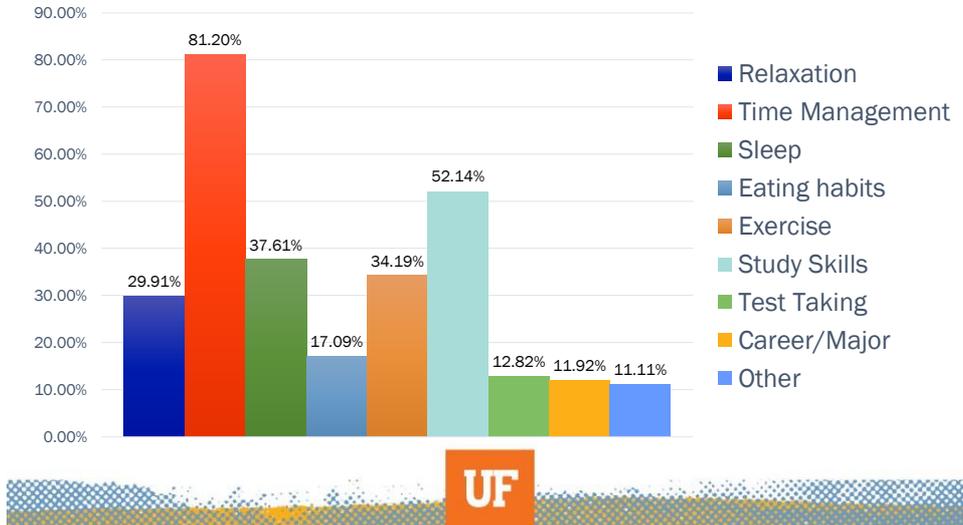
- Fall 2016:
 - 251 Wellness Coaching appointments
 - Cancellations or no shows: 28.7%
- Evaluative components:
 - Intake and follow-up forms
 - Self-analysis tools and resources
 - Ex: Readiness for change tool, self-permission inventory
 - Post-session questionnaire taken on iPad upon exiting the appointment
 - 117 post-session questionnaire respondents



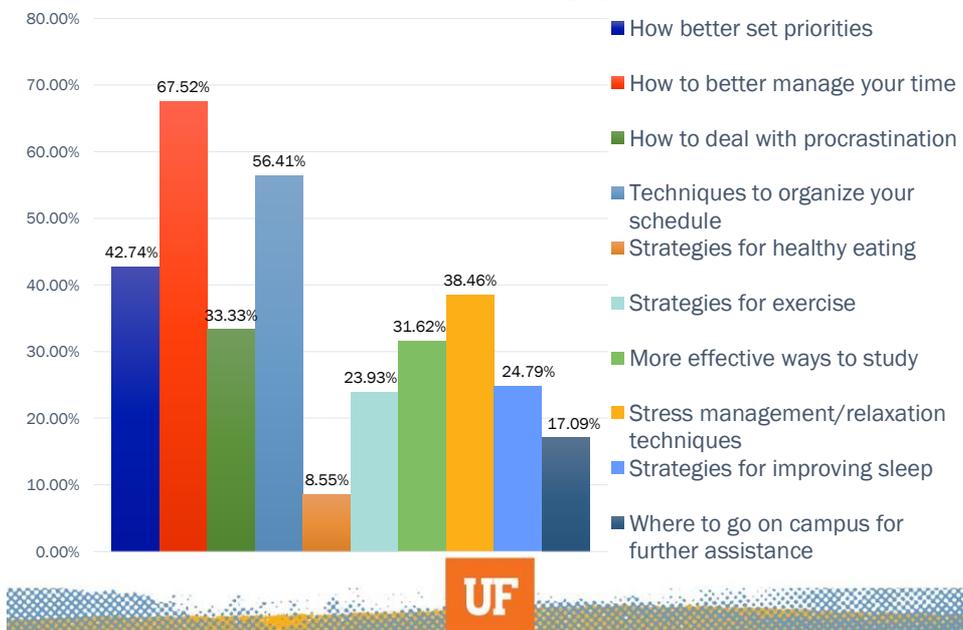
Number of visits



Key areas identified to work on in the next week or two



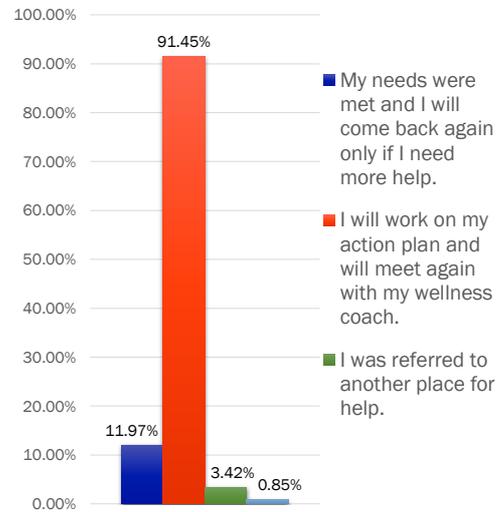
Skills learned during your session



Action Steps

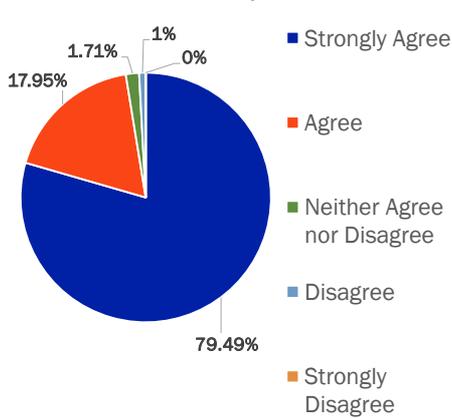
- 98% of students reported being either very clear or moderately clear about the action steps they needed to take in the next week or two.

Which of the following best described what happens next?

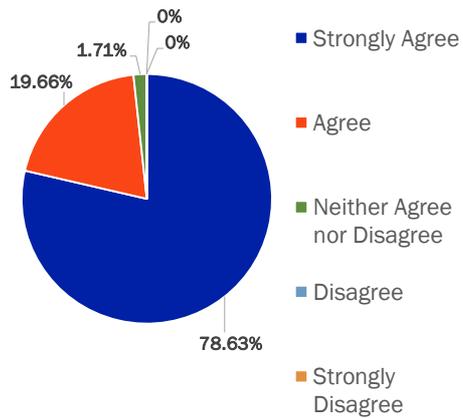


Program Satisfaction

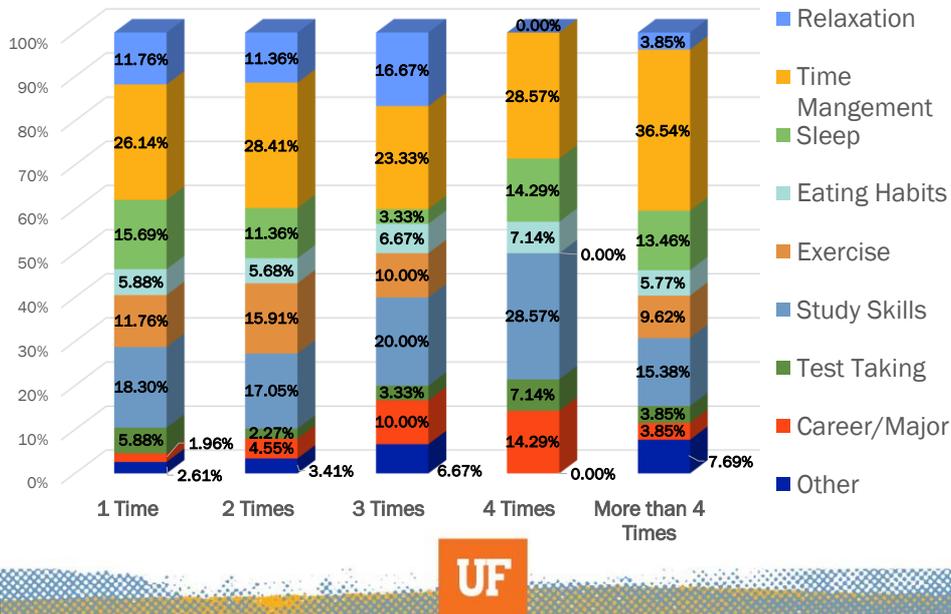
I would recommend this program to other UF students who need help.



Overall, I was satisfied with this session.



Topics Discussed by Appointments



Limitations

- No shows/cancellations
 - Policy considerations
- Follow-up is not mandatory
- Student to coach ratio and waitlist
- Fidelity with Real Balance
- Evaluations inconsistent
- Connect assessment with measures related to academic success

Implications

- Supplemental service to mental health support in a college community
- Covers skills aligned with academic success
- Focuses efforts on prevention, resiliency skills
- Lessons learned:
 - Reaching out to students who cancel or no-show
 - Increase post-session evaluation response rate
- What are some potential benefits or roadblocks to creating a Wellness Coaching program in your campus community?



Thank You!

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