Promoting Mental Health Occupational Therapy in Higher Education: Lifestyle Redesign® for the College Student

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College Students & Mental Health

Stress

50% college dropout rate
63% so stressed that they could not get their work done
55% so stressed they didn’t want to hang out or participate in social activities
85% of students reported feeling stressed on a daily basis

(ACHA, 2007)

College Students & Mental Health

• Depression:
  • Half of all college students report feeling so depressed at some point in time that they have trouble functioning 14.5% meet the criteria for clinical depression. (mtvU survey)
  • 10% of college students have been diagnosed with depression and including 13% of college women.
  • 18 to 24 is a very common age range for people to experience their first episode of depression.

Facts & Stats below are courtesy of the National Mental Health Association (now known as Mental Health America):
mtvU survey: ww.halfofus.com
College Students & Mental Health

• Anxiety

In 2000, almost 7% of college students reported experiencing anxiety disorders within the previous year. Women are 5 times as likely to have anxiety disorders.

Facts & Stats below are courtesy of the National Mental Health Association (now known as Mental Health America):
More students enter college already taking psychiatric medications,
More colleges are reporting increases in severe psychopathology in students
Campus mental health centers were prescribing more medications
Suicide was the 2nd leading cause of death among students.
Healthy Campus 2010

• Lifestyle Issues:
  – Physical Activity: 33%
  – Diet: 6.7%

(University of Southern California, 2007).
Sleep

• Students aren't getting enough sleep:
  • 13% of college students responded that they had been able to get enough sleep to make them feel rested in the morning.
  • 46% polled said they had slept enough on 3-5 days,
  • 29% felt well rested on 1-2 days
  • 12% said that they didn't get an adequate amount of sleep once in the past week.
Substance Use

• **Alcohol Abuse and Dependence:**
  – 31% alcohol abuse
  – 6 percent alcohol dependence in the past 12 months

* (Knight et al., 2002)
Transitioning to College

- **First-Year Students:**
  - many students initiate heavy drinking
  - interfere with successful adaptation to campus life.
  - 1/3 of first-year students fail to enroll for their second year.

- Statistics from NIAAA's "Snapshot of Annual High-Risk College Drinking Consequences"
Factors contributing to Depression

- Dealing with the Loss of the Familiar
- Handling Rigorous Academics
- Negotiating a New Social Network
- Access to Alcohol and Drugs
- Lack of Mental Health Information

http://www.lifespan.org/services/mentalhealth/articles/depression/collegedepression.htm
What is Occupational Therapy?

• **Occupations:**
  Meaningful activity that occupies our time and is embedded in the flow of our day

• Based on Occupational Science

• OT started in Mental health
What is Lifestyle Redesign®?

• Lifestyle Redesign® is the process of developing and enacting a customized routine of health promoting and meaningful activities

• New area of Wellness/Prevention
Program Description

- **Population**: College students (junior college, undergraduate & graduate)
  - Common diagnoses: Depression, Bipolar Disorder, Anxiety, ADD/ADHD, and various learning disabilities

- **Program**: The Lifestyle Redesign® for the College Student provides individualized support and coaching throughout the year to help manage the demands of college life.
  - Services provided in environment of the student
Who can benefit from the Lifestyle Redesign® Program?

Any student who is experiencing difficulty….

– Initiating or following through with academic, social, or personal tasks
– Transitioning away from home or adjusting to the college lifestyle
– Completing academic assignments on time
– Managing their stress level
– Or any student who wants to learn skills for healthy living and academic success!
Program Description

– **Occupational Therapists help students:**

  - Optimize study/work environments
  - Increase organizational skills
  - Improve time management
  - Increase focus
  - Learn techniques to handle stress
  - Manage money effectively
  - Access community transportation
  - Goal setting
  - Pain Management
  - Nutrition & Exercise
  - Create a balanced lifestyle!
OT: Unique Service on Campus

- Counseling Services
- Disability Services and Programs (DSP), Center for Academic Support (CAS)
  - Learning Assistants
  - Tutors
Collaboration with Other Services

- Counseling Services
- Disability Services and Programs
- Resident Advisors (RAs)
- Athletics
- Veteran Affairs
- Marriage and Family Therapist
- Student Health
- Lyon Center
- Hospitality
- Health Promotion & Prevention Services
- Veterans Affairs
USC Occupational Therapy
Faculty Practice

• Location:
  USC: Both University Park Campus & Health Sciences Campus

• Contact:
  Email: otpf@usc.edu
  Website: usc.edu/otfp
  Phone: 323-442-3340
Accessing OT Services

Referral Process:

- Self-referral
- Psychologist/ Psychiatrist, Primary care physician
- Diagnosis required

Payment:

- Most insurance accepted, including Medicare
- Medical and HMO’s not accepted
- Co-pay or deductible applies
- Private pay option
Mental Health

Health & Wellness (Lifestyle Redesign®)

Lifestyle Redesign® for the College Student
Thank you!

For other questions or comments:

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“Living life to its fullest!”