

The Wellness Blueprint

Early Learnings From The SHEEO-JED Mental Health Learning Community



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National Trends: Young Adult Mental Health

50%

of us will experience a mental health challenge in our lifetime.

1 in 3

of 18- to 25-year-olds experience a mental health challenge each year in the U.S.

75%

of mental health challenges arise during adolescence and young adulthood.

67%

of people ages 18 to 24 living with anxiety and depression do not seek or are unable access treatment.

28%

of college students in 2021 reported suicidal ideation.

2nd

Suicide is the second leading cause of death for people ages 10 to 34 in the U.S.



Disproportionation Impact of Historical Marginalization on Mental Health



41%

of LGBTQIA+ youth
ages 13 to 24 seriously
considered attempting
suicide in the past
year.

~2x

The suicide rate for
American
Indian/Alaska Native
youth (ages 10 to 24) is
twice the national
average.

8 in 10

Asian Americans do not
fully feel they belong
and are accepted in the
U.S.

51%

of students with
registered disabilities
have depression.

Stressed Out and Stopping Out:
The Mental Health Crisis
in Higher Education

Stressed Out and Stopping Out

The Mental Health Crisis in Higher Education

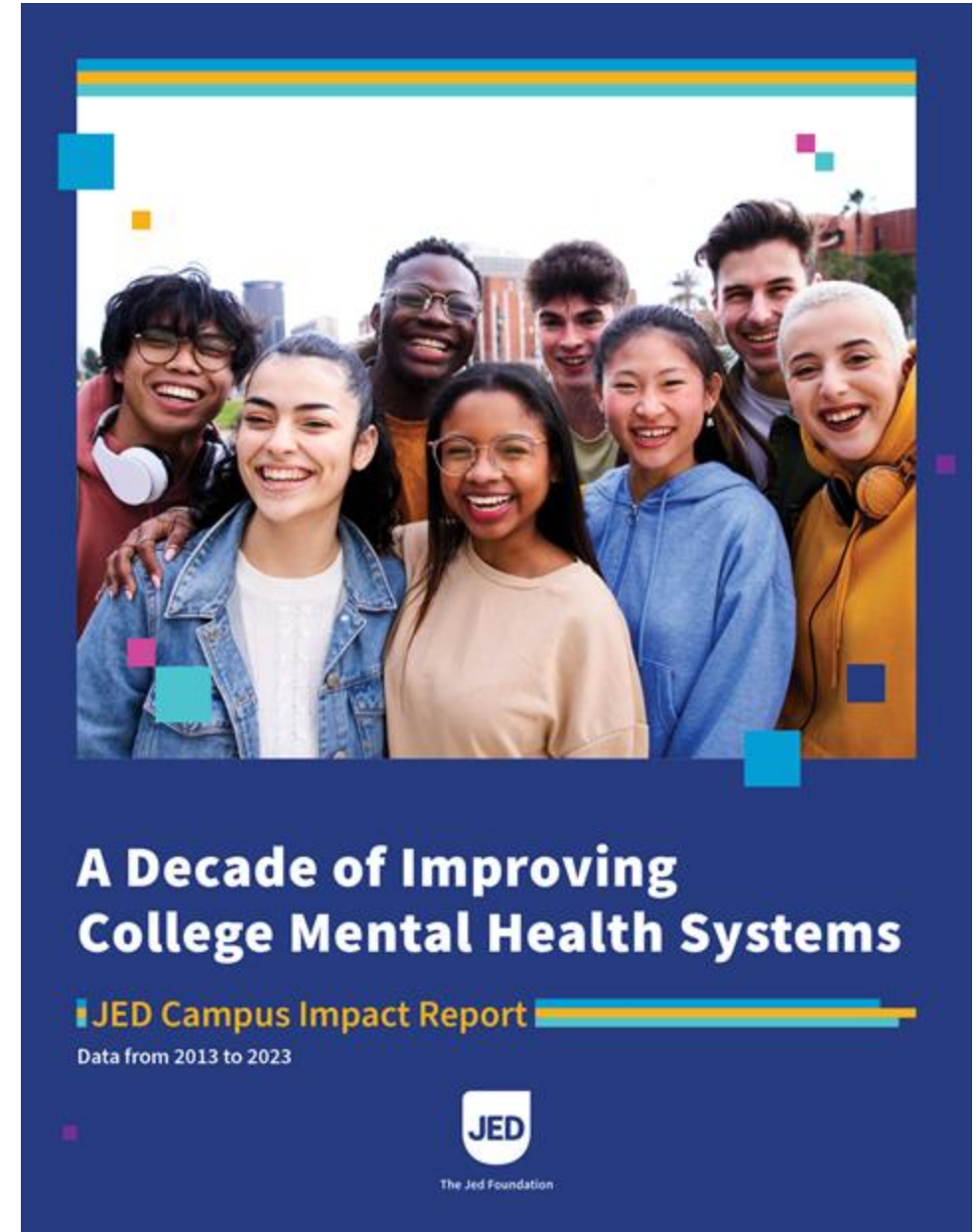
- Over one-third of currently enrolled students have **contemplated pausing or discontinuing their degree** or credential program within the past six months.
- Among students considering dropping out, **64% cite emotional stress or mental health concerns as significant factors**. This percentage is more than double that of students who attribute their decision to the cost of their program.
- When scaled to the entire student population, this suggests that over one in five **students (22%) have considered stopping out specifically due to mental health challenges or emotional stress**.



JED Campus Impact Report: Decade of Improving College Mental Health Systems



To read full report Scan the QR code or visit:
bit.ly/JEDCampusImpact2024



Suicide Prevention

At the time of program completion, students at JED Campus schools were:

10%

Less likely to report
suicidal ideation
in the past year

13%

Less likely to report
making suicide plans
in the past year

25%

Less likely to report
attempting suicide
in the past year

(relative to the baseline, $p < 0.05$)

Students at schools with greater levels of strategic plan progress have even lower probabilities of suicidal ideation, plans, and attempts.

(Rate Ratio [95%CI])*

Student Mental Health and Wellness as a State Policy Priority

- Mental health crisis is too complex and requires partnerships between states, policymakers, and cross-sector stakeholders
- Student mental health crisis is an academic affairs priority as there is no student success without mental health
- SHEEO and JED are uniquely positioned to provide an informed perspective on higher ed policy development and implementation to support students
- Learning community of Arizona, Louisiana, Oregon, Pennsylvania, and Texas engaged in development of state- and system-wide policy recommendations that bolster institutions' ability to support student mental health



Scan the QR code to read findings from our recent convening or visit:

<https://ow.ly/GxSi50SAx10>

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