Technology and College Student Mental Health

Glinda Rawls
Western Michigan University, glinda.rawls@wmich.edu

Follow this and additional works at: https://scholarworks.wmich.edu/acad_leadership

Part of the Mental and Social Health Commons, and the Telemedicine Commons

WMU ScholarWorks Citation
https://scholarworks.wmich.edu/acad_leadership/99
In 1988, counseling center directors were asked about the number of students presenting in their centers. The number of directors who felt more students with severe psychological problems were arriving in their counseling centers increased to 81% in 2007 that number jumped to 92% in 2010. The five measures of progress included the Patient Health Questionnaire-9 (PHQ-9), Behavioral Health Measures-20 (BHM-20), Warwick-Edinburgh Well-being Scale (WEMWBS), and Generalized Anxiety Disorder-7 (GAD-7). The five treatment pathways used in TAO are CBT for anxiety, CBT for depression, ACT, BA and RC.

Cost
As of August 31, 2019, TAO would cost Western Michigan University $22,770 yearly plus there is a one-time $1,500 fee for customizing, branding, and initial training.

This cost would be less than one new counseling faculty specialist and the amount of students TAO could reach would be significant.

TAO could assist the counseling center deal with concerns about waitlists. It could also help other areas within the university like student conduct and the athletic department address mental health, stress management and wellness issues.

Leadership Strategy
Boylan and Gallos (2011) recommend that successful academic leadership in the middle do three things:
1. Listen, understand, and respect differences
2. Look for mutual gains
3. Stay alert to systems dynamics and take new leadership stands.

These three leadership strategies could be helpful when developing more efficient protocols for mental health on campus and for strengthening campus mental health resources. Taking new leadership stands might include incorporating technology and college student mental health.

References


Hall, T. (2019, July 31). Email correspondence about cost of TAO. Technology and College Student Mental Health. Western Michigan University, Kalamazoo, MI.
