Improving Mental Health Screening in a Student Health Center

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Introduction

- **Problem**: College aged-students have the highest prevalence of mental illness compared to other adult age groups, but most students who screen positive are not receiving treatment.1,2
- **Purpose**: To increase identification of anxiety, depression, and substance abuse in the college student population and increase access to treatment and mental health resources for college students struggling with mental illness.
- **Objectives**:
  1. Increased provider knowledge about utilization of screening tools for mental illness and available referral and support interventions for students
  2. Improved provider attitude towards utilization of screening tools
  3. Increased screening rates for anxiety, depression and substance abuse disorders
  4. Increased rate of students who screen positive receiving appropriate follow-up evaluation, resources, treatment and referrals

Methods

- **This project was deemed not Human Subjects Research**
- **Setting**: American Republic Student Health Center
- **Population**: Providers at ARSHC
- **Training and Resource Toolkit Development**
- **Implementation of PSQ Screening Tool**
- **Current Practice Assessment**
- **Staff interviews identified need for standard screening tool, standardized use, and resource toolkit**
- **Delivery of staff education and training sessions, creation and distribution of resource toolkit**
- **PSQ tool administration to all students presenting for mental health concerns at every visit**
- **Staff surveys pre and post education sessions**

Evaluation

- **Mean RN Score**
  - Staff surveys pre and post education sessions
- **Counselor Mean Score**
  - PSQ tool administration to all students presenting for college students struggling with mental illness.

Outcomes

- **Mean Staff Knowledge**
- **Change in staff attitude of five staff present throughout implementation was not found to be statistically significant using Wilcoxson Signed Rank Test** (W=69.5, Z= -1.3, N =20, Ties= 10, p=.183, alpha=.05)

Conclusions

- **Increased staff knowledge about screening tools with no significant change in staff attitude observed. Staff comments indicated improved efficiency, follow-up care, and ease of use**
- **Significant and sustained improvement in screening rates and consistent rate of students receiving appropriate treatment**

References


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