A MENTAL HEALTH NEEDS ASSESSMENT OF THE IAIA STUDENT BODY

Researched and Presented by Marushka Eloise Stempien
Community Centered Research Process
CREATING CONTEXT

- La Resolana Model
- Mixed method data collection
- Centering a diverse student body: addressing need through student informed themes
- Acknowledging Historical Trauma
  - BIA roots
PUTTING THE PIECES TOGETHER

- 14 Student Interviews
- Informed Perceptions of:
  - Socio-cultural climate on campus
  - Individuals’ expressions of mental wellness
  - Relationships with institutional systems & resources
  - Initial themes that supported in survey development
- 111 Student Surveys
  (33.33% of On-Campus population)
- Informed Perceptions of:
  - Campus culture & interpersonal dynamics
  - Individuals’ relationship to mental wellness & mental health services on & off campus
  - Understanding & utilization of the IAIA Title IX policy
Do you experience feelings of depression while on campus?

Answered: 108   Skipped: 3

![Pie chart showing the distribution of responses to the question about depression.]

- Always: 8.33% (9)
- Never: 12.04% (13)
- Rarely: 22.22% (24)
- Sometimes: 35.19% (38)
- Often: 22.22% (24)

Do you feel anxious while on campus?

Answered: 111   Skipped: 0

![Pie chart showing the distribution of responses to the question about anxiety.]

- Always: 6.31% (7)
- Never: 9.91% (11)
- Rarely: 26.13% (29)
- Sometimes: 38.74% (43)
- Often: 18.92% (21)
**INCREASE FACTORS**

### Q3
What do you feel increases your feelings of depression?

**RESPONSES (102)**

<table>
<thead>
<tr>
<th>RESPONSES (102)</th>
<th>TEXT ANALYSIS</th>
<th>TAGS (0)</th>
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**Showing 20 words and phrases**

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<th>Word</th>
<th>Percent</th>
<th>Count</th>
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<td>12</td>
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<tr>
<td>feel</td>
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<td>8</td>
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<tr>
<td>isolation</td>
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<tr>
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<td>5</td>
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<tr>
<td>work</td>
<td>4.80%</td>
<td>6</td>
</tr>
</tbody>
</table>

**Showing 12 responses for Stress Clear**

- **Isolation and stress**
  - 4/4/2013 7:03 PM
  - View respondent’s answers
  - Add Tags

- **Stress, isolation, anxiety**
  - 4/5/2013 11:43 AM
  - View respondent’s answers
  - Add Tags

- **Higher levels of Stress**
  - 4/5/2013 11:58 AM
  - View respondent’s answers
  - Add Tags

- **Lots of work that stresses me out**
  - 4/5/2013 12:12 PM
  - View respondent’s answers
  - Add Tags

- **Stress, isolation, lack of physical activity**
  - 4/5/2013 12:16 PM
  - View respondent’s answers
  - Add Tags
DECREASE FACTORS

- Art therapy
  - Depression: 47.87%
  - Anxiety: 51.49%
- Traditional practices
  - Depression: 38.30%
  - Anxiety: 37.62%
- Self medication
  - Depression: 32.98%
  - Anxiety: 32.67%
- Counseling
  - Depression: 27.66%
  - Anxiety: 33.66%
Do you feel isolated in any of your personal relationships on campus (physically, socially, etc.)?

Answered: 107  Skipped: 4
Do you feel that your mental health has changed since attending IAIA?

Answered: 103  Skipped: 8

- 45.63%: It has become better
- 12.62%: It has become worse
- 25.24%: It hasn’t changed
- 16.50%: Other (please specify)
Have you, in the past or currently, used / use mental health services outside of what is provided on campus?

Answered: 105    Skipped: 6

- Used off-campus... 35.24%
- Currently use off-campus... 8.57%
- I have never used mental... 59.05%
Have you ever used campus-provided art therapy / counseling services or traditional practices (ie, sweat lodge, etc.) while attending IAIA?

Answered: 64   Skipped: 47

Art therapy  Counseling  Traditional practices
FEEDBACK ON CAMPUS SERVICES

Positive:
- Art therapy as a modality
- Good rapport with practitioner
  - Feelings of safety
  - Trust in confidentiality

Negative:
- Lack of faith in counseling
  - Concerns about confidentiality
  - Concerns about practices in modality
SERVICES

- Overall want for service expansion
  - 91% affirmative response
- Student recommended methods of engagement
  - Increase in frequency & diversity of activities
- Need for additional practitioners
  - Specialized services
- Further visibility of practitioners & services
  - More open discussions centered on mental wellness
- Want for practitioner presence in classrooms
- Some uncertainty of what alternatives are possible
RELEVANCE OF TITLE IX

• Prohibits:
  • Harassment (sexual & otherwise)
  • Sexual violence
  • Domestic violence
  • Dating violence
  • Stalking

• Addresses:
  • Harassment
  • Retaliation
  • Discrimination

Is the language in the Title 9 policy easy to understand?

Answered: 110  Skipped: 1

- Yes: 33.64%
- No: 9.09%
- N/A: 44.55%
- Please explain: 12.73%
Student Perceptions:

- Knowledge gap
  - Student gossip network informs perceptions
- Fear of potential outcomes
- Mistrust of or disinterest in available conflict resolution techniques
- Lack of visibility & transparency
  - Mental health practitioners, resources, & services
- Title IX policy & reporting tools/process

Reporting:

- 0.02% experienced satisfaction with reporting process & outcomes
- 89% have never filed a Title IX report
- 81% responded “N/A” when asked if they feared retaliation for filing a report
RECOMMENDATIONS

• Creating new avenues for inclusion, respect, & safety
  • Embracing student perceptions & input as integral to service & policy development
  • Centering clear & direct communication methods between all institutional bodies when discussing student mental health and wellness needs
  • Initiating dialogues on definitions of policies
  • Actively engage the student body in the policy interpretation and reporting process

• Further integration of mental health practitioners as community advocates:
  • Prioritizing transparency and visibility of practitioners, services, & resources
  • Engaging alternative methods of conflict resolution
  • Resource expansion based on indicated student needs