



MONTANA
UNIVERSITY SYSTEM

Student Mental Health in the MUS

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Montana HOPES



American College Health Association
National College Health Assessment



Healthy Colleges Montana

Rural Mental Health Preparation Practice Pathway

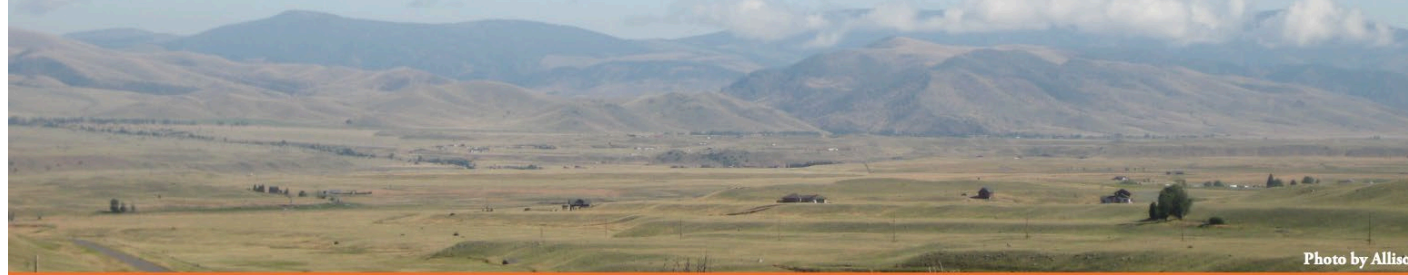


Photo by Allison

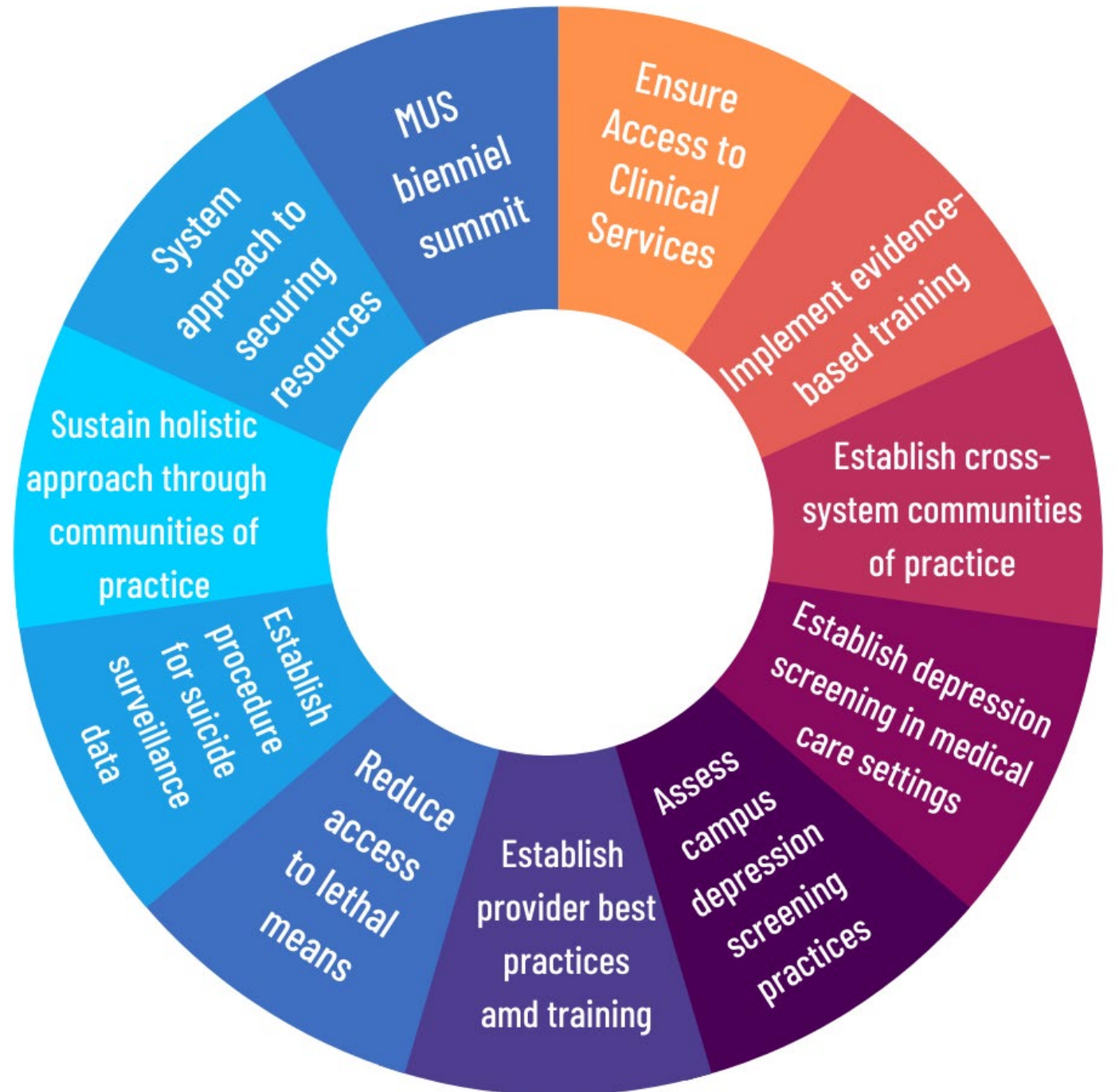
Montana State University & University of Montana partnering to address rural mental health needs



Montana University System

MUS Suicide Prevention & Mental Health Task Force

2021 Recommendations Report



MUS Suicide Prevention & Mental Health Task Force

- 1 Launched [You Matter MUS](#)
- 2 Implemented system-wide suicide surveillance data tracking
- 3 Partnered with NASPA to administer [NCHA](#)
- 4 MUS Mental Health & Wellness Summit 2022



50.9% of students experience moderate psychological distress
20.5% experience server psychological distress

*Kessler Non-Specific
Psychological Distress Scale*

46.9% of students scored positive for loneliness

UCLA Loneliness Scale

44.8% of students reported challenges with academics
48.4% reported challenges with finances

NCHA survey

38.6% of students reported stress as an impediment to academics
83.8% reported increased stress during COVID-19 pandemic

*NCHA negative impacts on
academics*

22.8% of students experience *low* food security
14.6% experience *very low* food security

*US Household Food
Security Module*



70% of students feel that they belong at their college or university

MT students had an average score of 45 on the Flourishing Scale

*Diener Flourishing Scale-
Psychological Well-being
(Range 8-56)*

MT students score an average of 6.2/8 on Resilience Scale

*Connor-Davison Resilience
Scale*

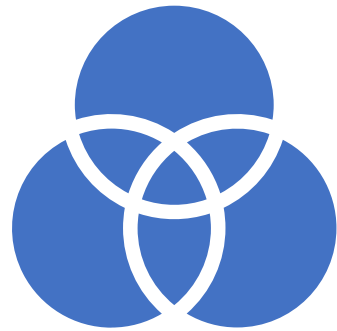
76% of students reported that they would seek mental health services



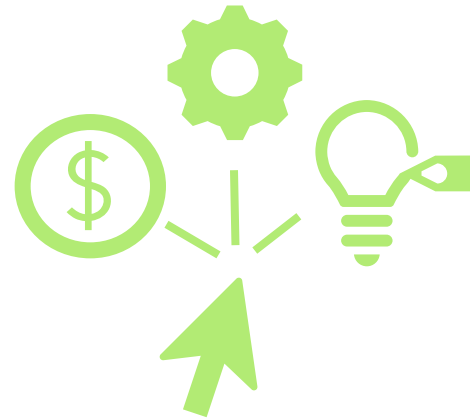
Mental Health Needs Assessment



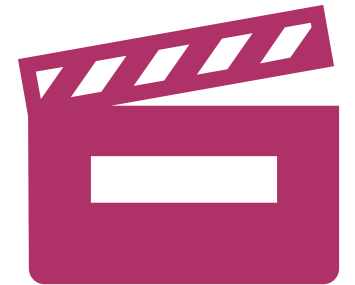
Stakeholders



Scope



Resources



Action



SAVE THE DATE!

Enriching Community Mental Health and Well-Being

FREE Mental Health & Wellness Summit

All students, faculty & staff welcome

September 20-22, 2022

Montana State University Billings

