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Promoting Mental Health Occupational Therapy in Higher Education: Lifestyle Redesign® for the College Student

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**Promoting Mental Health Occupational Therapy in
Higher Education:
Lifestyle Redesign[®] for the College Student**

Karen McNulty, OTD, OTR/L

College Students & Mental Health

Stress

50% college dropout rate

63% so stressed that they could
not get their work done

55% so stressed they didn't want to hang out or
participate in social activities

85% of students reported feeling stressed on a
daily basis

(ACHA, 2007)

American College Health Association: National College Health Assessment. Reference Group Executive Summary Fall 2006. Baltimore: American College Health Association; 2007.

College Students & Mental Health

- **Depression:**

- **Half of all college students** report feeling so depressed at some point in time that they have trouble functioning
14.5% meet the criteria for clinical depression.
(mtvU survey)
- 10% of college students have been diagnosed with depression and including 13% of college women.
- 18 to 24 is a very common age range for people to experience their first episode of depression.

Facts & Stats below are courtesy of the National Mental Health Association (now known as [Mental Health America](#)):

mtvU survey: www.halfofus.com

College Students & Mental Health

- Anxiety

In 2000, almost 7% of college students reported experiencing anxiety disorders within the previous year.

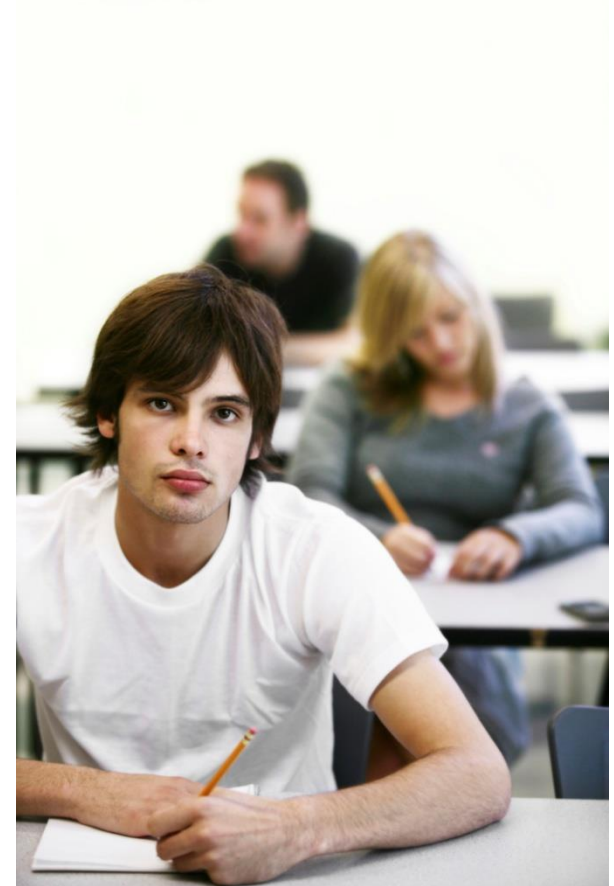
Women are 5 times as likely to have anxiety disorders.

Facts & Stats below are courtesy of the National Mental Health Association (now known as [Mental Health America](#)):



College Mental Health Trends

- More students enter college already taking psychiatric medications,
- More colleges are reporting increases in severe psychopathology in students
- Campus mental health centers were prescribing more medications
- Suicide was the 2nd leading cause of death among students.



Healthy Campus 2010

- Lifestyle Issues:
 - **Physical Activity:** 33%
 - **Diet:** 6.7%
- (University of Southern California, 2007).



Sleep

- **Students aren't getting enough sleep:**
 - **13% of college students responded that they had been able to get enough sleep to make them feel rested in the morning.**
 - **46% polled said they had slept enough on 3-5 days,**
 - **29% felt well rested on 1-2 days**
 - **12% said that they didn't get an adequate amount of sleep once in the past week.**



Substance Use

- **Alcohol Abuse and Dependence:**
 - 31% alcohol abuse
 - 6 percent alcohol dependence in the past 12 months

* (Knight et al., 2002)

Transitioning to College

- **First-Year Students:**
 - many students initiate heavy drinking
 - interfere with successful adaptation to campus life.
 - 1/3 of first-year students fail to enroll for their second year



- *Statistics from NIAAA's "Snapshot of Annual High-Risk College Drinking Consequences"*

Factors contributing to Depression

- **Dealing with the Loss of the Familiar**
- **Handling Rigorous Academics**
- **Negotiating a New Social Network**
- **Access to Alcohol and Drugs**
- **Lack of Mental Health Information**
- <http://www.lifespan.org/services/mentalhealth/articles/depression/collegedepression.htm>

What is Occupational Therapy?

- **Occupations:**

Meaningful activity that occupies our time and is embedded in the flow of our day

- Based on Occupational Science

- OT started in Mental health

What is Lifestyle Redesign [®]?

- Lifestyle Redesign [®] is the process of developing and enacting a customized routine of health promoting and meaningful activities
- New area of Wellness/ Prevention

Program Description

- **Population:** College students (junior college, undergraduate & graduate)
 - Common diagnoses: Depression, Bipolar Disorder, Anxiety, ADD/ADHD, and various learning disabilities
- **Program:** The Lifestyle Redesign® for the College Student provides individualized support and coaching throughout the year to help manage the demands of college life.
 - Services provided in **environment** of the student



Who can benefit from the Lifestyle Redesign[®] Program?

Any student who is experiencing difficulty....

- Initiating or following through with academic, social, or personal tasks
- Transitioning away from home or adjusting to the college lifestyle
- Completing academic assignments on time
- Managing their stress level
- Or any student who wants to learn skills for healthy living and academic success!



Program Description

– *Occupational Therapists help students:*

- **Optimize study/work environments**
- **Increase organizational skills**
- **Improve time management**
- **Increase focus**
- **Learn techniques to handle stress**
- **Manage money effectively**
- **Access community transportation**
- **Goal setting**
- **Pain Management**
- **Nutrition & Exercise**
- **Create a balanced lifestyle!**



OT: Unique Service on Campus

- Counseling Services
- Disability Services and Programs (DSP),
Center for Academic Support (CAS)
 - Learning Assistants
 - Tutors



Collaboration with Other Services

- Counseling Services
- Disability Services and Programs
- Resident Advisors (RAs)
- Athletics
- Veteran Affairs
- Marriage and Family Therapist
- Student Health
- Lyon Center
- Hospitality
- Health Promotion & Prevention Services
- Veterans Affairs



USC Occupational Therapy Faculty Practice

- Location:

USC : Both University Park Campus &
Health Sciences Campus

- Contact:

Email: otfp@usc.edu

Website: usc.edu/otfp

Phone: 323-442-3340

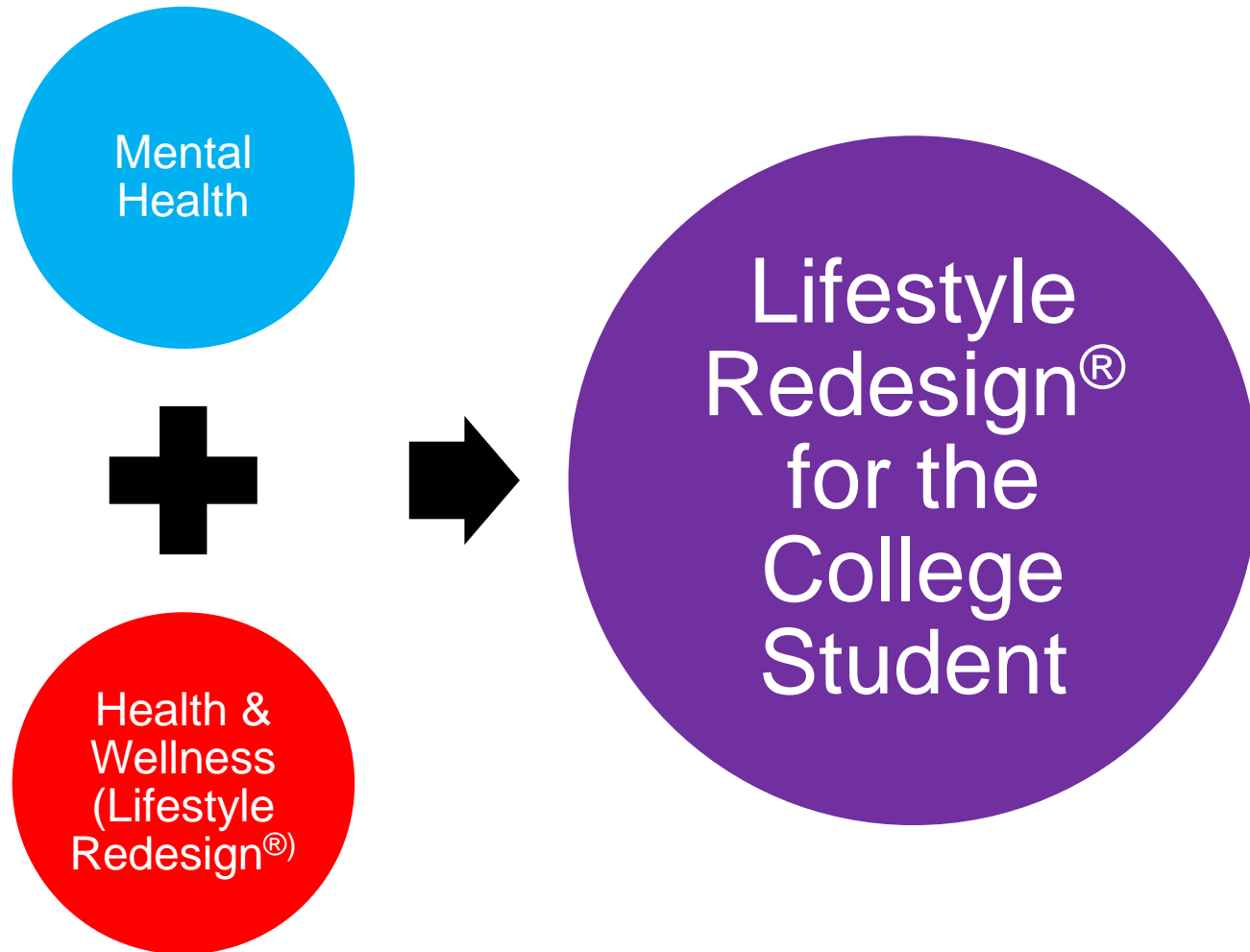
Accessing OT Services

Referral Process:

- Self-referral
- Psychologist/ Psychiatrist, Primary care physician
- Diagnosis required

Payment:

- Most insurance accepted, including Medicare
- Medical and HMO's not accepted
- Co-pay or deductible applies
- Private pay option



Thank you!

For other questions or comments:

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