

Mental Health on Campus – Practical Ways to Help

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Acknowledgement

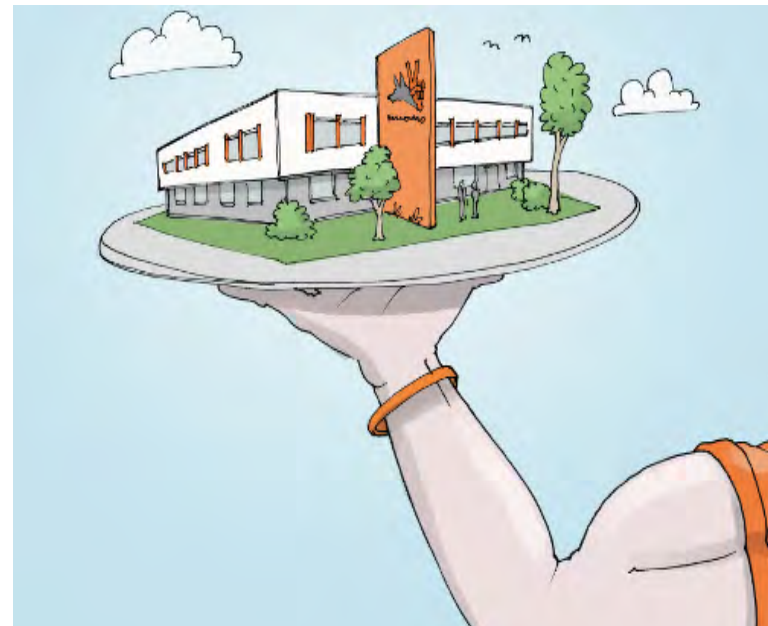


Artwork by Bronwyn Bancroft
– Djanbun Clan, Bundjalung
Nation

Black Dog Institute

Mood Disorders

- research
- tertiary clinical services
- professional education
- lobbying



eMHPrac

eMHPrac
E-MENTAL HEALTH IN PRACTICE



What drives me?

- A little story about me

- 
- We need to do more to improve mental health

AIWH 2014

70% of Australians with mental health problems got some sort of professional help



We need to do more to improve mental health

We?

My Goals Today

- Reinforce knowledge of **prevalence and impact mental health problems** on campus
- Underscore the importance of **early intervention** in mental health
- Encourage you to **see yourself as part of the care team**
- Help you to discover some **resources** you might use and how you might use them

Some figures:

- One in five Australians experience mental health problems **in any given year**

ONE IN FIVE



WHO says:

- 10 – 20% of children and adolescents experience mental health disorders
- Half of all mental illnesses begin before the age of 14 and 75% by the mid twenties

“Mental Health Problems” – severe and enduring

- Schizophrenia – 1% (onset late teens in males, mid twenties in females)
- Bipolar Disorder – 3-4% of 16-24 year olds (onset any time but most commonly in teens and twenties)

Common “mental health problems”

In the general population:

- Anxiety
- Depression
- Stress
- Drug and alcohol related problems

And on especially campus:

- Eating disorders
- PTSD (childhood abuse and neglect)

Suicidality can occur in all these conditions

Consequences of failure to recognise and treat early:

- Underperformance or academic failure
- Interpersonal difficulty
- Development of secondary problems:
 - drugs and alcohol
 - other self harming behaviours
- Stigma, isolation and discrimination
- Deterioration in mental health
- Poor physical health

Prevention and Early Intervention

- Psychotic Illness (Patrick McGorry)
- Bipolar disorder
- Eating Disorders

- Anxiety and Depression
- Stress

WHO says:

Health workers who work with young people need to have the competencies to:

- relate to young people
- to detect mental health problems early
- to provide effective counselling
- to use medication where necessary



BUT

- Where are these health workers?
- How can we encourage people to see them?
- What can **we do if there are no such health workers available** or people in need of care will not go to see them?

Step 1: “Are you OK?”

- More than suicide prevention
- Why don't we say it more often?

Are we afraid of the answer?



Lou 28

- Severe **eating disorder** since 14 years of age
- **Unstable mood** and **recent psychotic episode**
- Retrospective diagnosis of (untreated) bipolar disorder since early adolescence



What Lou says about “Are you OK?”

- “It would have been a great relief to me if someone had asked me if I was OK but even when I was stick thin nobody said a word”

BUT

- they needed to have asked the question **in private**
- they needed to understand that I might be defensive and reject them in the first instance
- they just needed to **leave the door open for me to come back**

What Lou says about what they could have done next:

- “They only needed to acknowledge that I was not OK and encourage me to seek some help. It would have made a big difference”

What could you suggest to someone like Lou?

(after you check what she has done already)

- Seek professional help:

GP

Psychologist\Counsellor

- Try seeking help online

Who would you see if you thought you had a psychological problem?

1. Friends
2. Family member
3. Nobody
4. GP
5. Psychologist

What stops people from seeking help?

- stigma:

from social stigma:

“you don’t have any problems – think about all the starving Africans”

“ what would my mates think if they knew I needed a shrink”

to impact on career

- time, cost, distance, inappropriateness of available services

- lack of a perceived need for help -

“there’s nothing wrong with me that a bit of rain wouldn’t fix”

- being unaware of services
- scepticism about treatment effectiveness

Getting help online – the place of online resources

Online resources are not a substitute for face to face care (though they can be in some circumstances)

- Prevention and early intervention
- Introduction to face to face care
- Adjunct to face to face care

Crisis Help

- Lifeline 131114 www.lifeline.org.au
- Suicide Callback Service 1300659467
www.suicidecallbackservice.org.au
- Mensline Australia 1300789978
<https://www.mensline.org.au/>
- Qlife 1800184527 <https://qlife.org.au/>
- E-Headspace 1800650890
<https://headspace.org.au/>
- Kids Helpline 1800551800
<https://kidshelpline.com.au/>

Websites for Psychoeducation

- beyondblue www.beyondblue.org.au
- Black Dog Institute www.blackdoginstitute.org.au
- Blue Pages <https://bluepages.anu.edu.au/>
- BiteBACK www.biteback.org.au
- Reach Out www.reachout.com
- E-headspace www.eheadspace.org.au/
- Centre for Clinical Interventions
<http://www.cci.health.wa.gov.au/>

Head to Health

- “Digital gateway” to mental health
- Open access
- Screening
- Advice about treatment options

Mental health treatment online!!



Online CBT – the evidence:

- As effective as manualised face-to-face CBT in specific anxiety disorders and depression
- Helpful in resilience building and stress management in psychologically vulnerable populations
- www.blackdoginstitute.org.au/emhprac

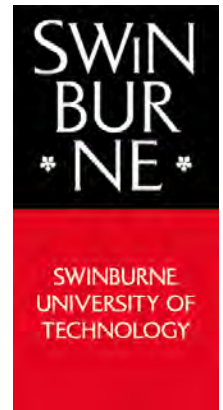
Online Treatment Programs

- Australia is a world leader in the development of online treatment programs:



- Australian programs are federally funded and evidence based
- Most are available free of charge

Developing institutions:



Overview

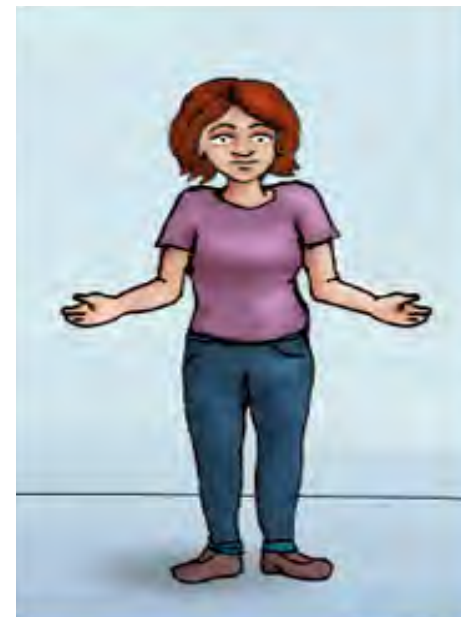
- Australian
- Evidence based – both for **prevention** and **treatment** of common mental health conditions
- Online delivery of CBT (i-CBT/cCBT) with a little positive psychology, mindfulness based therapy and ACT.
- Mostly unguided self-help

Online Self Help Programs

- Mostly free (except for This Way Up)
- Available without referral

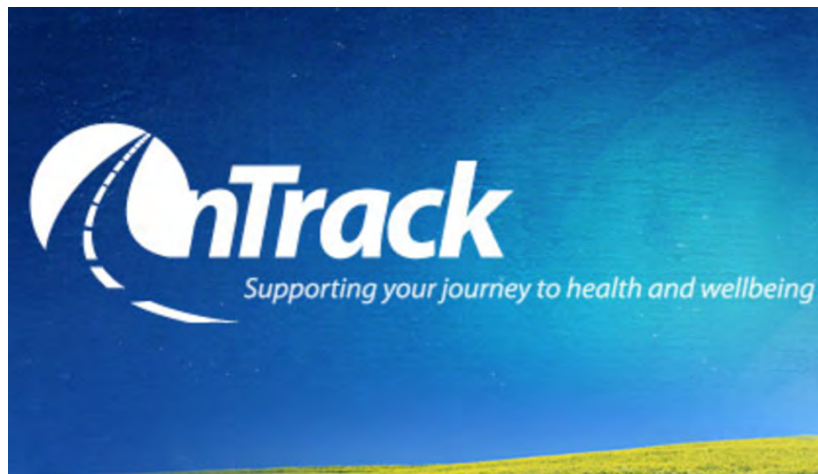


ANU Programs



QUT Programs (OnTrack)

- Unique **modules** for specific problems



Swinburne UT - Mental Health Online

- Linear
- Diagnosis specific for a range of anxiety disorders and depression
- **Free** in the self guided form



Black Dog Institute - MyCompass

- Non-linear (14 X 30 minute modules)
- Transdiagnostic
- Free

The screenshot shows the myCompass website. At the top, the logo "myCompass" is displayed next to a hand icon. Below the logo is a navigation bar with "HOME" and "HELP". The main header features a background image of two people on a construction site with the text "Set SMART goals and achieve them!".

What is myCompass?
Nearly half of all Australians aged 16 and over will suffer from some form of anxiety, worry or depression in their lifetime and the numbers are growing.

Current Feature
A new study has found that avoiding your feared activities may be the key to future happiness.

To get the most out of myCompass we recommend you:

- track at least 2 moods, feelings or events each day
- complete at least 2 of the modules & lower tasks

myCompass Tools

- Tracking**: Build awareness of your moods, feelings, thoughts and events by tracking or monitoring events. Using our mobile phone you can monitor from anywhere and anytime.
- Reports**: Make changes to your health and behaviour over time - identify patterns and possible causes. Understand why you feel the way you do and identify coping points for better outcomes.
- Modules**: Learn new techniques to manage your thoughts, feelings and behaviours through brief interactive modules. Personalise and engage with your coping mechanisms and improve your wellbeing.

Log In
Email or Mobile Number:
Password:
[Forgot Password?](#)

New Here?
It only takes a moment to register, then you can start using myCompass.

MyCompass features

myCompass x

Secure | <https://www.mycompass.org.au>

Apps Bookmarks Google Creative Doctors Story Specialists: Doc Structured therapist Stanford Encyclopedi The View from Here Mental Health - italk Other bookmarks

Learn new ways to deal with thoughts, feelings and behaviours that cause your trouble. You will have a tool-kit of strategies to use when you need them.

HOW ARE YOU TRAVELLING?

TAKE THE SELF-ASSESSMENT

WHAT AFFECTS YOU?

SYMPTOM TRACKER

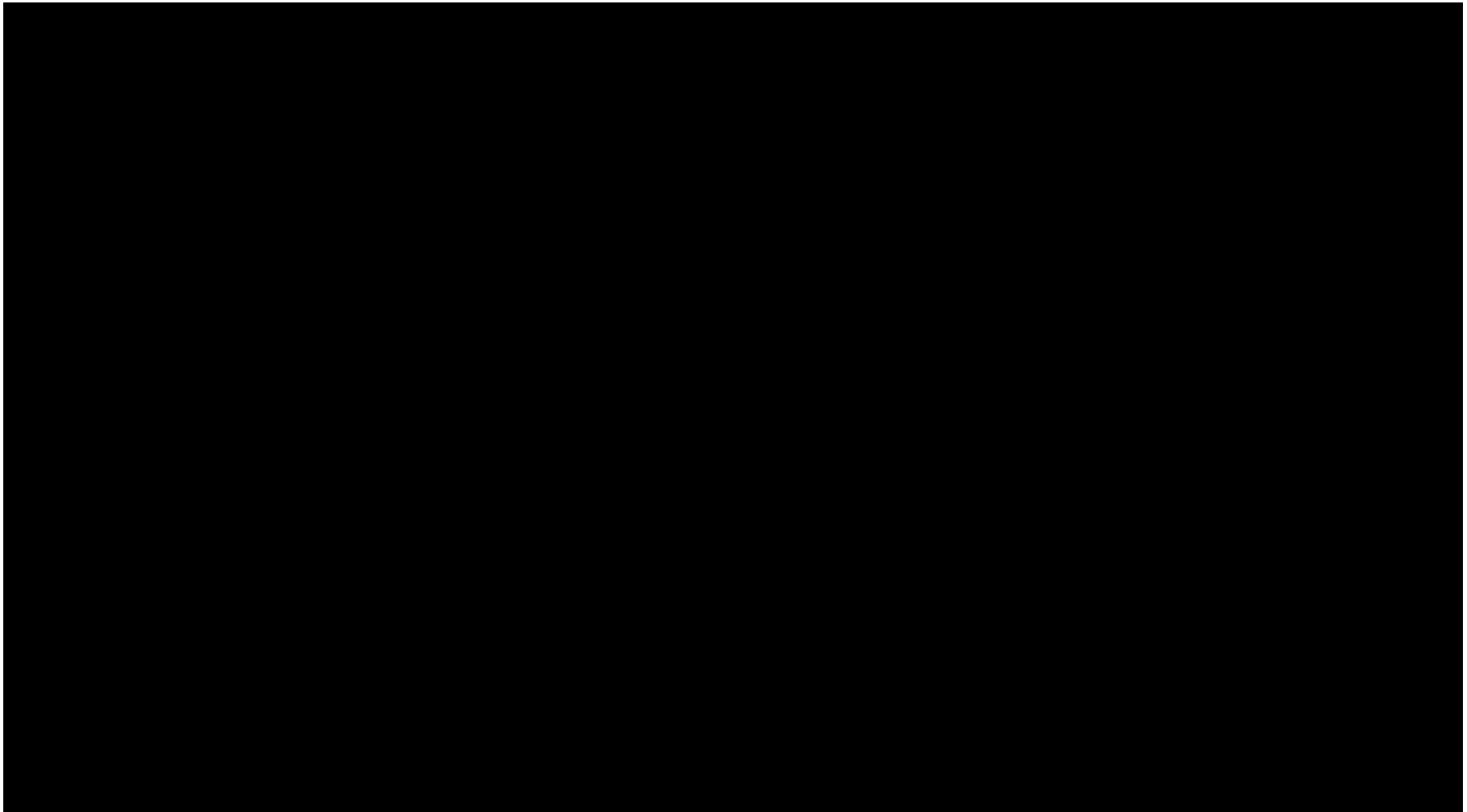
TAKE ACTION

LEARN TECHNIQUES

< I was able to see a pattern in my moods and work out what was causing them to fluctuate. myCompass kept me on top of my feelings so I could reassess what was going on each day. >

6:50 PM 30/06/2017

Inside myCompass



THISWAYUP from UNSW/St Vincents/CRUFAD

- Linear
- **NOT FREE** (~\$60 per program)
But
- The most research evidence that it works
- Available as an **app** as well as for desk/laptop
- Programs for specific anxiety disorders as well as depression, insomnia, chronic pain and mindfulness based therapy



Virtual Clinic

- Mindspot (Macquarie University)
- “GUIDED SELF- HELP”
- Linear,
- transdiagnostic wellbeing programs for adults, older adults, indigenous people and adolescents.
- Specific programs for OCD and PTSD
- 5 “lessons” over 8 weeks



SO.....Where do these programs fit into mental health care?:

- Prevention
- Early intervention
- As a introduction to face-to-face care
- As an adjunct to face to face care
- To fill the gap when no face to face care is available or accessible



Models for using eMH

adapted from Reynolds et al JMIR 2015 2(1) e6

Promotion	Recommending self-help resources where appropriate
Case Management	Initial and final assessment and crisis management where necessary
Coaching	Actively and regularly supporting someone as they work through a program
Treatment of specific symptoms	Extending face-to-face therapy using eMH to address specific symptoms
Integration eMH into comprehensive treatment	Full integration of eMH into face-to-face therapy programs

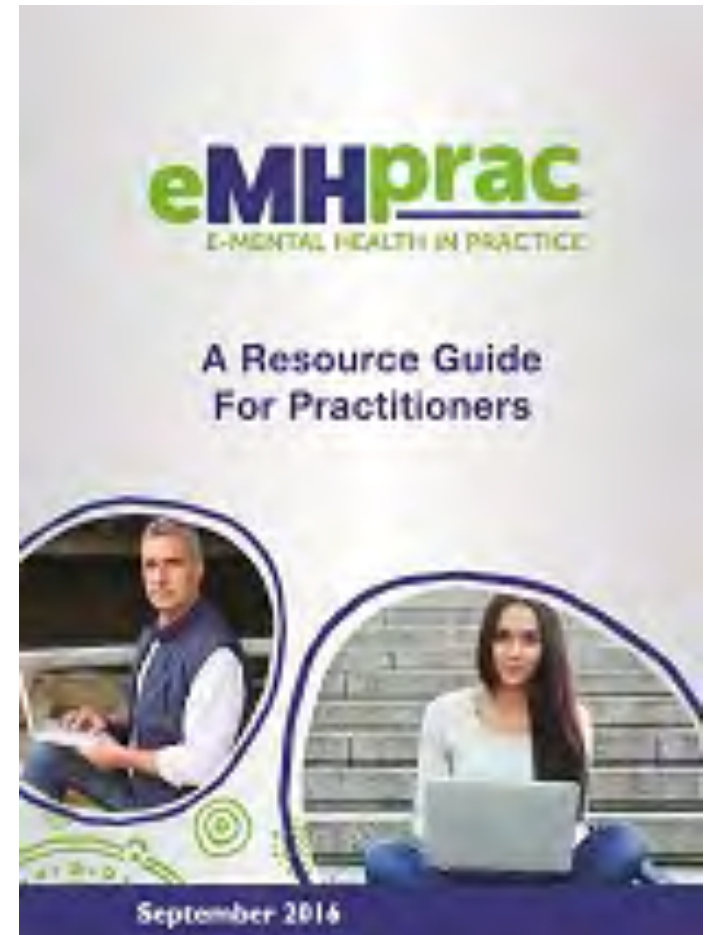
Learn more:

- eMH resource guide

www.emhprac.org.au

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- <http://cmhr.anu.edu.au/research/projects/emhprac/resources>



Professional training:

- GP training www.blackdoginstitute.org.au



- Allied Health training
<http://cmhr.anu.edu.au/research/projects/emhprac/resources>



Australian
National
University

- 
- We ALL need to do more to improve mental health

- Let's work together towards a mentally healthier world
- (Mental health is everybody's business)

