

A MENTAL HEALTH NEEDS ASSESSMENT OF THE IAIA STUDENT BODY

Researched and Presented by Marushka Eloise Stempien

Community Centered Research Process



CREATING CONTEXT



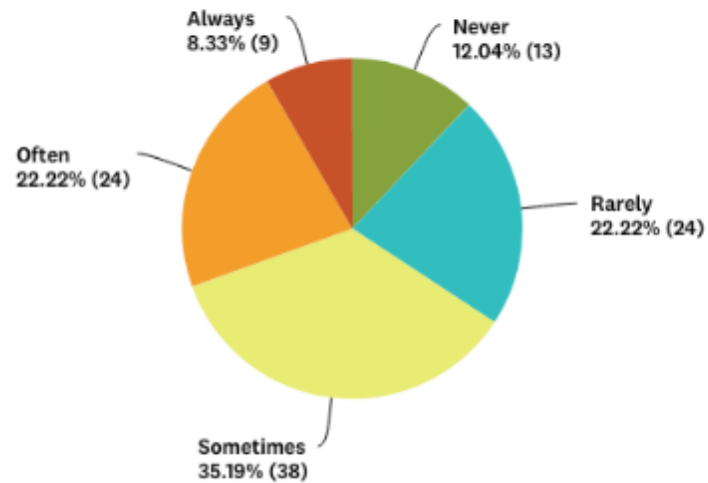
- *La Resolana* Model
- Mixed method data collection
- Centering a diverse student body: addressing need through student informed themes
- Acknowledging Historical Trauma
 - BIA roots

PUTTING THE PIECES TOGETHER

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

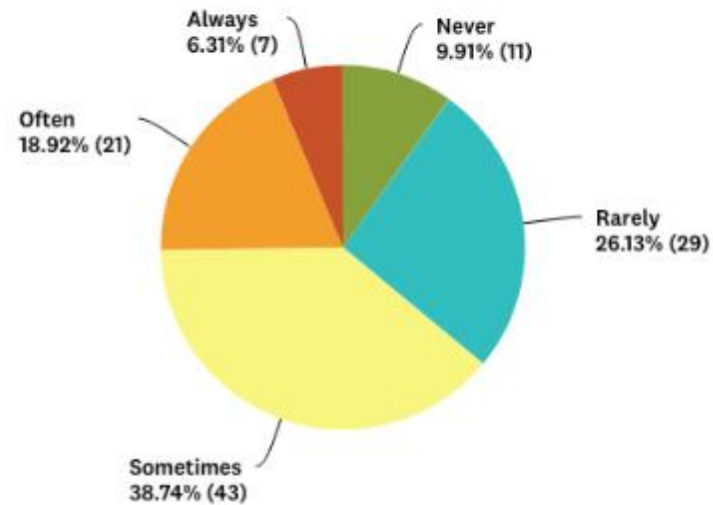
Do you experience feelings of depression while on campus?

Answered: 108 Skipped: 3

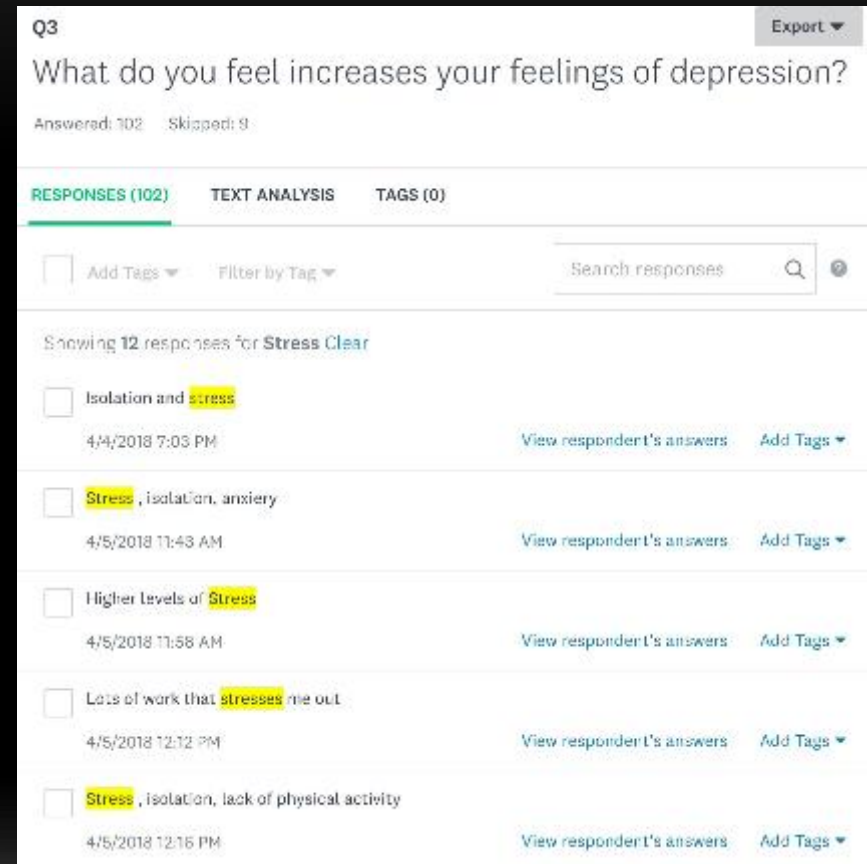
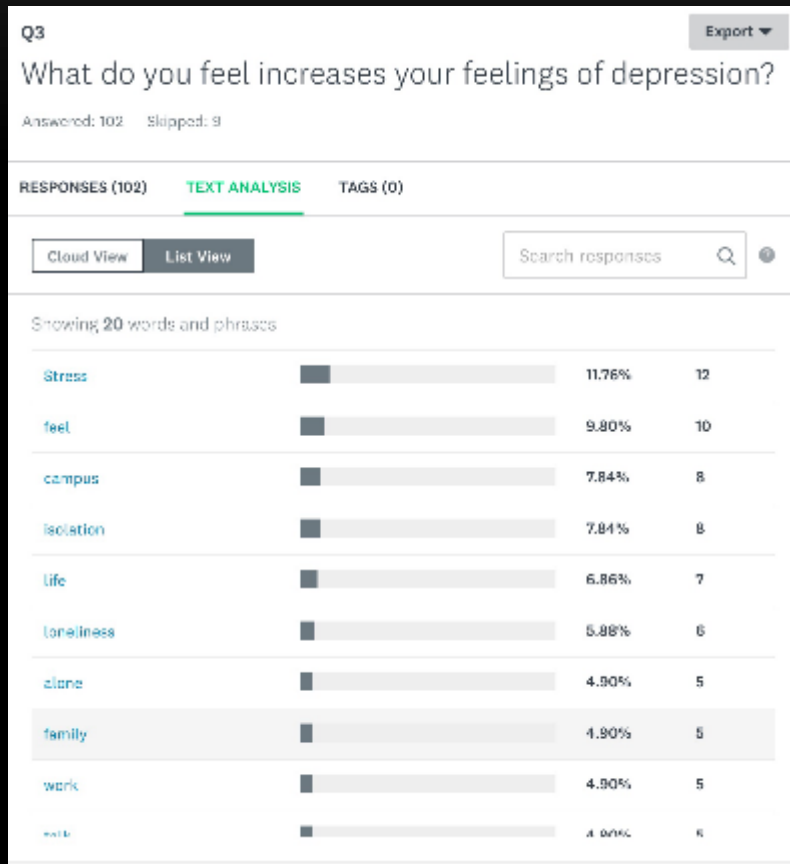


Do you feel anxious while on campus?

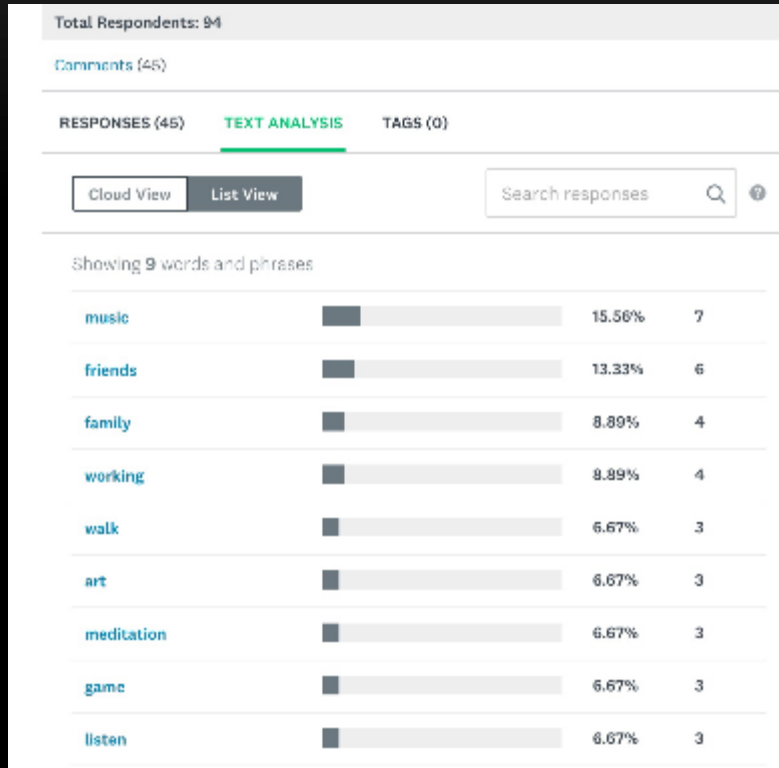
Answered: 111 Skipped: 0



INCREASE FACTORS



DECREASE FACTORS

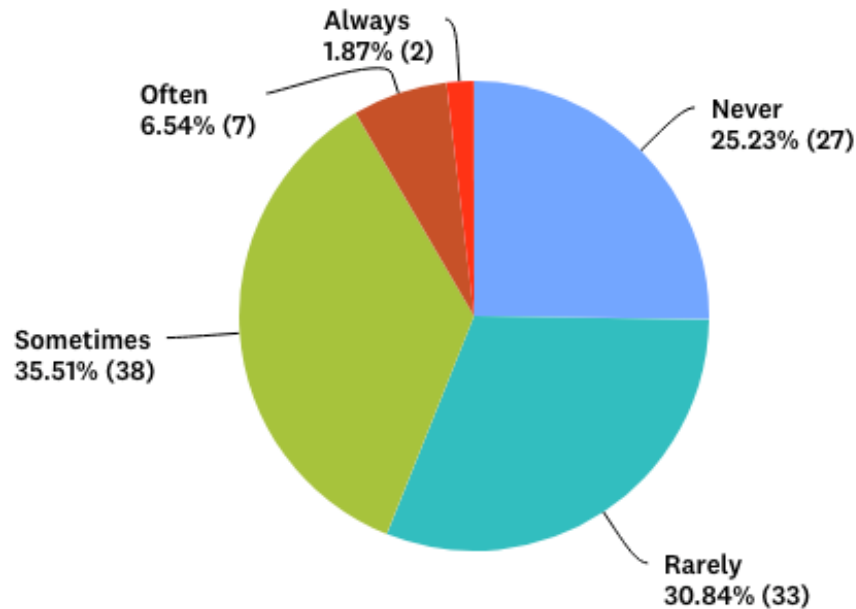


- Art therapy
 - Depression: 47.87%
 - Anxiety: 51.49%
- Traditional practices
 - Depression: 38.30%
 - Anxiety: 37.62%
- Self medication
 - Depression: 32.98%
 - Anxiety: 32.67%
- Counseling
 - Depression: 27.66%
 - Anxiety: 33.66%

COMMUNITY

Do you feel isolated in any of your personal relationships on campus (physically, socially, etc.)?

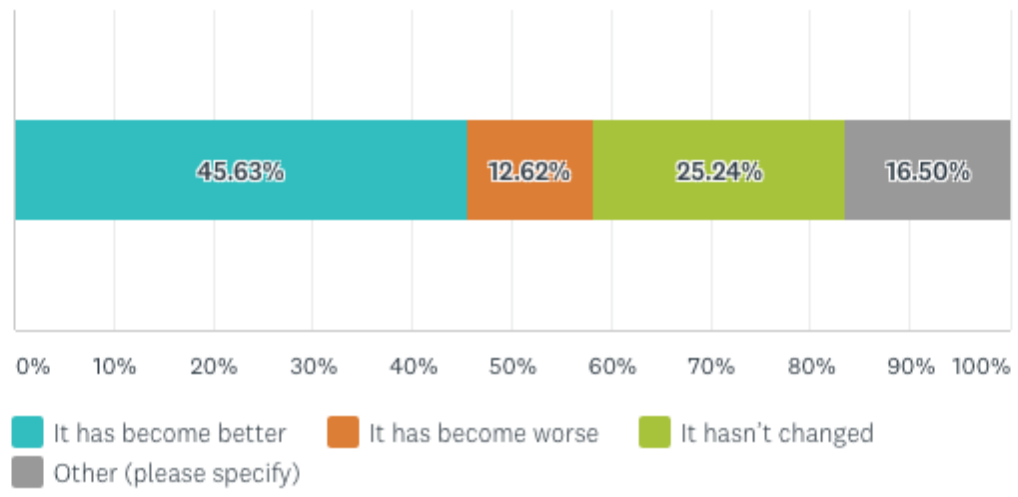
Answered: 107 Skipped: 4



PERCEPTION OF WELLNESS

Do you feel that your mental health has changed since attending IAIA?

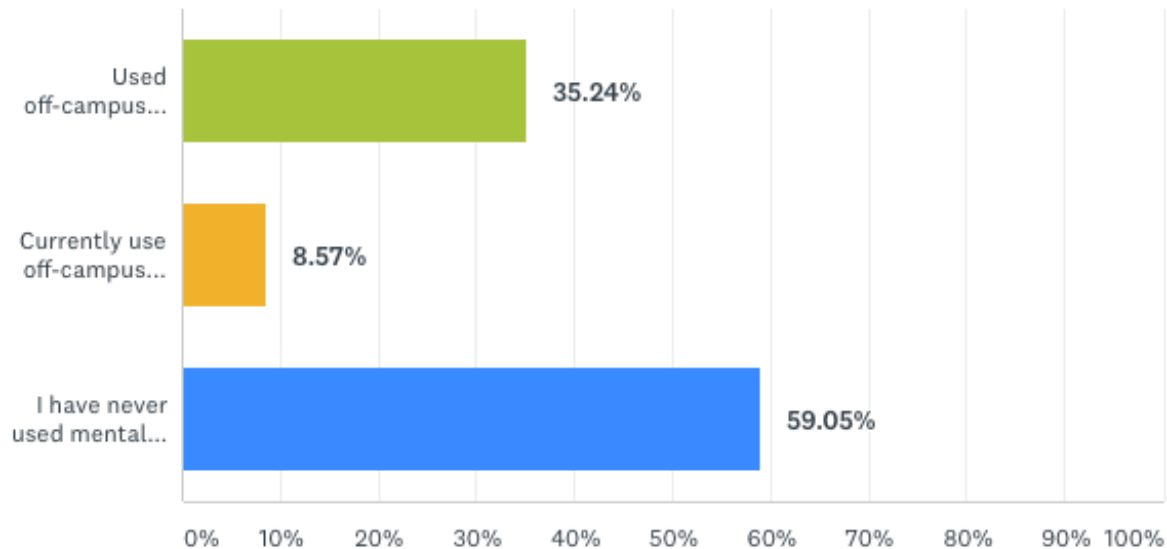
Answered: 103 Skipped: 8



UTILIZATION OF OFF-CAMPUS SERVICES

Have you, in the past or currently, used / use mental health services outside of what is provided on campus?

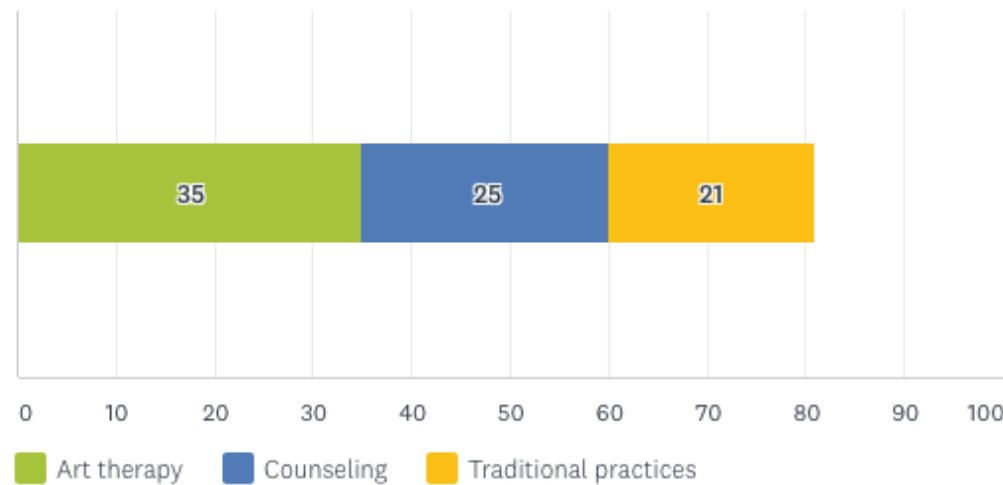
Answered: 105 Skipped: 6



UTILIZATION OF CAMPUS SERVICES

Have you ever used campus-provided art therapy / counseling services or traditional practices (ie, sweat lodge, etc.) while attending IAIA?

Answered: 64 Skipped: 47



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

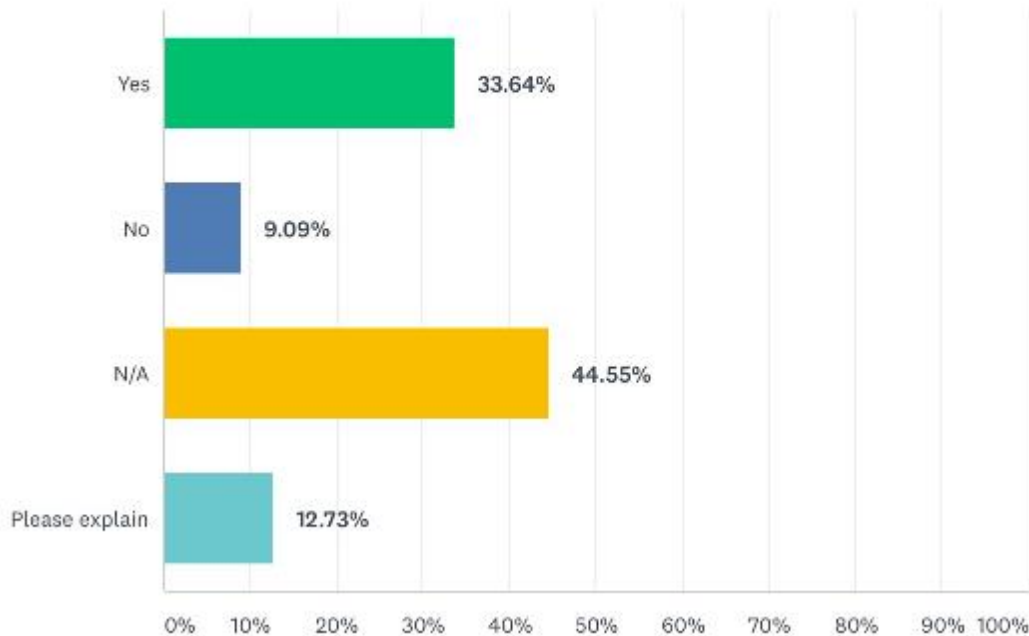


- Overall want for service expansion
 - 91% affirmative response
- Student recommended methods of engagement
 - Increase in frequency & diversity of activities
 - Need for additional practitioners
 - Specialized services
 - Further visibility of practitioners & services
 - More open discussions centered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

RELEVANCE OF TITLE IX

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

Answered: 110 Skipped: 1



- Prohibits:
 - Harassment (sexual & otherwise)
 - Sexual violence
 - Domestic violence
 - Dating violence
 - Stalking
- Addresses:
 - Harassment
 - Retaliation
 - Discrimination

IX

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
-