11/26/2018

2018 Graduate Student Mental Health Resource Panel

Office of the Provost – Graduate Studies

November 5, 2018

All slides presented are included.

Breathing Exercise
Gaurav Trivedi, Sky@Pitt – The Meditation Club

Introduction - Mental Illness and Health
Michael Pogue-Geile, Director of Clinical Psychology Program

Moderator – Statistics at Pitt
Nathan Urban, Vice Provost for Graduate Studies

Panelists
- Kelli Lampe, Licensed Professional Counselor, University Counseling Center, Outreach Coordinator
- Val Jamison, UPMC Student Health Plans
- Chris Parada, Clinical Educator, Resolve Crisis Services
- Jordan Karp, Associate Professor of Psychiatry & Director of Student Mental Health Services
- Tyler Wilson, MBA Student, Katz Graduate School of Business
- Jennifer Boatz, Doctoral Candidate, School of Medicine

MENTAL ILLNESS AND HEALTH

Michael Pogue-Geile, Ph.D.
Professor and Director, Clinical Psychology Doctoral Program
Department of Psychology
MOST COMMON PROBLEMS

DEPRESSION:
- Depressed Mood, Sadness, Hopelessness
- Reduced Ability to Experience Pleasure
- Weight Loss or Gain
- Sleep Difficulties
- Fatigue
- Feelings of Worthlessness
- Difficulty Concentrating
- Thoughts of Death or Suicide

ANXIETY:
- Excessive Anxiety or Worry
- Difficulty Controlling Worry
- Restlessness
- Sleep Difficulties
- Fatigue
- Difficulty Concentrating
- Muscle Tension

ALCOHOL/SUBSTANCE ABUSE

RANGE OF SEVERITY: DIAGNOSED WHEN SEVERE BUT LESS SEVERE OCCUR

CO-OCUR: PROBLEMS OFTEN COME TOGETHER

LIST OF SYMPTOMS FOR EACH: WARNING SIGNS FOR SELF AND FRIENDS
MOST COMMON PROBLEMS
ALCOHOL AND SUBSTANCE DISORDERS:
Substance Use Greater than Intended
Desire or Unsuccessful Attempts to Reduce Use
Much Time Using Substances
Craving Alcohol/Substance
Use Results in Problems in School or Home
Continued Use Despite Problems
Use When Hazardous (e.g., Driving)
Tolerance or Withdrawal

LIFETIME FREQUENCY

DEPRESSION: 10%
ANXIETY: 9%
SUBSTANCE ABUSE: ALCOHOL 25%
SUBSTANCES 15%

DISTRIBUTION
PEAK AGE OF ONSET: 20s - 30s
INCREASING FREQUENCY AND EARLIER ONSET IN MORE RECENT GENERATIONS
GENDER DIFFERENCES: DEPRESSION, ANXIETY, EATING DISORDERS
WOMEN > MEN
SUBSTANCE ABUSE
MEN > WOMEN
RISK/PROTECTIVE FACTORS

RISK:
- LIFE STRESSORS
- POOR SLEEP HABITS
- EXCESS ALCOHOL/SUBSTANCE USE

PROTECTIVE:
- SOCIAL SUPPORT
- EXERCISE
- RELAXATION/MEDITATION

TREATMENT

MANY PROVEN HELPFUL PSYCHOLOGICAL AND MEDICATION TREATMENTS AVAILABLE

EARLY TREATMENT BEST

MANY WHO COULD BENEFIT DO NOT SEEK TREATMENT

REDUCING STIGMA OF SEEKING TREATMENT IMPORTANT

CLINICAL PSYCHOLOGY CENTER

CLINICAL PSYCHOLOGY PROGRAM TRAINING CLINIC
SLIDING SCALE, NO INSURANCE, NO SESSION LIMIT
STAFFED BY DOCTORAL STUDENTS SUPERVISED BY FACULTY

http://www.pitt.edu/~clinic/index.html
412-624-8822
3820 Sennott Square
210 South Bouquet Street
Graduate Student Experience in the Research University (gradSERU) Survey at Pitt.

In spring 2017, almost 40% of the graduate and professional student body completed the survey (3,401 students).

- 3 of 5 (or 61%) of respondents reported their current mental health as good or very good.
- 3 of 4 (or 75%) of respondents indicated their ability to manage stress is good or very good.

PhD Responses to gradSERU

45% of respondents were enrolled in PhD programs on campus (1,123 PhD Students)

- 56% report their current mental health is good or very good.
- 52% say their ability to manage stress is good or very good.
- 92% reported their advisor is able to effectively help them.
- 1 in 4 (26%) reported that interactions with their advisor are stressful, very stressful or extremely stressful.
University Counseling Center
Wellness Center
2nd Floor
Nordenberg Hall
(412) 648-7930
www.counseling.pitt.edu

Monday-Friday 8:30AM to 5 PM
Evening Hours
Monday & Thursday

Services Provided

- Short term individual Counseling
- Group Therapy
- Couples Counseling
- Care Coordination
- Online mental health screening tools
- Daily drop-in wellness workshops
- Drug and Alcohol Counseling
- Outreach Education programming
- Faculty, staff, parent and student consultation
- Office of Sexual Harassment and Assault Response and Education
- 24 hour on call crisis support

Group Therapy

- Chronic Pain & Illness
- Parenting Support
- Understanding Self & Others
- Self Compassion
- Anxiety Support
- ACT skills group
- Grief & Loss Support
- Graduate Student Support & Dissertation Support
- Mindfulness for Depression
- Drug & Alcohol Support
- Family & Friend support with struggling loved ones
- Sexual Assault Recovery
Our Services are...

- Student Centered.
- Confidential.
- Voluntary.
- Provided by licensed mental health clinicians.
- Available to all enrolled undergraduate and graduate Pitt students.
- Included in Wellness fee and the cost of tuition.
- Available without an appointment and after hours via on call service.
- Designated a JED Foundation campus program.
- Focused on destigmatizing mental health and prioritizing emotional wellness.
Care Where You Want It

• Full in-network access to UPMC
• Plus local community hospitals and doctors
• Nationwide coverage when you travel through the UPMC Health Plan extended network
• www.upmchealthplan.com/find
Care for Students, Wherever You Are

Dependent children (up to age 26) who are in college or living outside of our service area are covered.

Student Health Plan members are covered nationally whether back home or travelling.

National Network
• 5,000+ hospitals
• 900,000+ health care professionals

In‐network care from on‐campus student health centers is covered for college students.

Help Wherever You Are

Travel emergencies can happen anywhere, anytime. Assist America has you covered.

Members who need help with medical services when they are more than 100 miles from home will have access to Assist America, the nation's largest provider of global medical services through benefit plans.

• Medical consultation, evaluation, and referral
• Hospital admission assistance
• Emergency medical evacuation
• Medical repatriation
• Prescription assistance
• Care of minor children
• Companionship visit
• Lost luggage and document assistance
• Interpreter and legal referrals
• Repatriation of mortal remains

www.assistamerica.com

Find a Provider
Enhanced Online Search Tools

www.upmchealthplan.com/find

Member Services for the University of Pittsburgh
1-888-499-6885

Search Our Network

www.upmchealthplan.com

1. Select your type of care.

2. Enter provider/practice name or search by location.

Search Our Network
3. Click the dropdown and select "coverage through your employer" (This search also applies to student plans)

4. If desired, filter by specialty, provider type, language, or gender.

5. Click the "Find Providers Now" button.

www.upmchealthplan.com/find
### Benefits

<table>
<thead>
<tr>
<th>Graduate Student Plan</th>
<th>Coverage Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outpatient Behavioral Health</td>
<td>100% after $15 Copayment per visit</td>
</tr>
<tr>
<td>Inpatient, non-hospital, residential services</td>
<td>None – 100% covered</td>
</tr>
<tr>
<td>Limitations</td>
<td>None – No visit or dollar limits</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>General Student Plan</th>
<th>Coverage Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Outpatient Behavioral Health</td>
<td>100% after $30 Copayment per visit</td>
</tr>
<tr>
<td>Inpatient, non-hospital, residential services</td>
<td>10% Coinsurance after $250</td>
</tr>
<tr>
<td>Limitations</td>
<td>None – No visit or dollar limits</td>
</tr>
</tbody>
</table>

Full plan details and prices are available at: [https://hr.pitt.edu/students/medical-coverage](https://hr.pitt.edu/students/medical-coverage)

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### 4 Coaching Support and Online Tools

- Create a plan
- Stay motivated
- Overcome obstacles
- Keep your goal in sight

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### Health Coaching

- Create a plan
- Stay motivated
- Overcome obstacles
- Keep your goal in sight
Health Coaching

Support for lifestyle improvement
- Nutrition
- Tobacco cessation
- Weight management
- Physical activity
- Stress management

Support for chronic conditions
- Diabetes
- Heart health
- Respiratory issues like asthma and chronic obstructive pulmonary disease (COPD)
- Low back pain
- Depression
- Anxiety

Behavioral Health Care

UPMC Health Plan takes great pride in the behavioral health coverage and benefits we offer. Finding the right professional to help you isn’t always easy. As a member, you will have access to a team of licensed behavioral health clinicians who can provide you with referrals and link you to resources that match your specific needs.

Includes treatment for a variety of issues
- Emotional difficulties
- Bereavement issues
- Mental or family problems
- Mental health disorders
- Substance abuse or dependence
Beating the Blues

UPMC Health Plan has a free online program that can help you:
- Feel more confident.
- Overcome setbacks.
- Take control of your life and mood.
- Beating the Blues can help you feel better, whether you’re dealing with day-to-day stress or other curveballs life throws your way. Move through the online program at your convenience, on your schedule.

https://www.upmchealthplan.com/beatingblues

Dedicated Service and Support

Outstanding Customer Service

"Highest Member Satisfaction Among Commercial Health Plans in Pennsylvania, Three Years in a Row”
— J.D. Power
We Can Help

Member Services for the University of Pittsburgh*
1-888-499-6885
Monday thru Friday, 7 a.m. – 7 p.m.
Saturday, 8 a.m. – 3 p.m.

*Please note that you may call with questions, as a prospective member, prior to your enrollment date.

Thank You

Tyler D. Wilson

- Sr. Buyer/Materials Planner at Westinghouse Electric Company
- Professional MBA Student at Katz Graduate School of Business
- Professional Student Executive Board member at Katz
Realizing the Importance of Good Mental Health

- Background
  - Poor physical health
  - Inability to address social anxiety
  - “Achiever” personality
- Life is busy
  - Part-time graduate student, full-time working professional
  - Home, family, friends, community

Inability to balance workload or overload caused/causes undue stress and anxiety

“So, what do you do?”

- Fitness and nutrition
- Log events/Journal/Photography
- Time Management
- Make decisions with integrity
- Acknowledge the 10 Cognitive Distortions

Time Management

- Prioritize by commitment and impact
- Set aside time for
  - Leisure
  - “Me”
  - Social
  - Physical
Make Decisions with Integrity

- When faced with a difficult decision, put your fingertips together and count to 10.
- Act as if no one is watching
- “Your choices are valid—you made them with good intentions and openness in your heart. Stand by them!” – Michelle Lesifko

The 10 Cognitive Distortions (“Ten Forms of Twisted Thinking”)

David Burns

1. All-or-nothing thinking
   Things are black-and-white

2. Overgeneralization
   Negative event is a never-ending pattern

3. Mental filter
   Dwell on negatives; ignore positives

4. Discounting the positives
   Accomplishments or qualities don’t count

5. Jumping to conclusions
   Negative mind-reading and fortune telling

6. Magnification or minimization
   Blow things out of proportion or shrink their importance

7. Emotional reasoning
   Reason from how you feel negatively

8. “Should” statements
   Criticize with conditionals

9. Labeling
   Label yourself for mistakes

10. Blame
    Unfairly blaming self or others for a problem