

## Supporting the Whole Student: *Mental Health, Substance Use, and Well-Being in Higher Education*

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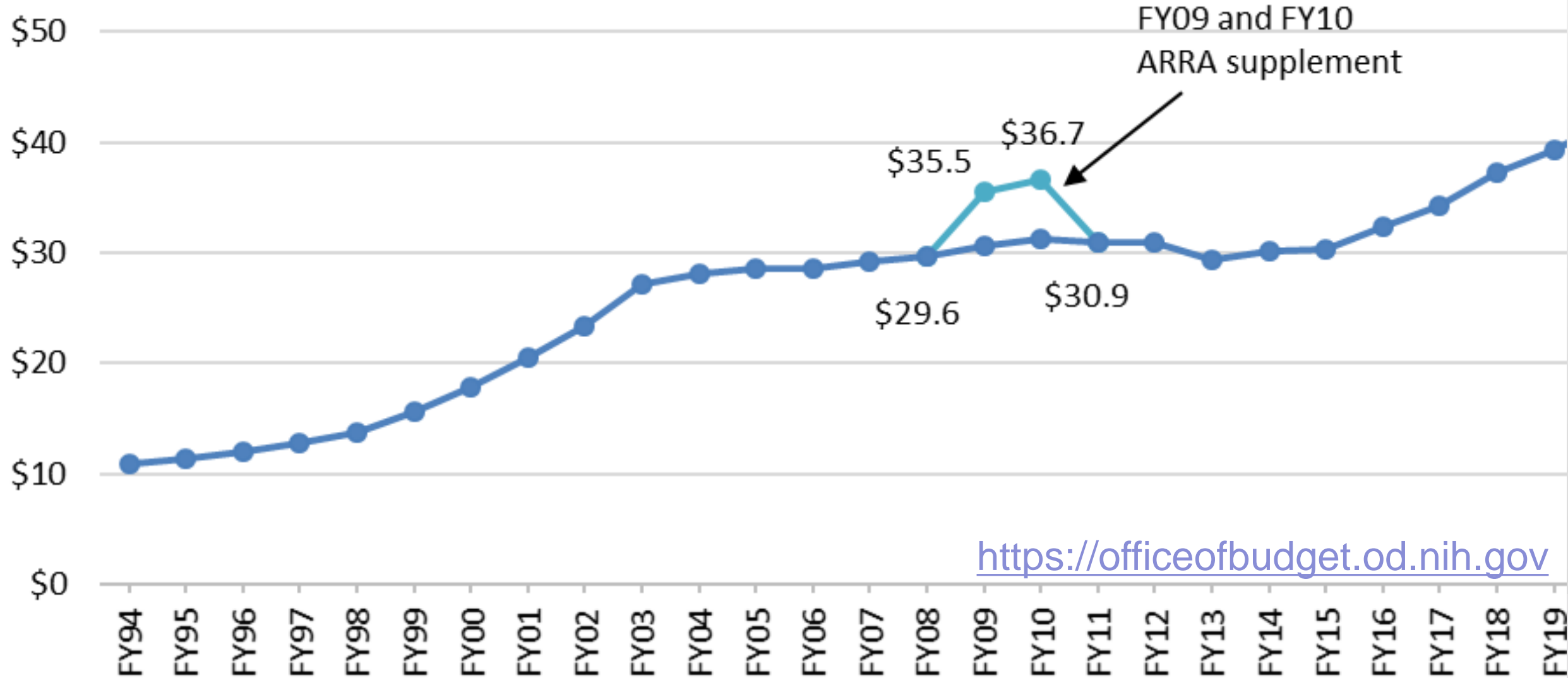
National Institute of Mental Health



National Institute  
of Mental Health

# NIH Funding over Time (Current Dollars)

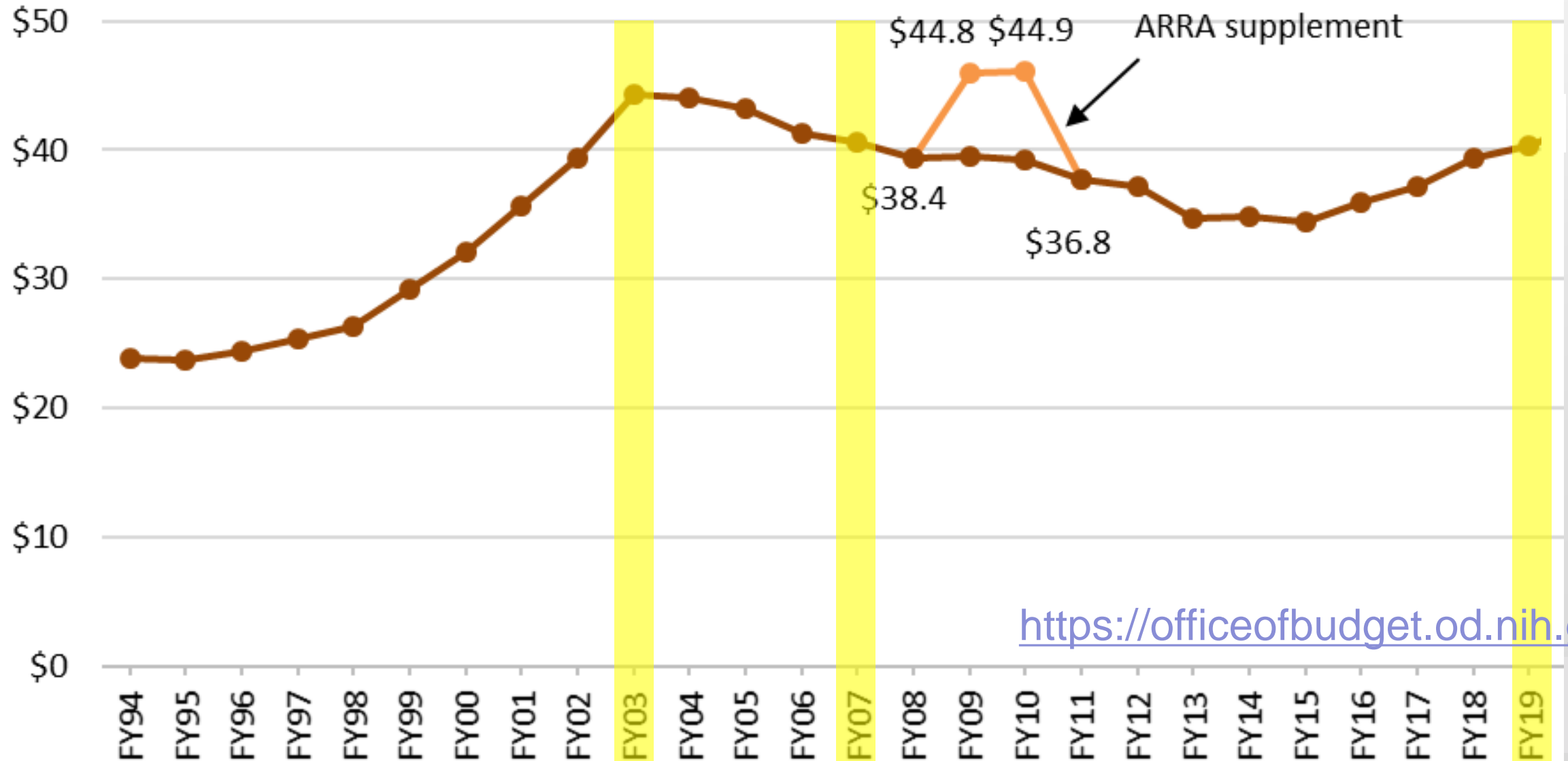
Current Dollars (billions)



<https://officeofbudget.od.nih.gov>

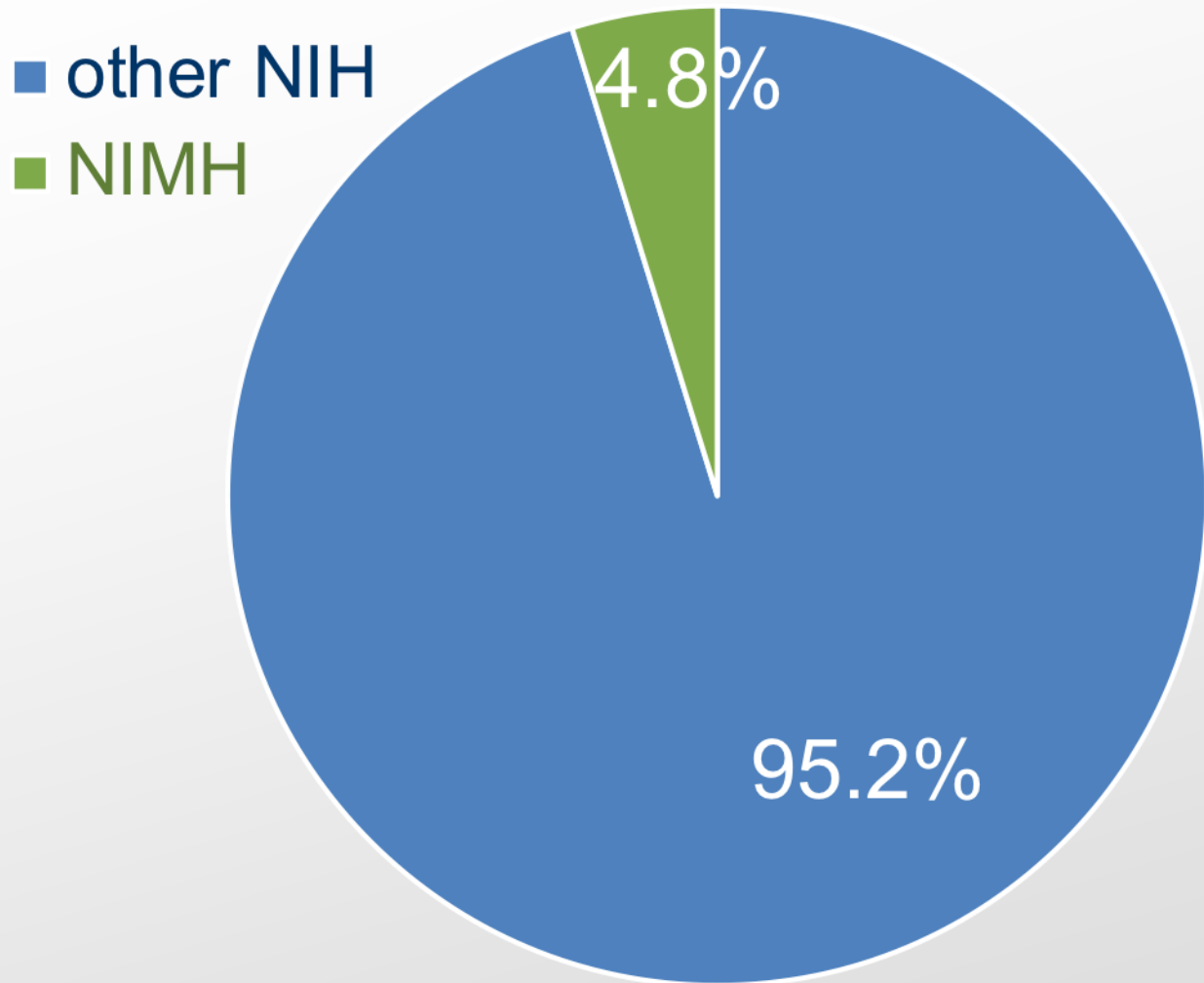
# NIH Funding over Time (Inflation Adjusted)

Constant FY2020 Dollars (i.e., inflation adjusted; billions)



<https://officeofbudget.od.nih.gov>

# NIMH as a Percentage of Overall NIH Funding



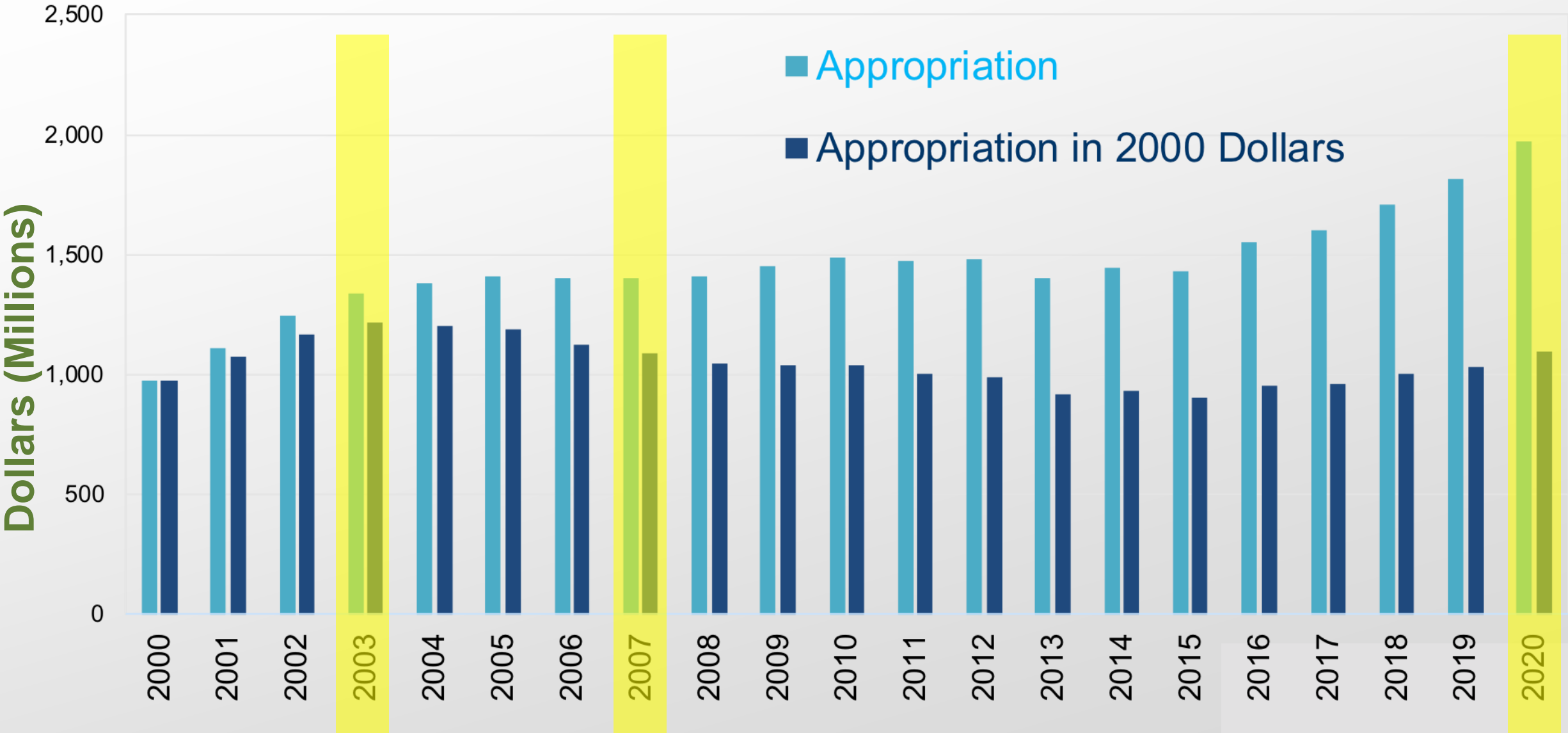
FY2019: \$1,870,296,000

**Mission:** to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.

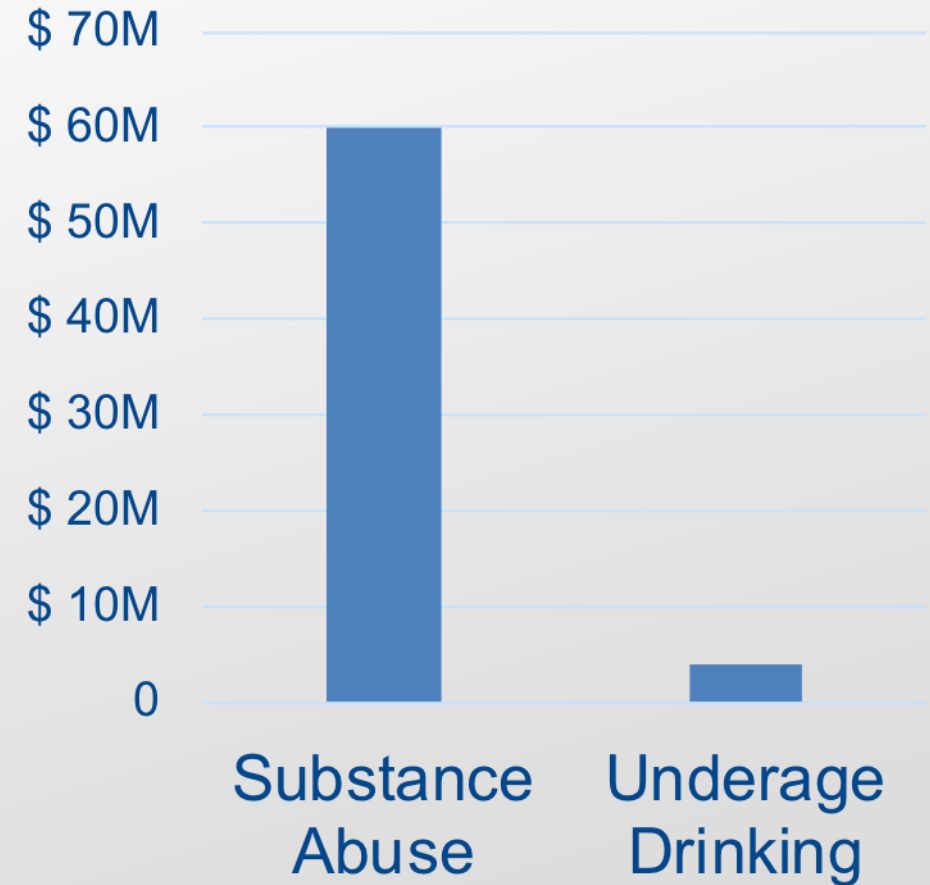
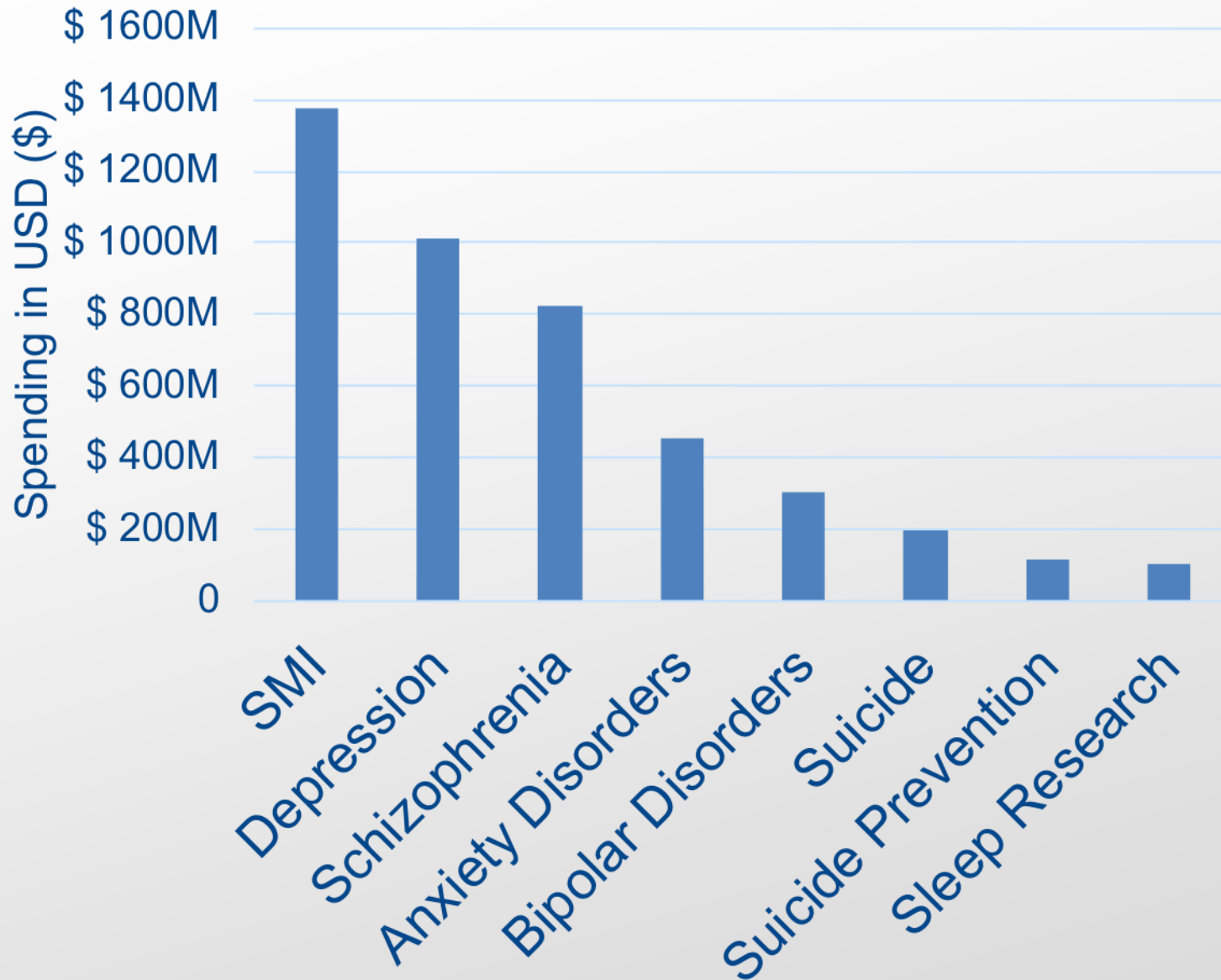
<https://officeofbudget.od.nih.gov> (2019 data)



# NIMH Funding over Time



# NIMH Funding in Disorders Common on Campus 2015-18

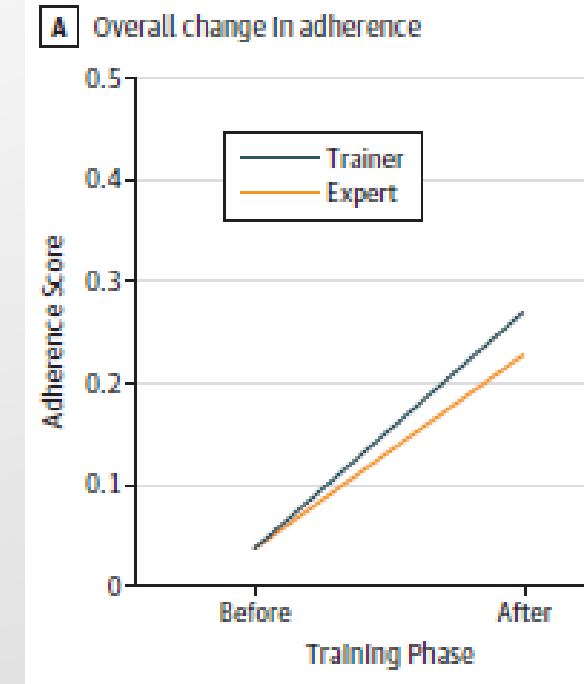
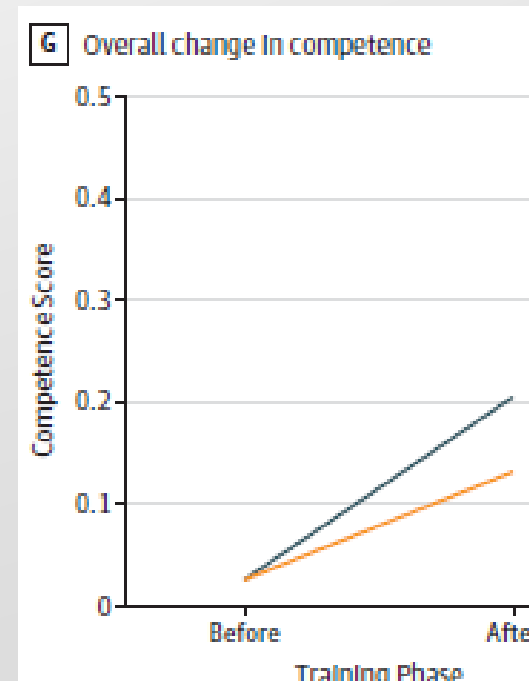


# Implementing Evidence-Based Mental Health Treatment in College Counseling Centers

- Goal: develop a scalable implementation strategy for evidence-based psychotherapy in college counseling centers
- 24 college counseling centers; 184 therapists
- Contrasted 2 methods to train therapists
- Both methods ensured adherence
- Train-the-trainer method was just as effective as the expert training method and superior to expert training method in “competence”
- Train-the-trainer method can facilitate widespread dissemination of treatment on campuses

Wilfley et al. JAMA Psychiatry 2019

R01 MH095748 {Wilfley, Agras, Wilson}



# Harnessing Mobile Tech to Reduce Mental Health Disorders in College Students

- transdiagnostic, low-cost mobile health targeted prevention and intervention platform
- population-level screening for engaging college students in tailored services that address common mental health problems
- addresses comorbid mental health issues, and personalized screening and intervention to increase service uptake, enhance engagement, and improve outcomes.
- large-scale trial across 20 colleges, 7,884 students will be randomly assigned to: 1) intervention via the mobile mental health platform; or 2) referral to usual care (i.e., campus health or counseling center)

R01MH115128 {Wilfley}





# NIMH Points of Focus

Role of injury (including traumatic brain injury (TBI), etc.) resulting from sports and/or combat exposure among veterans

Role of trauma exposure

Role of post-graduation stressors

Role of individual psychological and cognitive factors

Role of health care systems and public and private payors in providing mental health and substance use services to the student population

Role of university policies, e.g. placing students on leave or probation for mental health and substance use conditions

Role of social determinants of health

Current availability of existing mental wellness resources for trainees



# NIMH Deliverables from this Project

- Mechanistic understanding of how individual, institutional, psychological, social, economic, and environmental factors lead to adverse mental health outcomes, with special emphasis on how these factors affect the health of the developing brain of emerging adults at the neurobiological, neurochemical, neurophysiological, and neural circuit levels.
- Identify the most promising targets for intervention via pharmacological, psychosocial, or device-based approaches, whether existing or investigational.
- Identify best practices for treatment and service-delivery models to prevent suicide and opioid overdose in this population.
- Prioritized strategies NIH should consider to support student well-being within the context of NIH-funded training mechanisms.