

Mental Health Resources Survey

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The Survey

← Mental Health Resources Survey

QUESTIONS RESPONSES 69

69 responses

SUMMARY INDIVIDUAL

Accepting responses

The school you attend

67 responses

- Alabama College of Osteopathic M...
- Arizona College of Osteopathic Me...
- Arkansas College of Osteopathic M...
- A.T. Still University of Health Scienc...
- A.T. Still University of Health Scienc...
- Burrell College of Osteopathic Medi...
- Campbell University Jerry M. Walla...
- Chicago College of Osteopathic Me...

▲ 1/5 ▼

Resources/Practices your school offers:

69 responses

Resource/Practice	Count	Percentage
Option 1	56	81.2%
Option 2	35	50.7%
Option 3	15	21.7%
Option 4	33	47.8%



The Survey

- 69 responses from 39 campuses
 - Respondents consisted of student elected student leadership
 - Two student leaders from each campus
- Multiple choice and short answer
 - Resources available
 - Resources needed
 - Schools best resource
 - Clinical training year access to resources
 - Designated faculty/administration mental health/wellness point of contact
 - Additional comments



What we know now

1. Schools have great resources without much visibility/knowledge of said resources
2. “47%” of respondents did not know if 3rd and 4th years had resources
 - a. Another 12% said “no” they do not have resources
 - **COCA accreditation standard requires schools to have resources for all students
3. Majority of respondents from same school reported very similar “best resource”
4. Not always similar responses for “what is needed” within same school
5. Large diversity in what is student led, what is faculty led, and what is administration led
6. Most commonly listed “best resource” – counselor
7. Lack of continuity/knowledge of “wellness faculty member”
8. Several mentions of importance of peer led initiatives
9. Several mentions of importance of fitness
10. Positive culture responses from schools that had students, faculty, and admin working together



Resources

Current resources:

- In person counselor
- In person psychologist/psychiatrist
- Online counseling service
- Peer group support
- Free fitness classes
- After business hours (hotline) resources
- Pet therapy
- Meditation room/space
- Counseling services for rotating students
- Faculty/Administration champion/supporter of wellness

*not all resources available at every campus



Where to now

More work to be done

- Visibility of resources problem
 - Where is the disconnect between available resources and accessibility
- Barriers to resources/underutilization
- MHATF involvement
 - Ambassadors on each campus
- Administration, faculty, and leadership involvement



Moving Forward

Need for continued investigation into this

1. Continue the momentum of cultural change
2. Top down (leadership to students) and bottom up involvement
3. Distributable list of resources for schools
4. Introduction of curriculum based wellness initiatives
5. Continue the conversation to destigmatize mental health needs of medical student, trainees, and practitioners



Questions