

## Morris Student Counseling – Historical Use Data

In the last 13 years, students seeking counseling have increased by 82%, from 209 (12% of students) to 381 (22% of students) in 2014-15. After hours mental health crises are five to six times higher than 2002-03. (Counselor FTEs in 2002-03 = 2.75; Counselor FTEs in 2014-15 = 2.5)

Academic Year	Individual clients	Total UMM Enrollment*	% of students	# of appts	Appts /client	After hrs crises
2014-15	381	1741	22%	1488	3.9	19
2013-14	352	1803	20%	1400	4.0	14
2012-13	322	1788	18%	1318	4.1	14
2011-12	338	1822	19%	1215	3.5	19
2010-11	314	1690	19%	1130	3.5	24
2009-10	*	1599	*	*	*	*
2008-09	*	1510	*	*	*	*
2007-08	232	1543	15%	893	3.8	12
2006-07	216	1567	14%	848	3.9	11
2005-06**	213	1533	14%	862	4.0	7
2004-05	226	1685	13%	1099	4.9	3
2003-04	205	1728	12%	933	4.6	1
2002-03	209	1789	12%	790	3.8	3

\* Enrollment = degree seeking undergraduate students. No data was collected in 2008-09 or 2009-10.

\*\* Change in walk in hours (previously 3-4:30pm walk-in time changed to crisis counseling any time 8am -4:30pm)

## Morris Student Mental Health Statistics – 2013 Minnesota College Student Health Survey

- **Nearly one in three UMM students (30%) report being diagnosed with at least one mental health condition within their lifetime.** (This falls a bit below college students across Minnesota - 36%)
- **15% of Morris students report being diagnosed within the last 12 months.**
- 37% of Morris students obtained mental health services in the past 12 months.
- 54% of Morris students obtaining mental health care services while in school used Student Counseling.
- For University of Minnesota–Morris students, anxiety and depression are the two most frequently reported mental health diagnoses for both lifetime and the past 12 months.

%	Mental Health Condition
18%	Diagnosed with Anxiety in their lifetime, 10% within the last 12 months
18%	Diagnosed with Depression in their lifetime, 10% in the last 12 months
9%	Panic Attacks
7%	Attention Deficit Disorder
5%	Social Phobia/Performance Anxiety

UMM student response data from University of Minnesota College Health Survey, Spring 2010.

## Morris New Students Health Histories & Mental Illness - Fall 2012, 2013, 2014 and 2015

New Students Entering UMM in Fall Semester 2012-2015	Students w/ history of Mental Illness		Depression		Anxiety		Hospitalized	
	#	%	#	%	#	%	#	%
4 Yr Total Reports (74%)	303	19%	204	13%	187	12%	28	2%
4 Yr Total Pop. Est. (100%)	409	19%	276	13%	253	12%	38	2%

74% of new students completed a comprehensive health history, Fall 2012 through 2015. The 4 year total Pop. Est. provides a population estimate of the incidence for the full student body (100% of new students) by extrapolation.