

College  Pads

OFF-CAMPUS RESOURCE

FALL NEWSLETTER - EDITION 5

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2024 OFF-CAMPUS SUMMIT RECAP

This past June, we were thrilled to host the our annual event, the Off-Campus Summit, in Milwaukee, WI. Being able to gather such a great group of professionals in one place allows us all to continue to do the important work focused on student success, retention, and graduation.

We thank all of our talented presenters as well as all of you who traveled from across the country to attend. And a special thank you to Allyson Killian and our great partners at the University of Wisconsin-Milwaukee for hosting!



“*“Bringing together participants from coast to coast, large and small, public and private institutions, as well as members from the private sector is always a highlight of our summer. We enjoy engaging and learning from everyone in the room. We want to create a sense of family at the Summit”***”**

Chris Hoff - Vice President, Partnerships



FORMAT →

This year, several of the presentations at the Summit were collaborative sessions. The level of engagement from these round table sessions provided a lot of feedback among all the participants.

TOPICS →

Data-Informed Decisions, Harm Reduction, Community Collaborations, Starting Your Office, Engagement and Support for Graduate and International Students, Maintaining a High-Touch Culture, Ways to Engage With the Off-Campus Apartment Community

TAKEAWAYS →

It remains important to increase the level of engagement for professionals who are serving students off-campus as well as the community in order to provide resources for students. Understanding the importance of institutional and community partnerships yields benefits for our students. Assessment should be part of the culture so professionals are able to tell the story of the positive impact both on students and within the community. Assessment is even more important at a time of competition for resources at many colleges and universities.

FEEDBACK →

"I think the RCP team hit it out of the park. Everything was well organized. Directions/ and instructions were clear. The pacing of the day was excellent. The time to network throughout the day and at night was excellent. Each networking event was cool and unique. Job well done!"

"This was genuinely one of the best conferences/summits I've ever been to. I loved everything about it."

"As always, the connections formed make for a great community of support throughout the year. We are all going through similar challenges regardless of institution size, so it is nice to have a community to reach out to through the Summit."

2025 OFF-CAMPUS SUMMIT

NASHVILLE, TN



JUL 23 + JUL 24

Join us in Nashville next summer for our next Off-Campus Summit!

[Visit our website](#) for more details as they become available.

If you're interested in submitting a proposal to present, [please follow this link](#) and fill out the form.



Student Well-Being and Mental Health

Based on the feedback we received at this summer's Off-Campus Summit, one area that we wanted to examine further was the well-being and mental health of students.

No one can argue that student wellbeing has been an increasing focus on campuses across the country. Higher education institutions are increasingly addressing the growing prevalence of anxiety, trauma (PTSD), and mental health issues among students. Conversations with on-campus practitioners, recent studies, and data from the Center for Collegiate Mental Health (CCMH) underscore the urgent need for effective processes and accessible resources to support student mental health and well-being.

While there are indications of progress, the number of students arriving on campus with a history of mental health needs remains alarmingly high.

A CLOSER LOOK

Understanding college student mental health is crucial, as it significantly impacts academic performance, social relationships, and overall well-being. Here are some recent key statistics:

Mental Health - By The Numbers

GENERAL

- 60% of U.S. college students meet the criteria for at least one mental health condition ([APA](#))
- 40% of students have considered dropping out due to emotional stress ([Gallup-Lumina Foundation, 2023](#))
- More than 80% of students reported feeling overwhelmed by all they had to do ([National College Health Assessment, 2023](#))
- 24% of students are taking psychiatric medication, a number that has steadily increased over the last five years ([Center for Collegiate Mental Health, 2023](#))

ANXIETY

- 37% of students reported experiencing significant anxiety, making it the most common mental health issue on college campuses ([Healthy Minds Study, 2023](#))
- 43% of students reported that loneliness or social isolation negatively affected their academic performance ([Healthy Minds Study, 2023](#))
- 64% of students said they experienced overwhelming anxiety at some point during the year ([National College Health Assessment, 2023](#))

Mental Health - By The Numbers Continued

DEPRESSION

- 44% of students reported symptoms of depression, with nearly one-third experiencing symptoms of major depression ([Healthy Minds Study, 2023](#))
- 15% of college students have been diagnosed with depression by a professional, a number that has risen by 3% since 2020 ([National College Health Assessment, 2023](#))

SLEEP

- 40% of college students in the U.S. feel inadequately rested ([Research.com, 2024](#))
- 25% report that lack of sleep negatively impacts their academic performance ([Research.com, 2024](#))
- 36.5% of students citing stress as their primary issue contributing to academic struggles ([Research.com, 2024](#))

STRESS

- 87% of students reported feeling overwhelmed by their responsibilities at some point in the past year ([National College Health Assessment, 2023](#))
- 69% of bachelor's students and 55% of community college students cited emotional stress as the primary reason they've considered dropping out ([Gallup-Lumina Foundation, 2023](#))

These statistics underscore the importance of everyone's role on a college campus in addressing mental health on college campuses and promoting accessible resources for students. As frameworks are built to support these students it is important to understand what is behind some of these findings.

Financial Pressures

It is crucial to acknowledge that mental health challenges are compounded by financial pressures faced by students, including housing and food insecurity. The Hope Center for College, Community, and Justice reported that basic needs insecurity significantly correlates with poor academic outcomes and mental health issues among college students. These findings are particularly concerning as many students have encountered difficulties with FAFSA and other financial obligations at the beginning of this academic year.

Study by Frank, Rice, and Thomas in the Journal of Poverty

37% of students experienced food insecurity
– 3x the national average

40% faced housing insecurity

Study by Shisler et al. in the Journal of Agriculture, Food Systems, and Community Development

44% of students indicate that food costs negatively impacted their well-being

Shifts in DEI Funds

Moreover, the nationwide trend of defunding Diversity, Equity, and Inclusion (DEI) initiatives is impacting student support systems. Students returning to campuses this fall often find that previously established centers, programs, and staff are no longer available. While some institutions have redirected funding towards counseling and wellness services, this shift does not mitigate the loss of support for students who already report heightened levels of anxiety and mental health concerns.



According to a [JAH study](#), 46% of White students sought mental health treatment compared to 26% of Black students and 23% of Asian students. This highlights an ongoing disparity around the stigma of taking the steps forward to ask for help.

Thriving Together: A Mental Health Coalition

The increased rise in awareness and response in the private housing sector has led to new initiatives to better prepare and serve students.

At the 2024 Off-Campus Summit, Richie Lasek of Core Spaces discussed initiatives by 24 major providers to support both staff and students. Collaborating with [The Jed Foundation](#), they formed the [College Student Mental Wellness Advocacy Coalition](#), utilizing the Thriving Student Index survey to guide educational content for on-site staff and students.

Despite some reported improvements, such as a slight decrease in students expressing anxiety and depression, a 2024 Healthy Minds Study indicates that nearly 75% of students still experience emotional challenges affecting their academics.

As demand for counseling services rises, universities are increasingly relying on remote services like these initiatives to help as many students as they can.



CLOSING

Over the past year, we've seen both progress and persistent challenges when it comes to the mental health of U.S. college students. On the positive side, more students than ever before are seeking mental health treatment, and counseling services on campuses are becoming more accessible. With 185,114 students receiving care through campus counseling centers and over 1.25 million appointments logged last year, the demand for mental health support is being met in many ways, particularly for those who are able to access these services ([CCMH Annual Report, 2023](#)). Additionally, awareness of mental health issues has risen significantly, with more students recognizing the importance of therapy and counseling as tools for managing anxiety, depression, and stress ([Healthy Minds Study, 2023](#)).

However, challenges remain, particularly in ensuring that all students benefit from this progress. Minority populations are significantly less likely to seek treatment, with access disparities rooted in cultural stigma, representation in counseling staff, and structural barriers ([JAH study](#)). Furthermore, emotional stress continues to drive a significant portion of students to consider leaving their studies, with financial pressures and the aftermath of the COVID-19 pandemic exacerbating this burden ([Gallup-Lumina Foundation, 2023](#)).

By understanding and addressing these critical areas, higher education institutions can better support their students' mental health and well-being, paving the way for improved academic and personal success.

NEW PARTNERS

Our Partnership Team has been busy! We'd like to welcome all our new partners to the College Pad's family!

Now with
121 Partnerships!



Abraham Baldwin
Agricultural College



Baker
College

EMBRY-RIDDLE
Aeronautical University

EMBRY-RIDDLE
Aeronautical University

PRESCOTT
ARIZONA CAMPUS

FIU

FLORIDA
INTERNATIONAL
UNIVERSITY

Florida Gulf Coast University 



PHSU
PONCE HEALTH SCIENCES UNIVERSITY

KU THE UNIVERSITY OF
KANSAS

Rollins
EST. 1885

R | RUTGERS



SAN DIEGO
COMMUNITY COLLEGE
DISTRICT



SANTA ANA COLLEGE



New Paltz
STATE UNIVERSITY OF NEW YORK

UTSA

The University of Texas
at San Antonio™

VSU
VIRGINIA STATE

Since 1882

WHERE WE'LL SEE YOU NEXT

EVENT	DATES	LOCATION
APPA/ACHUHO-I Business Operations Content Series Conference	Oct 28 - Oct 31, 2024	Bethesda, MD
Florida Housing Officers	Nov 6 - 8, 2024	Orlando, FL
SEAHO	Feb 24 - 28, 2025	Huntsville, AL
NASPA	March 15 - 19, 2025	New Orleans, LA

