

# Covid-Related Stress, Mental Health Concerns and Available Resources for Stony Brook Students

Faculty A&S Senate Meeting

Monday November 8th, 2021 at 3:45 pm

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# Agenda

- **Introduction**
- **Know the Available Resources at CAPS**
- **Pre-Pandemic College Mental Health Concerns**
- **Covid-19: Shock, Disparities and Languishing**
- **Finding Help, and Finding Hope**
- **Questions and discussion**

## Counseling and Psychological Services (CAPS)

- **CAPS provides free and confidential mental health services, including individual and group therapy, workshops, and psychiatry. This fall, CAPS is offering both in-person and telecounseling sessions.**
- **To get started at CAPS, visit our [website](#) and click on the tab that says “Schedule Initial Consultation” to schedule on the Wolfie Health Portal a brief initial consultation with a CAPS counselor.**
- **Important: If the self-scheduler does not have a time option that fits, or you need to speak to a counselor immediately, please call CAPS at [631-632-6720](tel:631-632-6720) to speak with someone that can assist you.**



About Us

Services

Helping Others

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Emergencies

Calendar

Schedule Initial Consultation

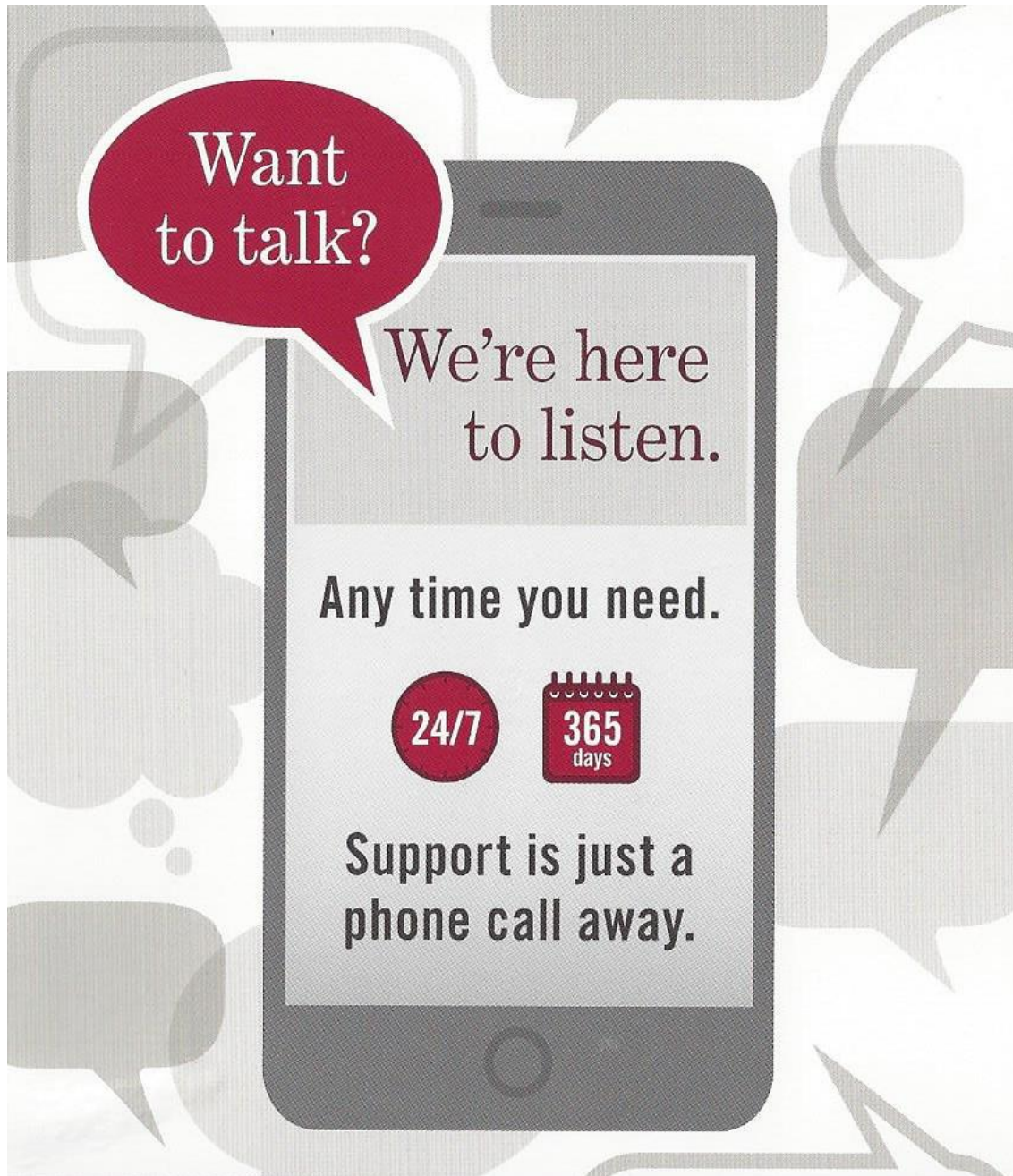


WELCOME

NEWS & ANNOUNCEMENTS

CONTACT US





## Need to talk when CAPS is closed?

**CAPS After-Hours** Counselors are available to speak 24 hours a day, 7 days a week, 365 days a year

If you are in crisis or need to speak with a counselor after hours please call

**CAPS After Hours** at

**(631) 632-6720** or **(855)-509-5742**

## **Pre-pandemic College Mental Health Concerns**

- **Cause for concern:**
  - **Suicide rate (10-24 years) increased 57% from 2007 to 2018**
  - **41% of students report a lifetime mental health diagnosis**
  - **37% of students report “serious” suicidal ideation in their lifetimes, 13% had serious ideation in the past year**
- **Campuses, including SBU, expanded resources. Utilization rose 42% from 2010 to 2018. More students getting help, but**
  - **Students are seeking counseling for wider range of concerns and**
  - **Are we reaching those who most need the help?**
- **Hiring more staff, alone, cannot solve the demand issue. SBU ahead of curve on a public health model, emphasizing prevention and early intervention to address mental health (CPO will elaborate)**

# Covid-19 and Mental Health: The Big Issues

**1. Trauma (Physical, Economic, Emotional) and Loss**

**1. Domestic Violence, Substance Abuse**

**1. Healthcare and Mental Health Workers, First Responders, Essential Workers, Vicarious Trauma, Compassion Fatigue**

**1. Prolonged Isolation and Loneliness**

**1. Disparities (Educational, Economic, Healthcare)**

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# Languishing: “Life is at once overwhelming and not engaging enough.”

- **The opposite of “flourishing”; Sense of stagnation and emptiness**
- **Symptoms Include: Burnout, lack of motivation, numbness, not enjoying things you normally would**
- **More: Delayed reactions, loss of milestones, increased divisiveness, supply chains, The Great Resignation**
- **What is languishing good for? Something to take seriously, respect why it is there, be mindful of 6X likelihood of a more formal diagnosis.**



## *Finding Hope and Help*

- **The typical advice (Take Time Off, Give Yourself Permission to Enjoy Yourself, Change Your Scenery) can be difficult to apply to the concerns of a Stony Brook Undergraduate; What is your optimal self-care routine?**
- **Ways to Take Care of Yourself**
- **CAPS has so many options!!! At the first meeting, the counselor helps you find the best plan; and it can be adjusted at any time**
  - **Main Website: <https://www.stonybrook.edu/caps>**
  - **MAKE AN APPOINTMENT ONLINE using the [Wolfie Health Portal](#)**
  - **Explore options: ([Individual Therapy](#), [Groups](#), [Medication](#))**

## Other Resources

- All CAPS events on [CORQ app](#), including workshops and PALS
- [CARE Team](#): For when a student is causing concern and seems confused or unwilling to get help
- [STUDENT SUPPORT TEAM](#): Part of the Office of the Dean of Students, Call [631-632-7320](#) for an appointment or e-mail
- Have questions (Who do I call, and when?) or want to see someone off-campus? CAPS can always clarify and help, call [631-632-6720](#)