

# THE 2020 NCSSSS STUDENT MENTAL HEALTH SURVEY

## A SYNOPSIS



“When students are not mentally well on our campus, they show reduced stress tolerance, an increased stress response, declines in productivity, less control over strong emotions, and problematic relations with parents and/or peers.”

*NCSSSS member*

# 2020 NCSST STUDENT MENTAL HEALTH SURVEY: We've Got a Problem SYNOPSIS

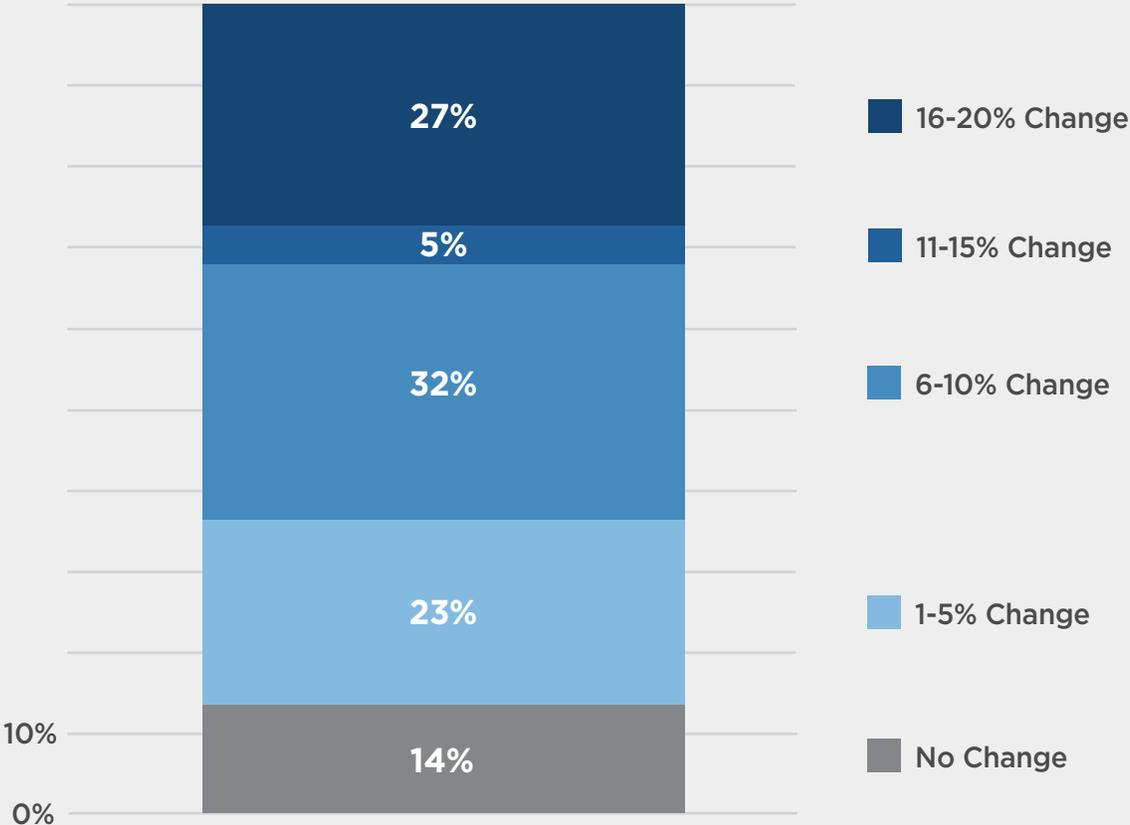
Responding to voices of concern from member schools, NCSST surveyed its STEM high school members initially in 2018 to understand the development of mental wellness challenges affecting students in its schools.

In the 2018 survey, 65% of the schools reported an increase in the number of student mental health incidents during the previous five years. Additionally, 50% noted an increase in the severity of mental health incidents during the same period. Furthermore, 69% reported that the number of referrals to mental health practitioners had increased.

**NCSST updated this study in 2020.** The recent findings indicate that mental health concerns in our member schools have not gone away, nor have they peaked - they continue to increase.

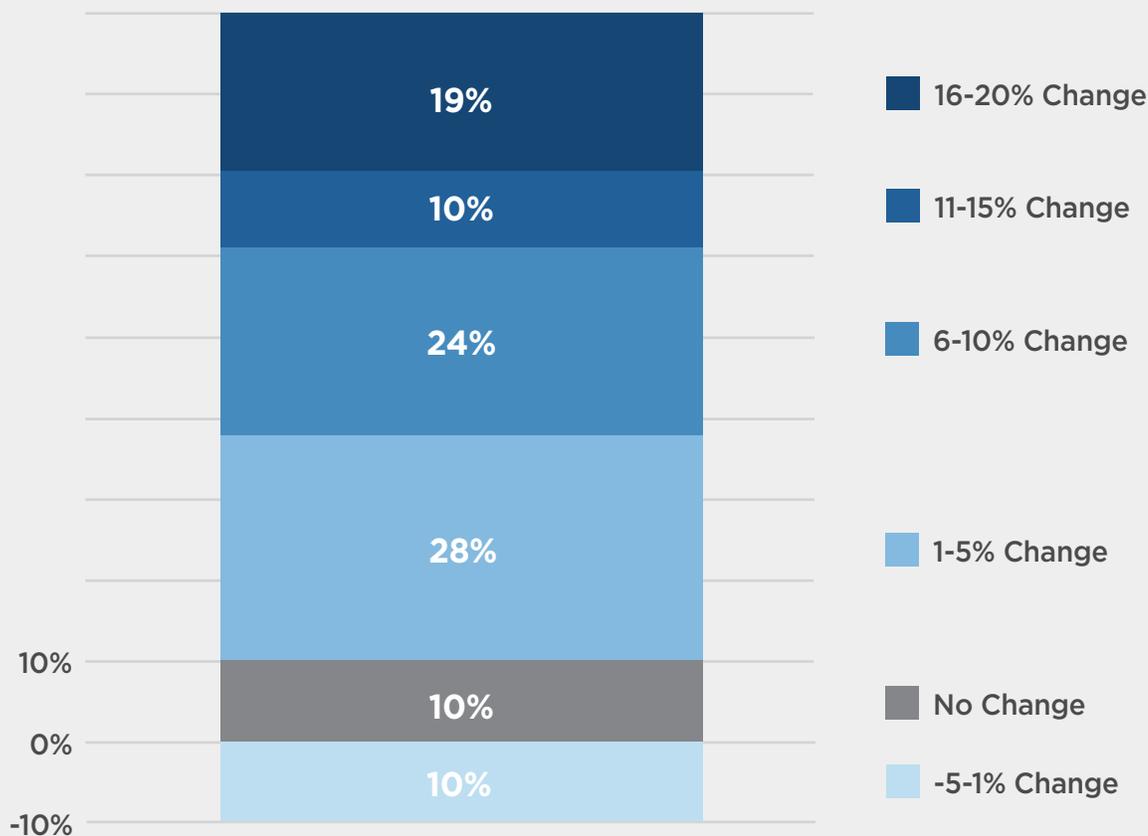
Results from the 2020 *NCSST Student Mental Health Survey* of 22 schools indicate mental wellness concerns increased at an average rate of 10%. Nearly a third of the schools indicated that concerns of mental wellness increased at a rate of 10-20%.

### Rate of Change in Mental Wellness Concerns



NCSSS also wanted to probe the extent of mental illness diagnoses. These diagnoses increased at an average rate of 8%. Moreover, 29% of those surveyed indicated that diagnoses of mental illness increased at a rate of 10-20%.

### Rate of Change in Mental Illness Diagnoses



Diving deeper, NCSSS turned to some of its residential schools which afforded a look into information not available from day-only schools:

- One school reported an increase of 27% in the unique number of students counseled.
- One school reported that the total number of counseling visits had grown by 50%.
- One school noted that over a nine-year period, it had counseled 74% of its student population.

### What is being done?

Most of the schools reported a variety of beneficial techniques to reduce mental wellness challenges among their students. NCSSS plans to report on these techniques at its March 2021 Student Mental Wellness Summit. Equally as important, the Summit will pool ideas from attending schools to provide guidance that will hopefully assist its member schools.