

**Addendum to SPRC Inventory of Campus Mental Health**  
**Response prepared by Student Health Services**

1. Only if student willingly provides information.

**Mental Health Screening Tools**

2.     ADD/ADHD                     Referred out for testing  
       Bipolar Disorder            Referred out for testing  
       Depression                   **PHQ2 / PHQ2** (Zung)  
  PHQ stands for Patient Health Questionnaire – this is a point-of-care guide utilized in primary care settings to identify patients with depression  
       Drug or alcohol abuse       **CAGE, AUDIT**  
  CAGE is a simple 4-question self-test that may assist students to become aware of their use or abuse of alcohol. This test specifically focuses on alcohol use, and not on the use of other drugs. This is a psychological screening test  
  AUDIT is Alcohol Use Disorders Identification Test. Guidelines for Use in Primary Care. Published by the World Health Organization, Department of Mental Health & Substance Dependence (Babor, Higgins-Biddle, Saunders, Monteiro)
3. Gatekeeper Training – note that no-one has “ownership” for in the Student Affairs Division. We simply provided to our providers and ancillary staff. On-going training and refresher courses have not been provided since original training occurred. ***Grant work conducted on campus by UND SMHS Center for Rural Health (Dr. Jacque Gray) Suicide Prevention as it relates specifically to American Indian population.***
4. Include **SRC (Student Relations Committee) Refer to the CODE**
5. What places on campus can students get some type of counseling or mental health service?
  - Alcohol and other drug office
  - Counseling center/mental health services
  - Health services
  - Ministries
  - Psychology dept.
  - Sexual assault office
11. a. Do you maintain an updated referral list for community services? **Yes**  
       **ALSO See Student Guide of Community Health & Human Resources prepared for International Centre’ by Student Health Promotion Office**  
       b. Are appointment hours & fees known? **No**

c. Preventive services normally not covered under existing Accident & Sickness Plan sponsored by North Dakota University System (N.D.U.S.) – depends upon specific plan. For example, the **International Student Policy** reads: When non-emergency care is needed, students are strongly encouraged to use the Student Health Service first. If the Student Health Service does not provide the care needed, they can provide the student with information to make informed health care decisions. The following benefits are available when a student receives covered services (as listed in the Schedule of Benefits and not excluded in the Policy) at the Student Health Service:

- **Basic Injury or Sickness deductible is waived**
- **The co-insurance for payment of covered services is 100% of the Usual & Customary charges**

Note: For schools without a Student Health Service, the deductible will be waived if first seen by a campus nurse or health office.

d. If no to ( c )m have sliding scale fee arrangements been made? *Not always*

16. What is your institution's approach to **parent or emergency contact notification**?

Individualized, but prefer to engage families when/where appropriate.

19. Important to note that Peer Educators conduct the majority of Mental Health Outreach, in concert with UCC & Content Experts (i.e. To the best of my knowledge, UCC does not have a dedicated "Marketing Budget")

20. What outreach activities do you provide? **YES to all of these**

*Refer to H&W Resource Office and H&W Peer Educators/Outreach for type and frequency*

- Alcohol or drug abuse
- Anxiety
- Depression
- Diet & exercise
- Eating Disorders (with EDIT)
- Healthy lifestyles
- Help-seeking behaviors
- Homesickness
- Sexual assault prevention
- Sleep
- Social isolation
- Stress/coping skills

24. Make sure that someone has identified **NightLife**

***Dated: February 15, 2011***