

Mental Health on College Campuses: Possibilities and Opportunities for Christian Study Centers



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Roadmap



- ❧ **What do we know** about the mental health of American college students?
- ❧ How are colleges and universities **responding**?
- ❧ What are **possibilities and opportunities** for Christian Study Centers?
 - ❧ What Christians can offer
 - ❧ A few questions
- ❧ **Conversation**

Mental Health and American College Students: Observations and Trends





Under Pressure: The Growing Demand for Student Mental Health Services

By [Dr. Sarah J. Hill](#)
 10/1/2014

National College Health Assessment

<http://www.acha-ncha.org>



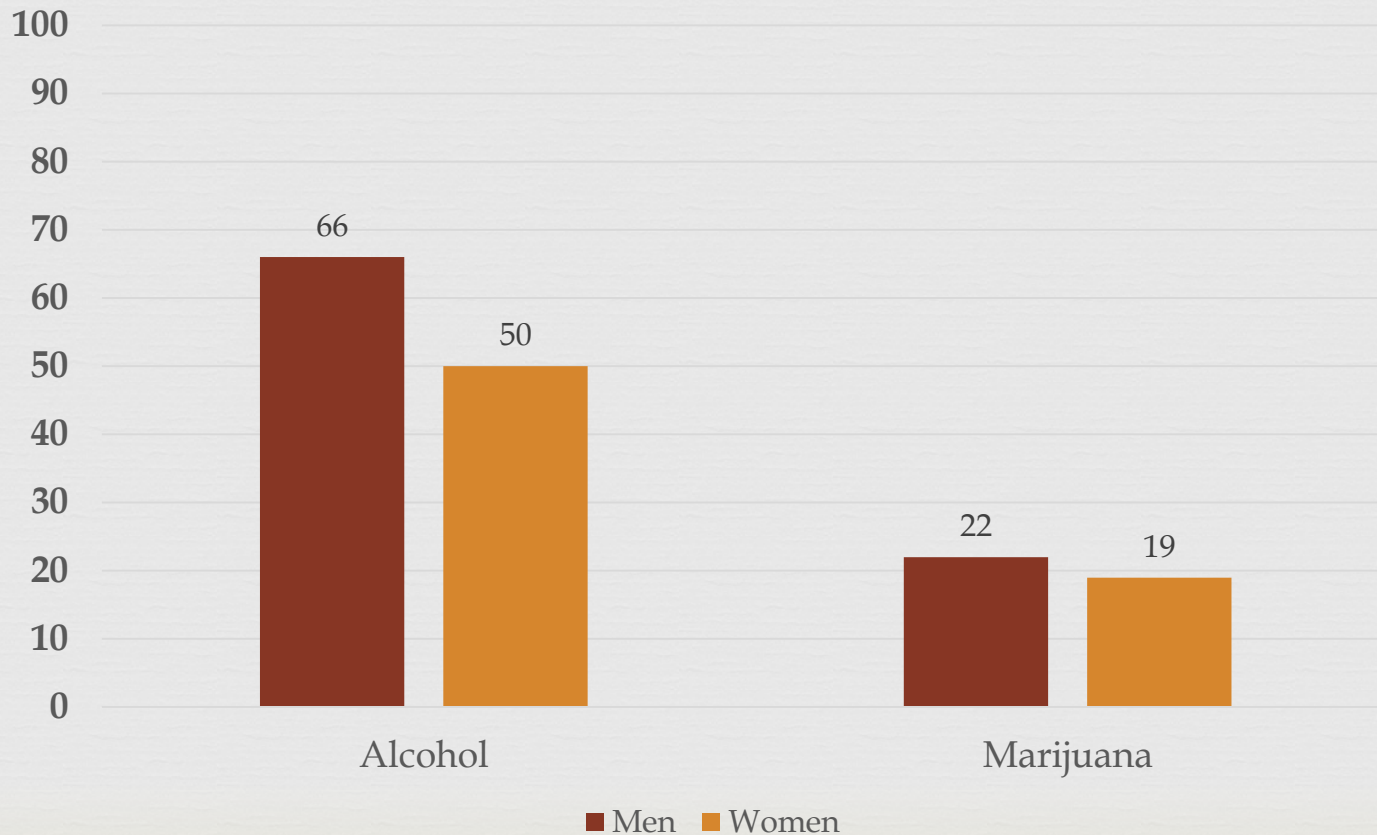
Fall 2017 Reference Group Data Report



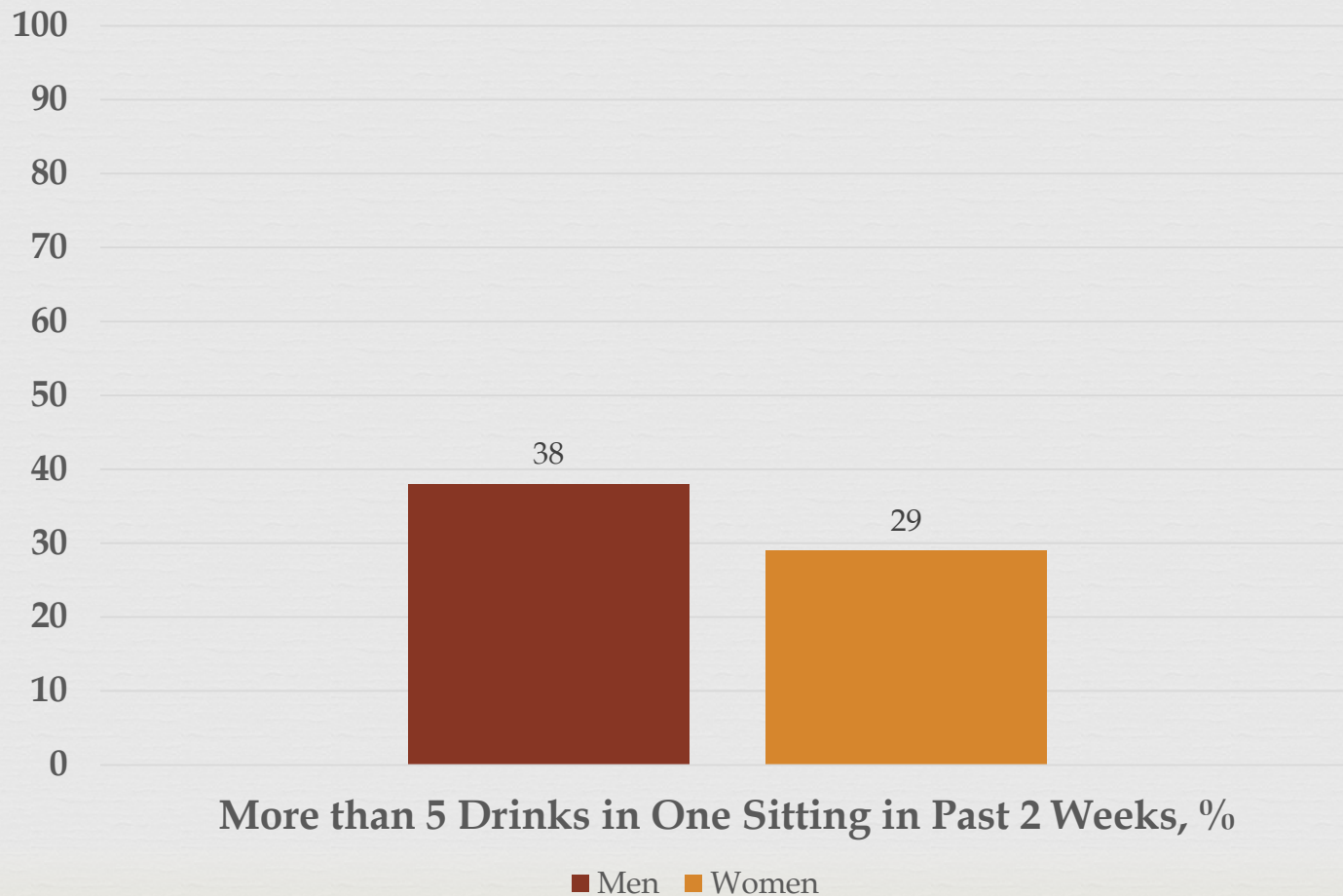
Substance Use



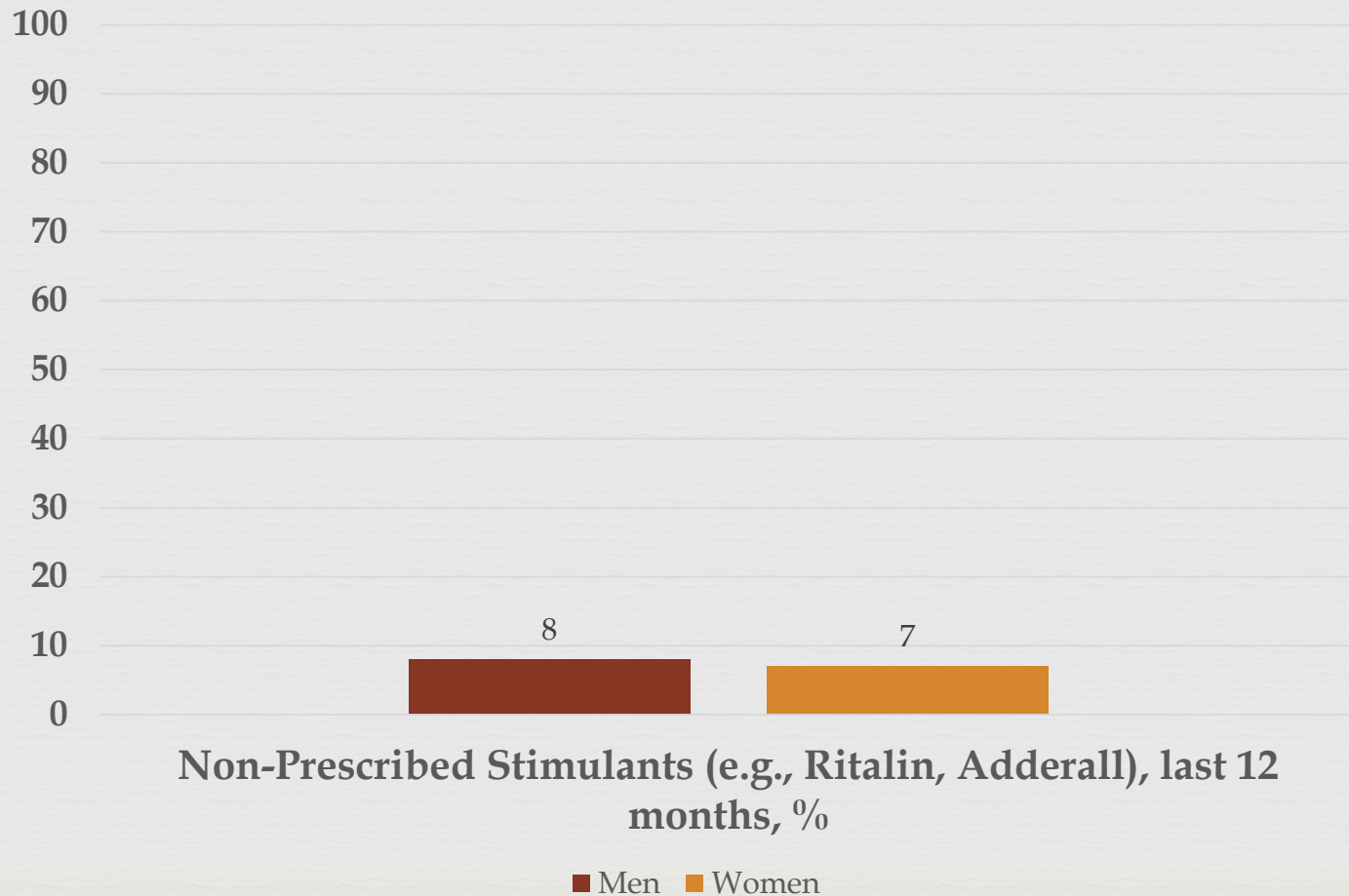
NCHA, Spring 2017, Any use in Last 30 Days, %



Binge Drinking



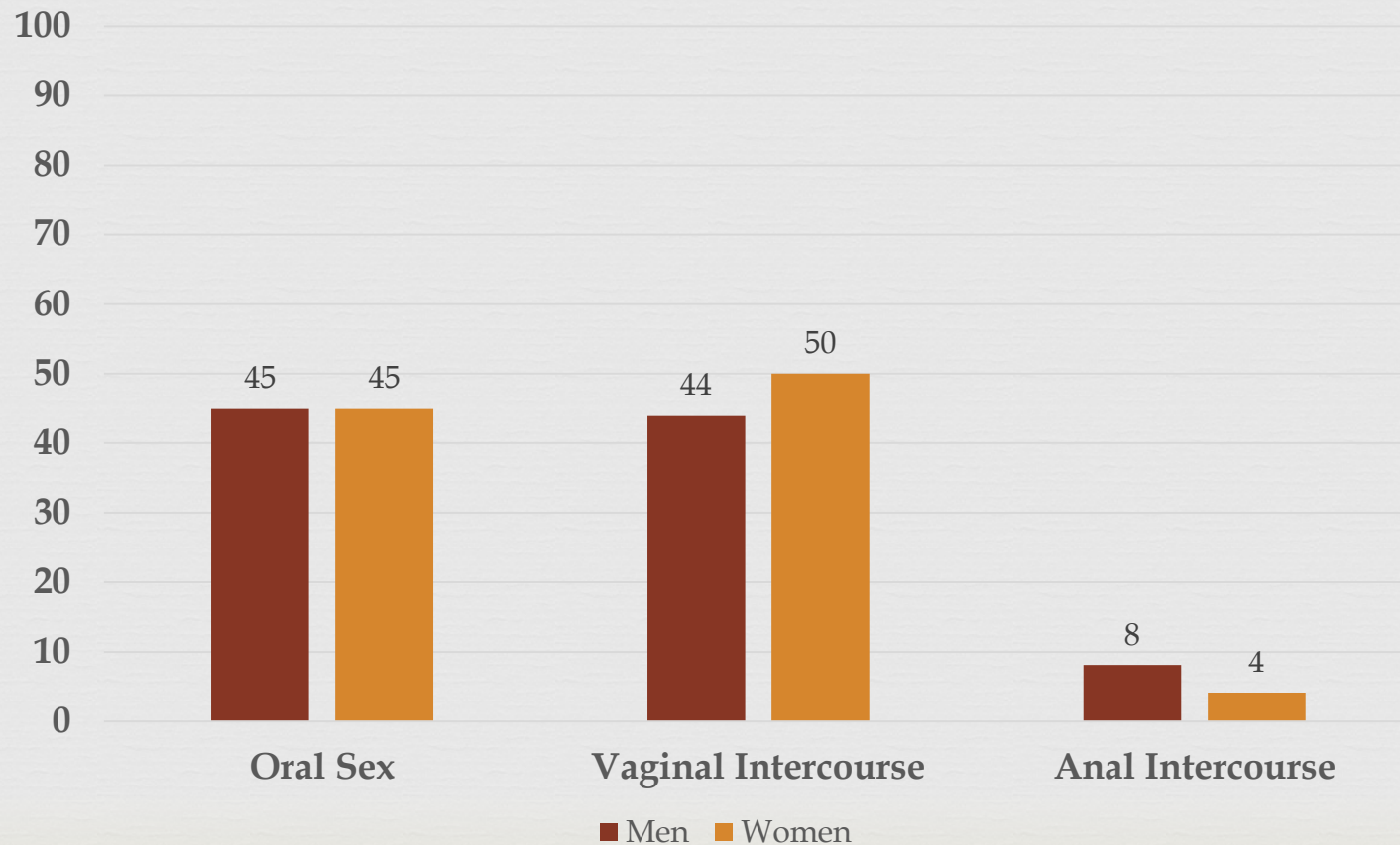
Non-Prescribed Stimulants



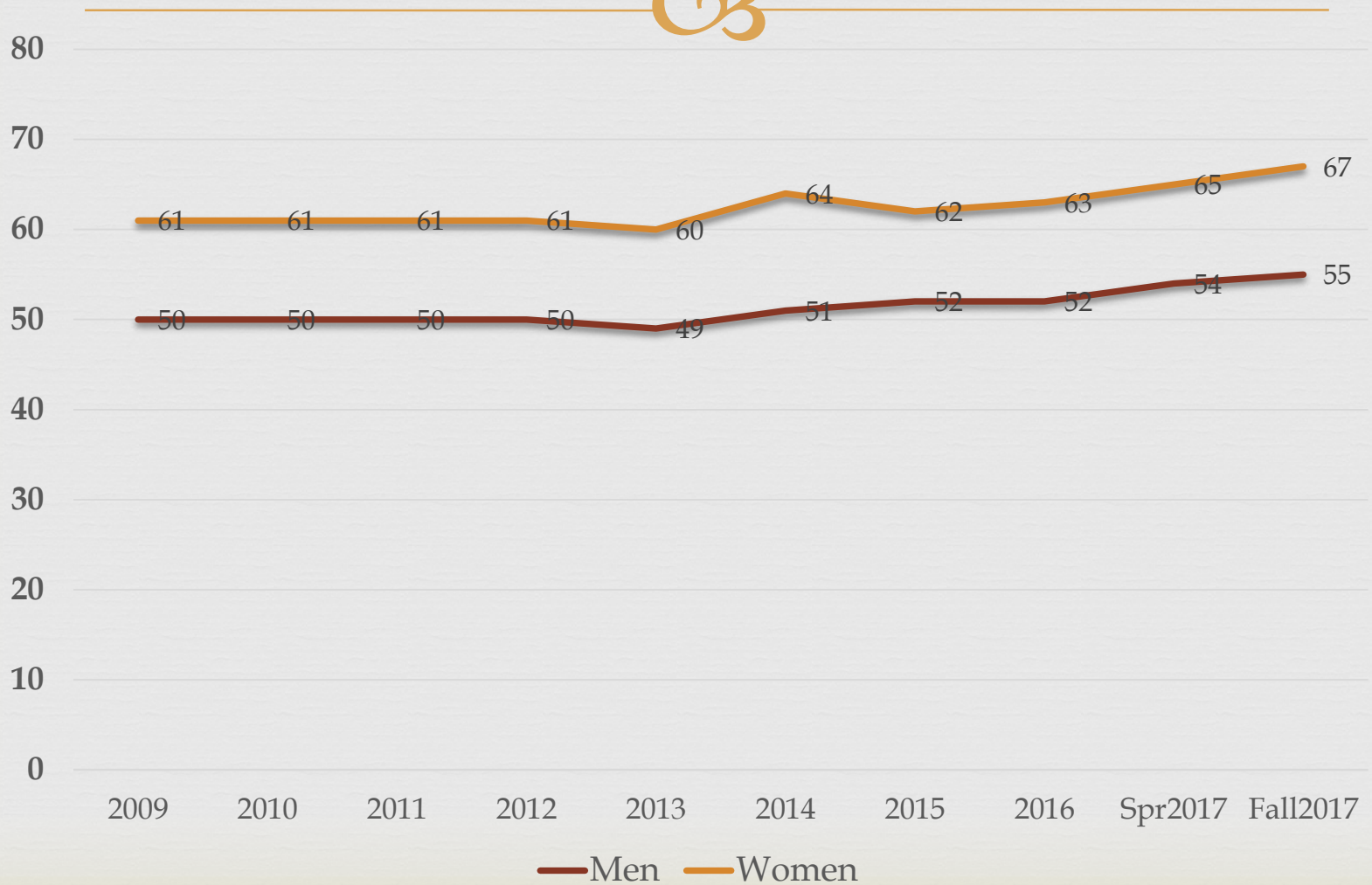
Sexual Behaviors



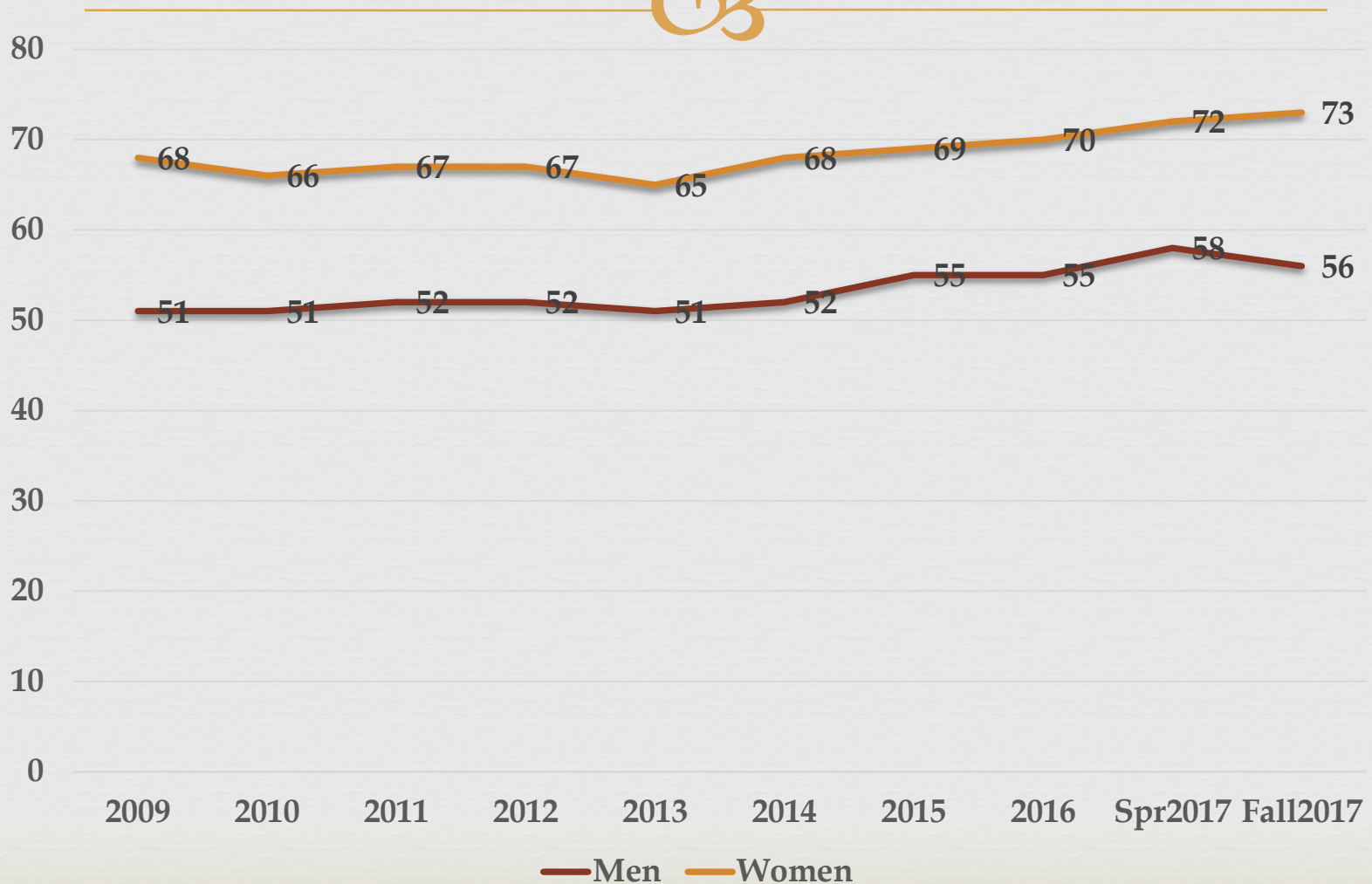
NCHA, Spring 2017, Last 30 Days, %



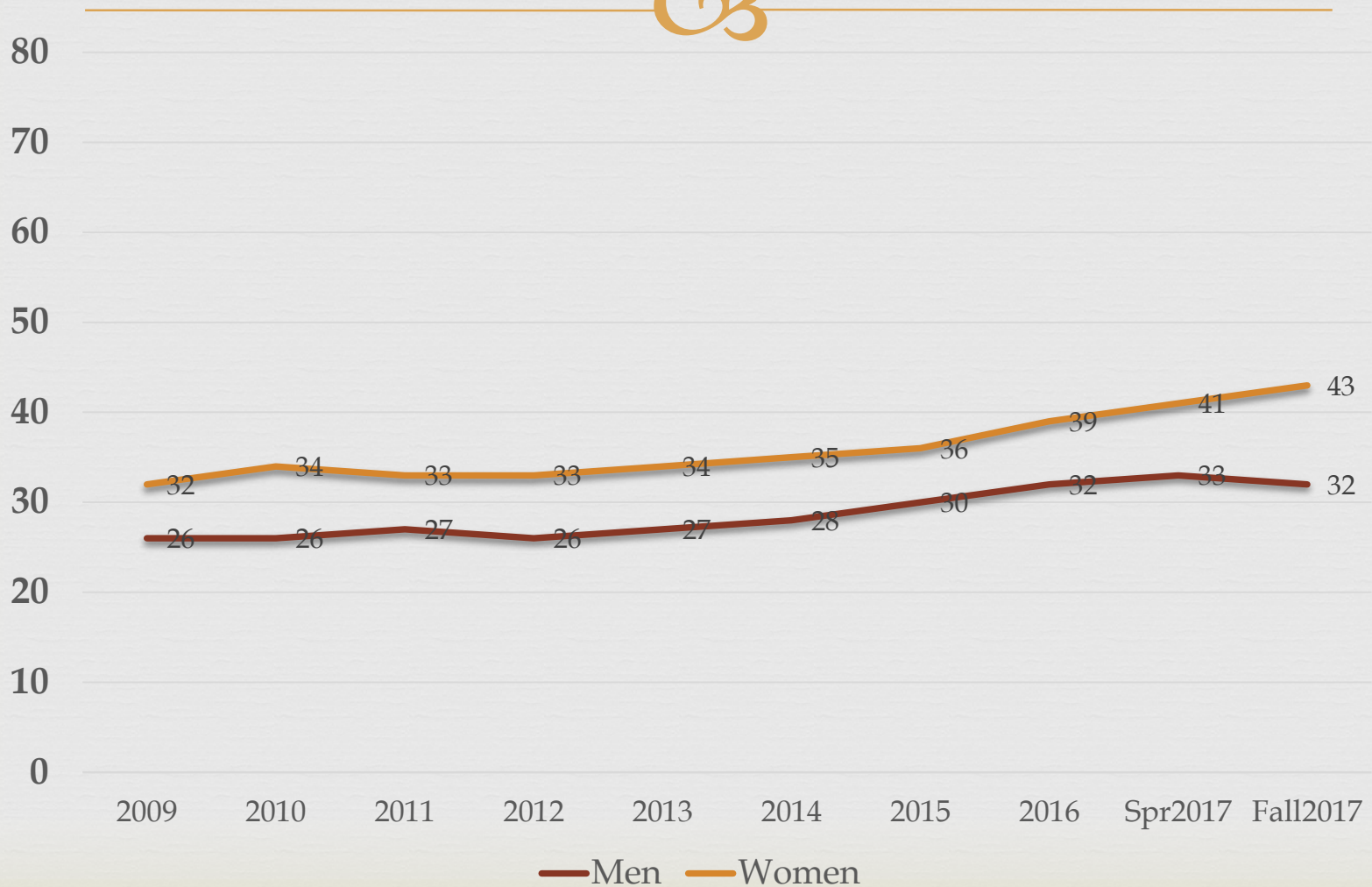
Have you ever felt very lonely? (last 12 months, %)



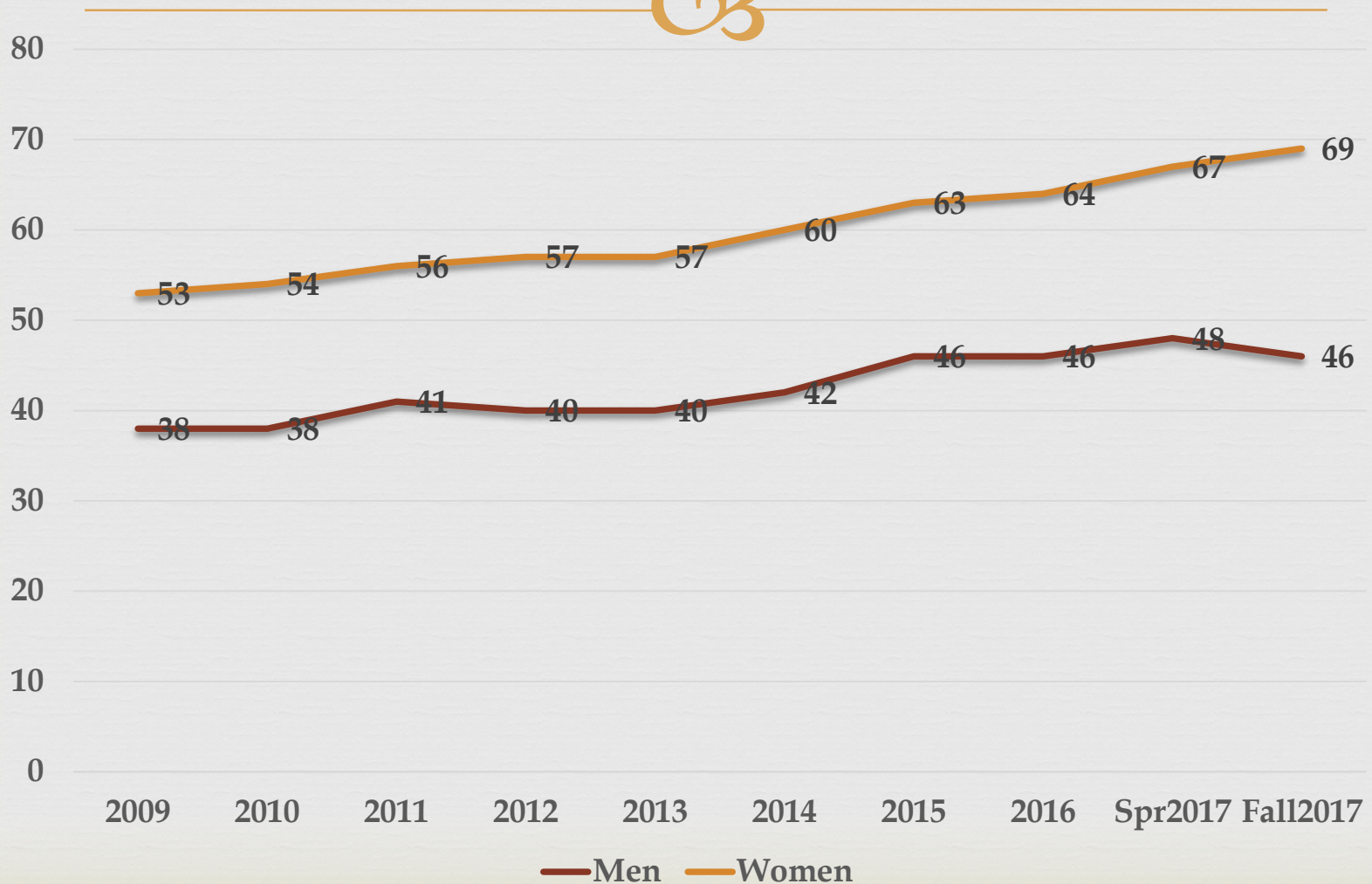
Have you ever felt very sad? (last 12 months, %)



Have you ever felt so depressed that it was difficult to function? (last 12 months, %)

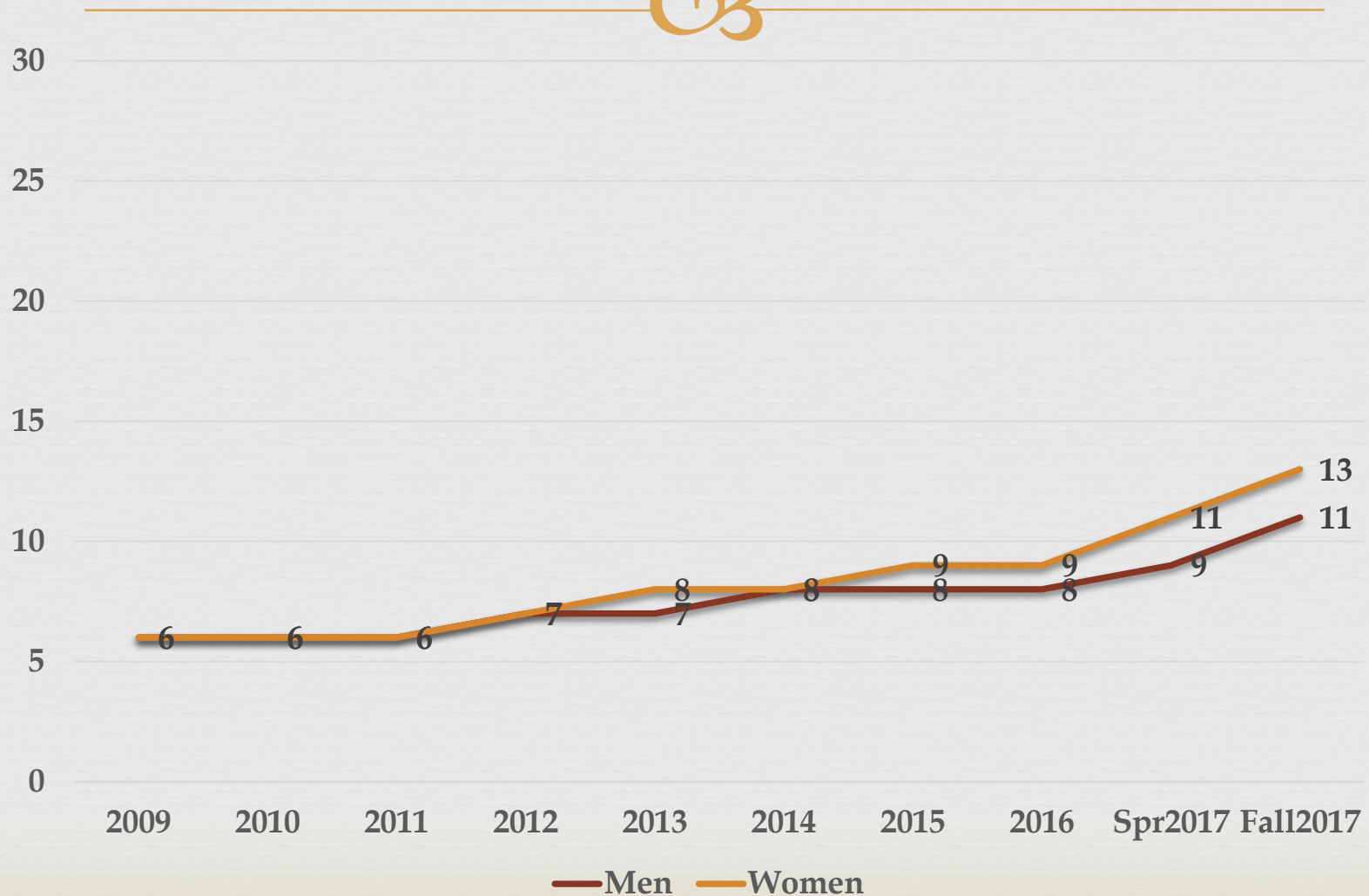


Have you ever felt overwhelming anxiety? (last 12 months, %)

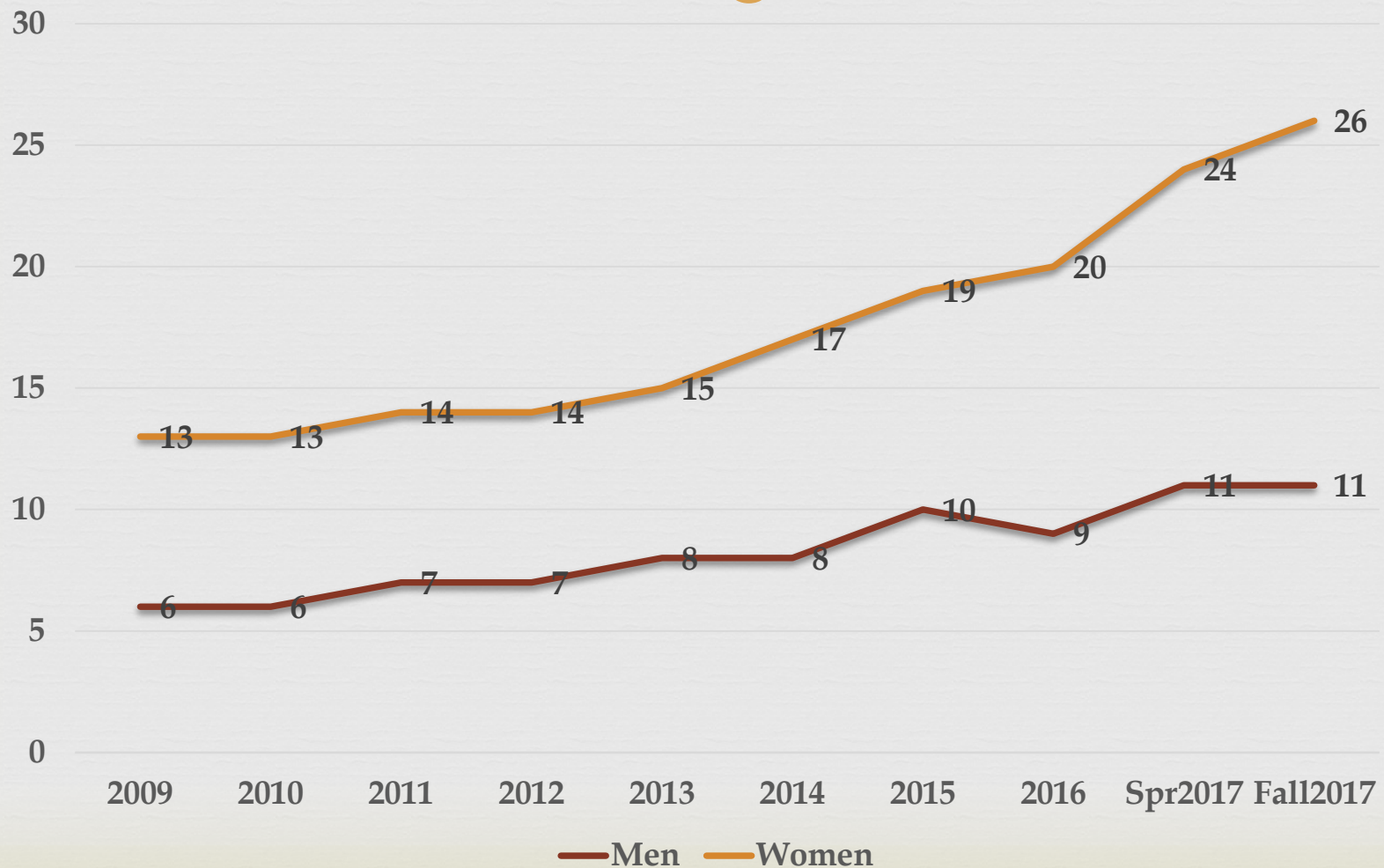


Have you ever seriously considered suicide?

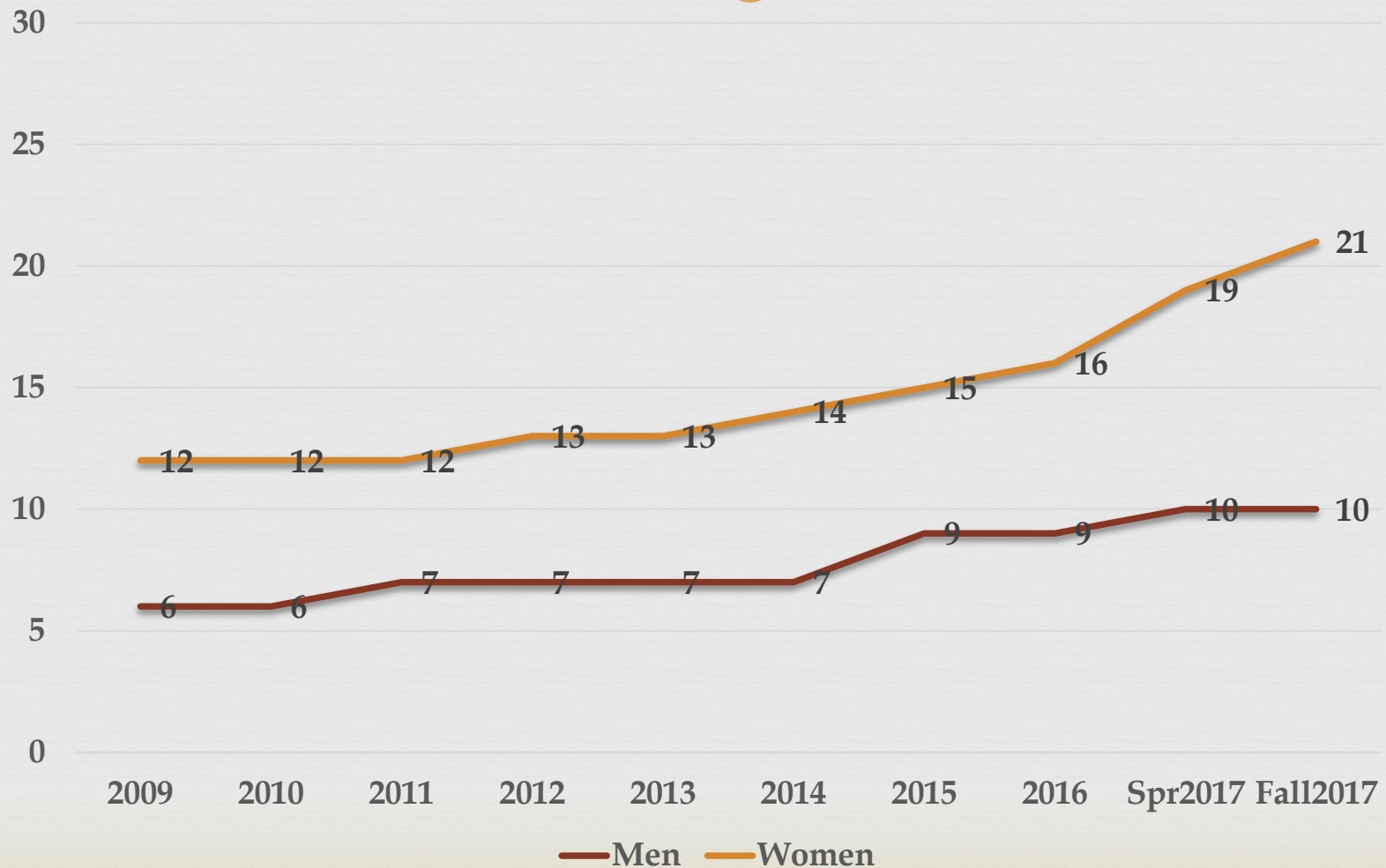
(last 12 months, %)



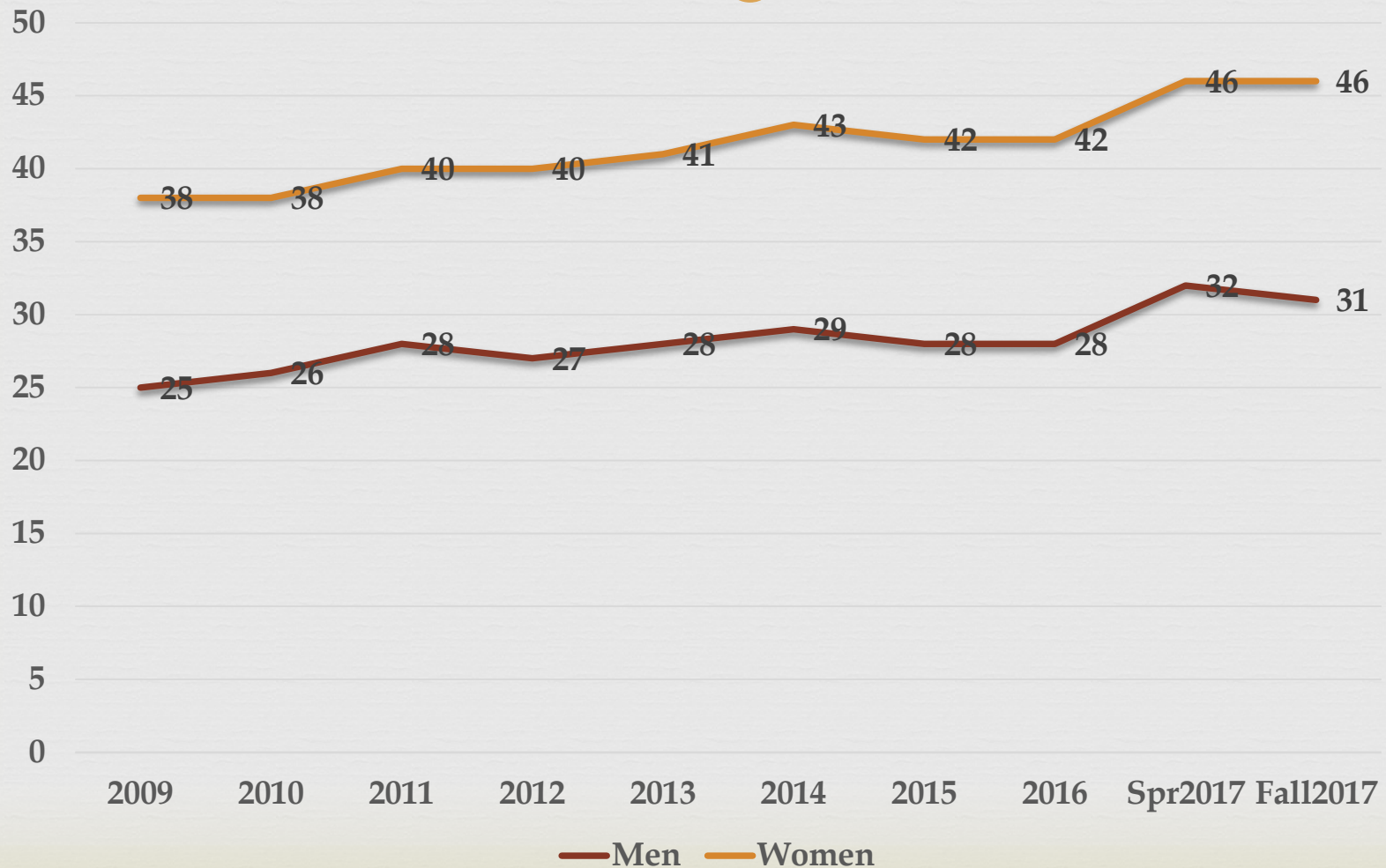
Diagnosed or treated by a professional for anxiety within the last 12 months (%)



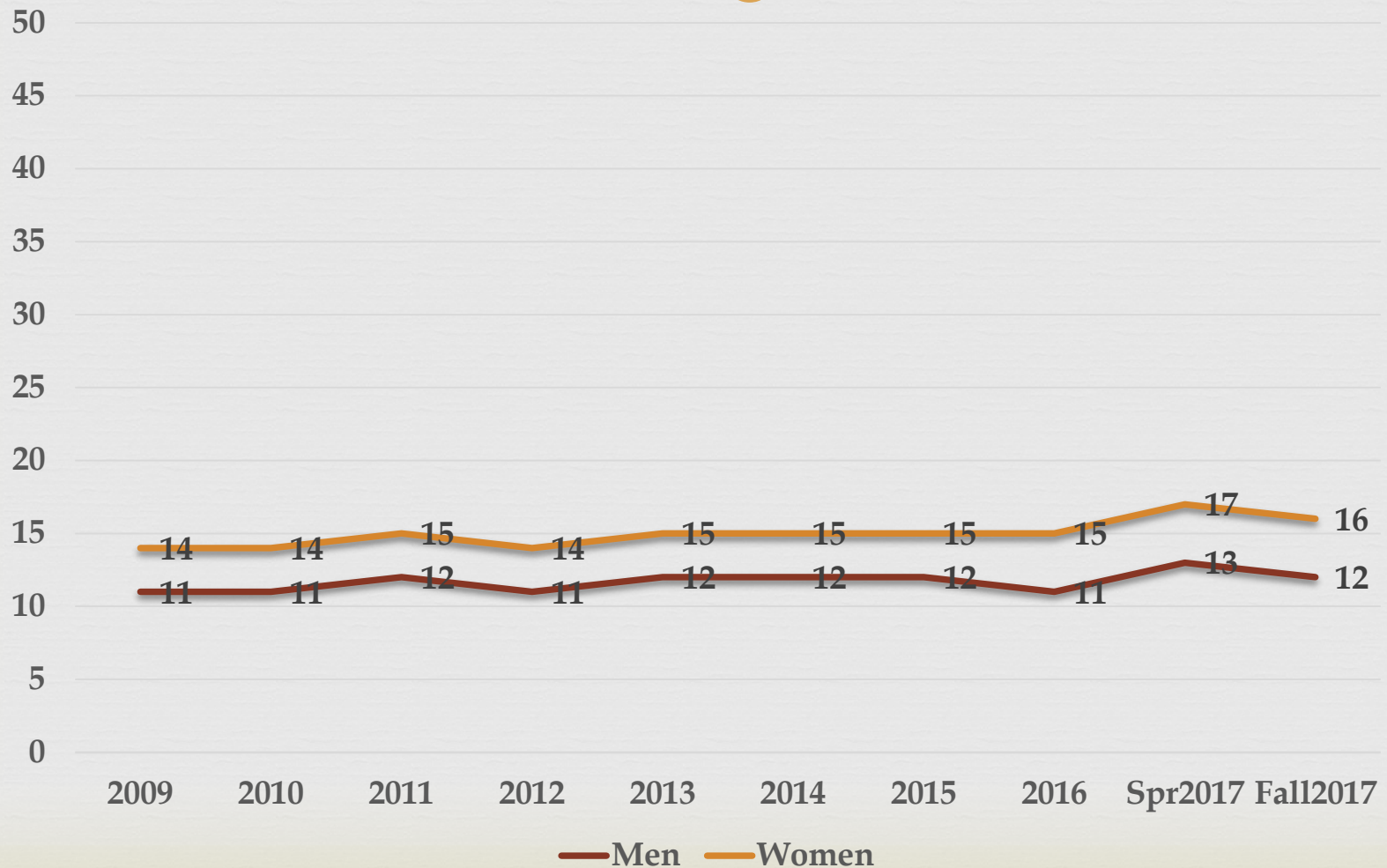
Diagnosed or treated by a professional for depression within the last 12 months (%)



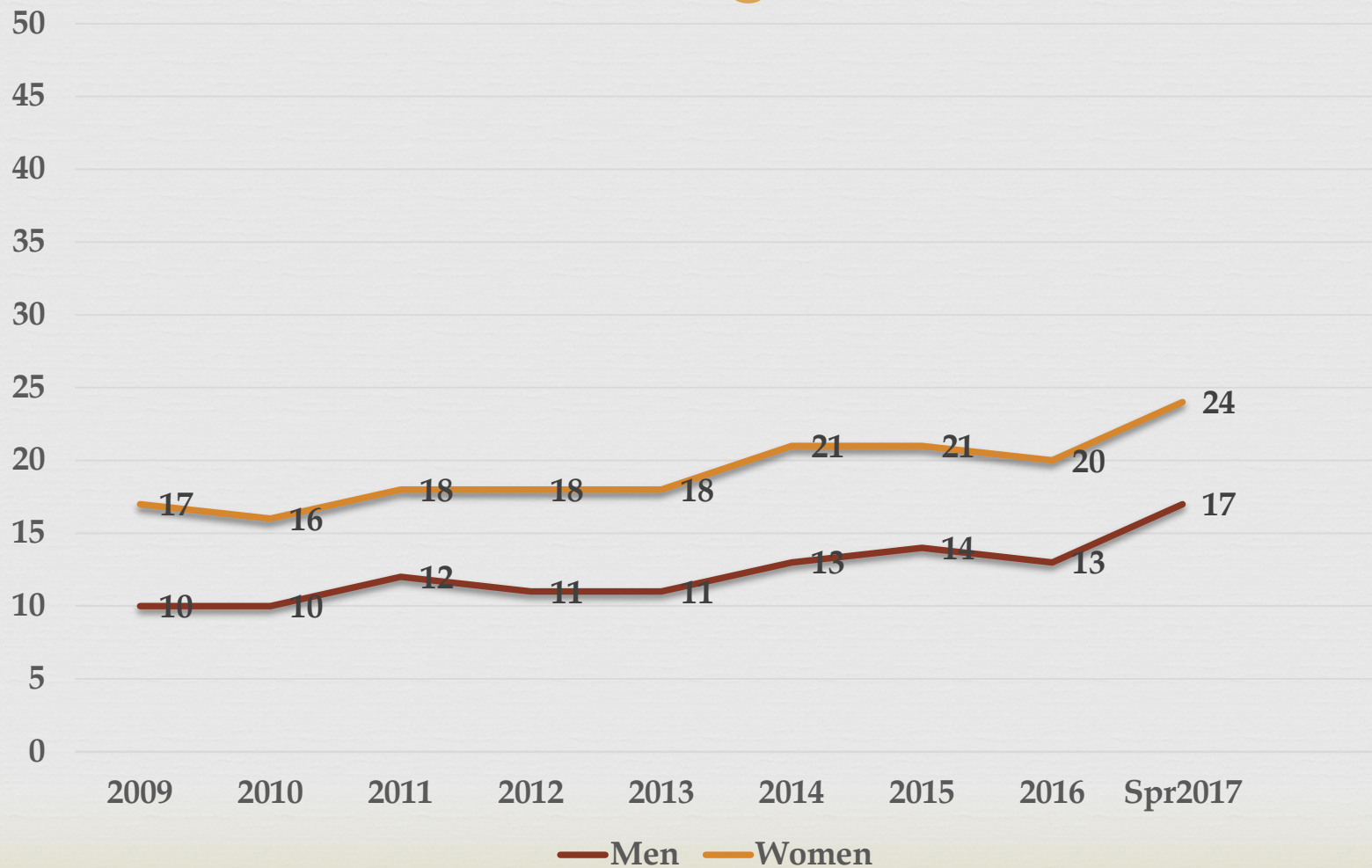
Ever received psychological or mental health services from a counselor/therapist/psychologist (%)



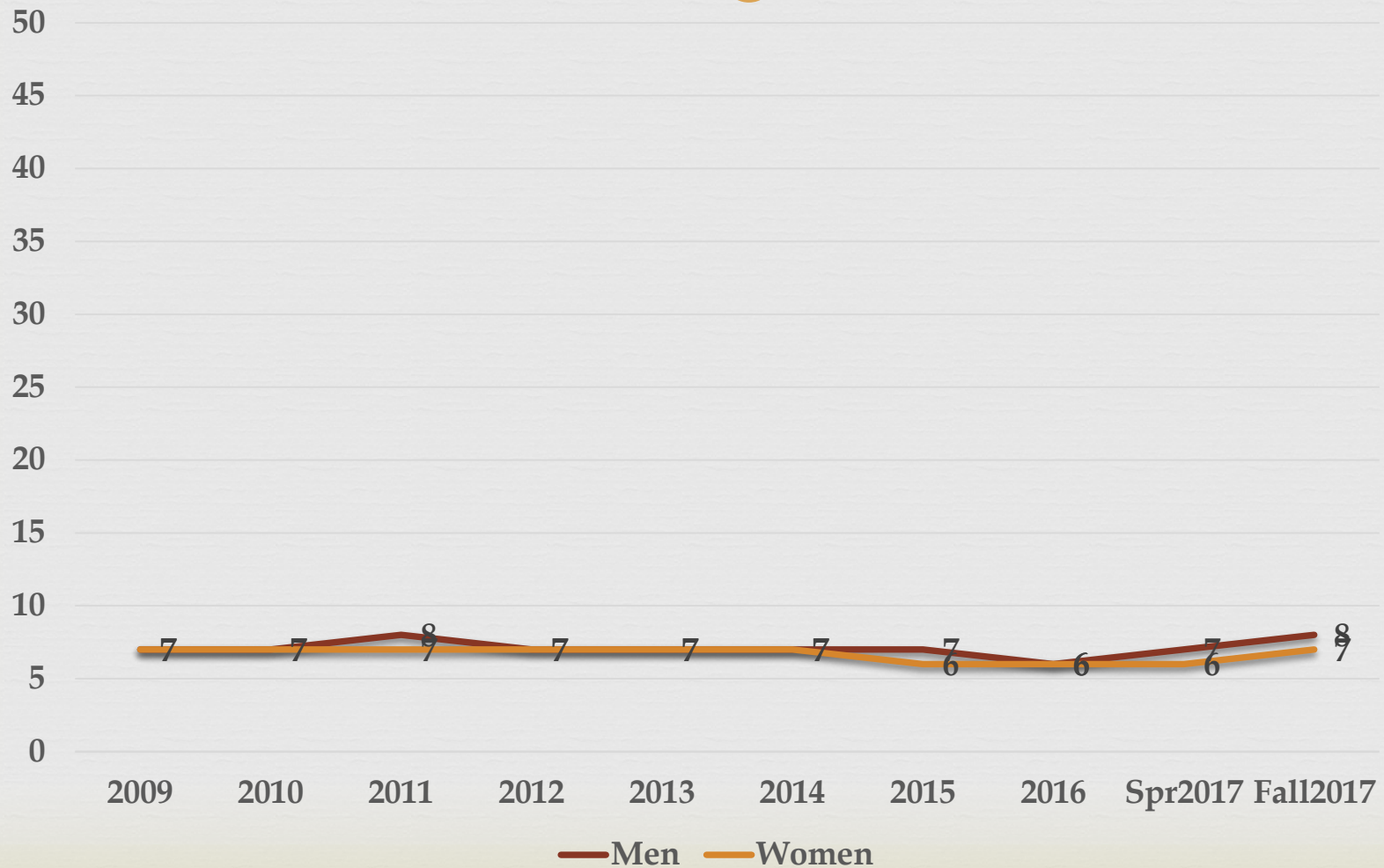
Ever received psychological or mental health services from a psychiatrist (%)



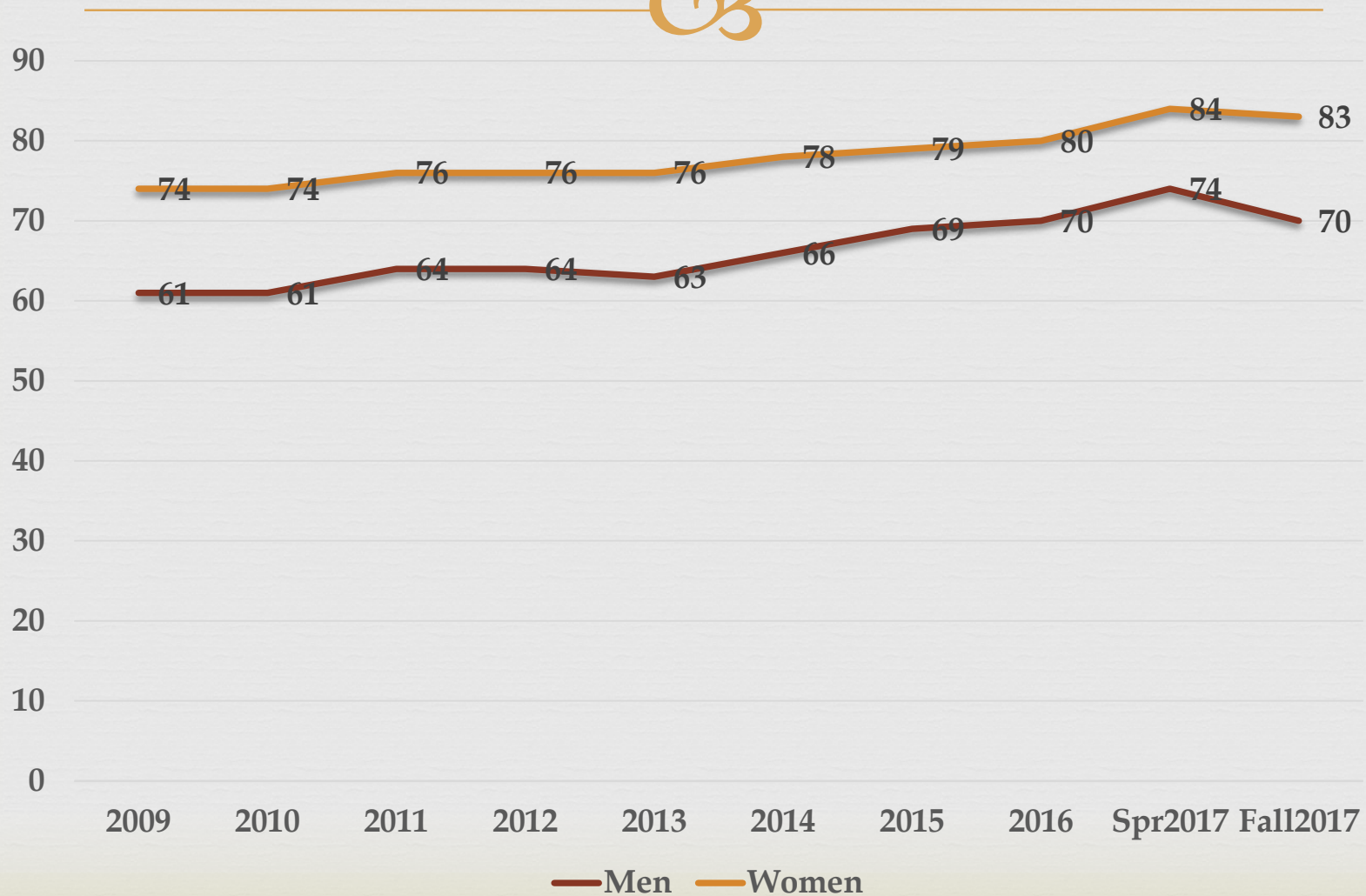
Ever received psychological or mental health services from current college/university's Counseling or Health Service (%)



Ever received psychological or mental health services from minister/priest/rabbi/other clergy (%)



If in the future you were having a personal problem that was really bothering you, would you consider seeking help from a mental health professional? (yes, %)



How Colleges and Universities are Responding



Common responses



- ❧ **Student Counseling and Mental Health Services**
- ❧ **Case Management Programs** (following Virginia Tech shooting)
- ❧ **Education** in Alcohol/Substance Use, Sexual Violence
- ❧ **Attention to Rape and Sexual Assault**
- ❧ **Student Wellness Programs**

Duke Student Wellness Center





Possibilities and Opportunities for Christian Study Centers



Christians can offer . . .



*. . . a constructive vision of
who humans are*

1. We are deeply and fully
known and loved by God.



“You hem me in, behind and before . . .” – *Ps. 139:5*

1. We are deeply and fully
known and loved by God.



**“It’s good that you exist;
it’s good that you are in
this world!”**

--Josef Pieper, Faith, Hope, Love, 163-164.

2. We are living creatures of earth . . .



2. . . . who grow and love in relationship.



3. We are wayfarers.



What is needed,
right now,
for the journey?

4. We are called **not to control, but to wonder**



Christians can offer . . .



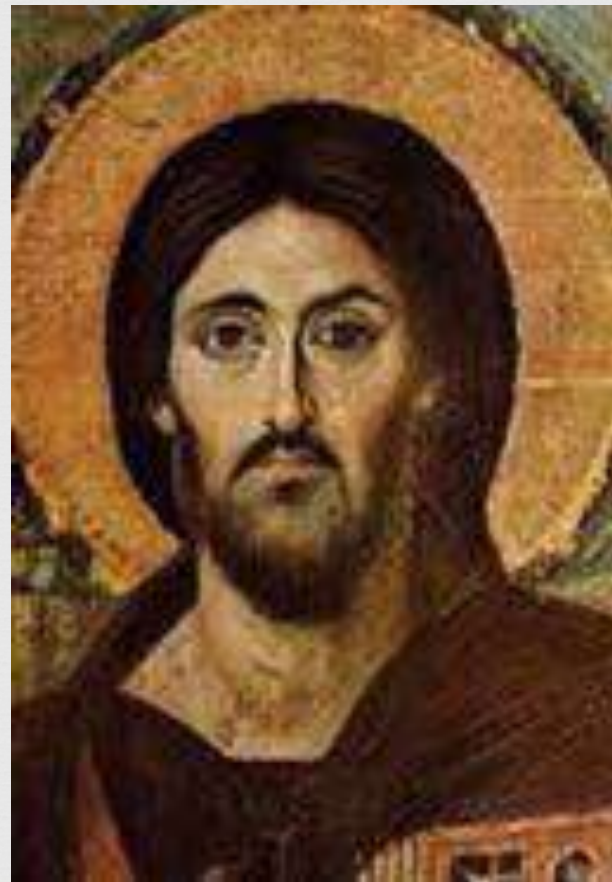
. . . *resources for wayfarers*

1. Jesus



“You died, and your life is now **hidden with Christ in God**. When Christ **who is your life** is revealed, then you also will be revealed with him in glory.”

—Colossians 3:3-4



1. Jesus



Ivan Kramskoi, *Christ in the Desert*, 1872

2. Community



3. Places and Practices



4. Scripture (including Lament)



But I trust in your unfailing love;
my heart rejoices in your salvation
I will sing to the Lord
for he has been good to me.

--Psalm 13 (NIV)



5. Hope



A Few Questions . . .



1. What are the conversations about well-being that are **not being held** at your university?



2. How are you encouraging **integration of mind and heart** in your common life?

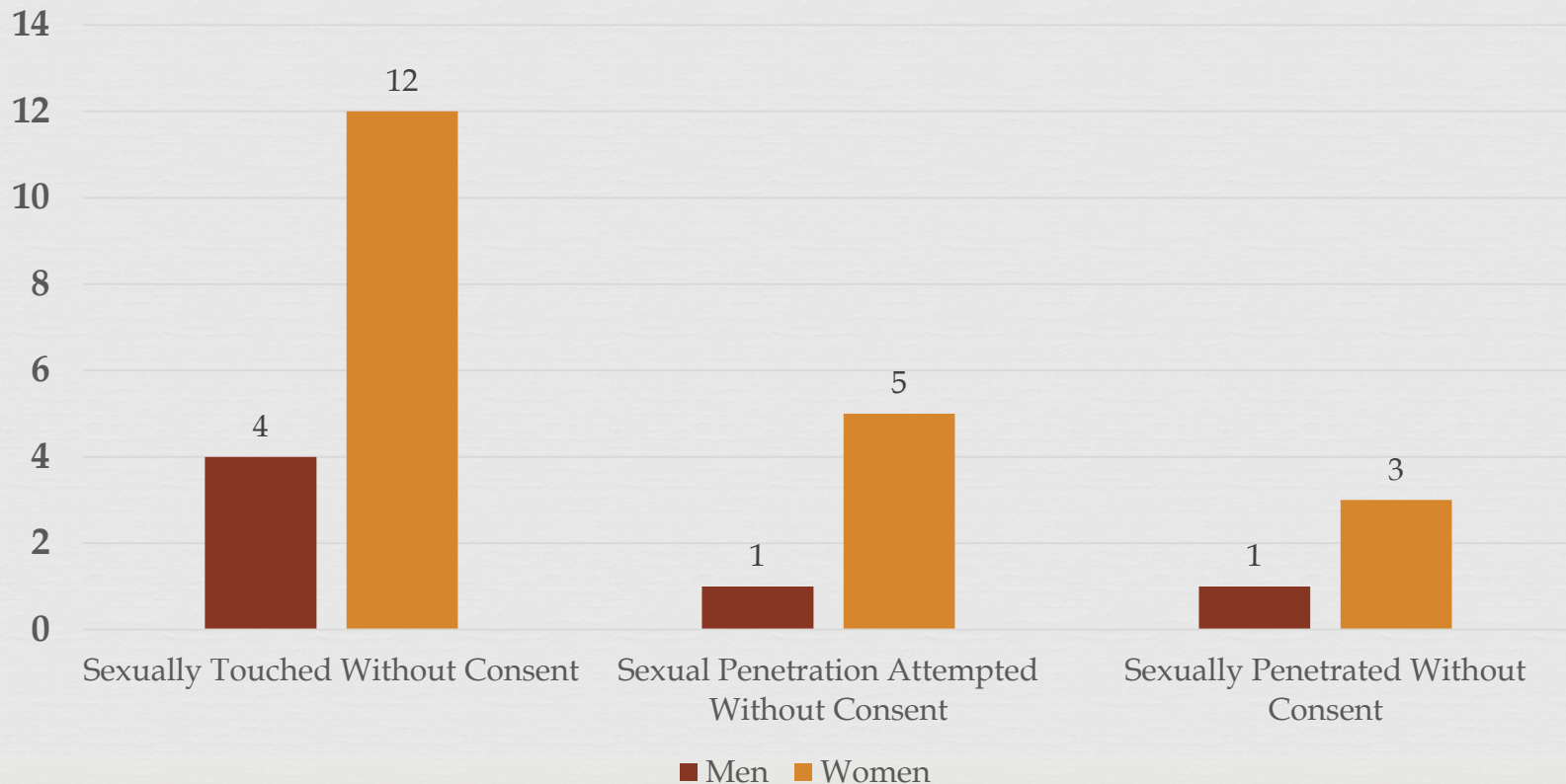


- ❧ How might we introduce students and faculty to resources for **thinking theologically** about human flourishing in community and before God . . .
- ❧ . . . while guarding against the tendency to use **intellectual control** as a way to cope with anxiety and uncertainty?
- ❧ How does our intellectual cultivation form us into **deeper lovers**?

3. How are you engaging trauma?



NCHA, Spring 2017, Last 12 months, %



4. How are you equipping students to **think as Christians** about mental health language and practice?

☞ Anxiety or . . . trials?

☞ Depression or . . . downcast soul? *acedia*?

☞ When is psychological and psychiatric language helpful, and when does it get in the way?

5. How are you engaging **shame** (and countering ‘effortless perfection?’)



6. How are you promoting belonging, connection, and vocation among students?



7. How are you **partnering** with student wellness and mental health services?





What is needed, right now, for the journey?



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