Improving Mental Wellness to Improve Student Success

Laura Opton DHSc, RN, CNE; Christy Weaver DNP, APRN, FNP-C; Irene Salinas DNP, RN, CNE-cl; Rachel Chapman MSN, RN, CCRN-K; Molly Lee MSN, RN; Candace Frizzi MSN, RN



Green - the student is anxious and needs someone to speak with

The ABSN Program is committed to helping all students succeed and achieve their goal of graduating and becoming a Red Raider Nurse. The tutoring

Texas Tech University Health Sciences Center provides the Program of Assistance for Students (PAS) as a resource to promote health and wellness in

your personal and academic life. TTUHSC provides up to eight (8) free counseling sessions per student per fiscal year (Sept. 1 - Aug. 31). Any TTUHSC

student can receive assistance at no cost, and telehealth counseling services are now available. Counselors are trained in addressing all types of

request form and respond to the student with instructions. ***If you do not receive a response within 24 hours from Dr. Weaver or do not receive a

confirmation email, please get in touch with Dr. Weaver by email.

Family and Relationship Problems

 Excessive Stress or Anxiety Alcohol and Drug Abuse

service is just one more tool to assist you in achieving your goals. Please complete the tutoring tutor request form 📑 to apply for tutoring services. On you have completed and submitted the request form, you will receive an email confirming the form has been submitted. Dr. Weaver will review the

Background

Nursing students face a variety of mental health challenges, including anxiety and depression. This student population is vulnerable to stressors due to:

- Rigors of nursing school
- Finances
- Life-work-school balance issues

These stressors often exacerbate preexisting mental health challenges (Kondo et al., 2023). Nursing faculty report increases in mental health issues in students since COVID-19, and schools are challenged to create programs to promote mental wellness (Karaca et al., 2019).

Purpose

The purpose of this presentation is to describe a QI project advancing improvements in the mental wellness of nursing students.

Methods

One health sciences center (HSC) focused the accreditation-required Quality Enhancement Plan on student mental health. The School of Nursing (SON) within the HSC further developed a Wellness Program, appointed an Associate Dean for Wellness, and created program-specific processes. Strategies adopted by the Accelerated BSN Program included:

- Designation of a faculty Student Success Coordinator
- Implementation of a student mental health algorithm for triage and referral by faculty to the wellness team
- Inclusion of success and resiliency strategies as curricular adjuncts
- Development of a Student Success webpage

Results

The algorithm utilized by faculty in AY2023 referred 28 ABSN students to the Wellness Program for supportive services:

- Financial assistance
- Mental health crisis management
- Food insecurity
- Housing instability or insecurity
- Intimate partner violence

Retention Counselors across 7 sites collaboratively planned hybrid seminars addressing selected topics:

- Study techniques
- Test-taking
- Success strategies
- Available resources

Content/faculty created videos were posted on the Student Success webpage. Additionally, a grant was awarded to support other wellness activities. Wellness Program feedback reflects overall improvement of student outcomes.

Conclusion

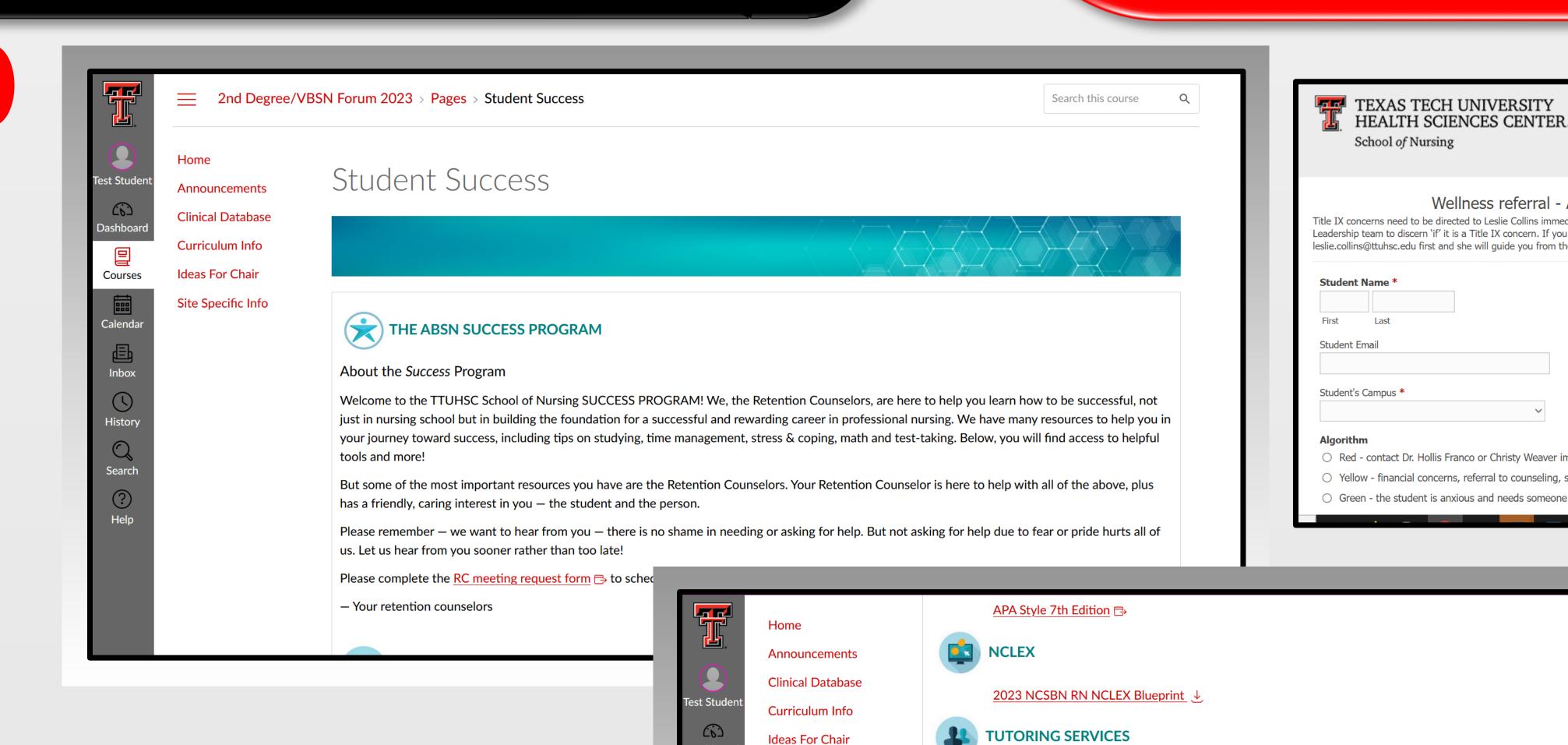
The SON Wellness Program was identified as an exemplar, providing a template for other HSC programs and could be replicated at other institutions to advance improvements in student wellness.

Limitations

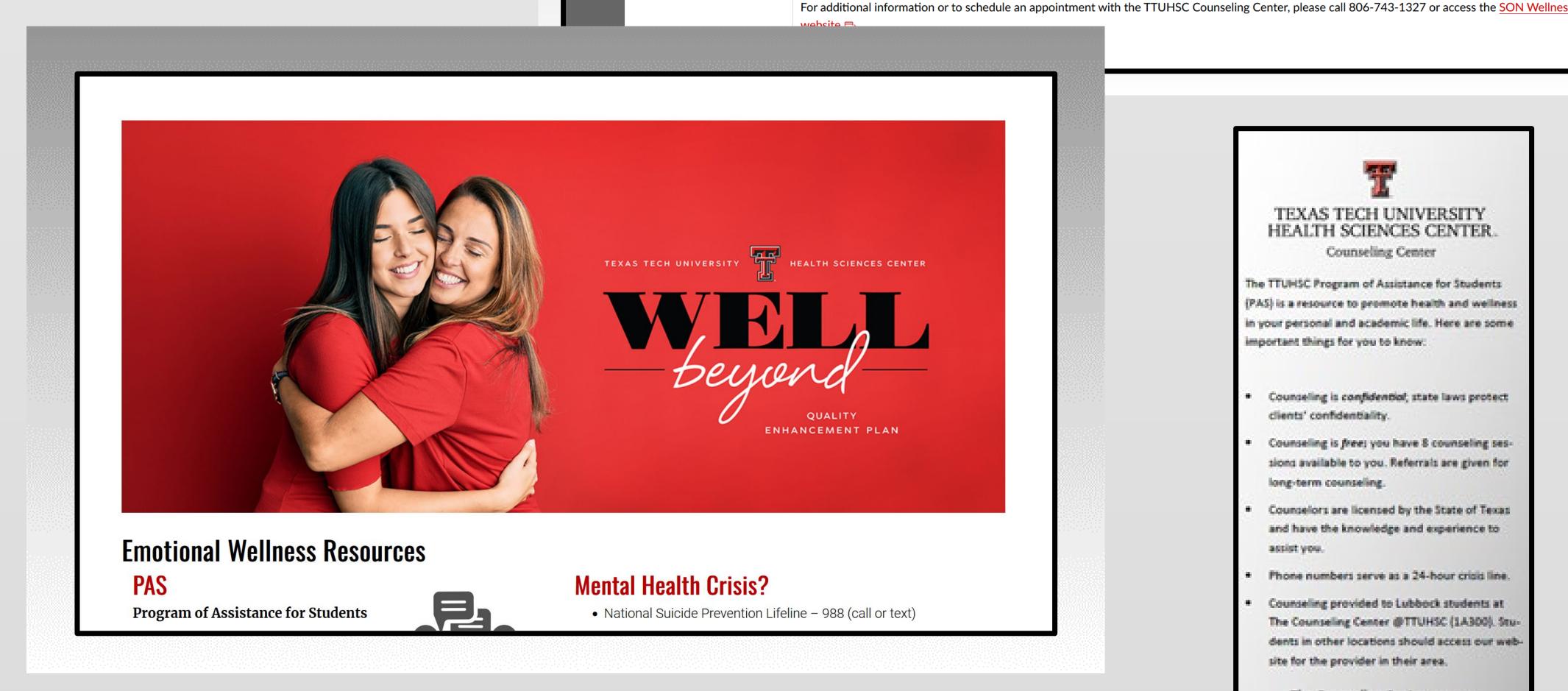
- Faculty understanding of referral process (i.e. location of online referral form)
- Student follow-up

Contact Information

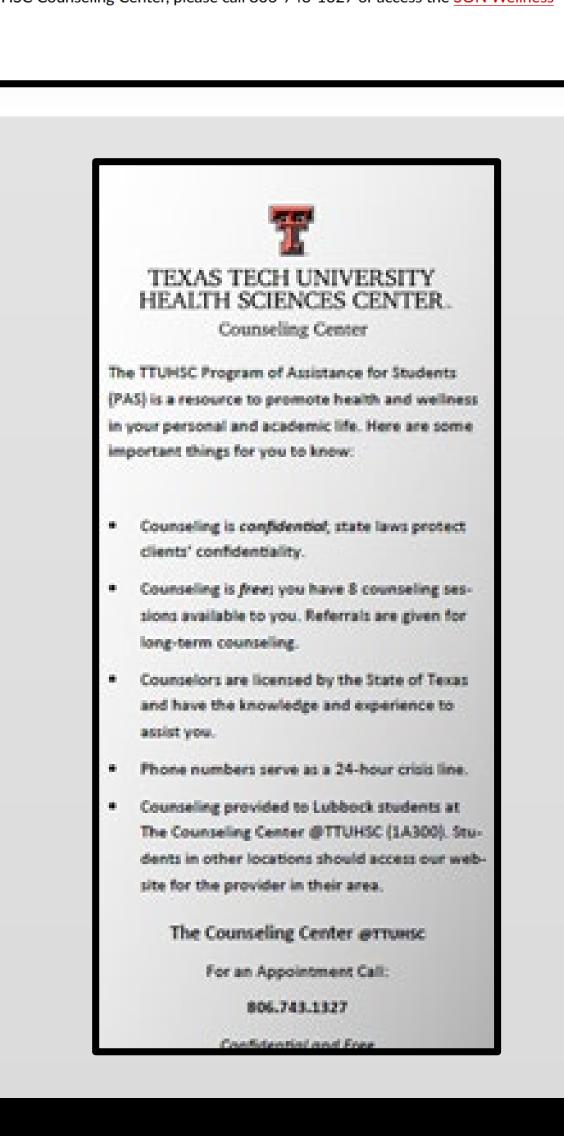
Laura.Opton@ttuhsc.edu



Site Specific Info



https://www.ttuhsc.edu/live-well/



References

Karaca A, Yildirim N, Cangur S, Acikgoz F, Akkus D. Relationship between mental health of nursing students and coping, self-esteem and social support. Nurse Education Today. 2019 May;76:44-50. doi: 10.1016/j.nedt.2019.01.029. Epub 2019 Feb 6. PMID: 30769177

Kondo A, Abuliezi R, Niitsu K, Naruse K, Oki T, Ota E, Ezeonwu MC. Factors related to mental health effect among nursing students in Japan and the United States during the coronavirus pandemic: A cross-sectional study. International Journal of Mental Health Nursing. 2023 Feb;32(1):186-198. doi: 10.1111/inm.13075. Epub 2022 Oct 2. PMID: 36184845; PMCID: PMC9538421