

In a 2001 National Survey of Counseling Center Directors, 85% of counselors reported seeing an increase in students with severe psychological problems over the last five years.

Source: Taylor, S.S. (2002).  
"Mental Cases," *Community College Weekly*, Vol. 15(2), 7-8.

"The college years are when depression and other mental illness tend to first manifest themselves. College itself does not cause depression, but its stresses, including sleep deprivation and substance abuse, can trigger depression in those already vulnerable, as some 15 percent of the general population is believed to be."

Leslie Berger, "The Therapy Generation,"  
The New York Times, January 13, 2002

"Students with Psychiatric disabilities are enrolling in colleges to resume their education in greater numbers than ever before."  
Reasons:

1. The deinstitutionalization movement and development and refinement of psychotropic medications and advances in treatment modalities
2. Rehabilitation Services
3. Between 40 and 70 percent of people diagnosed with long-term illness recover
4. The Rehabilitation Act of 1973, particularly Section 504, and the Americans with Disabilities Act of 1990

Source: "Serving Students with Psychiatric Disabilities on Campus: Clarifying the DSS Counselor's Role," *Journal of Postsecondary Education and Disability*, Vol.9, #4, Fall 1991.

### **Survey of Psychological Issues on Campus: Summary of Preliminary Results, March 2001**

1175 NASPA member institutions (n=1175) were surveyed. Results are based upon 358 (30%) responses:

- 48% reported a significant increase in the number of students experiencing some form of psychological distress on their campus over the past five years and 38% reported a slight increase.

## Classroom Disruption on The Increase

- U.S. News & World Report 1996 survey of adult Americans:
  - 90 % see incivility as a serious problem
  - 78% think incivility is worse than it was a decade ago

In 1998, Universities experienced a significant increase in the use of psychiatric support services, in some cases as much as a 100 percent increase in numbers.

Measel, D. *“Big Ten Survey,”*  
1998 AHEAD Conference

