

Student and Employee Mental Health in the Financial Services Setting

Benjamin Jackson

"A presentation advocating for student and employee mental wellness"

FABSAA Annual Conference 2023

Fort Myers, Florida



Today's Agenda

What we'll be doing together this afternoon

Introduction Activity

Mental Health Introduction

Student Mental Health Statistics

Group Activity #1

Employee Mental Health

Statistics and Useful Interventions

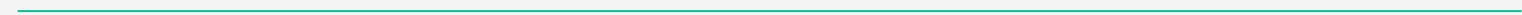
Wrap-Up Activity

Our Warm-Up - Table Talks

Welcome everyone! Thanks so much for participating, to get things started, a quick question for you. What does mental health mean to you?

Just so we are on the same page :)

- Mental health is defined as "a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community".
- Furthermore, mental health "exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes."



01

Lets Keep in Mind

"Research has demonstrated a link between financial stress and poorer mental health outcomes; for example, worry over finances has been correlated with mental illnesses like depression and anxiety."

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- During the 2020–2021 school year, more than 60% of college students met the criteria for at least one mental health problem, according to the Healthy Minds Study, which collects data from 373 campuses nationwide (Lipson, S. K., et al., Journal of Affective Disorders, Vol. 306, 2022)

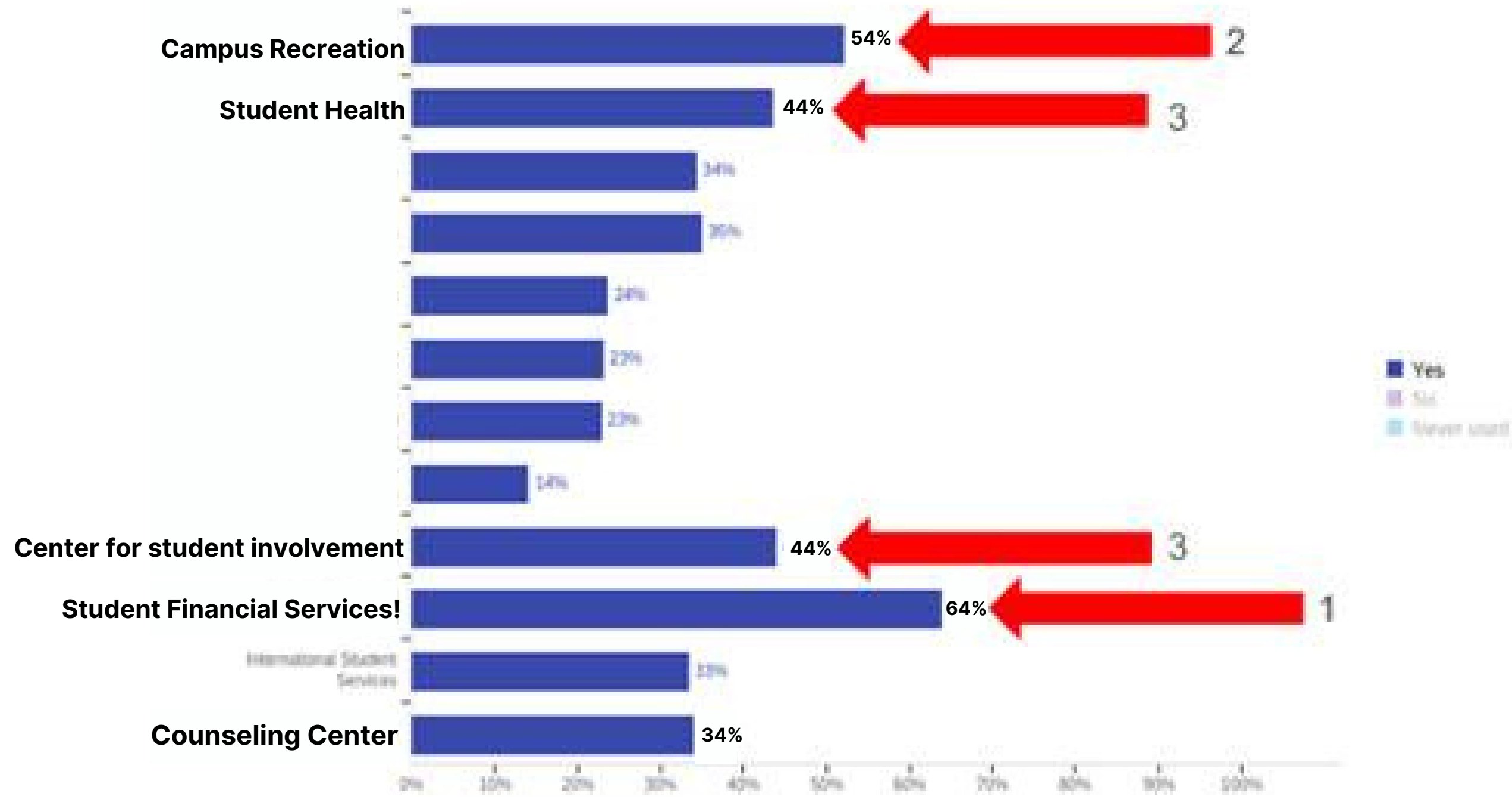
02

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- A 2015 national student financial wellness survey found that 7 out of 10 college students feel stressed about their personal finances

03

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- A survey showed that financial concerns can cause students to:
 - Neglect studies
 - Receive lower grades
 - Drop out
 - Drop a course

Q1 - Have any of the following services helped you remain a student at Lynn University?



Solutions



What can we do at our respective universities to keep our student's mental health in mind

- **Student wellness centers at Wake Forest University and Ohio State University have developed models that ensure student wellbeing on multiple levels, including the emotional, physical, social, intellectual, and financial dimensions.**
- **Some universities have implemented "Financial Wellness Centers that offer virtual one-on-one financial coaching to students from all across campus**
- **Inter-departmental campaigns to inform students about mental health services and normalizing help-seeking behavior**
- **Mental-health friendly communications from SFS and Student Accounts departments**
- **Collaboration with the on-campus counseling center when developing communication to students**

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[#!/present/429765/GQ30LFRGV5TE0AZP](https://lynnuniversity.display.vevox.com/#/present/429765/GQ30LFRGV5TE0AZP)
[DCIV](https://lynnuniversity.display.vevox.com/#/present/429765/GQ30LFRGV5TE0AZP)



Integrative Activity #1

An upper-level member of your management team has just emailed you a list of students that are to be dropped due to non-payment if they don't pay within the next week. Given what we have gone over so far and keeping a student's mental health in mind, how would you word the email going out to inform the student?

Now for some employee love!

Taking care of yourself = keeping your cup full.
If you don't do things to keep your cup full, you
have nothing left to give or share with others.

Let's Talk

01

- Nearly three-quarters of student affairs professionals, 72%, said the mental health of students and employees worsened during the past year, according to a new report from NASPA, a higher education association for student affairs administrators.

02

- In a survey of 131 student affairs professionals nearly 70% of respondents said mental health among staff declined during the past year, while 65% said student mental health worsened over the same period.

03

- Burnout among college employees is a top concern, with 67% of those surveyed reporting that both staff workload and burnout got worse in the past year.

Employee Focused Section

Employee Solutions

Keeping ourselves healthy for us, and for our students

"Amidst the pandemic, higher education institutions shared interventions and models aimed at supporting and facilitating faculty and staff well-being"

- Make Mental Health a Priority

- Convene Key Stakeholders

- Use Resource Mapping

- Train Faculty and Staff

- Develop Peer Support Programs

- Implement Continued Training

- Follow a Strategic Framework

Our Wrap-Up Activity - Group Discussions

What is your favorite way to take care of yourself, or "refill your cup"?

Thank you everyone!

Feel free to ask any questions!
