



Mental Health Outreach Among College Student Military Veterans

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Overview

- **Who, What, Why?**
- **Campus Examples**
- **Taking This Back**
- **Quick Resources**

Who Am I?





Who Are You?

- **Psychologists, Psychiatrists**
- **Interns, Residents**
- **Student Affairs, Academic Affairs**
- **Student Service Providers**
- **Students, Friends, Family Members**



Who Are They?

- Military veterans returning to college
- Male and female
- Usually 21 and older
- Multiple eras – OIF/OEF and prior
- Most current have been deployed, but not all.



What Are We Looking At?

- Department of Education has little to no data on the student veteran population to understand enrollment trends, persistence rates, and other information specific to veteran engagement in higher education.



Why Is This Important?

- 460,000 veterans are currently using education benefits to attend college.
- Estimated 40,000 other veterans in college not using education benefits.
- Student veterans are non-traditional in terms of:
 - Older age
 - Delayed college entry
 - Often first generation



Things to Think About

- How accessible is veteran information on your campus website?
- Is there a point of contact for veterans issues on campus other than for Education benefits?
- Who can you go to on your campus or in your facility if you have questions or concerns about veteran specific issues?



Campus Examples

- Student veteran social organizations
- Academic courses on military issues
- Modifying existing mentoring programs
- Veteran friendly zones



Panel Discussions

- Student Veterans Mental Health Panel
 - VA Medical Center GP
 - Vet Center counselor
 - Counseling Center director
 - Staff/faculty veteran
 - Current student veteran





Veteran Cultural Competence

- Simple list of ideas and resources is not sufficient outreach and education.
- Explore innovative training and outreach ideas.
- Develop 'veteran' status as a cultural diversity group in campus student affairs training and programming.



www.mentalhealth.va.gov/college

Counseling Veteran Students Topics



PTSD Among Veteran Students



Preventing Veteran Suicide



MST Among Veteran Students



Resources for Veteran Students



Resources for Families of Veteran Students



Resources for Campus Counseling Professionals

programs/events

mental health speakers
bureau

national programs

active minds conference

calendar of events

voices

Emily Parsons from Active
Minds at Central Michigan
University says:



"My involvement with
Active Minds has
helped me cope, as
well as giving me a
way to reach out
and to help support
others."

Emily Parsons was awarded the 2008
University of Michigan Depression
Center Student Advocate Award for

Home > Programs/Events > National Programs > Veterans and Mental Health

Veterans and Mental Health

Email

This fall Active Minds is proud to support a new programmatic focus on veterans and mental health. As our Active Minds chapter members return to campus, there will be far greater number of veterans joining them at their colleges and universities than in previous years. The Post-9/11 GI Bill went into effect in August, 2009 and provides veterans who served in the Iraq and Afghanistan conflicts financial support to attend college. The Department of Veterans Affairs (VA) predicts that the number of veterans starting or continuing their studies this fall will top 460,000, up from 354,000 from the past academic year.



Active Minds, Inc. is doing all we can to encourage our chapters to:

- Play a prominent role in welcoming veterans to campus
- Support the mental health of student veterans
- Advocate for their campus, counseling center, faculty and administrators to address the unique needs of student veterans

Active Minds chapters can [download available program resources](#) including:

- Recommended campus events, programming and action steps to address veterans and mental health
- Fact sheets on the Post-9/11 GI Bill and tips for supporting returning student vets, which can be distributed on campus.



Contact

Presenter

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Campus Programming

- <http://www.activeminds.org>