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The need for Occupational Therapy on Campus

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Background

- Since 1990s, college students have the lowest levels of emotional health
 - High levels of stress was reported most impactful on academic performance (Iarovici, 2014)
- High stress = greater risk of anxiety, depression (Chang et al., 2021)
- These factors limit healthy academic + life roles
- Students are unaware or unable to access services for success (Berg et al., 2017)
- Counseling centers and disability support centers are becoming limited due to increasing need (Oswalt et al., 2018)
- Occupational therapy (OT) can assist individuals with participation + engagement in meaningful activities, promoting health and wellness
- School is a major occupation for students, OTs can assist with college students at risk of developing a condition or disability (American Occupational Therapy Association, 2020)

Biography

My name is Emma Wagner. I'm a student in CSU's Occupational Therapy Doctorate program, graduating in May 2023! Post-graduation I hope to work with students to strive towards accessible education + meaningful lives. Please scan the QR code below for more information about me + my capstone project.

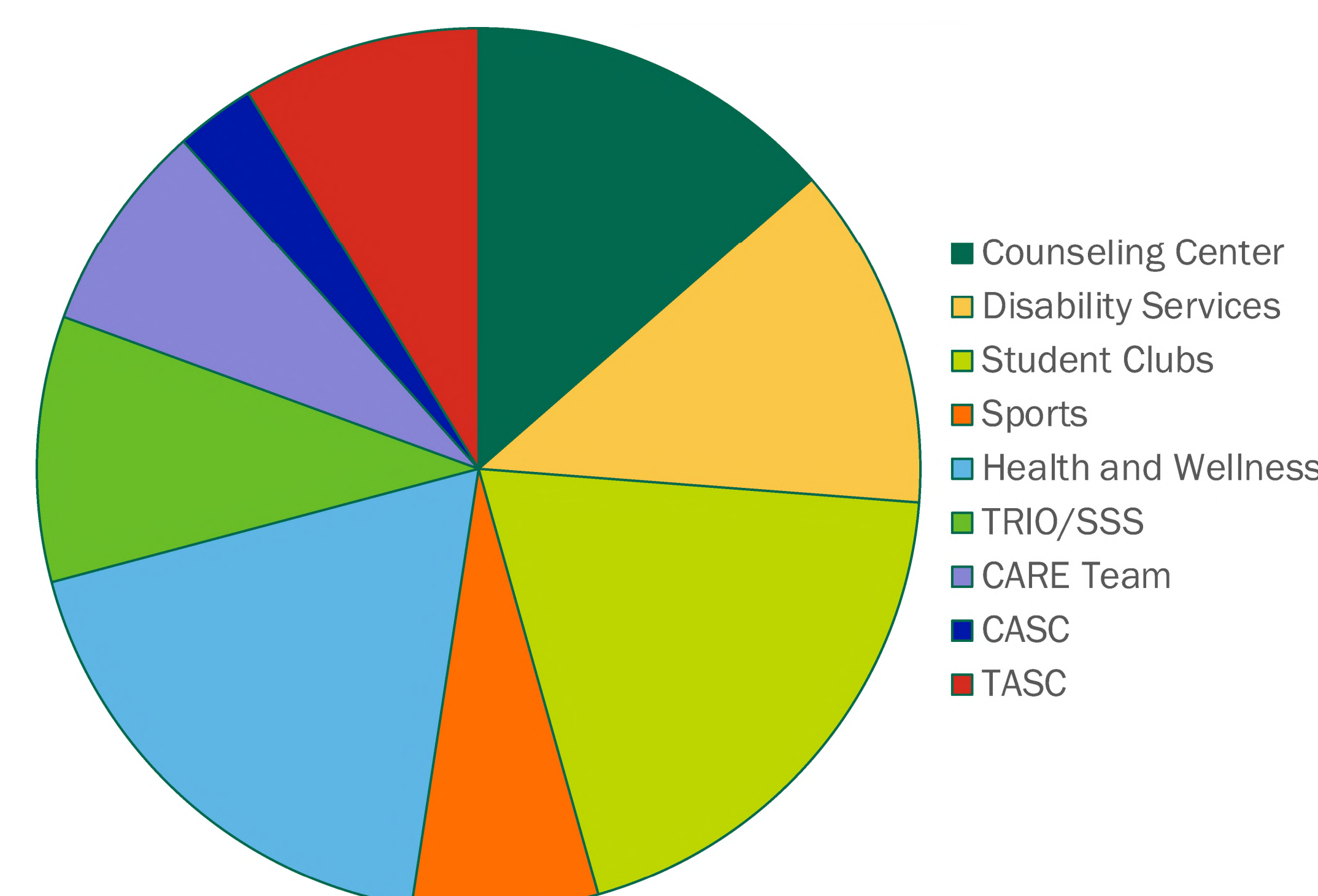


Capstone Activities

- I completed a needs assessment on CSU's campus to identify the gaps in student services.
- Major Accomplishments
 - Received IRB approval
 - Interviewed administration and student support services (n=8)
 - Surveyed students (n=41)
 - Analyzed data + brainstormed ways OT can fill gaps on campus
 - Created a 'How to Guide' for a campus needs assessment
 - Presented at the OCHA Annual Conference
 - Wrote a professional paper about findings for publication

Interview + Survey Results

- Increase in mental health concerns
 - Increased referrals
- Competing demands
 - Work, family, school responsibilities
- Transition to campus (post pandemic + first-year students)
- Students want:
 - More availability, communication, and accessibility with services
 - More tutoring options (*individualized* + more academic programs offered)
- Front desk staff have a big impact on student use of services
- Limiting factors for services: stigma, fear, poor time management, decreased engagement overall
- The use of student services can be seen in the chart below



Filling the Gap

- OT providing level of mental health services on campus
 - Application of mental health on routines, habits, daily activities
- OT assisting in transitional periods
 - Expanding 'Intro to University Life' course
 - Transitional skills, routines, habits to promote healthy student roles
- Increase coordination + communication across campus
 - Limit redundancies + confusion among staff + students
- Improve accessibility to services to improve student experience
 - Universal system for information + scheduling
- Individualize services to student needs
 - Increase interest, motivation, participation



Key References

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