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**Screenings assess student mental health**

## **Counseling sees higher demand.**

**By: Janese Silvey**

University of Missouri counselors will be stationed around campus tomorrow to assist students who want to take an online screening for depression, anxiety or other mental issues.

The event, in its second year at MU, is part of a national Screening for Mental Health Day and aims to help students catch problems early and learn how to deal with them, said Christy Hutton, a psychologist in the MU Counseling Center.

The screenings are, in part, a response to an increase in the number of students at MU who struggle with mental health issues. Last school year, the MU Counseling Center saw a 38 percent increase in the number of counseling sessions provided to students, Director David Wallace said.

There are several factors causing the uptick, Wallace said, including the fact that more students seek counseling because it's not as taboo as it was in the past.

The center also has boosted its presence on campus, talking to incoming freshmen and parents at summer orientation to make sure they know the services are available.

But there also are more students going to college with pre-existing mental conditions, Wallace said.

That's a national trend. A study presented at the American Psychological Association's 2010 conference showed a decadelong increase in college students with depression and anxiety.

Researchers concluded that students with severe emotional disorders are getting better education and treatment during childhood, which increases their chances of going to college.

"Twenty years ago, treatment for depression and anxiety were not nearly as good as they are today," Hutton said. "So if you had a developmental disorder, the assumption was you can't go off to college. That's not the case anymore."

The MU Counseling Center has 13 full-time professionals, up two positions since 2007, Wallace said. Although the center does not provide 24-hour care, it does work with other resources on campus to make sure students get the support they need, he said.

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Tomorrow's online screenings will give students the option of testing specifically for depression, anxiety, bipolar disorder or post-traumatic stress disorder, or participants can simply answer general questions about how they're feeling.

The online screenings, which are anonymous, will be held from 10 a.m. to 1 p.m. in several rooms at the MU Student Center; from 11 a.m. to 2 p.m. at the Veterans Center and the Office of Disability Services at Memorial Union; and from 2 to 4 p.m. in the main lounge at Lathrop Hall.

The event also aims to make sure students are aware of treatment options, Hutton said.

"A lot of people walk around for years experiencing depression and anxiety, and they don't know there's something they can do about it," she said. "You don't have to live with that. There are treatments, and life can be different. Our goal is to start educating students about that."

Reach Janese Silvey at 573-815-1705 or e-mail [jsilvey@columbiatribune.com](mailto:jsilvey@columbiatribune.com).

## MU conducts depression screenings for students

By Caitlyn Kolakowski

September 19, 2012 | 7:14 p.m. CDT

COLUMBIA — With the number of college students diagnosed with depression on the rise, MU has expanded its depression screening day to give more students a chance to get help.

**The MU Counseling Center and Suicide Prevention Task Force will offer online screenings Thursday to assess depression and anxiety at 11 sites on campus.** For students who want to discuss their results, licensed staff from the Counseling Center will be at each of the sites. In previous years, depression screenings have been held only at the MU Student Center.

"These screenings help people to have an avenue to get awareness and to get help," David Wallace, director of the MU Counseling Center, said. "We want to draw attention to the need to be aware."

The National College Health Assessment conducted by the American College Health Association reported that the number of students reporting being diagnosed with depression rose from 10 percent in 2000 to 18 percent in 2008. Of the students surveyed in the study, 6 percent said they had seriously considered suicide in the past year, and 1 percent had actually attempted suicide.

Another problem is that only a fraction of students who are depressed are getting treatment.

According to a study by Steven Garlow, Jill Rosenberg and David Moore for the American Foundation for Suicidal Screening project at Emory University in 2008, only 14 percent of students who screened positive for depression were in treatment, and 16 percent who reported suicidal thoughts were in treatment. Despite the negative statistics, Wallace said campus resources and services have reduced the number of suicides among college students.

"College students have a suicide rate that is half that of the rest of their peers in that age group," Wallace said. "There is a lot of support on campuses and we need to build that up even more."

# Education leaders: Missouri's eMINTS program improves student engagement

By Sky Chadde

September 19, 2012 | 5:36 p.m. CDT

COLUMBIA – Missouri educators shared promising anecdotes and some concerns about the enhancing Missouri's Instructional Networked Teaching Strategies programs implemented in their schools at a roundtable discussion Wednesday with a representative of the U.S. Department of Education.

eMINTS essentially attempts to incorporate technology into public school classrooms. The technology comes in the form of SMART Boards, data projectors and a student-to-computer ratio of 2-to-1.

**During the discussion at MU, educators from school districts in Moberly, Franklin and several other communities said the program has improved student engagement.**

U.S. Deputy Secretary of Education Tony Miller, who was scheduled to be part of the discussion but couldn't make it, said in a later phone interview that technology in the classroom is able to provide students with interactive material that makes the classroom experience much more student-centric.

Technology is also a cost-effective way to enhance the experience of students. Miller said schools can access information easily that they otherwise wouldn't have.

If a school doesn't have the resources to hire a biology teacher and one teacher is teaching many subjects, Internet access allows that teacher to have more expertise in a particular area and a way to present it to students, he said.

At the roundtable discussion, rural educators in Missouri raised the concern that a lack of resources could hamper their ability to sustain the technology-centered approach of eMINTS.

They cited access to high-speed Internet in their communities as a roadblock. Miller said the level of high-speed Internet access in rural areas is far from where it needs to be.

As a solution, Miller said Comcast, an Internet-provider, has a program that offers broadband to low-income families at \$9.95 per month. Families who qualify for the National School Lunch Program qualify for the reduced rate.

Although they raised concerns, administrators also reinforced that they want to keep using eMINTS. Another positive about the program was the effect it had on the teachers who taught in classrooms with the technology.

A couple of educators said they had teachers who had been working for almost 20 years who changed their teaching philosophy because they saw the improvement in student engagement.

However, Gena McCluskey, the superintendent of Moberly School District, said some of her teachers retired because they couldn't adjust to the eMINTS system. Miller also answered a couple questions over the phone about the federal No Child Left Behind Act.

He said the current system of evaluating student success makes it difficult to assess how a student is performing in school. A program that assesses growth needs to know from what point a student is starting.

For instance, when a student enters fifth grade, tests assume that student reads at a fourth-grade level. This can set students who read at a third-grade level up for failure, he said. Teachers need a way to assess that and address it accordingly. As a possible solution, Miller cited classroom technology that allowed all students to answer a question so a teacher knows which student knows what answer.

Miller said it's important that states have control over their curricula because what works in one state won't necessarily work in another.

He also stressed the importance of transparency with public schools in terms of parental involvement. If parents have access to more information about their children's schools, they will be more active in their children's education, he said.

The roundtable discussion was part of the U.S. Department of Education's "Education Drives America" bus tour. U.S. Assistant Deputy Secretary for Innovation and Improvement Jim Shelton was at the discussion.

*Supervising editor is Elizabeth Brixey.*



## Airport

### **Expansion on the horizon**

By Henry J. Waters III

Mayor Bob McDavid says about \$3 million has been pledged for an escrow fund to help attract a new airline carrier by insuring against weak ticket sales. Financial promises have been made by the city, the county, the University of Missouri and a scattering of private donors. Most recently, McDavid solicited support from Jefferson City, a promise he said he wanted more for appearances than financial necessity. On Tuesday, the Jefferson City Council acquiesced, voting to contribute \$100,000 to the fund.

On several occasions in recent weeks I have received winks and nods from people in the know indicating the city is close to receiving commitments for service to Chicago and Denver. To accommodate this sort of expanded service, they say, Columbia Regional Airport must be expanded.

Delta Air Lines is in the process of phasing out its commuter service to Memphis in favor of round-trip flights to Atlanta, posing potential interference in trips to the Northeast. Yesterday, to fly to Albany, N.Y., family members had to go by way of Memphis and Detroit. Presumably, for trips like this, a first stop in Chicago or Detroit would be better and the best we can hope for.

I was surprised to learn the other day from a presumably reliable source that more people flying from Columbia would aim for Denver than Chicago, but upon a bit of contemplation I can believe it. Both are attractive destination cities. Denver is the largest hub to the entire west. Chicago is only one of several going northeast.

The bottom line for an airline contemplating service out of Columbia will be prospects for ticket sales, not the escrow account. The insurance money will be a bit of added incentive, showing the eagerness of the community for the new service, but no company will open up new flights here unless it is sure to be profitable. It will not want a year of money-losing operation even if a local insurance fund will cover the shortfall. If that happened, it would leave a sour taste for both sides.

So the pledged money probably will not be needed, but creating the fund is valuable to get the contributing parties signed up in behalf of expanded air service.

The abiding work of city officials past and present is the key. Prior administrations had substantial contact with prospective air carriers, and as the community grows in size, ramped-up efforts by current officeholders are paying off.

Mid-Missouri has growing potential to generate airline customers. The minute additional flights are announced, the moment will exist to get started expanding the airport. Meanwhile, the promotional work spearheaded by Mayor McDavid is commendable.

HJW III



## Open Column

### Timid MU students take up trivial cause

Wednesday, September 19, 2012

*Bliss was it in that dawn to be alive,*

*But to be young was very Heaven.*

*... A ladder for thy spirit to re-ascend*

*To health and joy and pure contentedness.*

Wordsworth composed these transcending sentiments when reviewing his armed alignment with the youthful rebels of that romantically fervent epoch. As is written of our country's youthful patriots in mortal combat for the founding cause of our nation's liberty — and could be said of today's young sans-culottes of Syria in their deathly battle for a more just and open society: A wondrous sight, this band of men, on whom the glory fell.

Yet, what is the inspirational cause that excites and drives University of Missouri students to unified commitment: the commission of a consultant to survey and analyze the costs of local bus routes? Can't they apply their own analytical skills to determine that budget? Are they frightened of paper cuts or repetitive-motion injuries while tweeting their comrades-in-duck incurred while in the midst of the project? Why this division of labor? Why do they not fulfill their engagement as the scholars they purport to be, climb down from their conceited and ersatz aeries and find a real solution to the quandary they are dodging? Or is an academic pursuit of too elite a substance to be besmirched by sublunary concerns?

Students: Discard your pacifiers, abscond from behind your mothers' skirts and take up arms against the sea of troubles life hands you. Back in the eager day, we happy warriors did.

Darryl Edwards  
1400 E. Georgetown Loop