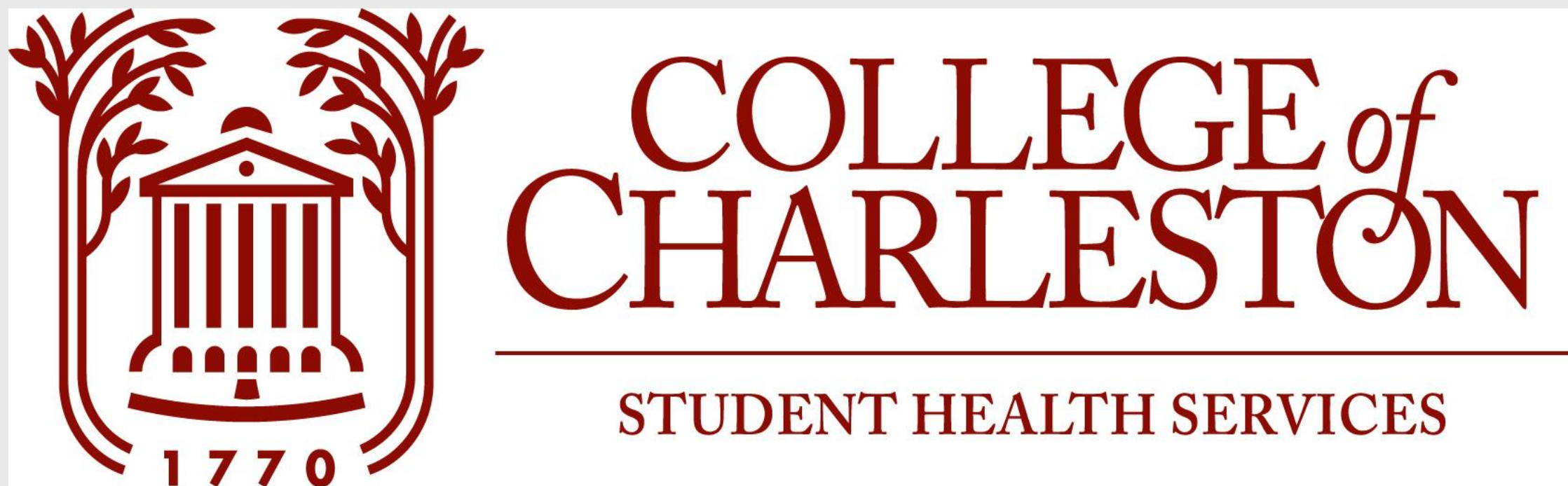


Improving Outcomes and Coordination of Care for Students with Mental Health Issues: Utilizing a Safety Plan, Motivational Interviewing, and Increased Communication with Campus Counseling Center

Annemarie Sipkes Donato, DNP, FNP and Elizabeth M. Klixbull , FNP-BC, PMHNP student

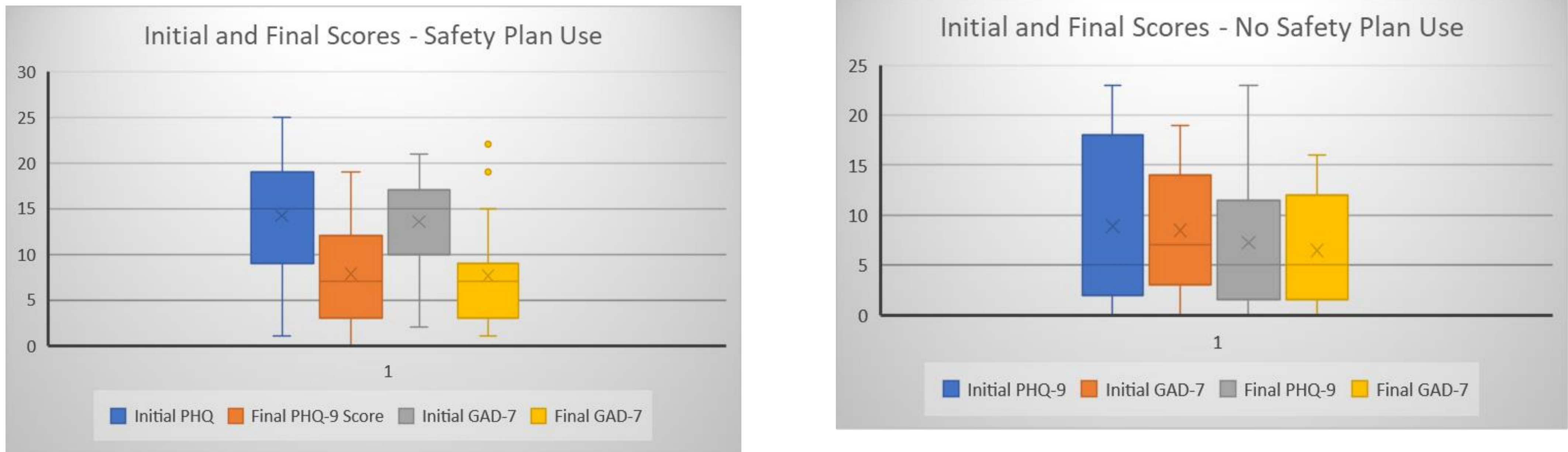


This poster presents a quality improvement initiative caring for students with mental health complaints of depression and anxiety utilizing evidence-based practices including Motivational Interviewing, safety planning, and referral to counselling /psychiatry via Microsoft TEAMS.

Materials and methods

Data collected :June 2020 – April 2022
in Medcat Electronic Health Record utilizing Clinical Studies application.

Results



Clinicians used Motivational Interviewing and a Safety Plan with 31 student patients seen for symptoms of depression and anxiety from January 2021-April 2022. Among these 31 students, PHQ-9 and GAD-7 scores were reduced by an average of 6.32 and 5.90 respectively. Among a group of 21 students seen from March 2020-April 2022 in which a Safety Plan and Motivational Interviewing were not utilized, PHQ-9 and GAD-7 scores were reduced by an average of 1.62 and 2.05 respectively.

Conclusions

Students showed a greater improvement in symptom burden as evidenced by improvement in PHQ-9 and GAD-7 scores when a Safety Plan and Motivational Interviewing were used by the clinician.

Limitations of this quality improvement project include a small sample size and one provider as the main administrator of the Safety Plan and implementor of Motivational Interviewing skills. .

Literature cited

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Acknowledgments

We would like to thank Lee Penny, MHA, director of College of Charleston Student Health Services and Dr. Dee DiBona, Medical Team Lead. In addition, we would like to thank our colleagues at the College of Charleston Counselling Center.

Future goals:

Increase utilization of a Safety Plan and Motivational Interviewing for all providers seeing students for mental health concerns.
Improve communication between Student Health Services and the Counselling Center by opening access to the electronic health record and therapy notes.