Mental Health Resource Innovation Survey

Q1
CSG x Active Minds Mental Health Resource Innovation Survey

Counseling & Psychological Services has received increased funding and would like to hear your voice and your input regarding how best to use this funding, regardless of if you have utilized CAPS before or not.

Your input will help CAPS to provide services and improve the students experience at the University of Michigan. Accordingly, we thank you for your time!
Q2 Have you dealt with a personal mental health concern (e.g. stress, academic problems, self-esteem, relationship difficulties, grief)?
  ○ Yes
  ○ No

Q3 Have you wished to seek professional help/support for any of the following concerns? Select all that apply.
  ○ Academic difficulties
  ○ Grief/loss
  ○ Interpersonal conflict/challenges
  ○ Relationship difficulties
  ○ Sexual Orientation
  ○ Sleep problems
  ○ Stress management
  ○ I have not experienced/identified with any of the above concerns to a level in which I wished to seek professional help

Q4 Which ones do you identify with and/or have you been diagnosed with? Select all that apply.
  ○ ADHD
  ○ Anxiety
  ○ Bipolar Disorder
  ○ Depression
  ○ Eating Disorder
  ○ Obsessive Compulsive Disorder
  ○ PTSD
  ○ Schizophrenia
  ○ Substance Abuse
  ○ I do not identify or have been diagnosed with any of the above.
  ○ Other (please enter): ____________________

Q5 Has someone close to you dealt with a mental health concern?
  ○ Yes
  ○ No
Q6 What on-campus mental health services are you aware of?
Select all that apply.
- Counseling and Psychological Services (CAPS) in the Union/Main Office
- Counseling and Psychological Services (CAPS) Embedded Model – a CAPS counselor within my school
- Department of Psychiatry of Outpatient Clinics (Depression Center, Anxiety Disorders Clinic, etc)
- UM Psychological Clinic
- University Center for the Child and Family
- University Health Service (UHS)
- I am not aware of any mental health services at UM
- Other (please enter): ____________________

Q7 What on-campus mental health services have you utilized
Select all that apply.
- Counseling and Psychological Services (CAPS) in the Union/Main Office
- Counseling and Psychological Services (CAPS) Embedded Model – a CAPS counselor within my school
- Department of Psychiatry of Outpatient Clinics (Depression Center, Anxiety Disorders Clinic, etc)
- UM Psychological Clinic
- University Center for the Child and Family
- University Health Service (UHS)
- University of Michigan Depression Center
- I have not utilized any mental health services at UM
- Other (please enter): ____________________

Q8 What has been a barrier to seeking out mental health resources on campus?
Select all that apply.
- I did not have enough information about how to seek out resources
- I had fear or concern for how the impact disclosing would have on how students, faculty and staff would perceive me
- I had fear or concern for how the impact disclosing would have on how my parent(s), guardian(s), and family would perceive me
- I was not actively enrolled in classes at the time
- The hours of service didn’t fit into my schedule
- There was a long wait time for an appointment
- None of these reasons have inhibited me from seeking out mental health resources
- Other (please enter): ____________________
Q9 What is currently a barrier to seeking out mental health resources on campus?
Select all that apply.

☐ I do not have enough information about how to seek out resources
☐ I have fear or concern for how the impact disclosing would have on how students, faculty and staff would perceive me
☐ I have fear or concern for how the impact disclosing would have on how my parent(s), guardian(s), and family would perceive me
☐ I am currently not actively enrolled in classes
☐ The hours of service don't fit into my schedule
☐ There is a long wait time for an appointment
☐ None of these reasons inhibits me from seeking out mental health resources
☐ Other (please enter): ____________________

Q10 If you would like to explain further, please do so here:

Q11 Have you ever received a referral to a non-CAPS or off-campus resource after your visit with CAPS?
☐ Yes
☐ Maybe
☐ No

Q12 Did you follow through with your referral?
☐ Yes
☐ No

Q13 Why were you able to or unable to follow through with your referral? Please explain.

Q14 If you have ever lived or currently live in a residence hall, would you feel comfortable seeing a CAPS counselor if they held regular residence hall office hours?
☐ Yes
☐ Maybe
☐ No
☐ I have never lived in a residence hall
Q15 Which of the following residence halls have you lived in?
Select all that apply.
- Alice Lloyd Hall
- Baits Houses
- Betsy Barbour
- Bursley Hall
- Couzens Hall
- East Quadrangle
- Fletcher Hall
- Helen Newberry
- Henderson House
- Martha Cook Building
- Mary Markley Hall
- Mosher-Jordan Hall
- Munger Graduate Residences
- North Quadrangle
- Northwood I or II
- Northwood III
- Northwood IV or V
- Oxford Houses
- South Quadrangle
- Stockwell Hall
- West Quadrangle and Cambridge House

Q16 Do you think having a mental health peer-to-peer support network/staff member in a residence hall would be helpful for students?
A peer-to-peer support network/staff member would be a student trained in mental health concerns that have attended applicable mental health training sessions.
- Yes
- Maybe
- No

Q17 Please explain:

Q18 Would you feel comfortable utilizing a video-chatting service to talk to a CAPS counselor?
A video-chatting service may look like an online counseling program that utilizes informational videos, online exercises, and video consultations to replace face-to-face therapy. Read an example in detail here.
- Yes
- Maybe
- No
Q19 Please explain:

Q20 Would you feel comfortable utilizing a texting service to talk to a CAPS counselor? A texting service may look like a texting support and information service in which you text to a number about any type of crisis. A trained mental health counselor would receive the text and respond in a timely manner. Read an example in detail here.
- Yes
- Maybe
- No

Q21 Please explain:

Q22 Are you aware of the Wellness Zone located in CAPS’ offices in the Michigan Union?
- Yes
- Maybe
- No

Q23 Have you ever gone to the Wellness Zone?
- Yes
- Maybe
- No

Q24 Why or why not?

Q25 If there was a Wellness Zone located on North Campus, would you go to it?

The Wellness Zone on Central Campus is available for students on a drop-in basis in the CAPS office in Room 3100 at the Michigan Union. Wellness resources to help manage stress, rest, and relax are offered such as state of the art massage chairs, yoga and meditation tools, Xbox Kinect system, biofeedback software, seasonal affective disorder light therapy and other wellness resources.
- Yes
- Maybe
- No
Q26 What is your relation to north campus?
   *Select all that apply.*
   - I have taken class(es) on north campus
   - I currently take class(es) on north campus
   - I currently live on north campus
   - I have lived on north campus
   - I have friends that live/lived on north campus
   - Other (please enter): ____________________
   - I have no relationship with north campus

Q27 Has the physical distance of North Campus from Central Campus' CAPS office ever deterred you from using CAPS services?
   - Yes
   - Maybe
   - No

Q28 Please explain:

Q29 CAPS currently has counselors dedicated to the four schools on North Campus through the Embedded Model. Please share any ideas of what kind of mental health resource expansion you would like to see on top of this service.

Q30 Please include any comments, questions, concerns, or experiences that you would like to share in regards to CAPS or other on-campus services you have used for mental health care:

Q31 Do you currently have health insurance?
   - Yes, I pay for my own health insurance
   - Yes, I am on my family’s health insurance plan
   - No, I do not have health insurance
   - Unsure

Q32 Does your current health insurance cover mental health related treatments and/or therapy?
   - Yes
   - Maybe
   - No
   - I do not have health insurance

Q33 What is your affiliation with the University of Michigan?
   - Undergraduate Student
   - Graduate/Professional Student
   - Other (please enter): ____________________
Q34 In which school(s) are you enrolled?
Select all that apply.

- Architecture & Urban Planning
- Art & Design
- Business
- Dentistry
- Education
- Engineering
- Information
- Kinesiology
- Law
- Literature, Science, and the Arts
- Medicine
- Music, Theatre & Dance
- Natural Resources & Environment
- Nursing
- Pharmacy
- Public Health
- Public Policy
- Rackham School of Graduate Studies
- Social Work
Q35 If you are an undergraduate student, what is your major?
*Select all that apply.*
- Actuarial Mathematics
- Aerospace Engineering
- Afroamerican and African Studies
- American Culture
- Ancient Near Eastern Studies
- Anthropology
- Arabic Studies
- Art and Design
- Arts and Ideas in the Humanities
- Asian Studies
- Astronomy and Astrophysics
- Athletic Training
- Biochemistry
- Biology
- Biomedical Engineering
- Biomolecular Science
- Biophysics
- Biopsychology, Cognition, and Neuroscience
- Business
- Cell and Molecular Biology
- Cell and Molecular Biology and Biomedical Engineering
- Chemical Science
- Civil Engineering
- Classical Archaeology
- Classical Civilization
- Classical Languages and Literatures
- Cognitive Science
- Communication Studies
- Comparative Literature
- Computer Engineering
- Computer Science (BS)
- Computer Science (BSE)
- Creative Writing and Literature
- Dance
- Data Science (BS)
- Data Science (BSE)
- Dental Hygiene
- Drama
- Earth and Environmental Sciences
- Earth System Science and Engineering
- Ecology and Evolutionary Biology
- Economics
Electrical Engineering
Elementary Teacher Education
Engineering Physics
English
Environment
Environmental Engineering
Evolutionary Anthropology
Financial Mathematics
French and Francophone Studies
General Biology
General Studies
German
Greek (Ancient) Language and Literature
Greek (Modern) Language and Culture
Health and Fitness
Hebrew Studies
History
History of Art
Individual Major Program
Industrial and Operations Engineering
Informatics
Information
Interarts Performance
Interdisciplinary Astronomy
Interdisciplinary Chemical Sciences
Interdisciplinary Physics
International Studies
Italian
Jazz Studies
Judaic Studies
Latin American and Caribbean Studies
Latin Language and Literature
Latina/o Studies
Linguistics
Materials Science and Engineering
Mathematical Sciences
Mathematics
 Mechanical Engineering
Microbiology
Middle Eastern and North African Studies
Movement Science
Multidisciplinary Music Studies
Music (Non-Professional)
Music Composition
- Music Education
- Music Performance
- Music Performance with Teacher Certification
- Musical Theatre
- Musicology
- Naval Architecture and Marine Engineering
- Near Eastern Studies
- Neuroscience
- Nuclear Engineering and Radiological Sciences
- Nursing
- Nursing - Second Career
- Organizational Studies
- Performing Arts Technology
- Persian Studies
- Pharmaceutical Sciences
- Philosophy
- Philosophy, Politics, and Economics
- Physics
- Plant Biology
- Polish
- Political Science
- Psychology
- Public Policy
- Pure Mathematics
- RC Individual Major Program
- Romance Languages and Literature
- Russian
- Russian, East European, and Eurasian Studies
- Screen Arts and Cultures
- Screenwriting
- Secondary Teacher Education
- Social Theory and Practice
- Sociology
- Sound Engineering
- Spanish
- Sport Management
- Statistics
- Theatre Arts
- Theatre Design and Production
- Theatre Performance (Acting and Directing)
- Turkish Studies
- Women's Studies
Q36 If you are a graduate student, what is your department? Select all that apply.

- Aerospace Engineering
- Afroamerican and African Studies
- American Culture
- Anthropology
- Anthropology and History
- Applied and Interdisciplinary Mathematics
- Applied Physics
- Architecture
- Art and Design
- Asian Languages and Cultures
- Asian Studies: China
- Asian Studies: Japan
- Asian Studies: South Asian Studies
- Asian Studies: Southeast Asian Studies
- Astronomy and Astrophysics
- Bioinformatics
- Bioinformatics (PIBS)
- Biological Chemistry
- Biological Chemistry (PIBS)
- Biomedical Engineering
- Biomedical Sciences, Program in (PIBS)
- Biophysics
- Biophysics (PIBS)
- Biostatistics
- Business Administration
- Business Economics
- Cancer Biology (PIBS)
- Cell and Developmental Biology (PIBS)
- Cellular and Molecular Biology (PIBS)
- Cellular Biotechnology
- Chemical Biology
- Chemical Engineering
- Chemistry
- Civil and Environmental Engineering
- Classical Art and Archaeology
- Classical Studies
- Climate and Space Sciences and Engineering
- Clinical Research
- Clinical Research Design and Statistical Analysis
- Cognitive Science
- Communication Studies
- Comparative Literature
- Complex Systems
- Computational Discovery and Engineering
- Computer Science and Engineering
- Creative Writing
- Dance
- Data Science
- Dentistry
- Design Science
- Earth and Environmental Science
- Ecology and Evolutionary Biology
- Economics
- Economics and Public Policy
- Education
- Education and Psychology
- Electrical and Computer Engineering
- English and Education
- English Language and Literature
- Environmental Health Sciences
- Environmental Justice
- Epidemiologic Science
- Epidemiologic Science - Clinical Research
- European and European Union Studies
- Geoscience and Remote Sensing
- Germanic Languages and Literatures
- German Studies
- Greek and Roman History
- Health Behavior and Health Education
- Health and Health Care Research
- Health Infrastructures and Learning Systems
- Health Services Organization and Policy
- Health Services Research
- History
- History of Art
- Human Genetics
- Human Genetics (PIBS)
- Immunology (PIBS)
- Industrial and Operations Engineering
- Industrial Ecology
- Industrial Health
- Information, School of
- Integrative Design
- Judaic Studies
- Kinesiology
- Landscape Architecture
- Latin American and Caribbean Studies
- Latina/o Studies
- Lesbian, Gay, Bisexual, Transgender and Queer Studies
- Linguistics
- Macromolecular Science and Engineering
- Materials Science and Engineering
- Mathematics
- Mechanical Engineering
- Medical Physics
- Medical Scientist Training Program
- Medicinal Chemistry
- Medieval and Early Modern Studies
- Microbiology and Immunology
- Microbiology and Immunology (PIBS)
- Modern Middle Eastern and North African Studies
- Molecular and Cellular Pathology (PIBS)
- Molecular and Integrative Physiology
- Molecular and Integrative Physiology (PIBS)
- Molecular, Cellular and Developmental Biology
- Molecular, Cellular and Developmental Biology (PIBS)
- Museum Studies
- Music, Theatre and Dance, School of
- Nanoscience & Technology
- Natural Resources and Environment, School of
- Naval Architecture and Marine Engineering
- Near Eastern Studies
- Neuroscience
- Neuroscience (PIBS)
- Nuclear Engineering and Radiological Sciences
- Nursing, School of
- Nutritional Sciences
- Oral and Maxillofacial Pathology
- Pharmaceutical Sciences
- Pharmacology
- Pharmacology (PIBS)
- Pharmacy, College of
- Philosophy
- Physical Activity & Nutrition
- Physics
- Physiology
- Plasma Science and Engineering
- Political Science
- Political Science and Public Policy
- Program in Biomedical Sciences (PIBS)
Psychology  
Public Policy, School of  
Public Policy and Economics  
Public Policy and Political Science  
Public Policy and Sociology  
Quantitative Finance and Risk Management  
Robotics  
Romance Languages and Literatures  
Russian, East European and Eurasian Studies  
Science, Technology, and Public Policy  
Science, Technology, and Society  
Scientific Computing  
Screen Arts and Cultures  
Slavic Languages and Literatures  
Social Work and Social Science  
Sociology  
Sociology and Public Policy  
Spatial Analysis  
Statistics  
Survey Methodology  
Sustainability  
Theatre and Drama  
Toxicology  
Translational Research Education  
Urban and Regional Planning  
Women’s Studies  
Women’s Studies, English and  
Women’s Studies, History and  
Women’s Studies, Psychology and  
World Performance Studies

Q37 How many years have you been at the University of Michigan?  
- 0 - 1 years  
- 2 years  
- 3 years  
- 4 years  
- 5 years  
- 6+ years

Q38 How old are you?
Q39 What is your sexual orientation?
- Bisexual or pansexual
- Gay or lesbian or homosexual
- Straight or heterosexual
- Questioning
- Other

Q40 What is your gender identity?
- Female
- Genderqueer/Gender non-conforming
- Male
- Trans female/Trans woman
- Trans male/Trans man
- Other ________________

Q41 How would you describe yourself?
Select all that apply.
- Asian/Pacific Islander
- Black or African American
- Hispanic or Latino
- Native American or American Indian
- South Asian
- White
- Other