

## Introduction:

The Minnesota Young Student Parent Support Initiative (YSPSI) is an intervention for OAH-PAF Category I: Support for Expectant and Parenting Students, and their Families enrolled at Institutions of Higher Education (IHE).

## Setting:

Two and four-year, private and public IHE, including:

- Community and Technical Colleges
- Tribal Colleges
- Universities
- Colleges

## Geographic Locations:

Ten IHE located in urban and rural areas

Target Population: Enrolled Students	Age
Expectant and parenting teens, mothers and fathers	18 - 19
Expectant and parenting women and fathers	20 - 39
Infants, children and youth of students	All Ages

## Two Program Goals:

1. Expectant and parenting teens, women and men accomplish their higher education goals.
2. Expectant and parenting teens, women and men maintain positive health and well-being for themselves and their children.

## Implementation Strategies:

1. IHE established or expanded student parent support centers to provide various academic, health, financial and social activities to program participants.
2. Student parent support center staff or IHE staff screen student parents for alcohol, tobacco, intimate partner violence and/or depression.

## Race and Ethnicity:

57% White

43% are of minority race/ethnicity:

- 18% African American
- 11% American Indian
- 5% Asian
- 6% Hispanic
- 4% Other
- 6% Two or more races

## Gender:

82% female student parents

18% male student parents

**Program Length:** 21 months

# Health Screenings for Student Parents at Institutions of Higher Education

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## Minnesota Department of Health

### Findings:

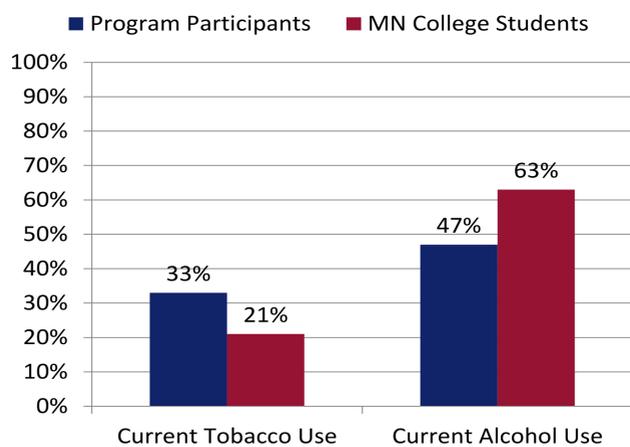
During the six month pilot phase, 214 program participants were voluntarily screened using validated tools for:

- Depression (PHQ-2)
- Alcohol Use (Audit C)
- Intimate Partner Violence (Various tools)
- Tobacco Use (NIDA Quick Screen)



Graphs below depict screening results<sup>1</sup>.

### Current Tobacco and Alcohol Use

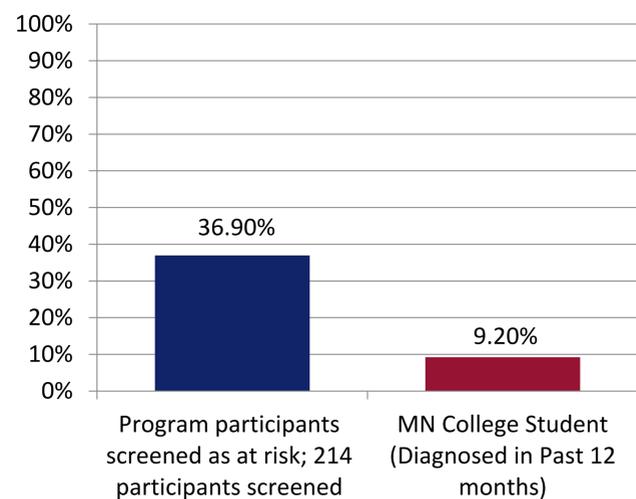


- Program participants had a higher rate of tobacco use than the general MN college student population.
- Program participants had a lower rate of alcohol use than the general MN college student population.

#### Sources:

MN College Student Data: 2012 College Student Health Survey Report: Minnesota Postsecondary Students  
YSPSI Participant Data: YSPSI Evaluation Students Questionnaire Fall 2012, Minnesota Department of Health

### Depression



- Program participants screened as at risk for depressive symptoms at a higher rate than did the general MN college student population.
- Represents 214 participants screened.

#### Sources:

MN College Student Data: 2012 College Student Health Survey Report: Minnesota Postsecondary Students  
YSPSI Participant Data: YSPSI Evaluation Participant Aggregate Forms Fall 2012, Minnesota Department of Health

## Discussion:

Program participants had a higher rate of tobacco use and a greater proportion of program participants screened as at risk for depressive symptoms than did the general Minnesota postsecondary student population.

Program participants had a lower rate of alcohol use than the general Minnesota postsecondary student population.

Screening student parents for alcohol and tobacco use, depression and intimate partner violence can result in Institutions of Higher Education (IHE) staff providing a referral for diagnostic assessments or assistance from a health care provider.

Program participants had a low perceived need for health resources (e.g., access to care, depression and tobacco cessation resources) but data suggests they may be more at risk and less connected to health resources than the general Minnesota college population.

## Lessons Learned:

Provide IHE staff with training and tools prior to implementing screening services, including:

- Statewide list of alcohol, depression, tobacco and intimate partner violence resources (e.g., local AA chapters; tobacco cessation phone numbers, etc.)
- Educate IHE staff about the differences between screening activity and diagnostic assessment.

Despite apprehension around health screenings, many IHE found their student parents willing to answer personal questions. Some IHE said these conversations provided the opportunity to discuss issues that normally would not be discussed.

## Next Steps:

Explore strategies for students lost to follow up. Assist IHE with identifying resources to address alcohol and tobacco use, intimate partner violence and depression.

## Acknowledgements:

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## References:

1. Minnesota Department of Health. April 2013. *Minnesota Young Student Parent Support Initiative Evaluation.*