

## ABSTRACT

The literature on university sociology, adolescent psychology, student problems and student health care has been reviewed. Based upon this review, the personal experience of the writer, the history of the development of the Mona Campus and recent evidence of social disintegration, conflict and uncertainty, a rationale for the establishment and methods of operation of a University Mental Health Programme has been outlined.

The methodology and framework for present and future action is based upon the social interactional model (which has involved the principles of community psychiatry), the psychological model, as well as the counselling model.

During the first eighteen months of the operation of the service, educational and consultative activities geared to provide mental health services were initiated. A network system of communication and early case-finding was put into action. An attempt was made to train staff members to be lay-counsellors and early case-finders. A Counselling Service using professionals was also instituted.

ACKNOWLEDGEMENTS

A review of the clinical services has been made and it was found that whereas the attendance rates for severe illness compared with those reported abroad, there was a deficit of moderate to mild cases.

Psychotherapy was found to be effective for the majority of cases seen by the writer and 77.4 per cent of those cases meeting assessment criteria had improved under treatment.

Eighty-five per cent of those who improved more than moderately did so in 10 or less interviews and about 60 per cent in 6 or less sessions.

The clinical effects of drug abuse were not in evidence.

Evaluation of the activities carried out tended to support the three models selected for implementation within the writer's methodology and framework of action.

It was felt that for the further effective operation of the service, as well as an increased application of the action models indicated, greater efforts at community integration and a greater emphasis on student welfare by the University administration and staff would be necessary.