

Mental Health & Health Services Overview



CCC Mental Health Services

- There are approximately 70 colleges that have brick and mortar health centers.
- Approximately 90 colleges report having some capacity to do crisis intervention for students experiencing a mental health crisis (per college website).
- The scope and scale of what services are available varies widely across the system, and is dependent on whether or not a health service fee is collected.

Health Service Fee

- The majority of the California Community Colleges charge a student fee to support various health and mental services.
- Colleges that charge a health service fee range from \$3 - \$21 per semester (\$21 per semester is the max amount a college can charge).
- Services that colleges provide can include the following:
 - Prevention and Early Intervention Services
 - Mental Health Crisis Management
 - Crisis Intervention Resource team
 - Short-term Psychological Counseling
 - Health/Mental Health Education and Counseling Programs
 - Screening for alcohol and drug abuse

Funding History

- 2011 – Proposition 63 (Mental Health Services Act)
 - \$10.1 million from the California Mental Health Services Authority (CalMHSA) to support the implementation of the California Community Colleges Student Mental Health Program (CCC SMHP).
 - Collaboration between the Chancellor's Office and the Foundation for California Community Colleges (FCCC).
 - Funding focused on prevention and early intervention (PEI) activities, including faculty and staff training, suicide awareness & prevention, and peer-to-peer resources.

Current Funding

- FY 2017 – 2018
 - \$4.5 million from Proposition 98 funds (one-time funds).
 - 15 Community College Districts funded through a competitive RFA process.
 - Purpose of funding is to provide new or expanded services related to:
 1. Providing direct mental health services to students;
 2. Providing training for faculty, staff and students regarding mental health and prevention & early intervention (PEI); and
 3. Establishing formal partnerships and referral networks with county behavioral health departments or community based direct service providers.
 - Performance Period: July 1, 2018 – December 31, 2020.

Current Funding

- FY 2018 – 2019
 - \$10 million from Proposition 98 funds (one-time funds).
 - 114 Community Colleges funded through the allocation/apportionment process.
 - Allocations based on total student enrollment per the final 2016-17 Recalculation FTES Report.
 - Same goals and deliverables as 2017-2018 funds.
 - Funds must be expended by June 30, 2020.

Current Funding

- FY 2019 – 2020
 - \$7 million from Proposition 63 funds (one-time funds).
 - 16 Community College Districts funded through a competitive RFA process.
 - Same goals and deliverables as 17-18 and 18-19 funds, with a greater emphasis on developing formal partnerships with county behavioral health departments.
 - Performance Period: May 1, 2020 – December 31, 2021.

Current Funding

- CCC Student Mental Health Program
 - \$400,000 grant from Prop 63 funds administered through the Foundation for California Community Colleges (FCCC) for statewide activities.
 - Funding comes from counties that have opted to provide a portion of their Prop 63 dollars for this purpose.
 - Collaborative effort between the Chancellor's Office and FCCC.
 - Activities focus on statewide prevention and early intervention strategies and resources for faculty, staff and students.

Statewide Activities

- Kognito Online Suicide Prevention Training
 - 106 community colleges currently enrolled
 - Over 90,000 community college faculty, staff and students
- Collaboration with Crisis Text Line Service, which provides 24/7 access to text based mental health support
- Regional Trainings
- Mental Health Resource Materials

Advocacy Efforts

- BOG 20-21 Budget and Legislative Request.
- Letter sent to Governor Gavin Newsom on behalf of Consultation Council member organizations.

Questions?

Nicole Alexander
nalexander@cccoco.edu



Strategy for Dealing with Student Non-Academic Barriers to Success

Dr. Jeanne Harris-Caldwell, RN MSN CCRN PHN
Dean of Wellness, Social Services, Child
Development
Saddleback College

Headlines Across the Nation



FACING HOMELESSNESS



HOMELESS STUDENTS: FIVE-YEAR CHANGE

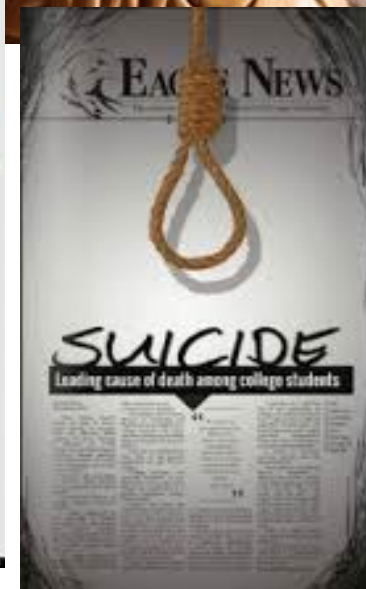
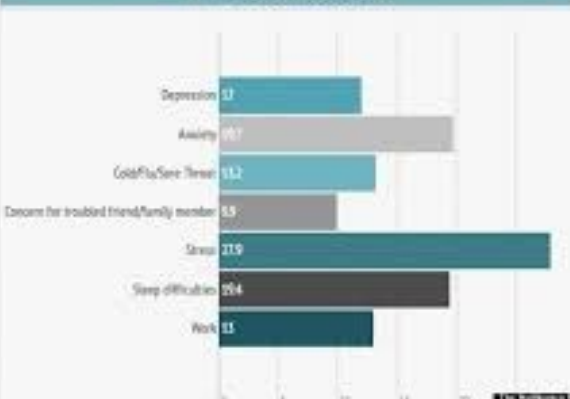
School district	2009-10	2014-15	Change
Battle Ground	161	327	103% increase
Camas	21	27	29% increase
Evergreen	448	765	71% increase
Hockinson	26	22	15% decrease
La Center	10	27	170% increase
Ridgefield	24	61	154% increase
Stevenson-Carson	4	57	1,325% increase
Vancouver	391	830	112% increase
Washougal	34	121	256% increase
Woodland	10	76	660% increase
TOTAL	1,129	2,313	105% increase

Source: Office of Superintendent of Public Instruction

MENTAL HEALTH CONCERNS AMONG COLLEGE STUDENTS

ACCORDING TO THE FALL 2013 AMERICAN COLLEGE HEALTH ASSOCIATION NATIONAL COLLEGE HEALTH ASSESSMENT SURVEY

The Percentage Of Students Reporting These Factors As Impacting Their Academic Success.



BIG DRUNK ON CAMPUS

AMERICA'S TOP COLLEGES HAVE A SERIOUS DRINKING PROBLEM

NEWS

Students in Crisis: On campus, record numbers seek mental health



UCI student Nayana Bhaskar strikes a Yoga pose in Irvine on Thursday, January 11, 2018. Bhaskar found that practicing Yoga has helped manage her depression and anxiety. (Photo by Paul Rodriguez, Orange County Register/SCNG)



California Community College Mental Health Overview

SADDLEBACK

- Students, faculty, health practitioners, and college administrators are reporting increased rates of mental health needs by students attending public colleges in California.
- One in four students has a diagnosable mental illness and 40 percent of students do not seek mental health services when needed.
- Eight out of 10 people who experience psychosis have their first episode between 15 and 30 years of age.
- The effects of untreated mental health needs are long lasting and can include college students dropping out of school, experiencing homelessness, and dying of suicide.
- One in 10 college students has seriously considered suicide and suicide is the second leading cause of death among college students, claiming more than 1,100 lives every year nationally.



California Community College Mental Health Overview

SADDLEBACK

- The demand for mental health services by public college students far outpaces the ability of colleges to provide them.
- California public college campuses and higher education systems do not meet national staffing standards for psychiatric services and other mental health professionals.
- The lack of services directly impacts college students' success and academic performance as well as their ability to develop socially as productive members of society.

Students In Crisis

- 27.8% male and 37.3% female students reported feeling hopeless and overwhelmed
- 33.7% male and 48.7% female students reported they had periods of overwhelming anxiety
- 10.3 % seriously considered suicide
- 5% attempted suicide
- Nationally, between 2009 and 2015, campus psychological (mental health) centers **saw a 30% jump** in the number of students seeking help.
- During the same period, **the number of students rose just 5%.**
- Saddleback College SHS saw a 47% increase in Psychological Health Services visits from 2016 to 2019.

Housing & Food Insecurities

- According to the survey results released on 3-7-2019 by the CCC Chancellor's office:
 - 52% of students said they could not eat a balanced meal or worried that their food would run out before having money to buy more.
 - 41% reported they skipped meals or ate smaller portions – 12% stated they did not eat all day because of lack of funds.....
 - 19% were affected by homelessness
 - 28% could not meet their rent or mortgage
 - Overall 7 in 10 student who responded to the survey experienced food or housing insecurity in the last year!

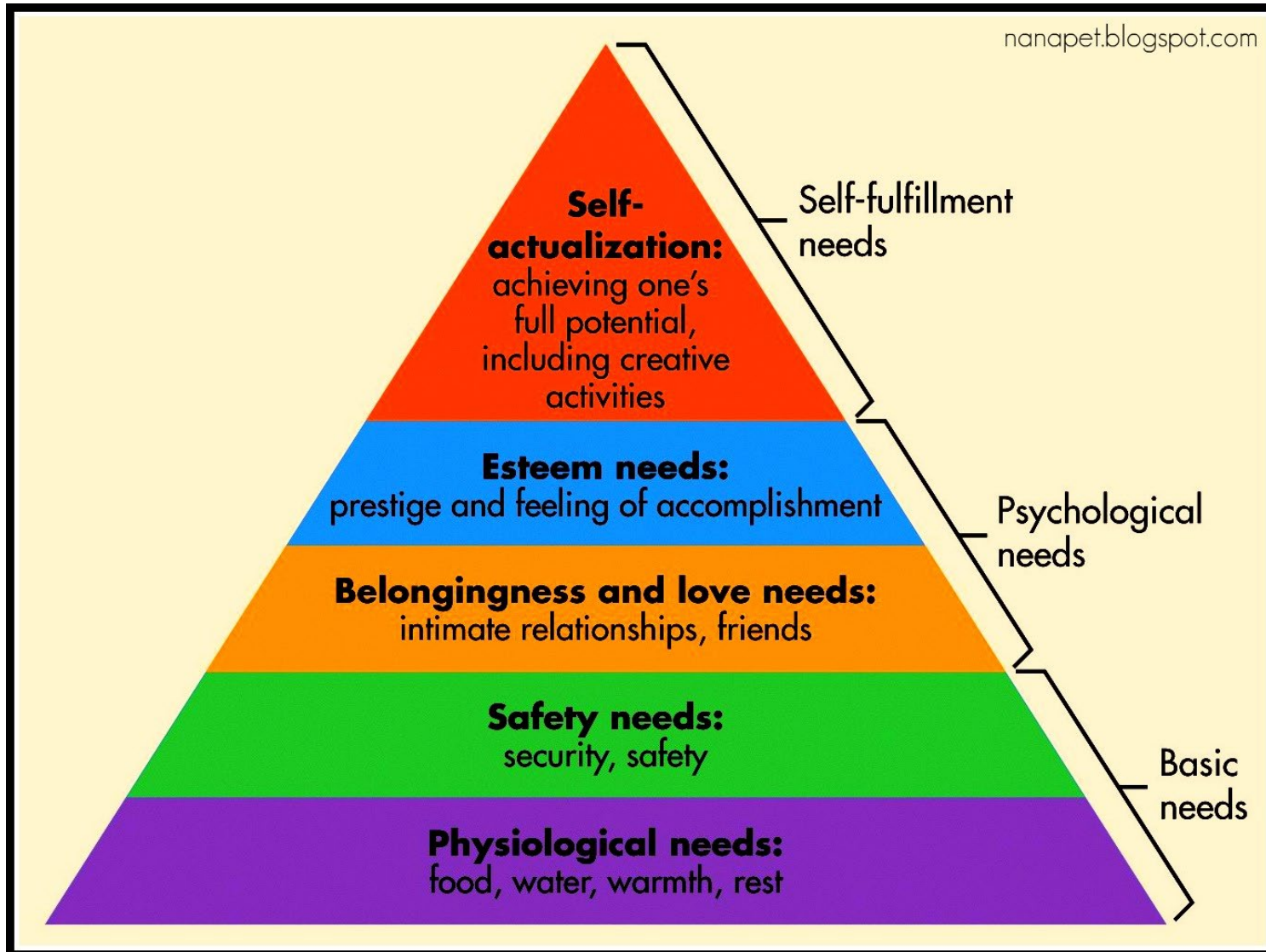


Non-Academic Student Barriers

- Mental Illness
- Depression and Anxiety
- Drug Abuse & Alcohol Abuse
- Suicide Ideation
- Homelessness
- Food Insecurities & Malnourishment
- Clothing Insecurities
- Domestic Violence
- Stress
- Other Health and Wellness Issues

Maslow's Hierarchy of Needs

nanapet.blogspot.com



Saddleback Programs and Support

- Alcohol, Tobacco and Drug Abuse Education and Prevention
- Suicide Prevention and Intervention
- Food and Clothing Insecurities/Resources-Pantry
- Homelessness Resources
- Mental Health Initiatives and Grants
- Emergency Funds
- Family Pact – Family Planning
- Local Education Agency (LEA) – Medi-Cal Funding
- Domestic Violence Assistance
- Vaccination Assistance Funding
- Health Education
- Cal Fresh Partnership Site

Psychological Health Services

- Individual Treatment
- Group Treatment
- Assessment and Community Referrals
- Couple/Family Therapy
- Crisis Intervention
- Community Outreach
- Psychological Testing
- Referral to licensed Medical Physician or Psychiatrist

Food and Clothing Resources

- Helping Hand Worldwide provides fresh meats, fruits, vegetables, and breads to students bi-weekly
- Students served
 - ✓ 2,632 (2015), 1,763 (2014) and 1,726 (2103)
 - ✓ 2,800 (2016) 2912 (2017) 2973 (2018) 3005 (2019) - approximately 18,000 in 7 years!
- Cal –Fresh partnership
- New and used clothing store 2018
- Goodwill partnership



Helping Hand Worldwide



FREE GROCERIES

HELPING THOSE IN NEED

When

1ST AND 3RD
WEDNESDAY
EACH MONTH

Time

1030 AM-1130 AM

Where

PARKING LOT 1
NEXT TO
CULINARY ARTS
BUILDING 3

SADDLEBACK COLLEGE IS PROUD TO PARTNER WITH
HELPING HAND WORLDWIDE TO PROVIDE FREE
GROCERIES TO OUR STUDENT'S AND COMMUNITY.

PLEASE BRING YOUR OWN GROCERY BAGS

SIGN-IN* | NO INCOME VERIFICATION NEEDED

SOUTH ORANGE COUNTY COMMUNITY COLLEGE DISTRICT BOARD OF TRUSTEES
Dr. William O. Jay, Timothy Jernst, David G. Lang, Marisa Michener, Nancy M. Peabody, T.J. Phendogast, II, Dr. James R. Wright, Heather Park, Student Trustee, Gary L. Postner, Chancellor
SADDLEBACK COLLEGE, Dr. Tod A. Burnett, President



Food Stamp Application done in 30 minutes at a location near you!

¡Aplicaciones para Estampillas hecho en 30 minutos en un lugar cerca de usted!

Required Documents: ID for all adults, proof of income for previous month, social security numbers, and proof of living expenses such as: rent, utilities, phone, childcare and medical costs.

Documentos Necesarios: ID para cada adulto, prueba de ingresos, números de seguro social. pruebas de gastos de renta, gas, luz, teléfono, cuidado de niño o gastos medicos.

1 = \$1,962 month/mes

2 = \$2,656 month/mes

3 = \$3,350 month/mes

4 = \$4,042 month/mes

5 = \$4,736 month/mes

6 = \$5,430 month/mes

7 = \$6,122 month/mes

8 = \$6,816 month/mes

*each additional = \$694 month/mes

*cada otra persona

Call us today for an appointment!

¡Llame hoy para una cita!

1(855) 2-FeedOC; (855-233-3362)

Or make an appointment online at:

O haga una cita por línea en:

FeedOC.org/gethelp

Partnerships



Helping Hand Worldwide

Roommates.com

The Web's Most Popular Roommate Matching Service



MERCK



California Community Colleges



QUESTIONS?





Thank You!

Dr. Jeanne Harris-Caldwell 949.582.4607

jharriscaldwell@saddleback.edu

SADDLEBACK COLLEGE