

## The California Community Colleges Student Mental Health Program (CCC SMHP)

Presentation to the MHSOAC  
Financial Oversight Committee

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## The California Community College and System

- The California Community Colleges is the largest postsecondary education system in the nation.
  - 112 colleges, 72 districts
  - 2.4 million students
  - Local governance structures (local board of trustees for decision making)
- One in every three community college students in the nation attends a California community college.
- The primary missions of the system are:
  - Preparing students to transfer to four-year universities
  - Workforce development and training
  - Basic skills and remedial education
- Established by legislation in 1967, the Chancellor's office is the administrative branch charged with providing leadership, advocacy, and support for the system.
- The Chancellor's office operates under the direction of the state chancellor who is guided by the Board of Governors. The state chancellor is appointed by the board and board members are appointed by the Governor.

## Mental Health and the CCCs

- Mental health services are provided under the umbrella of campus health services and the majority of costs (86%) provided for MH services are paid for by health fees
- Because colleges operate under a local governance structure, it is at the discretion of local districts whether they wish to provide health / mental health services, and whether to charge a fee
- Where there are services – about 85 % of colleges offer some degree of mental health counseling by licensed mental health providers (a psychologist, LCSW, or MFT).
- Thus, there is great variation between colleges as to what is offered and to what degree (one provider may provide services at more than one college; some contract out, etc)

## History of MHSA Admin Funds

- 09/10            \$175,000
- 10/11            \$175,000
- 11/12            \$119,069 – originally position eliminated with realignment, then restored at reduced level; did not completely support position funding, travel, or support of advisory committee
- 12/13            \$103,358
- 13/14            \$126,000
- Current funding level (14/15)    \$ 84,000. Does not cover full cost of position, balance is paid from student services admin funds (GF)
- No BCPs submitted for additional funding (but have pursued other funding to support programmatic activities)

## Number of positions and description of responsibilities....

- 1 FTE (me)\*
- **Duties** (extracted/summarized from duty statement and based on MOU with DMH):
  - Key point of contact in providing leadership, direction & guidance to 112 colleges in developing MH services, guiding them to resources to support their efforts;
  - provide technical assistance to colleges on the MHSA and how to get connected to local planning processes;
  - Convene and serve as lead staff for inter-agency CCC advisory committee on serving students with mental health needs
  - Serve as the single point of contact on mental health issues for CCC students and represent the CCC system on the needs of students with mental health issues, both within the CCC system and with external agencies and interested parties.
  - Attend meetings, provide data and input on needs, and serve as partner in joint agency efforts. As requested, attend, participate in and coordinate meetings, workgroups and committees at the state and local level regarding the needs of CCC students with mental health needs.
  - Coordinate and monitor all grants provided to the CCC system related to the mental health needs of CCC students.

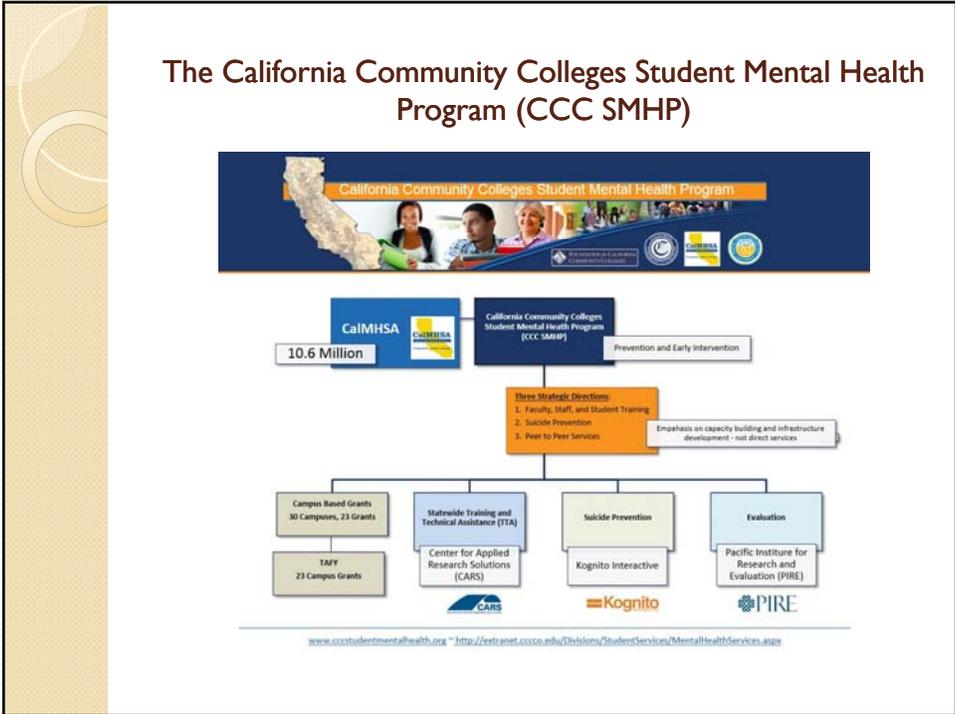
**Currently: mainly oversee CCC SMHP project with CalMHSA, in partnership with staff from the FCCC**

“How is the use of the administrative funds improving the lives or making a difference in the wellbeing of person with lived experience of a mental illness and their families?” (what have we been doing????!!)

### Fall 2009 - Feb. 2011

- Invited to submit grant application to Zellerbach Family Foundation (\$ 75,000)– supported development and implementation of “Welcome Home” Trainings – developed curriculum and materials, implemented 3 pilot trainings at Bay Area Community Colleges
- Developed collaborative relationships with various groups (NAMI, REMHDCCO, etc) and did webinars with Kognito Interactive, an online interactive suicide prevention program which resulted in Kognito offering free training to all CCCs for one month (did a webinar to describe the program)
- Collaborated with the AFSP to do a webinar on their efforts/program to introduce to the CCCs; one CCC (Ohlone College) participated in implementing AFSP as a result of this webinar
- Oversaw advisory committee, initiated website for mental health on the CO’s website
- Activities based on workplan/MOU negotiated with DMH contact – provided quarterly reports and updated work plan annually.
- Participated in required state representatives meetings – developed final binder that contains examples of work products and activities
- Provided sustained, ongoing involvement in efforts related to the statewide projects, including the student mental health initiative - participating in meetings and calls (including the OAC’s Mental Health Services Committee and meetings of CalMHSA’s Implementation Ad Hoc Committee), writing, submitting and providing public comment, and collaborating with other stakeholders to advocate for the mental health needs of students in California’s systems of higher education.

- “How is the use of the administrative funds improving the lives or making a difference in the wellbeing of person with lived experience of a mental illness and their families?” (what have we been doing????!!)
- **Feb 2011 - Current:**
  - Feb – September 2011: applied for RFA from CalMHSA, awarded grant, negotiated contract with CalMHSA, began staff recruitment and hiring (on FCCC side )
  - Fall 2011 – June 2012: convened revised advisory committee meeting, gained input from stakeholders on program design, proceeded with developing RFPs/RFAs for contractors and grants to colleges; selected contractors and vendors for each component – 3 contractors, and 23 grants representing 30 colleges
  - July – September 2012: finalized contracts with colleges, TTA and suicide prevention contractors. and evaluator,
  - Sept 2012- current: program implementation begins and continues to date
  - Nov. 2012 – opportunity to apply for additional funds, added modules to SP contract for vets and LGBTQ and develop Transition Aged Foster Youth (TAFY) project



## BRIEF overview of program achievements & accomplishments

- Expanding and enhancing capacity to serve students at risk of mh issues and strengthen collaboration and referral systems with county mental health, community based partners, as well as UC and CSU partners in area.
  - Many campuses have achieved this, and several have established formal MOUs for referral and treatment
- Over 88,000 faculty, staff, and students have been reached through trainings, presentations, events, and workshops.
- 39 regional and 67 college specific trainings have been provided, topics such as threat/behavioral intervention teams; suicide prevention trainings such as QPR, peer to peer trainings such as BACCHUS; special population topics such as recent immigrant groups, Safe Zone (targeting LGBTQ students), etc
- 26 webinars on various topics were delivered and archived, including collaboration with partners such as the Jed Foundation, the Trevor Project, and NAMI
- Coordinated with Active Minds to implement send Silence Packing on campuses and at the State Capitol

## BRIEF overview of program achievements & accomplishments (cont'd)

- Focus on unserved and underserved populations a consistent theme and priority for CBGs, as well as the trainings, webinars and product development (fact sheets, webinars, products, etc)
  - TAFY (Healthy Transitions) curriculum developed and implemented in 22 colleges
  - ZFF grant and funding – leveraged from original pilot to 20 trainings that included 864 participants
  - Kognito trainings include student veterans and LGBTQ modules
- The online suicide prevention training (Kognito) is available to all campuses - Of these, 99 campuses are participating in the training, and 13,787 students, faculty and staff have completed the online suicide prevention trainings (that will continue beyond the life of the grant)
- Quarterly meetings with COAGSMH
- Quarterly collaborative meetings and sharing of resources with higher ed partners, CSU and UC

## Some key findings (eval still in progress)

- Online suicide prevention trainings lead to increases in self reports of referrals
- Onsite trainings lead to perceived increases in knowledge and skills (such as ability to identify referral resources; awareness of signs of mental health issues, etc)
- Capacity of colleges to build/expand or enhance services has increased (such as fostering relationships with MH providers; increasing availability of referral resources)

.....More information in handouts

## RAND student/faculty survey

- 15,926 students participated across 34 CCC campuses
- approximately 19 % of students met or exceeded the established threshold for probable psychological dis-tress during the 30 days prior to the survey (which is comparable to rates reported in other studies of higher education students)
- 10 percent to 50 percent of CCC students reported negative impact of anxiety related problems on academic performance
- Across all 3 systems, self-referral for services was highest source; for CCC's, 2<sup>nd</sup> highest source reported was faculty/staff

.....more information in the summary report

## Next Steps: 2014-2015

- NCE/Phase I funding from CalMHSA to support select campus based grants (smaller amounts and narrower focus)
- Training and technical assistance continuing, but limited and focused on regional trainings, cross sharing of best practices, product development, sustainability focused activities, support to CBGs
- Evaluation will continue until Fall 2014
- Monitor future funding opportunities and apply for funding per CalMHSA timeframes
- Staffing infrastructure @ FCCC has decreased commensurate with less funding

## Questions?

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Thank you for your time and attention!