



LOS RIOS
COMMUNITY
COLLEGE
DISTRICT



Student Mental Health

An Initial Proposal to Improve Student Mental Health Services in the
Los Rios Community Colleges

April 5, 2017

Vanessa Acosta, Student, FLC

Shannon Gilley, Counselor/Transfer Center Director, SCC

Eva Rhodes, Administrative Assistant, CRC

Victoria Rosario, Associate Vice Chancellor, Student Services, DO

Pamela Whipple, Faculty/Nurse, ARC

Background and History

- 2008: Mental Health Taskforce is developed
- 2009: Scope of mental health services reviewed
- 2014: Board of Trustees call for review and project summary developed
- 2015: Mental Health First Aid Training provided
- 2015-2016: Mental Health Needs Perceptions Survey administered
- 2016: Focus Group held
- 2017: Student Lobby Day Proposal presented
- 2017: Initial Student Mental Health Services Proposal developed

Student Mental Health Workgroup Members

American River College

- Jennifer Scalzi, Faculty/Counselor
- Lydia Delgado, Faculty/Counselor
- Manuel Pérez, Administrator
- Michele Arnott, Faculty/Nurse
- Pamela Whipple, Faculty/Nurse
- Reyna Moore, Faculty/Counselor
- Scott Crow, Classified

Folsom Lake College

- Jeffrey Dillon, Adjunct Faculty/Counselor
- Jill Morrison, Faculty/Counselor
- Julie Rodriguez, Faculty, Psychology
- Libby Cook, EOPS Coordinator
- Mary Hansen, Faculty/Nurse
- Michelle Madden, Faculty/Counselor
- Tim McHargue, Faculty/DSPS Coordinator
- Vanessa Acosta, Student

District Office

- Betty Glycer-Culver, Director of Institutional Research
- Victoria C. Rosario, Associate Vice Chancellor, Student Services
- Mayra Villarreal, Student Personnel Assistant, Student Services

Cosumnes River College

- Estella Hoskins, Faculty/Counselor
- Eva Rhodes, Classified
- Michelle Barkley, Faculty/Nurse
- Rhonda Calloway, Classified
- Shannon Dickson Cooper, Administrator

Sacramento City College

- Jeffery Christian, Faculty/Nurse
- Kris Janssen, Faculty/Counselor
- Melody Jimenez, Student
- Shannon Gilley, Faculty/Transfer Center Director
- Shelby Gauthier-Owensby, Student
- Victor Vargas, Student
- Wendy Gomez, Faculty/Nurse

Prevalence of Mental Health Disorders

- California
- Sacramento County

Prevalence of Ca Adults with Mental Health Disorders		
Race/Ethnicity	CA	Sacramento County
Total Adult Population	4.28%	4.5%
African American	5.9%	6%
Asian	1.7%	2%
Hispanic/Latino	5.1%	4.7%
Native American	7%	7.2%
Pacific Islander	2.4%	2.8%
White	4.17%	4.6%

Source: California Department of Health Care Services, 2012

Prevalence of Mental Health Disorders

- Los Rios Community College District

DSPS Students with Psychological Disabilities								
	2000-2001		2005-2006		2010-2011		2015-2016	
	Student Count	%	Student Count	%	Student Count	%	Student Count	%
Total	294	9.74%	566	13.7%	1366	21.37	1453	23.93%
African Am	45	15.31%	104	18.37	207	15.15%	224	15.42%
Hispanic	21	7.14%	53	9.36%	201	14.71%	303	20.85%

Source: California Community Colleges Chancellor's Office, Data Mart

Current LRCCD Services and Gaps

- **Current Services**

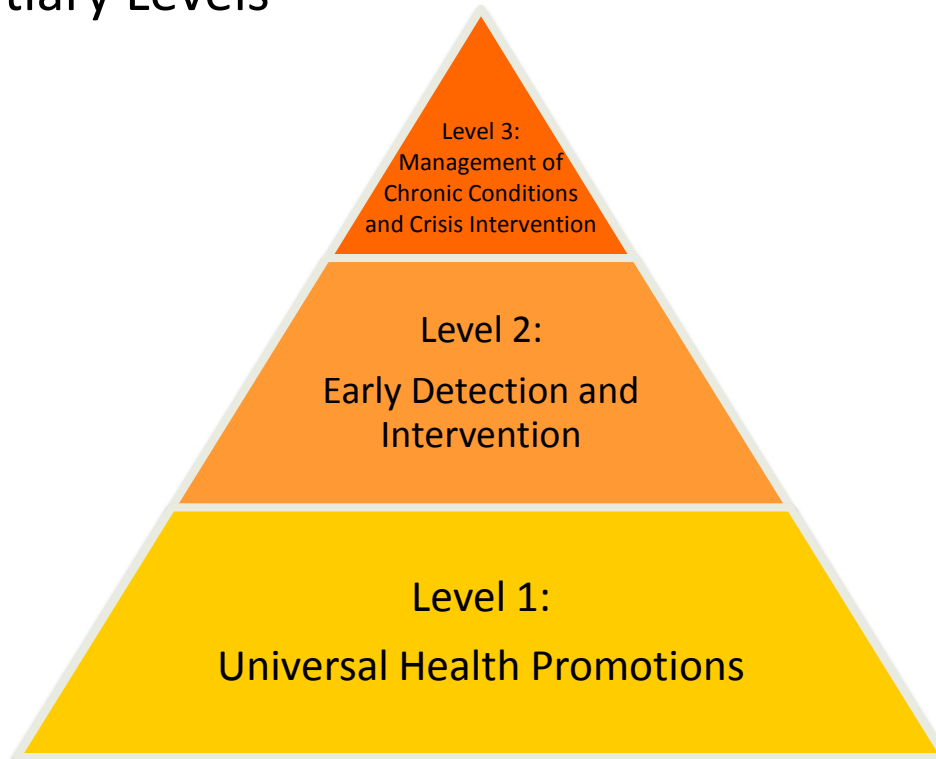
- Suicide prevention
- Program outreach and awareness
- Faculty, staff and student training
- Services to support veterans
- Counseling services
- Peer to peer resources
- Crisis intervention

- **Gaps**

- Quality of service—cultural competency
- Accessibility of services—meeting students where they are
- Personnel—numbers and professional development
- Awareness of services—communication to all stakeholders

Public Health Prevention Model

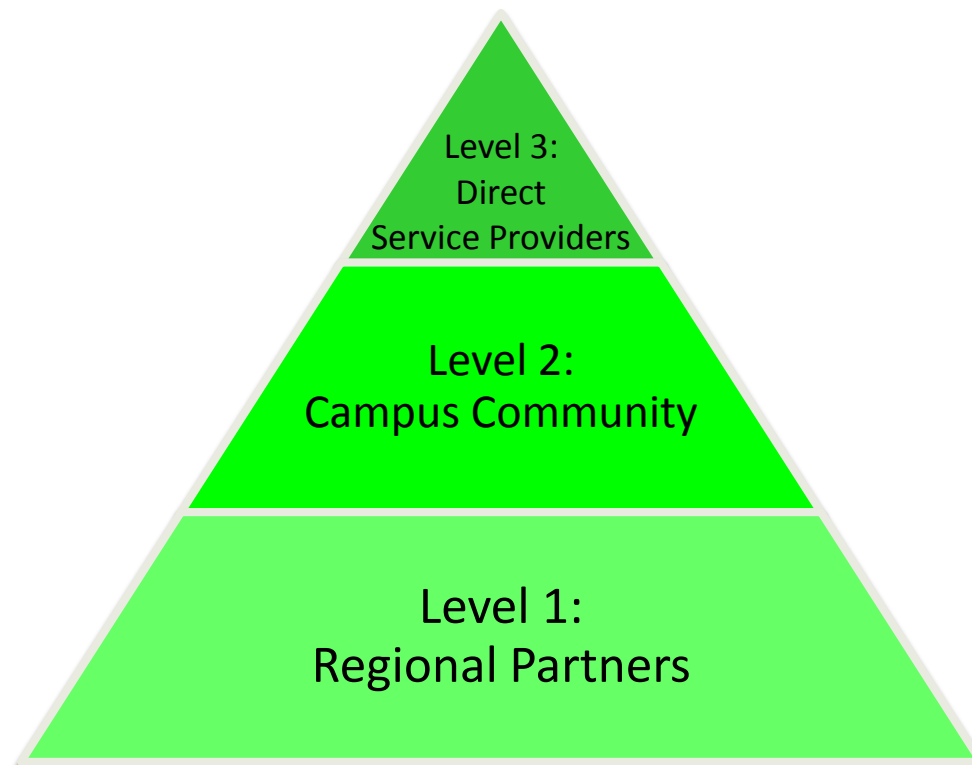
- Informed by:
 - Jeffrey Duncan-Andrade's research on trauma in youth
 - Leavell and Clark's research on Levels of Care—Primary, Secondary, Tertiary Levels



Source: Hugh Leavell and E. Gurney Clark (1953)

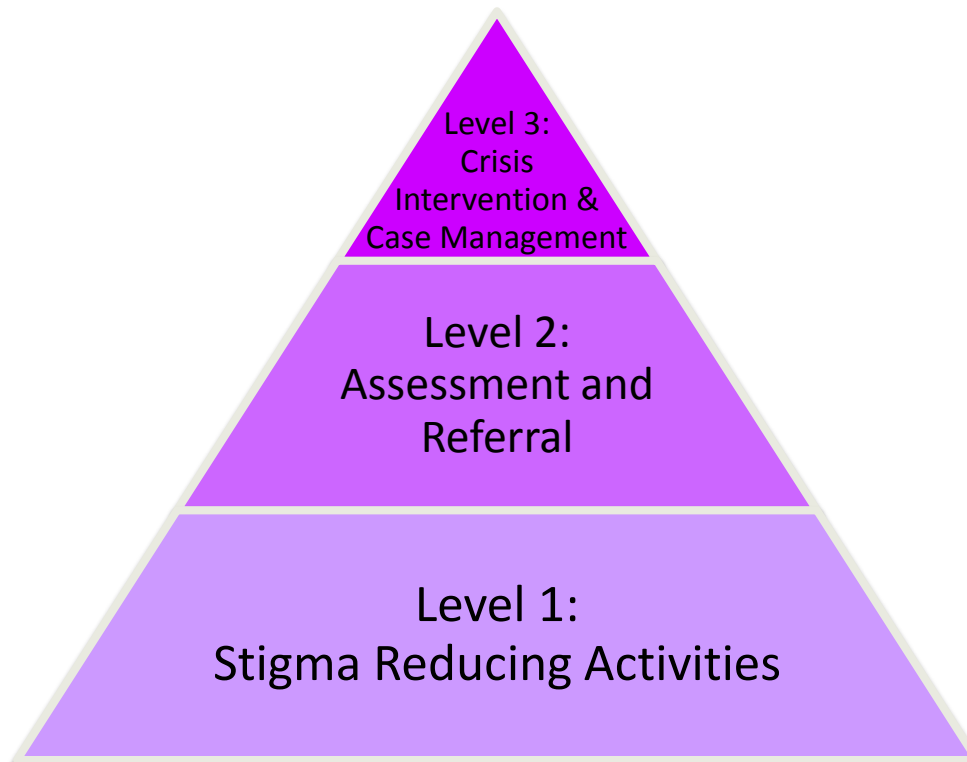
STAKEHOLDER ENGAGEMENT

Broad reaching initiatives that will increase awareness of campus resources and services for students and engage community organizations.



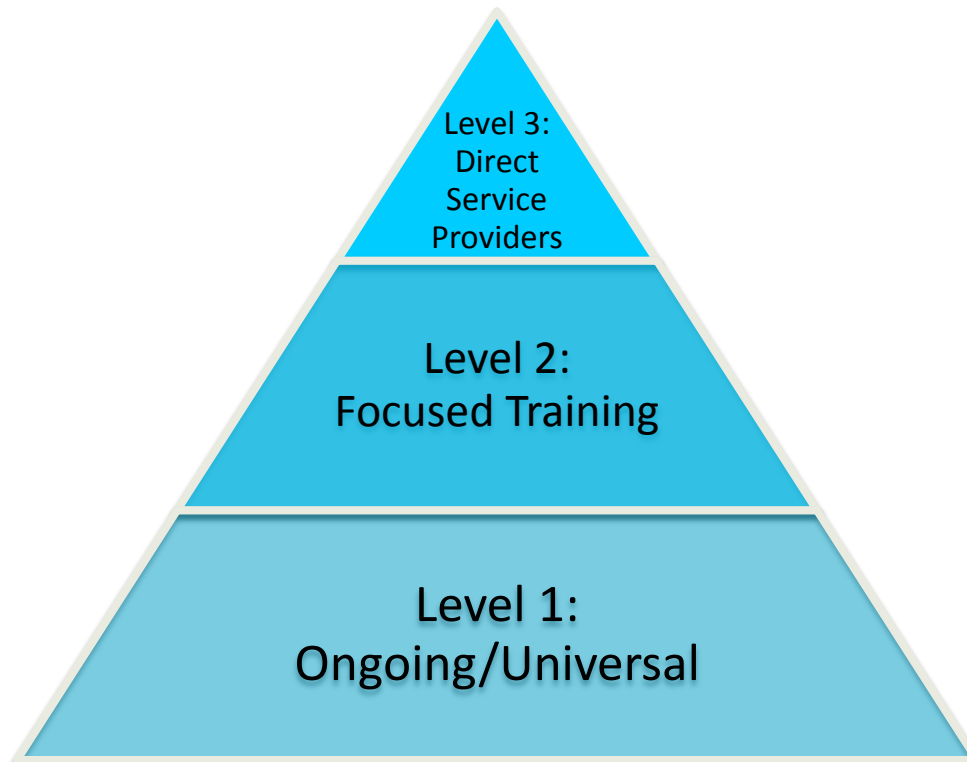
COMMUNITY PARTNERSHIPS

Establish outreach to community partners to promote the importance of health and wellness as a vital element of student success.



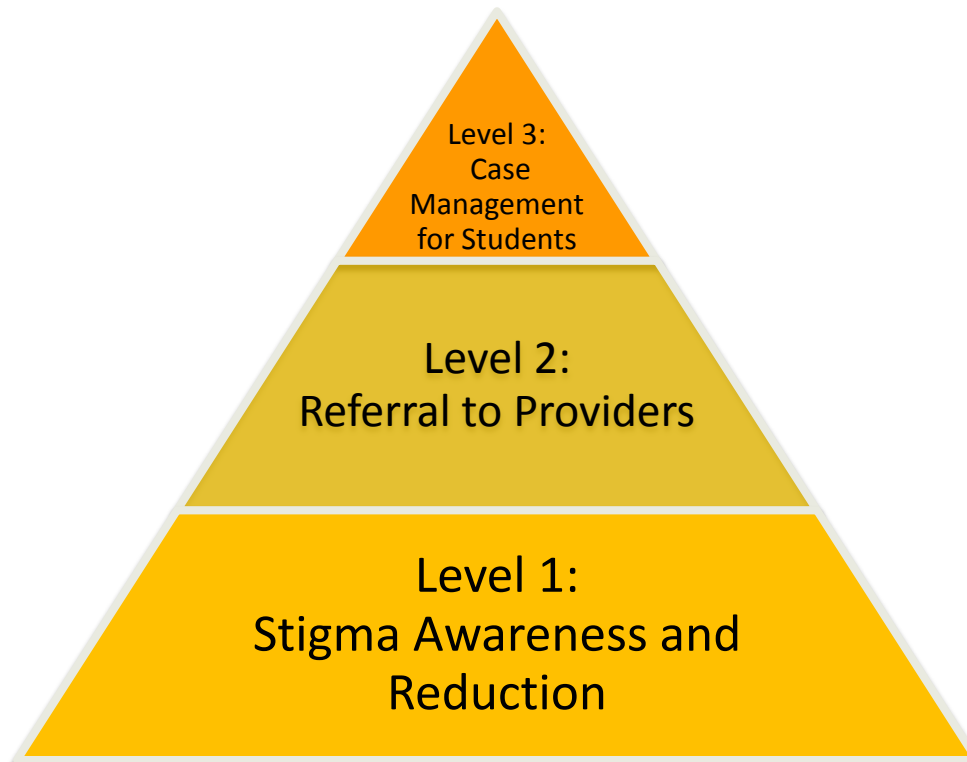
EMPLOYEE PROFESSIONAL DEVELOPMENT

Establish a professional development program for faculty, staff and administration that focuses on increasing awareness of mental health issues.



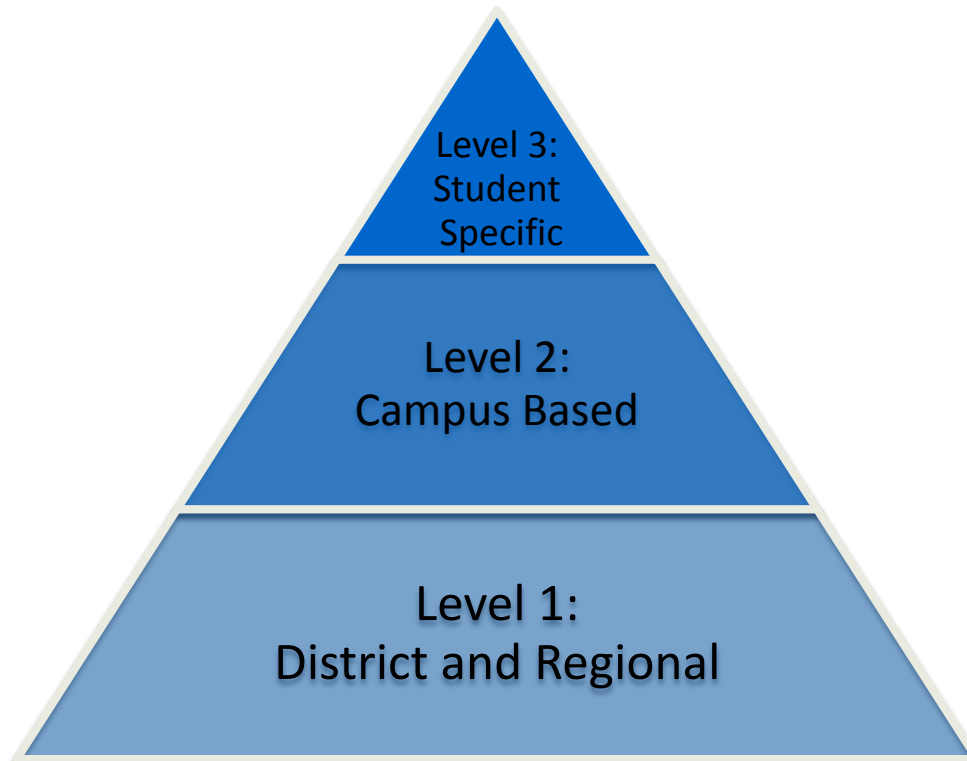
STUDENT RESOURCES FOR MENTAL HEALTH

Identify effective and culturally relevant internal and external support services.



COMMUNICATION PLAN

Effective and clear communication of pertinent information on mental health services, resources, protocols and campaigns disseminated to students and personnel.



Budget

Expenditure Classifications and Projected Budgets			
Object of Cost	X	Y	Z
1000 Academic Salaries	\$616,810		
2000 Classified Salaries	\$65,177		
3000 Employee Benefits	\$231,349		
4000 Supplies & Materials	\$46,868		
5000 Other Operating Expenses	\$0		
6000 Capital Outlay	\$6,957		
7000 Other Outgo	\$0		
Total Costs	\$967,161	\$1,471,540	TBD

Summary of Findings

1. Phase Two Workgroup
2. Student Health Fee
3. Minimum Program Standards

Question and Answer