



American River College



Cosumnes River College



Folsom Lake College



Sacramento City College

**Student Mental Health Needs Survey
for all Los Rios Employees
Spring 2016**

The Los Rios community comprised of students, faculty, and staff, are all partners sharing in the concern about the safety and well-being of the Los Rios learning community. As such, when we prepared for the accreditation visits across our colleges and district you were invited to participate in an Employee Survey in Spring 2014 and we noted your response specific to health and safety. As an important part of our community you are now invited to participate in a district-wide Student Mental Health Needs Survey. The intent of this survey is to gather your perceptions about the mental health needs of our students.

We assure you that your responses will remain confidential and will only be used in combination with feedback of all employees across the district and colleges to help inform this important dialogue.

This survey is being coordinated by the Los Rios Community College District Office of Institutional Research in partnership with the Associate Vice Chancellor of Student Services and college counselors and nurses. We assure you the information and feedback you provide will only be used in combination with the responses from employees across the district and colleges. We thank you in advance and ask that you please respond to the survey within the next **seven** days.

All students get a little stressed and overwhelmed....which of the following do you believe best describes what the students you interact with might be experiencing?

	Very Frequently	Frequently	Not very Often	Not at all	Do Not Know
Trouble sleeping	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling depressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble staying awake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Little interest in doing the things they like the most	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Trouble concentrating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Didn't follow a healthy diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lack of energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Easily irritated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel anxious or nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stressed or overwhelmed about their college coursework	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Panic Attacks	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If students experience a particularly stressful situation who do you think they would most likely talk to?

<input type="radio"/> Mental Health Counselor (not at a Los Rios College)
<input type="radio"/> Family
<input type="radio"/> Friend

Availability of appointment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Transportation issues in getting to the care provider	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Privacy concerns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students are concerned that conversations about Mental Health might become part of academic records	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students are concerned that parents might be notified	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students are concerned services provided are not sensitive to cultural issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students are concerned services provided are not sensitive to sexual orientation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Students may have had negative experience/s in the past with Mental Health services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

What is the one thing you would recommend that the Los Rios college community do that would be most beneficial in helping students with their mental health needs?

DEMOGRAPHIC INFORMATION.....

Please select the one most appropriate response for each of the areas below.

	ARC	CRC	SCC	FLC	District Office*
Your <u>Primary</u> Work Location:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*District Office includes all employees located at Spanos Court (including Water Tower complex, Suite 400, and Foundation), Facilities Management & and the Ethan Way Center

	Classified	Faculty	Manager and/or Dean	Other
Your Job Type:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Administrative Support*	Instructional Services	Student Services
Area of Your Work:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*Administrative support includes human resources, research/planning, business services, information technology and all other areas not part of instructional services or student services both at the district office and campus levels.

Please provide any additional comments or suggestions you have related to Student Mental Health needs in the comment area below.

Thank you for completing the Employee Mental Health Needs Survey!

The LRCCD Office of Institutional Research on behalf of your Los Rios College assures you all survey responses and information will remain strictly confidential!

If you have questions or concerns related to the survey itself, please email the LRCCD Office of Institutional Research: IR@losrios.edu

Please submit your survey response in the next seven (7) days.