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

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

**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

**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

**District Office**
- Betty Glyer-Culver, Director of Institutional Research
- Victoria C. Rosario, Associate Vice Chancellor, Student Services
- Mayra Villarreal, Student Personnel Assistant, Student Services
Prevalence of Mental Health Disorders

- California
- Sacramento County

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>CA</th>
<th>Sacramento County</th>
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</thead>
<tbody>
<tr>
<td>Total Adult Population</td>
<td>4.28%</td>
<td>4.5%</td>
</tr>
<tr>
<td>African American</td>
<td>5.9%</td>
<td>6%</td>
</tr>
<tr>
<td>Asian</td>
<td>1.7%</td>
<td>2%</td>
</tr>
<tr>
<td>Hispanic/Latino</td>
<td>5.1%</td>
<td>4.7%</td>
</tr>
<tr>
<td>Native American</td>
<td>7%</td>
<td>7.2%</td>
</tr>
<tr>
<td>Pacific Islander</td>
<td>2.4%</td>
<td>2.8%</td>
</tr>
<tr>
<td>White</td>
<td>4.17%</td>
<td>4.6%</td>
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</tbody>
</table>

Source: California Department of Health Care Services, 2012
Prevalence of Mental Health Disorders

- Los Rios Community College District

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<tr>
<th></th>
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</thead>
<tbody>
<tr>
<td>Student Count</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>%</td>
<td>9.74%</td>
<td>13.7%</td>
<td>21.37%</td>
<td>23.93%</td>
</tr>
<tr>
<td>Total</td>
<td>294</td>
<td>566</td>
<td>1366</td>
<td>1453</td>
</tr>
<tr>
<td>African Am</td>
<td>45</td>
<td>104</td>
<td>207</td>
<td>224</td>
</tr>
<tr>
<td>%</td>
<td>15.31%</td>
<td>18.37%</td>
<td>15.15%</td>
<td>15.42%</td>
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<tr>
<td>Hispanic</td>
<td>21</td>
<td>53</td>
<td>201</td>
<td>303</td>
</tr>
<tr>
<td>%</td>
<td>7.14%</td>
<td>9.36%</td>
<td>14.71%</td>
<td>20.85%</td>
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</tbody>
</table>

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

**STAKEHOLDER ENGAGEMENT**

- Level 3: Direct Service Providers
- Level 2: Campus Community
- Level 1: Regional Partners
Establish outreach to community partners to promote the importance of health and wellness as a vital element of student success.
Establish a professional development program for faculty, staff and administration that focuses on increasing awareness of mental health issues.

**EMLOYEE PROFESSIONAL DEVELOPMENT**

- **Level 1:** Ongoing/Universal
- **Level 2:** Focused Training
- **Level 3:** Direct Service Providers
STUDENT RESOURCES FOR MENTAL HEALTH

Identify effective and culturally relevant internal and external support services.

- Level 1: Stigma Awareness and Reduction
- Level 2: Referral to Providers
- Level 3: Case Management for Students
Effective and clear communication of pertinent information on mental health services, resources, protocols and campaigns disseminated to students and personnel.

COMMUNICATION PLAN

- **Level 1:** District and Regional
- **Level 2:** Campus Based
- **Level 3:** Student Specific
## Budget

### Expenditure Classifications and Projected Budgets

<table>
<thead>
<tr>
<th>Object of Cost</th>
<th>X</th>
<th>Y</th>
<th>Z</th>
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</thead>
<tbody>
<tr>
<td>1000 Academic Salaries</td>
<td>$616,810</td>
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<tr>
<td>2000 Classified Salaries</td>
<td>$65,177</td>
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<tr>
<td>3000 Employee Benefits</td>
<td>$231,349</td>
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<tr>
<td>4000 Supplies &amp; Materials</td>
<td>$46,868</td>
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<tr>
<td>5000 Other Operating Expenses</td>
<td>$0</td>
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<tr>
<td>6000 Capital Outlay</td>
<td>$6,957</td>
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</tr>
<tr>
<td>7000 Other Outgo</td>
<td>$0</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Costs</strong></td>
<td><strong>$967,161</strong></td>
<td><strong>$1,471,540</strong></td>
<td><strong>TBD</strong></td>
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Summary of Findings

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