

Prevention & Early Intervention Best Practices in the California Community Colleges



California's Community College Students

2.3 million students* served throughout **112** California community colleges

Over **29,000 veterans** and over **6,500 military active duty** (Spring 2014)

Over **13,000 foster youth** (Spring 2014)

DSPS supported **20,900 CCC** students with a **psychological disability** in 2013-14

Of **17,271** California community college students surveyed in 2013:**

- **42%** indicated **finances were traumatic** or difficult to handle
- **22%** felt **hopeless** and **overwhelmed**
- **18.3%** had periods when they felt **overwhelming anxiety**
- **9.1%** seriously **considered suicide**
- **2.5%** **attempted suicide**

Factors affecting individual academic performance:**

- **28.8%** **stress**
- **20.5%** **work**
- **19.5%** **sleep difficulties**
- **18.3%** **anxiety**
- **13.5%** **depression**
- **11.1%** **finances**



*California Community Colleges Chancellor's Office - Data Mart. Retrieved August 28, 2014 from http://datamart.cccco.edu/Services/DSPS_Status.aspx

**American College Health Association. (2013). American College Health Association-National College Health Assessment II: California Community Colleges Reference Group Executive Summary Spring 2013. Hanover, MD: American College Health Association.

California Community Colleges Student Mental Health Program (CCC SMHP)



Ambassador Program, Riverside City College

- Group of students acting as peer educators seeking to promote awareness of mental health issues through interactions, campus events, and presentations
- Educate peers on how to engage in a positive conversation about mental health, promote resources, and connect students with administration and psychological services



Building Collaborative Relationships, Santa Rosa Junior College

- Team of students who lead the design and implementation of outreach and education efforts around campus and in the community
- Responsibilities include representing SRJC in the county behavioral health efforts, leading the student club Active Minds, creating awareness building short videos, and outreach, among others
- The internship is a merit-based, competitive professional opportunity



At-Risk Suicide Gatekeeper Training, LA Pierce College

- Offered FLEX credit, either on campus or from home
- Held during spring convocation in computer lab
- Provided detailed instructions on creating and accessing the account, and spending time going through the Students at Risk training module
- Participants learned more about the campus BIT, the referral process, and how to complete and submit a referral

Increase capacity to address the mental health prevention and early intervention needs of students through:

Peer-to-Peer Support

Foster Partnerships

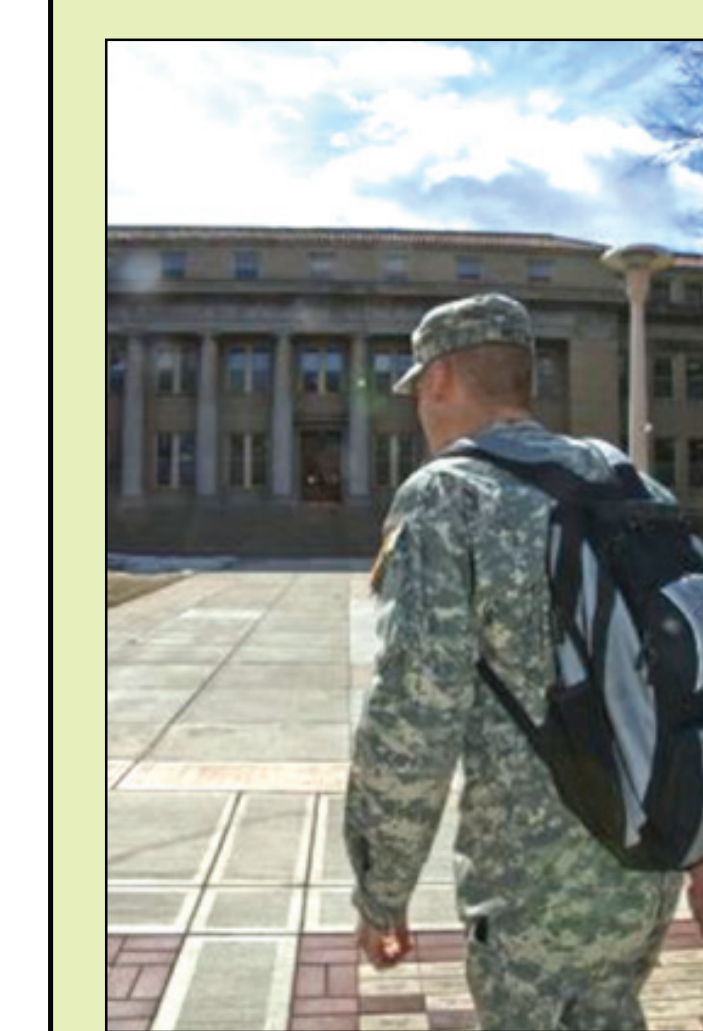
Suicide Prevention

Faculty & Staff Training

Support Underserved Students

All-College Approach in Support of Student Mental Health, West Valley College

- Education, training, and resource development for faculty, staff, and student leaders
- Assessment and intervention including mental health and wellness activities to engage students
- Integrated clinical and mental health care
- Developed the Mental Health Services Advisory Committee (MHSAC)



Veteran's DropZone, Orange Coast College

- A safe place to share experiences and gain support through confidential one-on-one meetings
- Orange County Health Care Agency MOU for onsite clinician 12 hours/week
- Veterans Services Book includes a compilation of services both on and off campus for veterans to make the transition from military service to college life

Webinars • Tools, Templates, & Publications • Peer Resource Database • Onsite Training • Online Training

www.cccstudentmentalhealth.org

