

Starting the conversation: Making mental health a collective campus effort

September 9, 2014

UC Mental Health Best Practice Conference

Presented By:

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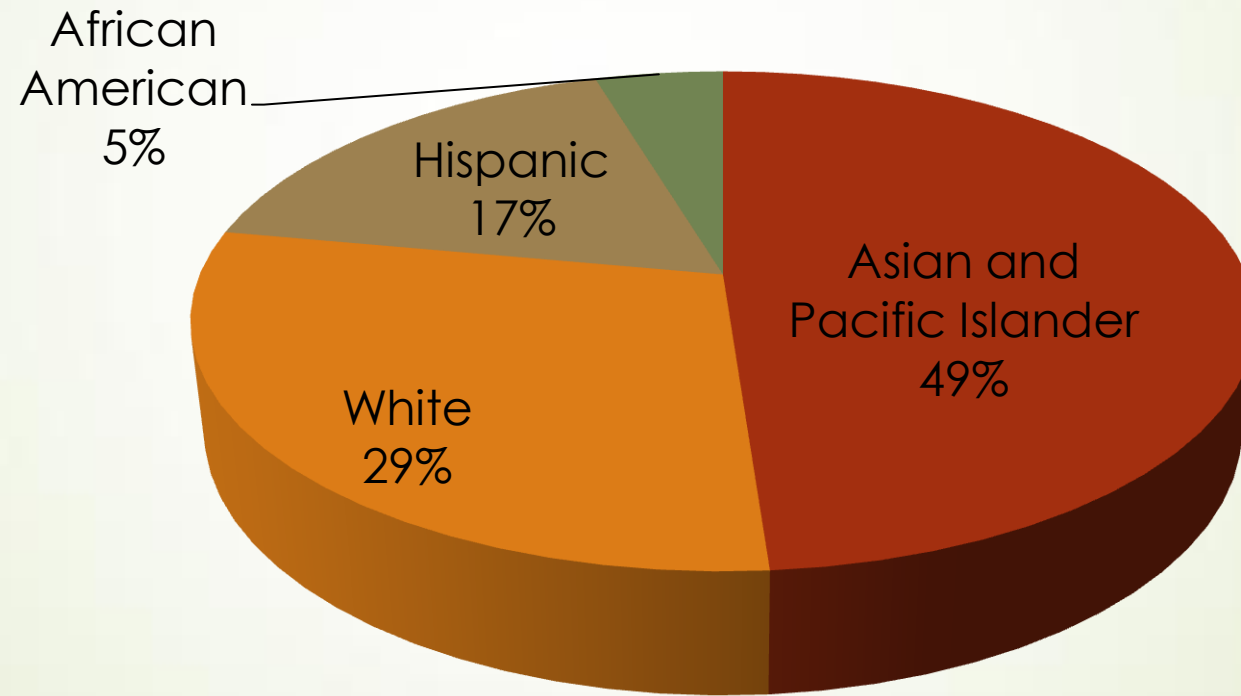
Ohlone College

*A World of Cultures
United in Learning*



- Located in Fremont, CA
- Around 10,600 students enrolled per year at our two campuses and online
- Nearly 2 out of 3 students are young adults ages 18-24

Ethnically Diverse Student Population



STEP (Students Together in Education and Prevention) Up Ohlone Program Background

- Two year funded initiative to promote mental well-being
- Funding from Prop. 63: Mental Health Services Act
- 3 objectives:
 - Increase peer-to-peer support
 - Promote social media outreach
 - Build capacity & partnership development



Focus Groups


- To explore students' attitude toward mental health
- To help brainstorm program ideas for student outreach
- To reduce the stigma around mental health and allow students to share their views toward mental health

Focus Group Type	Number of Participants
General 1	6
General 2	9
Asian Pacific Islander	5
Deaf 1	10
Deaf 2	8

- Conducted in October and November, 2012
- All participants were current Ohlone students
- Total N= 38



Today's Objectives

- Identify three campus departments or programs to collaborate with the promotion of mental health.
 - Describe a public health primary prevention strategy used to de-stigmatize mental health.
 - Identify two approaches to integrate mental health in a higher education setting
- 



Professional Development Opportunities

- Brown Bag Workshop
 - Suicide Awareness and Prevention
 - Reaching Out to Our Diverse Student Body for Mental Health
 - Self-Care: the Best Medicine
- Flex Day
- Math Department
- Step Towards Wellness



Program sponsors:

Student Health Center
Ohlone Employee Fitness and Wellness Program
STEP Up Ohlone

What's the program all about? (aside from it being a positive approach to the parking dilemma)

Want to get credit for parking down the hill, want to lose weight, want to win prizes, want to lose inches, want to improve your fitness?....then this is the program for YOU!

Now, don't get confused...these "Step Rewards" are not actual steps as in a pedometer. You will be awarded steps depending on activities you do. You will automatically get awarded 100 "steps" just for signing up for the program.

There will be prizes as we go along. You may participate alone or create a team. At the end of the semester, there will be one top winner for an individual participant and one for a team.

Please click on the link below to sign up. Unfortunately, we won't be able to respond to individual questions at this time, but stay tuned for more information. Steps Towards Wellness will commence on the first day of fall semester--January 27, 2014, so we will be sending more information about tracking and support before then.



Please [click here](#) to register. More information will follow.



Introduction

With the changing demographics of campus' population and the need to increase mental health awareness, the student health center created an initiative called **STEP (Students Together in Education and Prevention) Up Ohlone**. The initiative aims to promote student mental health and well-being; and reduce the stigma associated with help seeking behaviors for mental health challenges.

Program Highlights:

Over the past two years, STEP Up Ohlone has provided trainings to staff and faculty members to increase their understanding and capacity to make referrals on mental health issues. Topics included "Suicide Awareness and Prevention" with Dr. Decartes Li, "Reaching Out to Our Diverse Student Body for Mental Health and Wellness" with Dr. Matthew Mock, and "Self-Care: The Best Medicine" with Ohlone's MFT, Rosemary O'Neill.

As STEP Up Ohlone ended, we conducted a program survey which was sent via campus email. We were interested in assessing the program's impact and how we can further support staff and faculty in their interactions with students who are dealing with stress, depression and other mental health issues.

Faculty and Staff Responses

Over half of faculty and staff respondents (58%) have had interactions with students within the last year in which mental health concerns were expressed and referred students to seek personal counseling.

By providing trainings and workshops, we hope to help faculty and staff encourage students to seek help.

Survey results indicated that 2 in 3 (66%) of participants felt comfortable with referring their students to seek mental health counseling.

How faculty and staff can continue to support students

Learn to recognize signs of stress, depression, and anxiety among students.

Talk with and learn from other colleagues that are on campus.

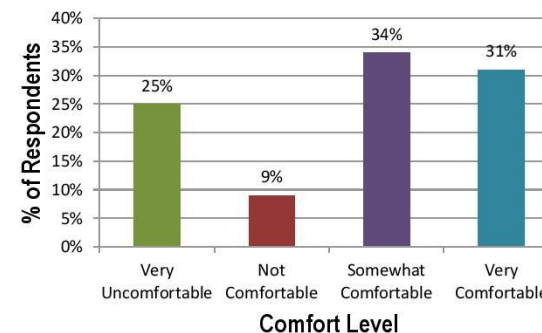
Attend training workshops that are available on campus or request workshops of interest from HR.

Resources & Online Training

WWW.STEPUPOHLONE.ORG

1 out of 3 (34%) faculty and staff members would feel uncomfortable in suggesting that a student seek personal counseling.

Survey Question: If you have a student who is struggling with emotional or mental health problems, how comfortable would you feel in suggesting that the student seek personal counseling? (N=67)



"The STEP Up Program has really increased the awareness of the importance of mental health...I hope Ohlone will...continue to make mental health support a high priority, and not wait for a crisis or a tragedy to address mental health among our students."


Ohlone Faculty Member



Syllabi Campaign



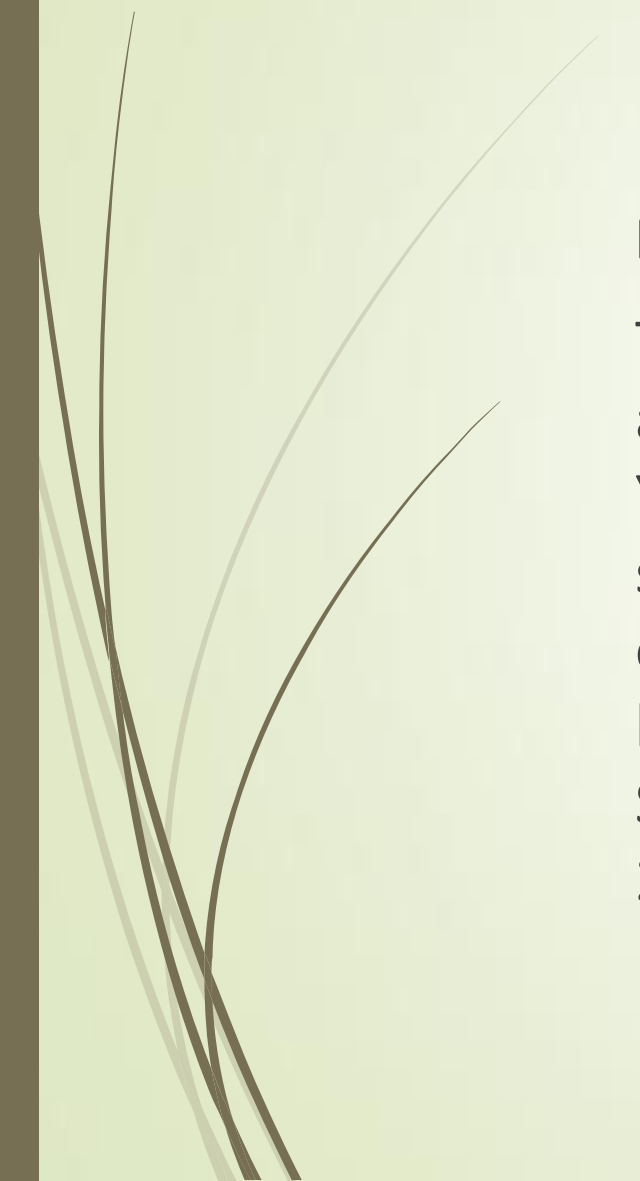
- ❑ Faculty handbook includes a list of suggested contents to include in a course syllabus, including:
 - ❑ assessment of student learning
 - ❑ statement on academic dishonesty
 - ❑ standards of student conduct
 - ❑ ADA statement about accessibility
- ❑ Course syllabus often sets a tone that defines the social context of learning in a course, including students' perception about the instructor
- ❑ Health center's patient satisfaction survey results indicate that among those who utilized personal counseling services during the last school year, the top two sources of referrals were: [1] **Instructor**; [2] **Academic counselor**
- ❑ Faculty members who take the initiative to include such statements send a strong, social norm message to students that help seeking behavior is acceptable (and encouraged) and is part of a formula for academic success



Suggested Language (revise as you see fit)

Mental Health and Stress Management:

The staff and faculty of Ohlone College are here to see you succeed academically and care about your emotional and physical health. You can learn more about the broad range of confidential student services, including counseling and mental health services available on campus by visiting the Student Health Center in building 7 or <http://stepupohlone.org/oncampus-resources/>. The Crisis Support Services of Alameda County offers a 24-Hour Crisis Line: 1-800-309-2131.





Participation by the numbers

	Spring 2013	Fall 2013	Spring 2014
Number of faculty	63	90	107
Percentage of participation	13%	18%	21%
Number of classes	197	279	301
Approx. student contacts*	7,704	9,441	9,410

*Based on enrollment capacity

Universal Screening



Ohlone Student Health Center

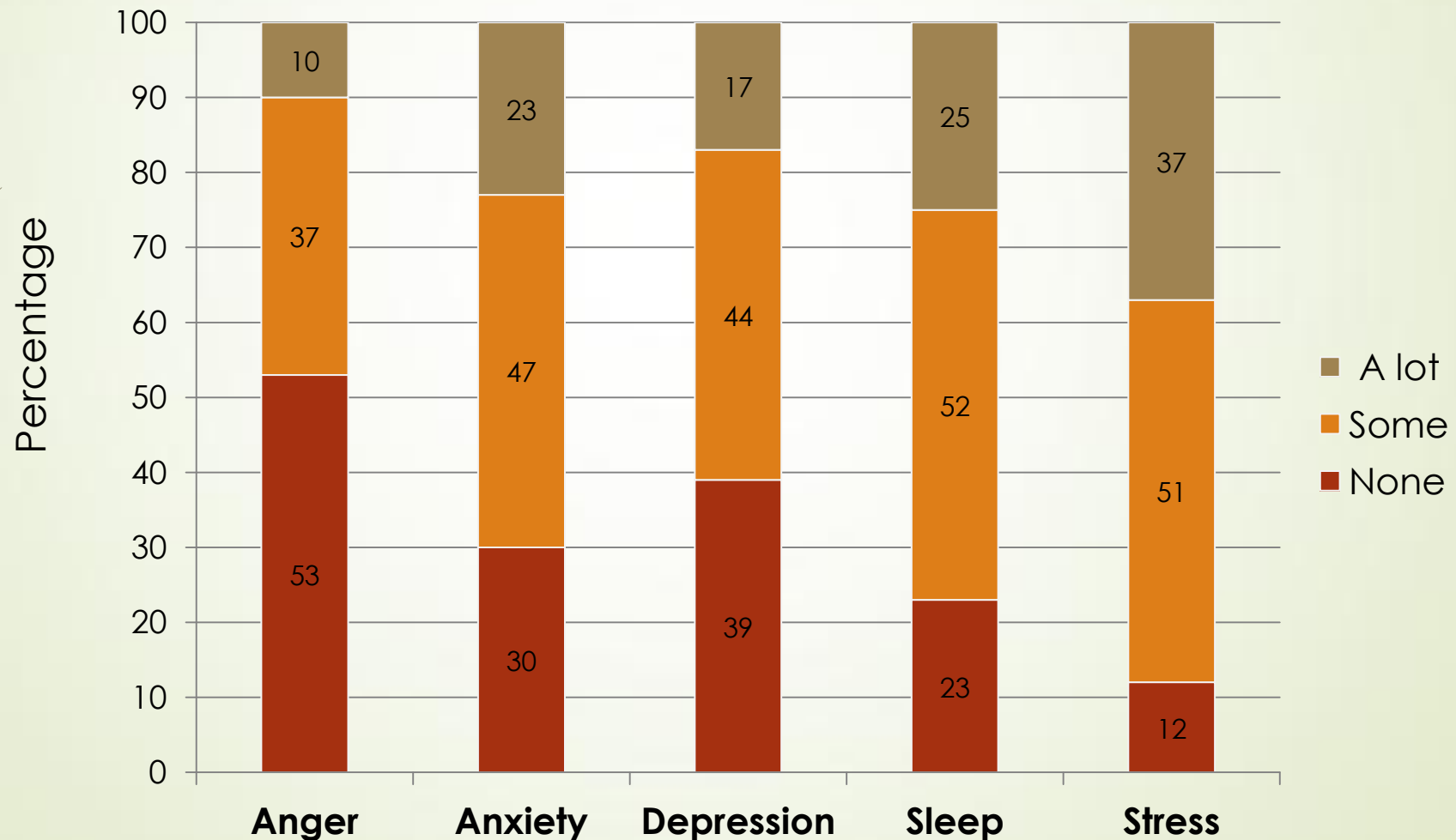
Tap the survey you want to take.

Rosemary's Patients

Life this Week

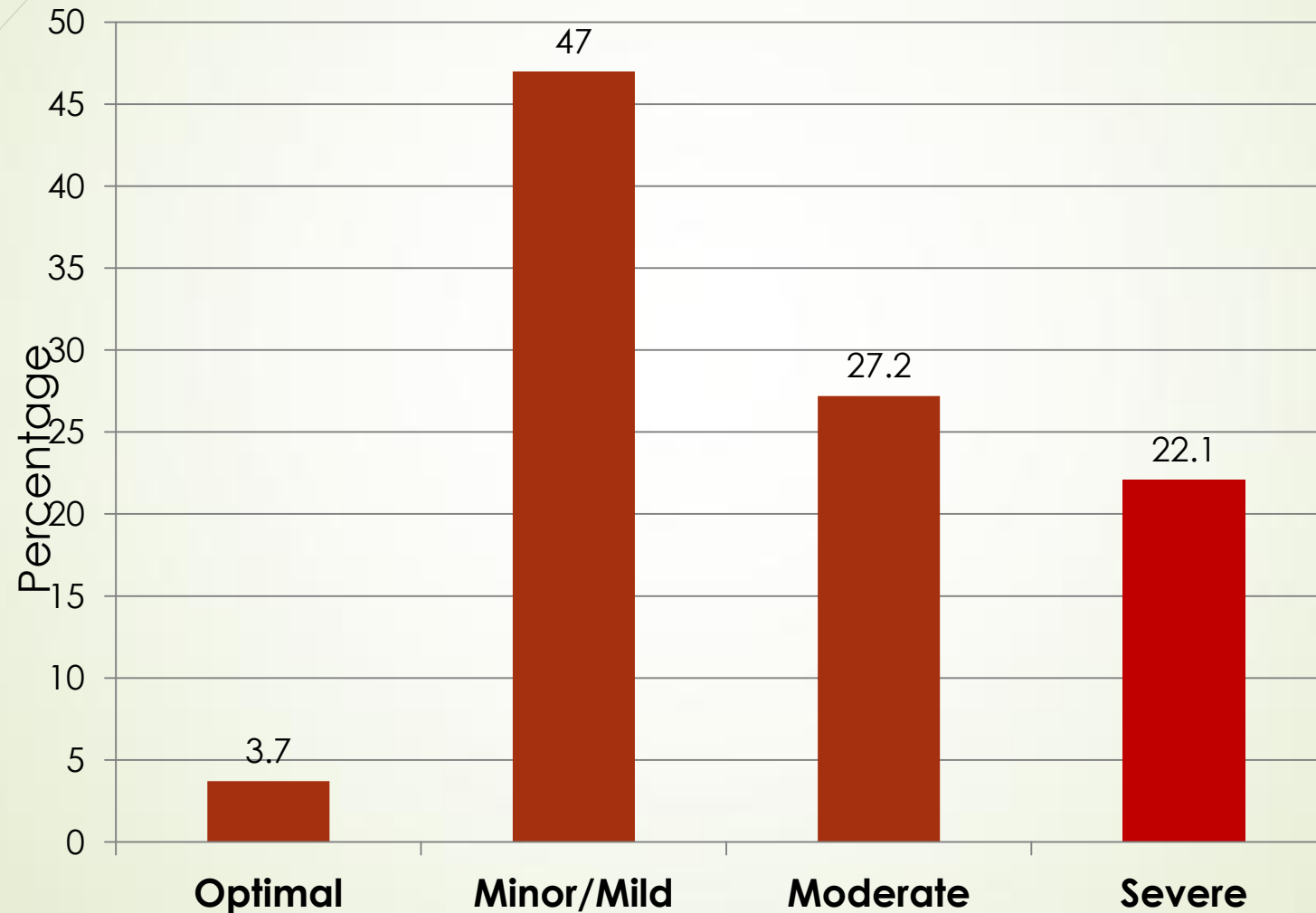


During the past week, how much trouble have you had with (N=629)

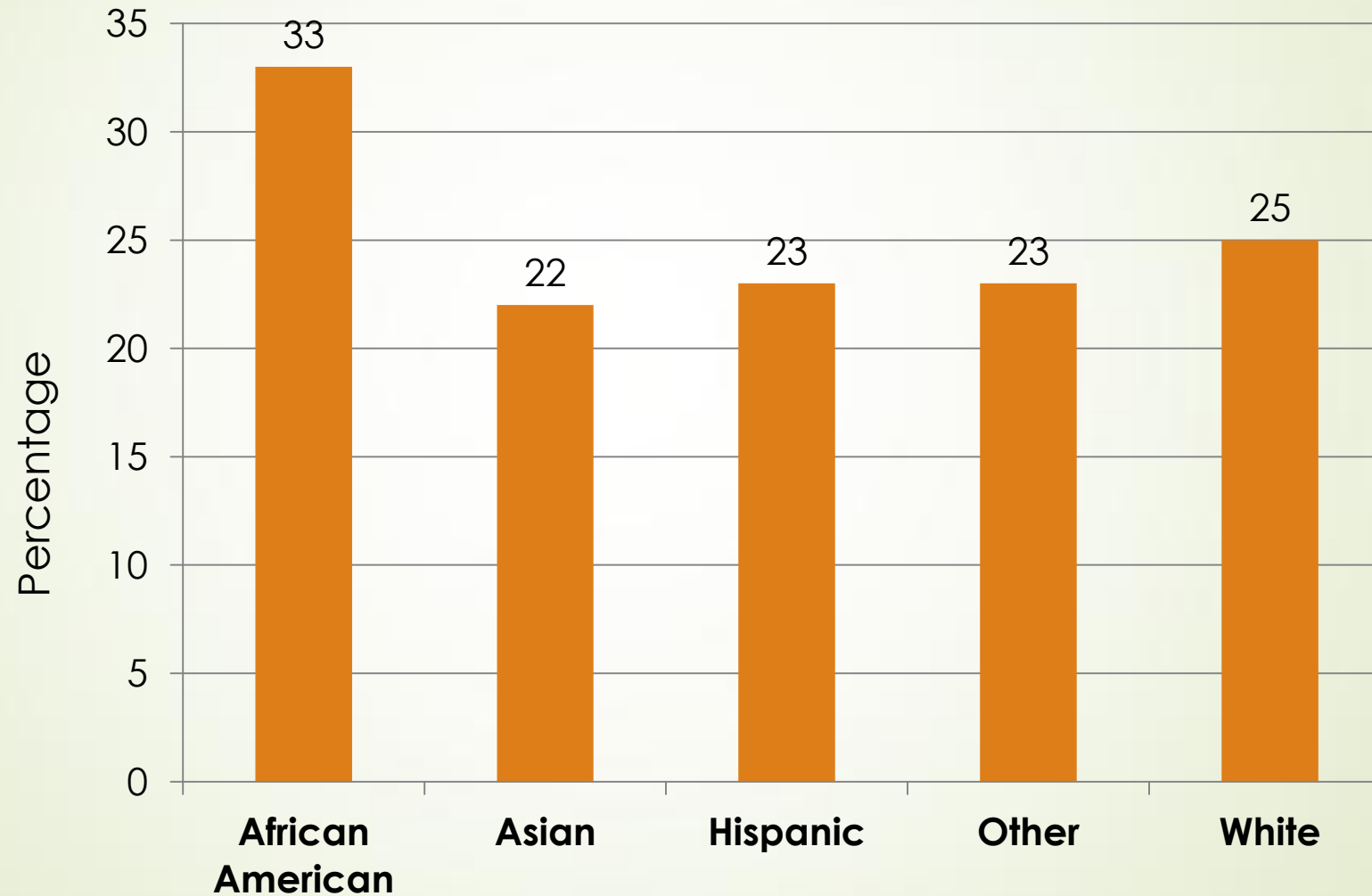


How are Ohlone students doing? (N=629)

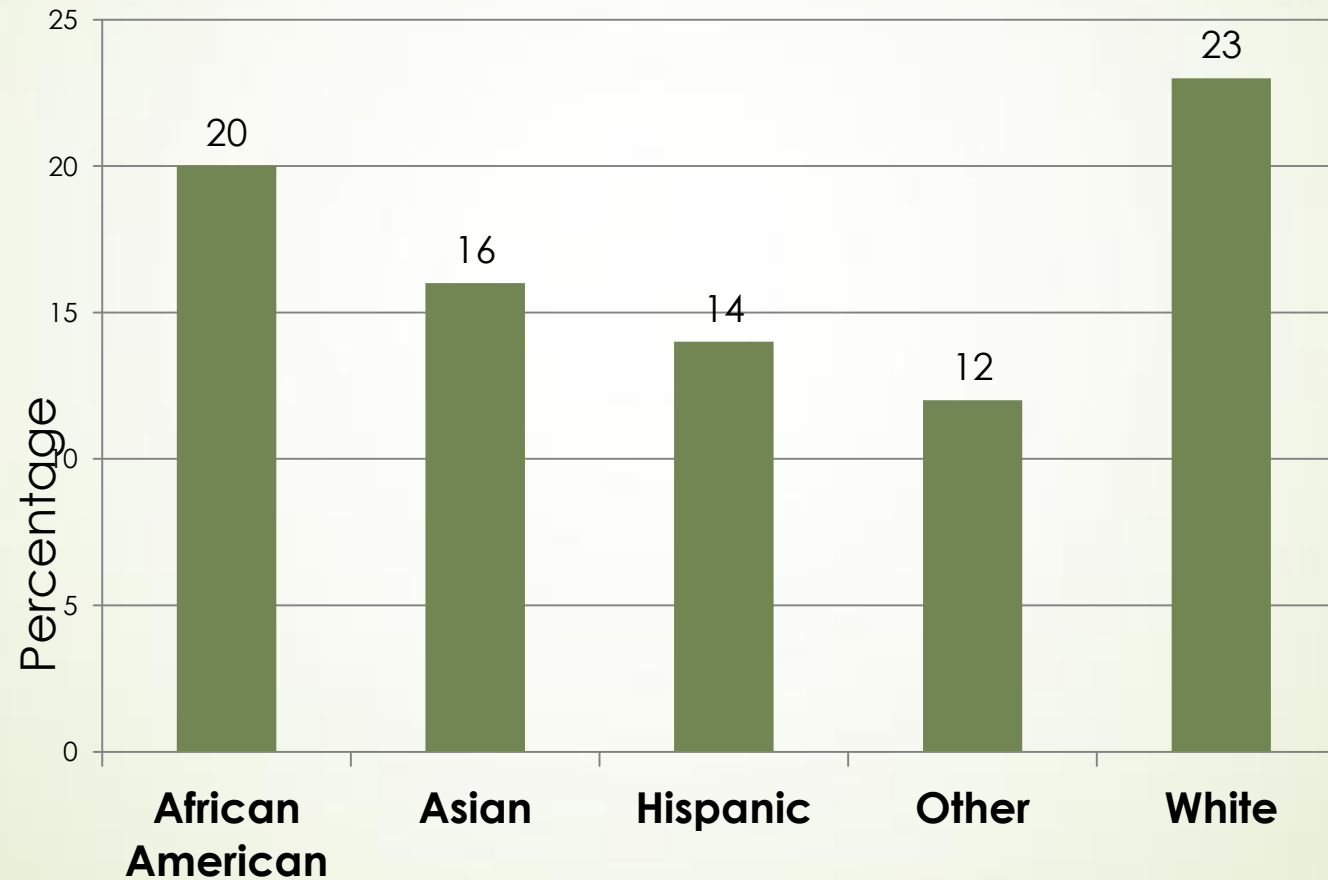
(Scoring interpretation)



More than 1 in 5
Ohlone students
scored high,
cumulative on all 5
indicators



Severity of depression, by ethnicity (N=108)






Departments STEP Up has collaborated with

- Human Resources
- Math Department
- Academic Counsel
- One Stop Career Center
- Faculty Senate
- Adjunct and full time faculty members



Approaches to integrate mental health

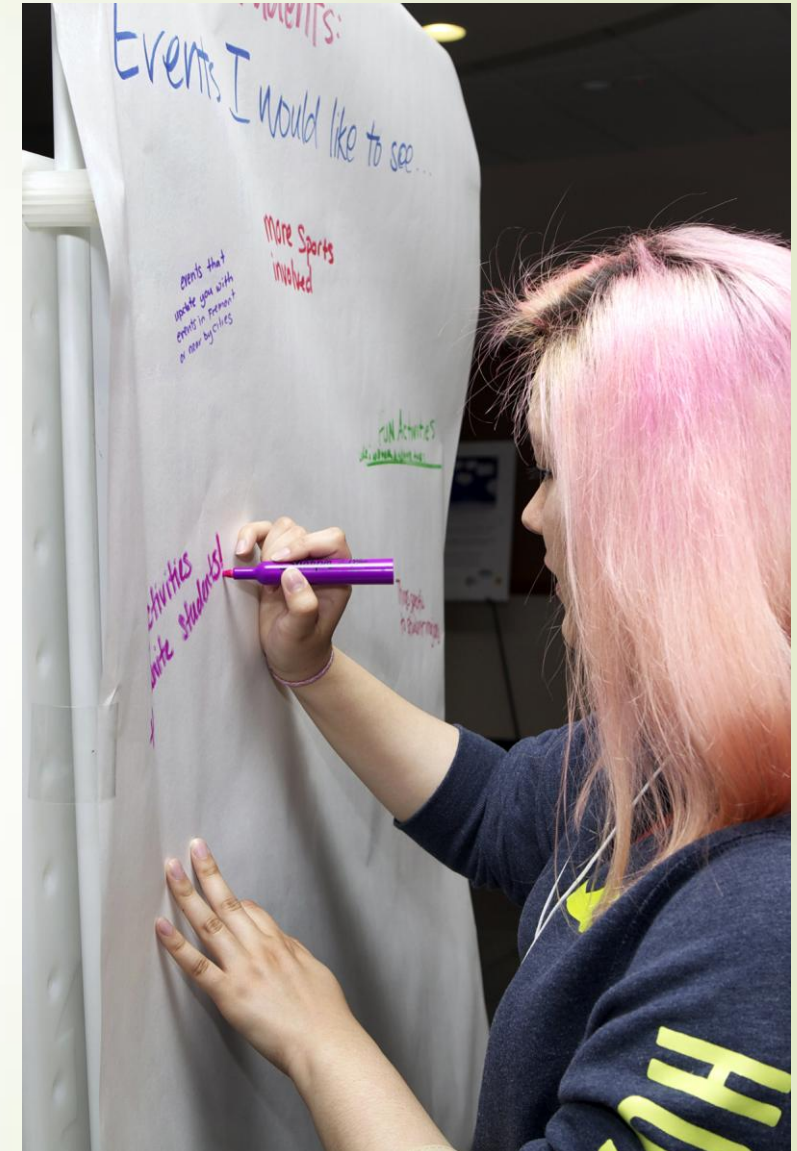
- Academic Counselors: Prepare handouts for students on tips to for time management, note taking, or mental health challenges
 - Student Tutors: Train tutors to recognize signs of distress, and to give peer-peer support.
 - All Departments: Provide a supportive environment that promotes a sense of inclusion and well-being
- 



☒ Starting the conversation

☐ Continuing the conversation

Day of Dialogue





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