

## Cuesta College's *Creating Spaces:* *Understanding Students with Mental Health* *Challenges*



CREATING AND DELIVERING  
TRAINING CURRICULUMS-  
SUCCESSSES AND CHALLENGES

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### The Framework- Three Components

- Staff and Faculty Trainings
- Student Incident Response Team
- Peer-to-Peer Resource Structure-  
*Active Minds club*

## Staff and Faculty Trainings

- Campus-wide trainings
- Department specific option
- All trainings based around increasing the knowledge of student mental health on campus and the active role that staff/faculty play in:
  - ✓ **Prevention**
  - ✓ **Intervention**
  - ✓ **Referrals**
- Implementation of Kognito Interactive At-Risk Trainings

## Curriculums Developed

### Student Mental Health 101

- Providing a context for Mental Health on campus- statistics, stigma and boundaries
- Emphasis on **PREVENTION**- warning signs, crisis vs. mental distress, triggers, education around common mental disorders
- Emphasis on **INTERVENTION**- crisis response, de-escalation techniques, role-plays
- Emphasis on **REFERRALS**- education around services available on and off campus

### Boundaries 101

- Providing a context for Mental Health on campus- statistics, stigma and boundaries
- Education around what boundaries are - types of boundaries and how boundaries affect staff and faculty work with students
- Emphasis on **OWNING** what their individual boundaries are and how this affects students
- Role-plays with different boundary types of students and staff/faculty

## Delivering Curriculums

### Methods include:

- **Campus-wide trainings-** held during Flex-days (or professional development days) YTD: one flex-day training, one at Cuesta's "Opening Day" and one workshop for the 12-hour Mental Health First Aid training
- **Department specific trainings-** YTD: two trainings to Facilities crews and one to Student Services staff from DSPS, EOPS and Financial Aid
- **Classroom trainings-** YTD: four classroom presentations for two Health classes, one Family Studies class and one Student Leadership class

## Delivering Curriculums continued...

### Successes

- Strong support from administration – especially Student Services
- Introduced Kognito Interactive training & other trainings available at Cuesta's "Opening Day"- 150 staff/faculty impacted
- Total staff/faculty trained in Student Mental Health 101: 63
- Total students trained in Student Mental Health 101: 75
- Total staff/faculty trained in Boundaries 101: 14
- Total staff, faculty, students and community partners trained in Mental Health First Aid: 27

### Challenges

- Difficulty getting faculty to participate in trainings offered
- Various forms of marketing for the trainings available has been done but there is still too small of a number of faculty trained
- Although the option of department specific trainings is available, there's been tremendous difficulty getting departments to follow through with scheduling trainings
- Many of the same staff and faculty take the trainings offered- there's a need to expand who takes the trainings



**THANK YOU.**

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