



# Student Mental Health in Monterey County

## Student Mental Health Program



### California Community Colleges Student Mental Health Program (CCC SMHP)



“Changing the campus conversation and culture about mental health to empower wellness.”

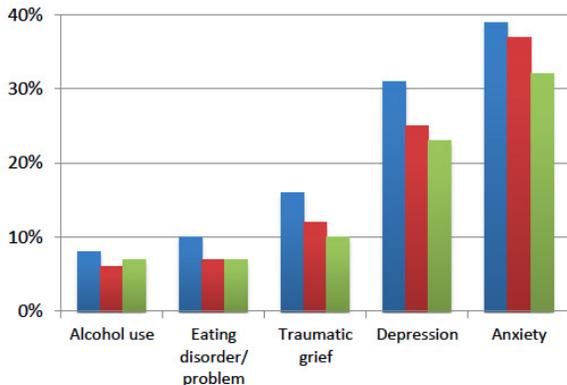


Students from the CCC system reported consistently higher rates of impaired academic performance due to mental health issues than their counterparts in the other systems of higher education (CSU and UC).

### Student Academic Performance by Mental Health Issue



[Click here for more information](#)



### California Community College Students

**2.3 million students\*** served throughout **113** California community colleges.

**30,339 veterans** and over **6,835 military active duty** (Spring 2016).

Over **14,191 foster youth** (Spring 2016).

DSPTS supported **71,124 CCC students** with a **psychological disability** in 2016.

\*California Community Colleges Chancellor's Office - Data Mart. Retrieved September 22, 2016 from [http://datamart.cccco.edu/Services/DSPTS\\_Status.aspx](http://datamart.cccco.edu/Services/DSPTS_Status.aspx)



Statewide suicide prevention campaign built on 3 key messages: *Know the Signs. Find the Words. Reach Out.*



Interactive courses based on research in neuroscience, social cognition, and game mechanics.

“Submit & view films about suicide prevention & mental health for and by young people.”



#### 24-Hour Suicide Crisis Line

877-663-5433 (ONE-LIFE) or locally at 831-458-5300

Visit online at:

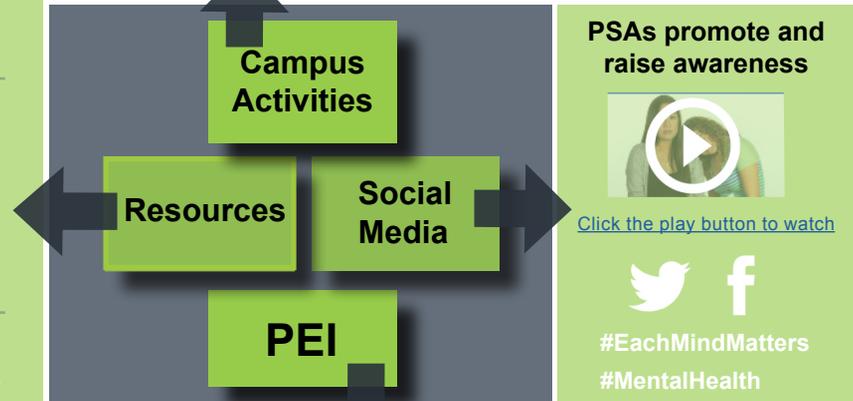
[www.suicidepreventionservice.org](http://www.suicidepreventionservice.org)

#### 2-1-1 Monterey County

Call 2-1-1 for more information about a variety of health and human services.

### Campus Spotlight

Hartnell College and Monterey Peninsula College: “Making Sense of Student Life” program collaboration between campuses increase faculty, staff, and student capacity to support students through trainings and awareness.



### Prevention and Early Intervention in Monterey

#### Youth Mental Health First Aid (YMHFA)

Designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and others how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. For more information call 831-755-0843 or [email](#) for more information.

#### The Epicenter

A youth-led community center that provides resources and counseling for youth, ages 16-26, especially those transitioning out of foster care and LGBTQI+ youth. For more information, visit the website [here](#).

#### Avanza

Nurtures and empowers youth (ages 16-25) facing mental health challenges to make healthy and successful decisions as they transition into adulthood. For more information click [here](#).

[www.cccstudentmentalhealth.org](http://www.cccstudentmentalhealth.org)



The CCC SMHP is a partnership between the California Community Colleges Chancellor's Office (CCCCO) and the Foundation for Community Colleges (FCCC), funded by the California Mental Health Services Authority (CalMHSA), and the California voter-approved Mental Health Services Act (MHSA), Prop 63.