



Student Mental Health in San Diego County

Student Mental Health Program

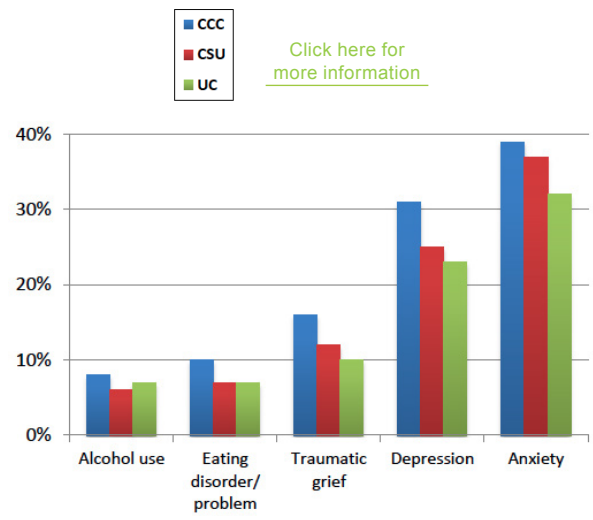


“Changing the campus conversation and culture about mental health to empower wellness.”



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



San Diego Community College Students

16,321 students* served throughout **8** San Diego community colleges.

5,235 veterans and over **1,529** military active duty (Spring 2016).
 Over **1,863** foster youth (Spring 2016).
 DSPS supported **7,694** 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/DSPS_Status.aspx

California Community Colleges Student Mental Health Program (CCC SMHP)

Pain Isn't Always Obvious
KNOW THE SIGNS
 Suicide Is Preventable.org

MY3
 SUICIDE PREVENTION

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

Kognito INTERACTIVE

VETERANS ON CAMPUS

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

SAFE ZONE
 Bisexual • Transgender
 Ally • Lesbian • Gay
 City Alliance

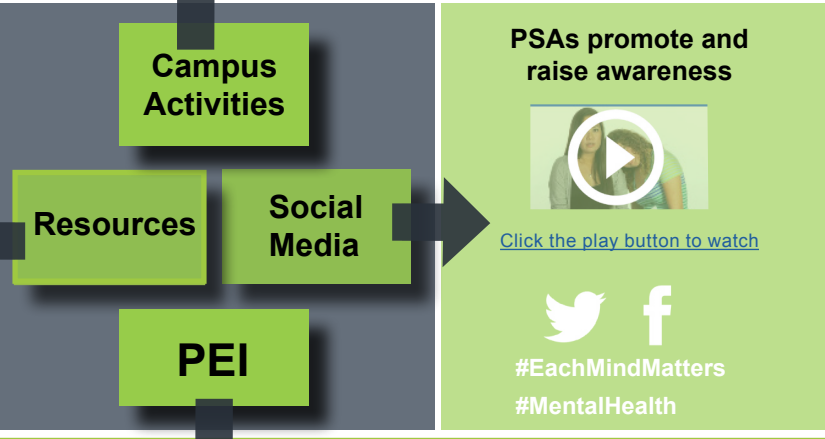
“Submit & view films about suicide prevention & mental health for and by young people.”

San Diego County
 Access & Crisis Hotline
 (888) 724-7240

Campus Spotlight

activeminds

Mira Costa College and San Diego City College: Each campus received a Lime Green Ribbon Partner School mini-grant of \$1,000 to reach students and faculty for Mental Health Matters Month May 2015



Prevention and Early Intervention in San Diego

[It's Up To Us](#) mental health and suicide prevention media campaign includes resources for college students.

[Local Suicide Prevention Committee](#) (SPC) includes subcommittee for higher education and offers a range of gatekeeper trainings including QPR, ASIST, and Mental Health First Aid (MHFA).

www.cccstudentmentalhealth.org

HSA CCC
 Health Services Association
 California Community Colleges

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.