Student Mental Health Program

California Community Colleges

CCC SMHP

CAPACITY SURVEY of MENTAL HEALTH SERVICES BASELINE REPORT

FOUNDATION *for* CALIFORNIA COMMUNITY COLLEGES

CALIFORNIA COMMUNITY COLLEGES

CalMHSA
California Mental Health Services Authority
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MENTAL HEALTH SERVICES ACT · PROPOSITION 63 · CALIFORNIA

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INTRODUCTION

The California Community Colleges Student Mental Health Program (CCC SMHP) Capacity Survey of Campus Based Mental Health Services was developed to measure all California Community Colleges' capacity to deliver mental health services.

As part of the evaluation of the CCC SMHP, the survey was used to collect data at baseline (Spring 2013) and will be used at two additional points in time (Fall 2013, and Spring 2014) to track change in capacity for mental health services across the campuses. Capacity to deliver mental health services includes capacity both on a campus, and capacity to refer students to needed services off campus.

METHODS

Development of instrument

The evaluation team developed a draft survey that included both measures adapted from prior capacity studies by the team and new measures specific to the community colleges. We worked to develop a list of mental health capacities that was broad and that represented capacity to promote mental health, and to address students' mental health needs. Capacity was conceptualized as including programming, services, and capacity.

Review and feedback of the draft survey was obtained through the Chancellor's Office and from a group of community college mental health system stakeholders.[1] The evaluation team reviewed the feedback provided, and made a number of changes in the content of the survey to address many of the points raised by the stakeholders. We also received feedback on the draft survey from staff of the Center for Applied Research Solutions (CARS). We subsequently implemented a pilot of the survey with three community college key respondents.[2] A few additional changes were made to the survey based on the pilot. Following these development steps, the final version of the survey was put into Survey Monkey for web-based data collection.

Measures

The following constructs are included in the capacity survey:

- Structure on campus for mental health services: Measures what structures are in place on a campus for mental health service delivery (e.g., health center, separate mental health center, or other department or unit that provides services).

- Types of mental health programming, services, or capacity at baseline: Measures a wide range of mental health related programs, services and capacity. The baseline survey asks what types of services were in place prior to the start of the grants (the time reference is July 2012).

- Development or expansion of types of mental health programming, services, or capacity: Measures whether any new mental health related programs, services and capacity have either been developed or expanded between July 2012 and December 2012. The survey specifically

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[1] The stakeholders were from Fresno City College, Santa Rosa Junior College, and West Valley College.
[2] The key informants who participated in the pilot were from Golden West College, Los Angeles Pierce College, and Orange Coast College.

stated that a capacity could be reported as having been developed even if the development process had not yet been completed.

- Collaboration in development / expansion of capacity: Measures whether collaboration to develop or expand capacity occurred with (a) county mental health, (b) other California community colleges, (c) universities in the University of California (UC) or California State University (CSU) systems, and (d) training or technical assistance (TA) providers.

- Training or TA received that focused on mental health service capacity: Measures number of times training or TA was received that included a focus on development or expansion of capacity for mental health services, and the perceived impact on capacity building.

- Student health fee: Measures whether a college charges a student health fee (and what proportion goes toward mental health services and toward other health services)

- Staffing for mental health services: Includes measures of total hours worked by all staff, and the numbers of types of staff (e.g., nurses, full-time and part-time mental health counselors or therapists).

- Readiness to change capacity: Measures perceived readiness to change capacity of campus mental health service system. Readiness indicators include existence of efforts to link students of concern to needed services, awareness of these efforts, resources to support efforts around this issue, and a number of other indicators.

Data collection

Data were collected between February 27 and April 10, 2013. Survey links were sent to identified contacts for 107 community college campuses.[3] As of April 10, a total of 75 contacts had responded to the survey for a response rate of 70%. Data were also included for two of the three campuses whose contacts participated in a pilot of the capacity survey, thus yielding a total of 77 campuses.[4] Including the two campuses whose pilot data we used, the overall response rate was 72% (77 of 107).

An introductory letter from the California Community Colleges Chancellor's Office (CCCCO) was sent to each identified contact explaining the project and the purpose of the capacity survey; it also included a fact sheet describing the overall project evaluation. Approximately two days later, a follow-up email was sent with instructions for completing the web survey. The email had two attachments: (a) a copy of the survey (either the Campus Based Grant (CBG) or non-CBG version as appropriate), and (b) a set of questions and answers about the survey. Finally, survey links were sent approximately two to three days after the follow-up email through Survey Monkey. Two reminders, spaced one week apart, were also sent via Survey Monkey after the initial emailing of the invitations. See the Appendix for copies of the survey, and two fact sheets (one tailored for CBG campuses and one tailored for non-CBG campuses).

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[3] A Research Associate conducted calls to identify appropriate (most knowledgeable) contacts for all community college campuses. Where a contact could not be identified for a health center on campus, the Research Associated then tried to identify a contact within another department on the campus. Although we attempted to develop contacts for all community college campuses, in some cases we were unable to identify an appropriate contact. We did identify contacts for 110 college campuses; due to an error, three of these were not sent invitations to participate in the survey.

[4] One of the three participants in the pilot also completed the revised survey when it was sent out to all participants. For the other two participants in the pilot, we used their data from the pilot.

Starting on March 21, we conducted follow-up calls to non-CBG college contacts. A research assistant called only those non-CBG campus contacts who had received the Survey Monkey invitation with survey link, plus all email reminders. Contacts were reminded that we were trying to collect data from as many of the community colleges as possible by the end of March. They were either directed to the original survey invitation or, if they could not locate the original invitation, we sent them another invitation through Survey Monkey within one day of contacting them. In the first week of April, the Chancellor's Office also reminded CBG college contacts of the importance of completing the capacity survey. The follow-up efforts were very successful since a large proportion of those who completed the survey completed it after the follow-up activities were begun.

The results presented in this report are preliminary, since this report was produced immediately after the baseline data collection ended. Summary results will also be included in a report after the Fall 2013 survey administration, and following the Spring 2014 administration, we will produce a report on change across the three waves of data collection.

In the Results section, we present baseline frequencies and percentages of responses to the survey items. The results are presented in tables grouped within the constructs listed in the Measures section. At the end of the Results section, we also present a chart showing the distribution of a count of the types of capacities reported by the campus key informants.

RESULTS

Breakout of Campus Based Grant (CBG) versus Non-CBG responses

Table 1. Campus Based Grant (CBG) / Non-CBG Distribution of Colleges

(Q15) Did your college receive a Campus Based Grant from the California Colleges Student Mental Health Program in 2012? (valid n = 72)

Response	#	Valid %
Yes	25	35
No	42	58
Don't Know	5	7

Structure on campus for mental health services

Table 2. Structure on Campus for Mental Health Services

(Q2) Does your campus have a health center on campus that provides mental health services? (valid n = 75)

Response	#	Valid %
No	8	11
Yes, mental health services are provided within a health center	48	64
Yes, mental health services are provided within a separate mental health center	15	20
Does not have a health or mental health center that provides services, but has another office on campus that faculty, staff or students would contact related to student mental health issues or concerns	4	5

Types of mental health programming, services, or capacity present at baseline

Table 3. Types of Mental Health Services Present at Baseline

(Q3) As of July 1, 2012, did your campus provide or support the following mental health services (valid n ranged from 72 to 75)

Response (abbreviated in some cases)	% Yes
a) System in place to refer students of concern to appropriate center or office	89
b) System in place for center staff to conduct appropriate assessments	76
c) System in place for staff to refer students of concern to needed mental health services	89
d) Screening processes at on-campus center to identify student mental health issues	43
e) Depression Screening Day events	36
f) Faculty / staff / student suicide prevention gatekeeper training	37
g) Other suicide prevention activities	52
h) Suicide prevention policies	32
i) One-on-one services with a mental health professional offered on campus	83
j) Group services with a mental health professional offered on campus	41
k) Behavioral intervention teams or crisis intervention and response teams	69
l) Threat assessment protocols	41
m) Electronic health reporting system	22
n) Peer to peer training	20
o) Other peer to peer activities	30
p) Campus-based mental health related clubs / chapters / support groups	32
q) Stigma & discrimination reduction activities related to accessing mental health services	52
r) Mental health service resources available on college website	80
s) Mental health service resources available through other strategies (flyers, etc.)	74

Development / expansion of mental health programming, services, or capacity

Table 4. Development or Expansion of Mental Health Services (July – December, 2012)

(Q4) Between July 1 and December 31, 2012, did your campus develop or expand (a) … (valid n ranged from 69 to 73)

Response (abbreviated in some cases)	% Yes
a) System to refer students of concern to appropriate center or office	74
b) System for center staff to conduct appropriate assessments	57
c) System for staff to refer students of concern to needed mental health services	76
d) Screening processes at on-campus center to identify student mental health issues	33
e) Depression Screening Day events	30
f) Faculty / staff / student suicide prevention gatekeeper training	54
g) Other suicide prevention activities	50
h) Suicide prevention policies	28
i) One-on-one services with a mental health professional offered on campus	67
j) Group services with a mental health professional offered on campus	41
k) Behavioral intervention teams or crisis intervention and response teams	65
l) Threat assessment protocols	47
m) Electronic health reporting system	20
n) Peer to peer training	31
o) Other peer to peer activities	41
p) Campus-based mental health related clubs / chapters / support groups	36
q) Stigma & discrimination reduction activities related to accessing mental health services	57
r) Mental health service resources available on college website	69
s) Mental health service resources available through other strategies (flyers, etc.)	68

Collaboration in development / expansion of mental health service capacity

The following table shows the ranges and means of count variables of collaboration (across 19 mental health service capacities) reported by the community college contacts with each of the following: (1) County mental health; (2) Other California Community Colleges; (3) Universities in the UC or CSU systems; and (4) Training or TA providers (CARS or Kognito).

Table 5. Range and Mean Number of Mental Health Service Capacities for which Colleges Reported Collaboration with Each of Four Partners (computed from Q5)

Partner	Range	Mean	s.d.
County Mental Health	0 – 18	3.0	4.1
Other California Community Colleges	0 – 19	2.6	4.5
Universities in the UC or CSU Systems	0 – 19	1.2	3.4
Training or TTA Provider (CARS, Kognito)	0 – 19	2.8	4.0

Training or technical assistance (TA) received that focused on mental health service capacity

Table 6. Training or TA Received between July and December, 2012 focused on mental health service capacity (valid n = 70)

(Q6) Between July 1 and December 31, 2012 did your college receive training or TA that included a focus on building the mental health service capacity of your college?	#	Valid %
Yes	39	56
No	25	36
Don't Know	6	9

Table 7. Numbers of Times Training or TA Received between July and December, 2012 focused on mental health service capacity (valid n = 38)

(Q7) How many times between July 1 and December 31, 2012 did your college receive training or TA that included a focus on building the mental health service capacity of your college?	#	Valid %
Once	9	24
Twice	12	32
Three Times	7	18
Four Times	5	13
Five Times	1	3
Six or More Times	4	11

College student health fee (& proportion for mental health and other health services)

Table 8. Does college charge a student health fee (valid n = 72)

(Q9) Does your college charge a student health fee?	#	Valid %
Yes	65	90
No	7	10
Don't Know	-	-

Table 9. Estimated percentage of health fee going toward mental health services and other services (valid n = 44)

(Q10,11) What percentage of health fee goes toward mental health services? Toward other health services	Average	Valid N
Percent the respondent estimated goes toward mental health services	26	44
Percent the respondent estimated goes toward other health services	74	44

Staffing for mental health services

Table 10. Estimated total hours per week by all staff who provide mental health services to students (valid n = 65)

(Q12) Of all staff in your college's health center who provide mental health services to students, how many total hours per week do the staff work (e.g., three people working 12 hours each, would report 36 hours)	Average	Valid N
Estimated number of hours worked by staff	50.1	65

Note: Range was 0 to 320.

Table 11. Categories of staff who provide mental health services to students (valid n = 28 to 52)

(Q13) Of all staff on your campus who provide mental health services to students, how many fall within each of the following categories	Average	Number of respondents who reported this type
Number of psychiatrists or other licensed prescribers	0.8	31
Number of full-time mental health counselors/therapists	0.6	36
Number of part-time mental health counselors/therapists	3.4	51
Number of mental health counseling interns	2.6	52
Number of nurses	3.0	50
Number of other types of staff	1.6	28

Readiness to build capacity of campus mental health service system

Table 12. Responses to Readiness items regarding mental health services (valid n = 70 to 72)

(Q14) Please rate the extent to which you think …	Mean	s.d.
There are efforts in your college to link students of concern to mental health support services.	3.7	0.9
Faculty and staff are aware of these efforts.	3.2	0.7
Faculty and staff understand the importance of taking action to link students of concern to mental health support services.	3.2	0.8
Faculty and staff understand the causes of psychological stress, its consequences, and how it impacts the institution or community.	2.9	0.8
The leaders of your college are supportive of efforts to link students of concern to mental health support services.	3.6	1.1
Resources are available in your college – people, time, money, space – to support efforts on this issue.	2.5	1.0
Your college's mental health service system has the capacity to adequately refer students of concern to needed mental health services.	3.1	1.0
Your college's mental health service system has the capacity to adequately track the referrals of students of concern to needed mental health services	2.5	1.1
Your college's mental health community partners (e.g., county mental health) have the capacity to receive mental health referrals from you.	2.8	1.0

Note: Range = 1 to 5. Response categories are: 1=Not at all or very little extent; 2=To a little extent; 3=To some extent; 4=To a great extent; 5=To a very great extent.

Count of Types of (19) mental health service capacities reported at baseline

The chart below shows the distribution of a variable that was computed as a count of the number of 19 mental health service capacities reported by the campus respondents at baseline. The 19 capacities are listed in Tables 3 and 4 of this report. (The n size shown is 75 due to two capacity surveys being incomplete.) The most frequent count was 11 (n=10 campus respondents).

Histogram

Mean = 9.91
Std. Dev. = 3.98
N = 75

(Y-axis: Frequency; X-axis: BaselineCapacity)
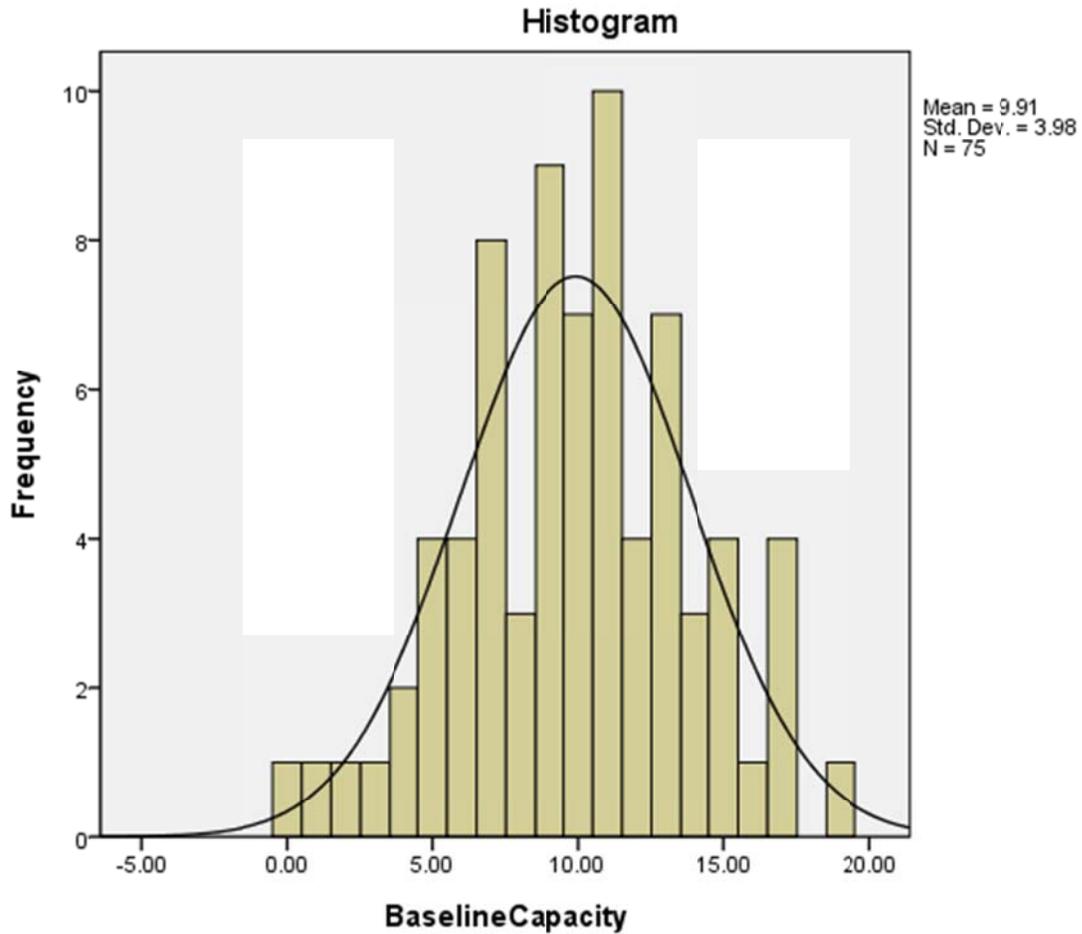
SUMMARY

The results presented in this report are preliminary and represent a baseline snapshot of capacity for mental health services within a relatively high proportion of California Community Colleges. As noted in the Introduction, this survey will be implemented two more times. In future reports, we will examine change in capacity. We will also examine, where feasible, relationships between data from the Capacity Survey of Campus Based Mental Health Services and data from other sources.

APPENDIX

Capacity Survey for Campus Based Grant Colleges

Questions and Answers Document about Capacity Survey for Campus Based Grant Colleges

Capacity Survey for Non-Campus Based Grant Colleges

Questions and Answers Document about Capacity Survey for Non-Campus Based Grant Colleges

Emailed Letter Introducing the Capacity Survey (Includes Fact Sheet on Community College Student Mental Health Program Evaluation)

Capacity Survey for Campus Based Grant Colleges

Student Mental Health Program
California Community Colleges

Thank you for agreeing to complete this California Community Colleges Student Mental Health Program (CCC SMHP) Capacity Survey of Campus- Based Mental Health Services. The Pacific Institute for Research and Evaluation (PIRE) is conducting this survey as part of the evaluation of the California Community Colleges Student Mental Health Program. This survey is targeting the most knowledgeable person about mental health service capacity at each California community college (including those who received Campus Based Grants in 2012 and those who did not receive these grants). We realize that colleges have varying levels of capacity for mental health services for a variety of reasons. The purpose of the survey is simply to better understand the current level of capacity across the California Community Colleges and to track change in capacity over time. The survey should take approximately 30 minutes to complete. While you can save your responses and return the survey at a later time, we ask that you complete this survey within ten days, if possible. Should you have any questions about the survey please contact David Collins, Research Scientist at PIRE. He can be reached by phone (502-238-7338) or email (collins@pire.org).

Note: Questions marked with an asterisk (*) require an answer due to how the questions are set up for the online survey.

1. **Please indicate what college you are responding about:** _____

2. **Does your college have a health center on campus that provides mental health services?**

   ○ No

   ○ Yes, mental health services are provided within a health center

   ○ Yes, mental health services are provided within a separate mental health center

   ○ My college does not have a health center or mental health center that provides mental health services, but has another office on campus that faculty, staff or students would contact related to student mental health issues or concerns

3. **As of July 1, 2012 did your college provide or support the following mental health services?**

	Yes	No	Don't Know
a. System in place for faculty, students and staff to refer students of concern to the appropriate health center, mental health center or other designated office	○	○	○
b. System in place for the health or mental health center staff to conduct appropriate assessments to identify the mental health services needed by students of concern	○	○	○
c. System in place for health or mental health center staff to refer students of concern to needed mental health services	○	○	○
d. Screening processes at on-campus health or mental health center to identify student mental health issues (e.g., administration of PHQ-9 or GAD-7)	○	○	○
e. Depression Screening Day events (e.g., at health fairs or other campus-wide events)	○	○	○
f. Faculty / Staff / Student Suicide Prevention Gatekeeper Training	○	○	○
g. Other Suicide Prevention Activities	○	○	○
h. Suicide Prevention Policies	○	○	○
i. One-on-one Services with a mental health professional offered on campus	○	○	○
j. Group Services with a mental health professional offered on campus	○	○	○
k. Behavioral Intervention Teams or Crisis Intervention and Response Teams	○	○	○
l. Threat Assessment Protocols	○	○	○
m. Electronic Health Reporting System	○	○	○
n. Peer to Peer Training	○	○	○
o. Other Peer to Peer Activities	○	○	○
p. Campus-based Mental Health Related Clubs / Chapters / Support Groups	○	○	○
q. Stigma and Discrimination Reduction Activities related to accessing mental health services (LGBTQ, Veterans)	○	○	○
r. Mental Health Service Resources available on college website to faculty, students, and staff	○	○	○
s. Mental Health Service Resources available to faculty, students, and staff through dissemination strategies other than college website (e.g., campus newsletter, flyers)	○	○	○

4. Now thinking about the time period between July 1 and December 31, 2012 , during this time period did your college develop or expand (a)...

(*Indicate "Yes" even if only partially developed in that timeframe*.)

	Yes	No
a. System for faculty, students and staff to refer students of concern to the appropriate health center, mental health center or other designated office	○	○
b. System for the health or mental health center staff to conduct appropriate assessments to identify the mental health services needed by students of concern	○	○
c. System for health or mental health center staff to refer students of concern to needed mental health services	○	○
d. Screening processes at on-campus health or mental health center to identify student mental health issues (e.g., administration of PHQ-9 or GAD-7)	○	○
e. Depression Screening Day events (e.g., at health fairs or other campus-wide events)	○	○
f. Faculty / Staff / Student Suicide Prevention Gatekeeper Training	○	○
g. Other Suicide Prevention Activities	○	○
h. Suicide Prevention Policies	○	○
i. One-on-one Services with a mental health professional offered on campus	○	○
j. Group Services with a mental health professional offered on campus	○	○
k. Behavioral Intervention Teams or Crisis Intervention and Response Teams	○	○
l. Threat Assessment Protocols	○	○
m. Electronic Health Reporting System	○	○
n. Peer to Peer Training	○	○
o. Other Peer to Peer Activities	○	○
p. Campus-based Mental Health Related Clubs / Chapters / Support Groups	○	○
q. Stigma and Discrimination Reduction Activities related to accessing mental health services (LGBTQ, Veterans)	○	○
r. Mental Health Service Resources available on college website to faculty, students, and staff	○	○
s. Mental Health Service Resources available to faculty, students, and staff through dissemination strategies other than college website (e.g., campus newsletter, flyers)	○	○

5. **Again, thinking about the time period between July 1 and December 31, 2012, did your college collaborate with any of the following institutions in developing or expanding the following?**

	County mental health	Other California Community Colleges	Universities in the UC or CSU system	Training or T/A Provider (e.g., CARS or Kognito)
a. System for faculty, students and staff to refer students of concern to the appropriate health center, mental health center or other designated office	○	○	○	○
b. System for the health or mental health center staff to conduct appropriate assessments to identify the mental health services needed by students of concern	○	○	○	○
c. System for health or mental health center staff to refer students of concern to needed mental health services	○	○	○	○
d. Screening processes at on-campus health or mental health center to identify student mental health issues (e.g., administration of PHQ-9 or GAD-7)	○	○	○	○
e. Depression Screening Day events (e.g., at health fairs or other campus-wide events)	○	○	○	○
f. Faculty / Staff / Student Suicide Prevention Gatekeeper Training	○	○	○	○
g. Other Suicide Prevention Activities	○	○	○	○
h. Suicide Prevention Policies	○	○	○	○
i. One-on-one Services with a mental health professional offered on campus	○	○	○	○
j. Group Services with a mental health professional offered on campus	○	○	○	○
k. Behavioral Intervention Teams or Crisis Intervention and Response Teams	○	○	○	○
l. Threat Assessment Protocols	○	○	○	○
m. Electronic Health Reporting System	○	○	○	○
n. Peer to Peer Training	○	○	○	○
o. Other Peer to Peer Activities	○	○	○	○
p. Campus-based Mental Health Related Clubs / Chapters / Support Groups	○	○	○	○
q. Stigma and Discrimination Reduction Activities related to accessing mental health services (LGBTQ, Veterans)	○	○	○	○
r. Mental Health Service Resources available on college website to faculty, students, and staff	○	○	○	○
s. Mental Health Service Resources available to faculty, students, and staff through dissemination strategies other than college website (e.g., campus newsletter, flyers)	○	○	○	○

6. * **Between July 1 and December 31, 2012 did your college receive training or technical assistance that included a focus on building the mental health service capacity of your college?**

   ○ Yes

   ○ No

   ○ Don't Know

   *If **No** or **Don't Know**, skip to Question 8.*

7. **How many times between July 1 and December 31, 2012 did your college receive training or technical assistance that included a focus on building the mental health service capacity of your college?**

   ○ Once

   ○ Twice

   ○ Three Times

   ○ Four times

   ○ Five times

   ○ Six or more times

8. **To what extent did the training or technical assistance your college received impact mental health programming or capacity building (e.g., system to referring students to needed mental health services) by your college between July 1 and December 31, 2012?**

   ○ No impact

   ○ Slight impact

   ○ Moderate impact

   ○ Large impact

9. * **Does your college charge a student health fee?**

   ○ Yes

   ○ No

   ○ Don't Know

   *If **No** or **Don't Know**, skip to Question 11.*

10. What percentage of your college's health fee goes toward mental health services?

   (Please do not include the % sign in your response): _____

11. What percentage of your college's health fee goes toward other health services?

   (Please do not include the % sign in your response): _____

12. Of all the staff in your college's health center who provide mental health services to students, how many total hours per week do the staff work? (For example, if three staff people work 12 hours each, you would report 36 hours.)

   # Hours: _____

13. Of all of the staff on your campus who provide mental health services to students, how many fall within the following categories? Please note that we are asking about mental health services as distinct from academic/personal counseling.

   (Please indicate the number of staff in the appropriate boxes below.)

   a. # Psychiatrists or other licensed prescribers: _____

   b. # Full-time mental health counselors/therapists: _____

   c. # Part-time mental health counselors/therapists: _____

   d. # Mental health counseling interns or trainees: _____

   e. # Nurses: _____

   f. # Other: _____

14. Please rate the extent to which you think…

	Not at all or to a very little extent	To a little extent	To some extent	To a great extent	To a very great extent
a. There are efforts in your college to link students of concern to mental health support services.	○	○	○	○	○
b. Faculty and staff are aware of these efforts.	○	○	○	○	○
c. Faculty and staff understand the importance of taking action to link students of concern to mental health support services.	○	○	○	○	○
d. Faculty and staff in your college understand the causes of psychological stress, its consequences, and how it impacts the institution or community.	○	○	○	○	○
e. The leaders of your college are supportive of efforts to link students of concern to mental health support services.	○	○	○	○	○
f. Resources are available in your college—people, time, money, space—to support efforts on this issue.	○	○	○	○	○
g. Your college's mental health service system has the capacity to adequately refer students of concern to needed mental health services.	○	○	○	○	○
h. Your college's mental health service system has the capacity to adequately track the referrals of students of concern to needed mental health services.	○	○	○	○	○
i. Your college's mental health community partners (e.g., county mental health) have the capacity to receive mental health referrals from you.	○	○	○	○	○

15. Did your college receive a Campus Based Grant from the California Community Colleges Student Mental Health Program in 2012?

○ Yes

○ No

○ Don't Know

Thank you for taking the time to complete this survey!

Questions and Answers Document about Capacity Survey for Campus Based Grant Colleges

Capacity Survey of Campus-Based Mental Health Services

Questions and Answers

Thank you for agreeing to complete the Capacity Survey of Campus-Based Mental Health Services. Below are questions and answers to assist with survey completion. If you have other questions about this survey, please do not hesitate to contact Dr. David Collins (collins@pire.org) (502) 238-7338 or Dr. Kathy Atwood (katwood@pire.org) (502)736-7840 at the Pacific Institute for Research and Evaluation.

1. **Who should complete this survey?**
   - The most knowledgeable person about college mental health services should complete this survey.
   - For colleges with a health or mental health office, this would be the health or mental health director.
   - **For colleges that do not have a health or mental health office**, this may be a staff person in another department who would be considered the most knowledgeable person on campus about what mental services are offered or available.

2. **What if I don't know the answer or my campus does not provide the mental health services asked about?**

   - It is perfectly fine to respond "Don't know" to any question.
   - If your college does not provide the service, just indicate "No" or provide a "0" as your response for questions pertaining to the number of people served.
   - We have included for your review a PDF version of this survey. Please review the PDF version before beginning the online survey so that you know what records to have available.

3. **What are the time periods that the survey asks about?**
   - There are two time period that are referenced in this survey.
     - **Mental Health Service Capacity PRIOR TO JULY 1, 2012.** The survey asks about mental health service capacity that was in place prior to **JULY 1, 2012,** before the CCC Student Mental Health Program was established. This information will help establish a baseline understanding of mental health services capacity across the California community colleges.
     - **Mental Health Service Capacity BETWEEN JULY 1, 2012 AND DECEMEBER 31, 2012.** This second time period tracks service capacity during the first six months of the CCC Student Mental Health Project.
   - **Respondents should pay attention to all time references throughout the survey.**

Thank you in advance for completing this survey.

Capacity Survey for Non-Campus Based Grant Colleges

Student Mental Health Program
California Community Colleges

Thank you for agreeing to complete this California Community Colleges Student Mental Health Program (CCC SMHP) Capacity Survey of Campus- Based Mental Health Services. The Pacific Institute for Research and Evaluation (PIRE) is conducting this survey as part of the evaluation of the California Community Colleges Student Mental Health Program. This survey is targeting the most knowledgeable person about mental health service capacity at each California community college (including those who received Campus Based Grants in 2012 and those who did not receive these grants). We realize that colleges have varying levels of capacity for mental health services for a variety of reasons. The purpose of the survey is simply to better understand the current level of capacity across the California Community Colleges and to track change in capacity over time. The survey should take approximately 30 minutes to complete. While you can save your responses and return the survey at a later time, we ask that you complete this survey within ten days, if possible. Should you have any questions about the survey please contact David Collins, Research Scientist at PIRE. He can be reached by phone (502-238-7338) or email (collins@pire.org).

Note: Questions marked with an asterisk (*) require an answer due to how the questions are set up for the online survey.

1. **Please indicate what college you are responding about:** _____

2. **Does your college have a health center on campus that provides mental health services?**

   ○ No

   ○ Yes, mental health services are provided within a health center

   ○ Yes, mental health services are provided within a separate mental health center

   ○ My college does not have a health center or mental health center that provides mental health services, but has another office on campus that faculty, staff or students would contact related to student mental health issues or concerns

3. **As of July 1, 2012 did your college provide or support the following mental health services?**

	Yes	No	Don't Know
a. System in place for faculty, students and staff to refer students of concern to the appropriate health center, mental health center or other designated office	○	○	○
b. System in place for the health or mental health center staff to conduct appropriate assessments to identify the mental health services needed by students of concern	○	○	○
c. System in place for health or mental health center staff to refer students of concern to needed mental health services	○	○	○
d. Screening processes at on-campus health or mental health center to identify student mental health issues (e.g., administration of PHQ-9 or GAD-7)	○	○	○
e. Depression Screening Day events (e.g., at health fairs or other campus-wide events)	○	○	○
f. Faculty / Staff / Student Suicide Prevention Gatekeeper Training	○	○	○
g. Other Suicide Prevention Activities	○	○	○
h. Suicide Prevention Policies	○	○	○
i. One-on-one Services with a mental health professional offered on campus	○	○	○
j. Group Services with a mental health professional offered on campus	○	○	○
k. Behavioral Intervention Teams or Crisis Intervention and Response Teams	○	○	○
l. Threat Assessment Protocols	○	○	○
m. Electronic Health Reporting System	○	○	○
n. Peer to Peer Training	○	○	○
o. Other Peer to Peer Activities	○	○	○
p. Campus-based Mental Health Related Clubs / Chapters / Support Groups	○	○	○
q. Stigma and Discrimination Reduction Activities related to accessing mental health services (LGBTQ, Veterans)	○	○	○
r. Mental Health Service Resources available on college website to faculty, students, and staff	○	○	○
s. Mental Health Service Resources available to faculty, students, and staff through dissemination strategies other than college website (e.g., campus newsletter, flyers)	○	○	○

4. Now thinking about the time period between July 1 and December 31, 2012 , during this time period did your college develop or expand (a)...

(*Indicate "Yes" even if only partially developed in that timeframe*.)

	Yes	No
a. System for faculty, students and staff to refer students of concern to the appropriate health center, mental health center or other designated office	○	○
b. System for the health or mental health center staff to conduct appropriate assessments to identify the mental health services needed by students of concern	○	○
c. System for health or mental health center staff to refer students of concern to needed mental health services	○	○
d. Screening processes at on-campus health or mental health center to identify student mental health issues (e.g., administration of PHQ-9 or GAD-7)	○	○
e. Depression Screening Day events (e.g., at health fairs or other campus-wide events)	○	○
f. Faculty / Staff / Student Suicide Prevention Gatekeeper Training	○	○
g. Other Suicide Prevention Activities	○	○
h. Suicide Prevention Policies	○	○
i. One-on-one Services with a mental health professional offered on campus	○	○
j. Group Services with a mental health professional offered on campus	○	○
k. Behavioral Intervention Teams or Crisis Intervention and Response Teams	○	○
l. Threat Assessment Protocols	○	○
m. Electronic Health Reporting System	○	○
n. Peer to Peer Training	○	○
o. Other Peer to Peer Activities	○	○
p. Campus-based Mental Health Related Clubs / Chapters / Support Groups	○	○
q. Stigma and Discrimination Reduction Activities related to accessing mental health services (LGBTQ, Veterans)	○	○
r. Mental Health Service Resources available on college website to faculty, students, and staff	○	○
s. Mental Health Service Resources available to faculty, students, and staff through dissemination strategies other than college website (e.g., campus newsletter, flyers)	○	○

5. **Again, thinking about the time period between July 1 and December 31, 2012, did your college collaborate with any of the following institutions in developing or expanding the following?**

	County mental health	Other California Community Colleges	Universities in the UC or CSU system	Training or T/A Provider (e.g., CARS or Kognito)
a. System for faculty, students and staff to refer students of concern to the appropriate health center, mental health center or other designated office	○	○	○	○
b. System for the health or mental health center staff to conduct appropriate assessments to identify the mental health services needed by students of concern	○	○	○	○
c. System for health or mental health center staff to refer students of concern to needed mental health services	○	○	○	○
d. Screening processes at on-campus health or mental health center to identify student mental health issues (e.g., administration of PHQ-9 or GAD-7)	○	○	○	○
e. Depression Screening Day events (e.g., at health fairs or other campus-wide events)	○	○	○	○
f. Faculty / Staff / Student Suicide Prevention Gatekeeper Training	○	○	○	○
g. Other Suicide Prevention Activities	○	○	○	○
h. Suicide Prevention Policies	○	○	○	○
i. One-on-one Services with a mental health professional offered on campus	○	○	○	○
j. Group Services with a mental health professional offered on campus	○	○	○	○
k. Behavioral Intervention Teams or Crisis Intervention and Response Teams	○	○	○	○
l. Threat Assessment Protocols	○	○	○	○
m. Electronic Health Reporting System	○	○	○	○
n. Peer to Peer Training	○	○	○	○
o. Other Peer to Peer Activities	○	○	○	○
p. Campus-based Mental Health Related Clubs / Chapters / Support Groups	○	○	○	○
q. Stigma and Discrimination Reduction Activities related to accessing mental health services (LGBTQ, Veterans)	○	○	○	○
r. Mental Health Service Resources available on college website to faculty, students, and staff	○	○	○	○
s. Mental Health Service Resources available to faculty, students, and staff through dissemination strategies other than college website (e.g., campus newsletter, flyers)	○	○	○	○

6. *** Between July 1 and December 31, 2012 did your college receive training or technical assistance that included a focus on building the mental health service capacity of your college?**

○ Yes

○ No

○ Don't Know

*If **No** or **Don't Know**, skip to Question 8.*

7. **How many times between July 1 and December 31, 2012 did your college receive training or technical assistance that included a focus on building the mental health service capacity of your college?**

○ Once

○ Twice

○ Three Times

○ Four times

○ Five times

○ Six or more times

8. **To what extent did the training or technical assistance your college received impact mental health programming or capacity building (e.g., system to referring students to needed mental health services) by your college between July 1 and December 31, 2012?**

○ No impact

○ Slight impact

○ Moderate impact

○ Large impact

9. *** Does your college charge a student health fee?**

○ Yes

○ No

○ Don't Know

*If **No** or **Don't Know**, skip to Question 11.*

10. What percentage of your college's health fee goes toward mental health services?

(Please do not include the % sign in your response): _____

11. What percentage of your college's health fee goes toward other health services?

(Please do not include the % sign in your response): _____

12. Of all the staff in your college's health center who provide mental health services to students, how many total hours per week do the staff work? (For example, if three staff people work 12 hours each, you would report 36 hours.)

Hours: _____

13. Of all of the staff on your campus who provide mental health services to students, how many fall within the following categories? Please note that we are asking about mental health services as distinct from academic/personal counseling.

(Please indicate the number of staff in the appropriate boxes below.)

a. # Psychiatrists or other licensed prescribers: _____

b. # Full-time mental health counselors/therapists: _____

c. # Part-time mental health counselors/therapists: _____

d. # Mental health counseling interns or trainees: _____

e. # Nurses: _____

f. # Other: _____

14. Please rate the extent to which you think…

	Not at all or to a very little extent	To a little extent	To some extent	To a great extent	To a very great extent
a. There are efforts in your college to link students of concern to mental health support services.	○	○	○	○	○
b. Faculty and staff are aware of these efforts.	○	○	○	○	○
c. Faculty and staff understand the importance of taking action to link students of concern to mental health support services.	○	○	○	○	○
d. Faculty and staff in your college understand the causes of psychological stress, its consequences, and how it impacts the institution or community.	○	○	○	○	○
e. The leaders of your college are supportive of efforts to link students of concern to mental health support services.	○	○	○	○	○
f. Resources are available in your college—people, time, money, space—to support efforts on this issue.	○	○	○	○	○
g. Your college's mental health service system has the capacity to adequately refer students of concern to needed mental health services.	○	○	○	○	○
h. Your college's mental health service system has the capacity to adequately track the referrals of students of concern to needed mental health services.	○	○	○	○	○
i. Your college's mental health community partners (e.g., county mental health) have the capacity to receive mental health referrals from you.	○	○	○	○	○

15. Did your college receive a Campus Based Grant from the California Community Colleges Student Mental Health Program in 2012?

○ Yes

○ No

○ Don't Know

16. Between July 1 and December 31, 2012 did your college partner in hosting a regional strategizing forum (RSF)?

○ Yes

○ No

○ Don't Know

17. **Between July 1 and December 31, 2012 did your college participate in a regional strategizing forum (RSF) hosted by another college?**

   ○ Yes

   ○ No

   ○ Don't Know

18. **If you answered "Yes" to either of the prior two questions, to what extent did your college's involvement in a RSF impact mental health programming or capacity building (e.g., system to referring students to needed mental health services)?**

   ○ No impact

   ○ Slight impact

   ○ Moderate impact

   ○ Large impact

19. *** Between July 1, 2012 and December 31, 2012,were faculty, staff, or students trained as trainers on mental health related topics? (That is, did they receive training that qualifies them to train others?)**

   ○ Yes

   ○ No

   If No or Don't Know, skip to Question 20.

   ○ Don't Know

20. **Indicate the number of people trained as trainers, by topic, between July 1 and December 31, 2012. Enter "0" if no persons were trained on a particular topic.**

   a. # Early recognition of students of concern: _____

   b. # Crisis or behavioral intervention: _____

   c. # Suicide prevention: _____

   d. # General mental health promotion: _____

   e. # Peer-to-peer: _____

   f. # Other (mental health related): _____

21. **The following asks about trainings on your campus between July 1 and December 31, 2012, conducted by your college or outside organizations, on the following mental health related topics. Trainings (as opposed to presentations) are often aimed at enhancing skills and motivating people to "act" on the information they receive. (DO NOT include Trainings of Trainers.)**

Were any trainings on the following topics conducted on your campus between July 1 and December 31, 2012? If the answer is Yes, please also indicate the primary audience.

	Yes (primary student audience)	Yes (primarily faculty/staff audience)	No
a. Training(s) on early recognition of students of concern	○	○	○
b. Training(s) on crisis or behavioral intervention	○	○	○
c. Training(s) on suicide prevention	○	○	○
d. Training(s) on general mental health promotion	○	○	○
e. Training(s) on peer-to-peer	○	○	○
f. Training(s) on other (mental health related)	○	○	○

22. **If your college provides on-campus mental health services, please provide the number of individual students who received mental health services on campus between July 1 and December 31, 2012. Count each individual student only once, even if s/he received services more than one time during this time period.**

(If your college does not provide on-campus mental health services, please enter "0".)

Students: (7/1/2012 through 12/31/2012): _____

23. **If your college provides on-campus mental health services, please provide the number of units of mental health service provided (i.e., a student seen three times between July 1 and December 31, 2012 would be counted as three units of service).**

(If your college does not provide on-campus mental health services, please enter "0".)

Students: (7/1/2012 through 12/31/2012): _____

24. *** Do you track the source of mental health referrals to your college's health or mental health center?**

○ Yes

○ No

○ Don't Know

○ Do not have a center or office on campus that receives student mental health referrals

*If **any of these**, skip to Question 25.*

25. Indicate the source of new referrals between July 1 and December 31, 2012 (provide numbers for each):

a. Health care provider (e.g., physician, nurse, or counselor): _____

b. Campus faculty or staff member: _____

c. A peer of the student: _____

d. Family member of the student: _____

e. Self-referral: _____

f. Unknown: _____

g. Other: _____

26. * Does your college refer students for off-campus mental health services?

○ Yes

○ No

○ Don't Know

⎬ *If **No** or **Don't Know**, skip to Question 27.*

27. What is the number of students that your college referred for off-campus mental health services? (Please leave blank if you do not know the number.)

Students: (7/1/2012 through 12/31/2012): _____

28. * Do you track whether students whom you referred for off-campus services actually received the service?

○ Yes

○ No

○ Don't Know

○ Not applicable
(do not refer any students
for off-campus services)

⎬ *If **any of these**, you're finished. Survey is complete.*

29. Indicate the number of students whom you referred for off-campus services who actually received them.

Students: (7/1/2012 through 12/31/2012): _____

Questions and Answers Document about Capacity Survey for Non-Campus Based Grant Colleges

Capacity Survey of Campus-Based Mental Health Services

Questions and Answers

Thank you for agreeing to complete the Capacity Survey of Campus-Based Mental Health Services. Below are a series of questions and answers to assist with survey completion. If you have additional questions about this survey, please do not hesitate to contact Dr. David Collins (collins@pire.org) (502) 238-7338 or Dr. Kathy Atwood (katwood@pire.org) (502)736-7840 at the Pacific Institute for Research and Evaluation.

1. **Who should complete this survey?**

   - The most knowledgeable person about your college's mental health services should complete this survey.

   - For colleges with a health or mental health office, this would be the health or mental health director.

   - **For colleges that do <u>not</u> have a health or mental health office**, this may be a staff person in another department or office who would be considered the most knowledgeable about mental health services.

2. **What information do I need to complete this survey?**

   - The survey asks a series of questions about mental health service capacity from July to December 2012 that may require retrieving information. These questions include:

       - Number of mental health trainings of trainers conducted on campus.

       - Trainings on mental health topics and whether these trainings targeted faculty/staff or students.

       - Sources of referrals to your college's health center, mental health center or other office.

       - Numbers of students who received mental health services on campus and the hours of service delivered to these students in that time period.

       - Whether the college makes off-campus referrals for mental health services.

   - We have included a PDF version of this survey; please review this <u>before</u> beginning the online survey.

3. **What if I don't know the answer or my campus does not provide the mental health services asked about?**

   - It is perfectly fine to respond "Don't know" to any question.

   - If your campus does not provide the service in question, indicate "No" or provide a "0" for questions pertaining to the number of people served.

4. **What are the time periods that the survey asks about?**

- There are two time period that are referenced in this survey.
    - **The survey asks about mental health service capacity that was in place PRIOR TO JULY 1, 2012,** before the CCC Student Mental Health Program was established, providing a baseline understanding of mental health services capacity across the California community colleges.
    - **The survey also asks about Mental Health Services BETWEEN JULY 1 AND DECEMEBER 31, 2012.** This second time period tracks service capacity change during the first six months of the CCC Student Mental Health Program.

- **Respondents should pay attention to all time references throughout the survey.**

Thank you in advance for completing this survey.

Emailed Letter Introducing the Capacity Survey (Includes Fact Sheet on Community College Student Mental Health Program Evaluation)

STATE OF CALIFORNIA   **BRICE W. HARRIS,CHANCELLOR**

CALIFORNIA COMMUNITY COLLEGES
CHANCELLOR'S OFFICE

1102 Q Street, Suite 4554
Sacramento, CA 95811-6549
(916) 445-8752

http://www.cccco.edu

Dear Health Service/Mental Health Service Director:

As you may be aware, in 2011, the California Community Colleges Chancellor's Office (CCCCO) and the
Foundation for California Community Colleges (FCCC) received $6.9 million in funding from the California Mental
Health Services Authority (CalMHSA) to support the development of mental health prevention and early
intervention services at all 112 colleges, and to advance collaborations between the colleges and county mental
health agencies. As part of this project, the Pacific Institute for Research and Evaluation (PIRE) has been awarded
a contract to conduct an evaluation of these efforts to gain a better understanding of the progress and barriers to
developing mental health capacity throughout the California Community College (CCC) system.

PIRE will be sending a survey to all California community colleges to assess the mental health services that are
currently in place. We would be grateful for your participation. The survey will take about thirty minutes to
complete and will be conducted at two other time points over the next two years (the Fall of 2013 and the
Spring of 2014). Summary findings will be shared with all colleges, providing invaluable information about the
mental health services available. This information will also be shared with our funder, CalMHSA. Please note all
survey information will be considered confidential. None of the information will be attributed to the person
completing the survey or to your specific college in any written documents.

Dr. David Collins of the Pacific Institute for Research and Evaluation will e-mail you instructions for completing
the online survey. **We are requesting that the survey be completed within ten days of receiving the survey
link.** The person who should complete the survey is the mental health or health services director at your college.
In the absence of such an office, this survey should be completed by the college official who is most
knowledgeable of, or who oversees, mental health student services at your college.

While your college is under no obligation to complete the survey, the Chancellor's Office would greatly appreciate
your involvement. Information that results from this effort will help develop a more accurate picture of the
mental health services across the community college system. As you are aware, such information can be very
useful for resource development purposes as well as for guiding local program and service needs.

We have included a fact sheet along with this email that describes the overall evaluation for this project. Should
you have any questions about the survey, please contact Dr. David Collins at the Pacific Institute for Research and
Evaluation (collins@pire.org), 1-888-634-3694, extension 7338. For more information about the California
Community Colleges Student Mental Health Project (CCC SMHP), please don't hesitate to contact me at
bsheldon@cccco.edu or (916) 322-4004, or at www.cccco.edu/mentalhealth. Thank you in advance for your
participation.

Betsy Sheldon

Betsy Sheldon
Specialist, Student Mental Health

Student Services and Special Programs
California Community Colleges Chancellor's Office

Attachment/Enclosure

Community College Student Mental Health Program Evaluation

FACT SHEET

In 2011, the California Community Colleges Chancellor's Office (CCCCO) and the Foundation for California Community Colleges (FCCC) received $6.9 million in funding from the California Mental Health Services Authority (CalMHSA) to support the development of mental health prevention and early intervention services. The funding provides for (1) suicide prevention training for faculty and staff (provided on-line by Kognito Interactive); (2) training and technical assistance on mental health service capacity-building (provided by the Center for Applied Research Solutions, CARS); and (3) a Campus Based Grant (CBG) Program that supports campus awardees in their development of mental health prevention and early intervention services.

Evaluation Overview

The Pacific Institute for Research and Evaluation (PIRE) has been awarded a contract to conduct an evaluation of these efforts. There are five components to the evaluation that involve the California community colleges.

1. **Mental Health Capacity Building Survey**

   - All California community colleges are requested to complete an online Mental Health Capacity Building Survey to document the mental health services currently in place.

   - The survey will be sent to all colleges in February 2013, the Fall of 2013, and the Spring of 2014 to assess change in mental health service capacity over time.

2. **Student Survey**

   - In conjunction with RAND Corporation, an anonymous student survey will be developed to assess student mental health needs across the CCC system.

   - This survey will be conducted online with a random sample of students across the CCC system.

3. **Faculty Survey**

   - In conjunction with RAND Corporation, an anonymous faculty survey will be developed to assess faculty awareness of mental health services and referral options for students.

- This survey will be conducted online with a random sample of faculty across the CCC system.

4. Utilization of Training and Technical Assistance.

- In conjunction with the contracted technical assistance and training (T/TA) providers, CARS and Kognito, the evaluation team will track the use of training and technical assistance by all California community colleges.

5. Campus-Based Grant Quarterly Report.

- California community colleges awarded a Campus-Based Grant will complete Campus-Based Grantee (CBG) Quarterly Reports which capture information about CBG-related activities.

The PIRE evaluation team looks forward to working with the CCC system to document efforts to build mental health service capacity. Findings from this evaluation will be shared with all colleges. Should you have any questions about the evaluation, please contact Dr. Bob Saltz, Senior Research Scientist, PIRE at saltz@PREV.org or Betsy Sheldon, Specialist, Mental Health Services, CCC Chancellor's Office at bsheldon@cccco.edu or (916) 322-4004, or at www.cccco.edu/mentalhealth.