

# Student Mental Health Program

California Community Colleges

## CCC SMHP

CAPACITY SURVEY of  
MENTAL HEALTH SERVICES  
FALL 2013 REPORT



FOUNDATION *for* CALIFORNIA  
COMMUNITY COLLEGES



# FALL 2013 CAPACITY SURVEY REPORT

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## INTRODUCTION

The California Community Colleges Student Mental Health Program (CCC SMHP) Capacity Survey of Campus Based Mental Health Services was implemented in Fall 2013 to track change in capacity for MH services across all California Community College campuses. A baseline survey had been conducted previously (in Spring 2013).

## METHODS

### 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).
- 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 January and September 2013. The survey specifically 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.

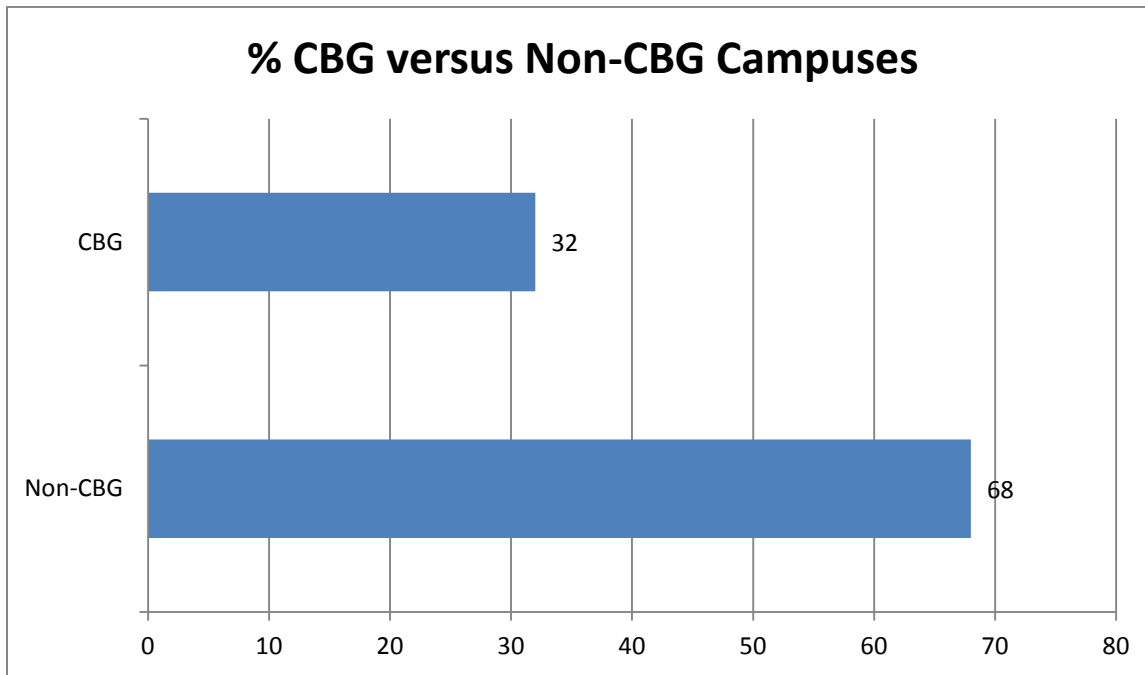
### Data Collection

Data were collected via web surveys of knowledgeable key informants (one per campus) between October, 2013 and January, 2014 from 99 of 112 campuses. This represented a response rate of 88%. Due to some web surveys being only partially completed, for the analyses for this report, we used data from a total of 95 campuses. We followed a procedure similar to the one used for baseline data collection. The procedure was to send an introductory email message to most knowledgeable persons on each campus, followed by an automated message that contained the web survey link. Generally three automated reminders were sent. If no response was received after the automated reminders had been sent, staff called to determine if there was a more appropriate contact for each campus.

Of the 95 campuses whose data are included in this report, five provided data in response to an email that only included a few key questions (e.g., the type of structure present on the campus for student mental health services, and whether the college charges a student health fee). These data (from the email with a few key questions) were collected from those campuses that had not responded to the larger web survey after the main data collection phase had ended. The Results section that follows presents summary information about capacity for student mental health services across the 95 campuses.

## RESULTS

### Breakout of Campus Based Grant (CBG) vs. Non-CBG responses (n=96)



### Structure on Campus for Mental Health Services

**Table 1. Structure on Campus for Mental Health Services**

Does your campus have a health center on campus that provides mental health services? (valid n = 94)	
Response	Valid %
No	20
Yes, mental health services are provided within a health center	64
Yes, mental health services are provided within a separate mental health center	15
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	1

## Development / Expansion of Mental Health Programming, Services, or Capacity

**Table 2. Development or Expansion of Mental Health Services (January through September, 2013)**

Between January 1 and September 30, 2013, did your campus develop or expand (a) ... (valid n ranged from 88 to 90)

Response (abbreviated in some cases)	% Yes
a) System to refer students of concern to appropriate center or office	78
b) System for center staff to conduct appropriate assessments	61
c) System for staff to refer students of concern to needed mental health services	78
d) Screening processes at on-campus center to identify student mental health issues	42
e) Depression Screening Day events	33
f) Faculty / staff / student suicide prevention gatekeeper training	64
g) Other suicide prevention activities	64
h) Suicide prevention policies	18
i) One-on-one services with a mental health professional offered on campus	69
j) Group services with a mental health professional offered on campus	45
k) Behavioral intervention teams or crisis intervention and response teams	71
l) Threat assessment protocols	65
m) Electronic health reporting system	29
n) Peer to peer training	37
o) Other peer to peer activities	43
p) Campus-based mental health related clubs / chapters / support groups	50
q) Stigma & discrimination reduction activities related to accessing mental health services	71
r) Mental health service resources available on college website	72
s) Mental health service resources available through other strategies (flyers, etc.)	80

## 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 3. Range and Mean Number of Mental Health Service Capacities for which Colleges Reported Collaboration with Each of Four Partners (computed from Q5) (n=93)**

<u>Partner</u>	<u>Range</u>	<u>Mean</u>	<u>s.d.</u>
County Mental Health	0 – 19	2.9	3.6
Other California Community Colleges	0 – 19	2.4	4.3
Universities in the UC or CSU Systems	0 – 17	1.2	3.0
Training or TTA Provider (CARS, Kognito)	0 – 17	3.4	3.7

## Training or Technical Assistance (TA) Received that Focused on Mental Health Service Capacity

**Table 4. Training or TA Received between January and September, 2013 focused on mental health service capacity (valid n = 82)**

Between January 1 and September 30, 2013 did your college receive training or TA that included a focus on building the mental health service capacity of your college?	#	Valid %
Yes	52	63
No	30	37
Don't Know	5	-

**Table 5. Numbers of Times Training or TA Received between January and September 2013 focused on building the mental health service capacity of your college (valid n = 52)**

How many times between January 1 and September 30, 2013 did your college receive training or TA that included a focus on building the mental health service capacity of your college?	#	Valid %
Once	18	35
Twice	11	21
Three Times	11	21
Four Times	8	15
Five Times	2	4
Six or More Times	2	4

## College Student Health Fee (& Proportion for Mental Health and Other Health Services)

**Table 6. Does college charge a student health fee (valid n = 92)**

Does your college charge a student health fee?	#	Valid %
Yes	78	85
No	14	15
Don't Know	-	-

**Table 7. Estimated percentage of health fee going toward mental health services and other services (valid n = 58)**

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	22	58
Percent the respondent estimated goes toward other health services	73	58

## Staffing for Mental Health Services

**Table 8. Estimated total hours per week by all staff who provide mental health services to students (valid n = 83)**

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	55.0	83

*Note: Range was 0 to 320.*

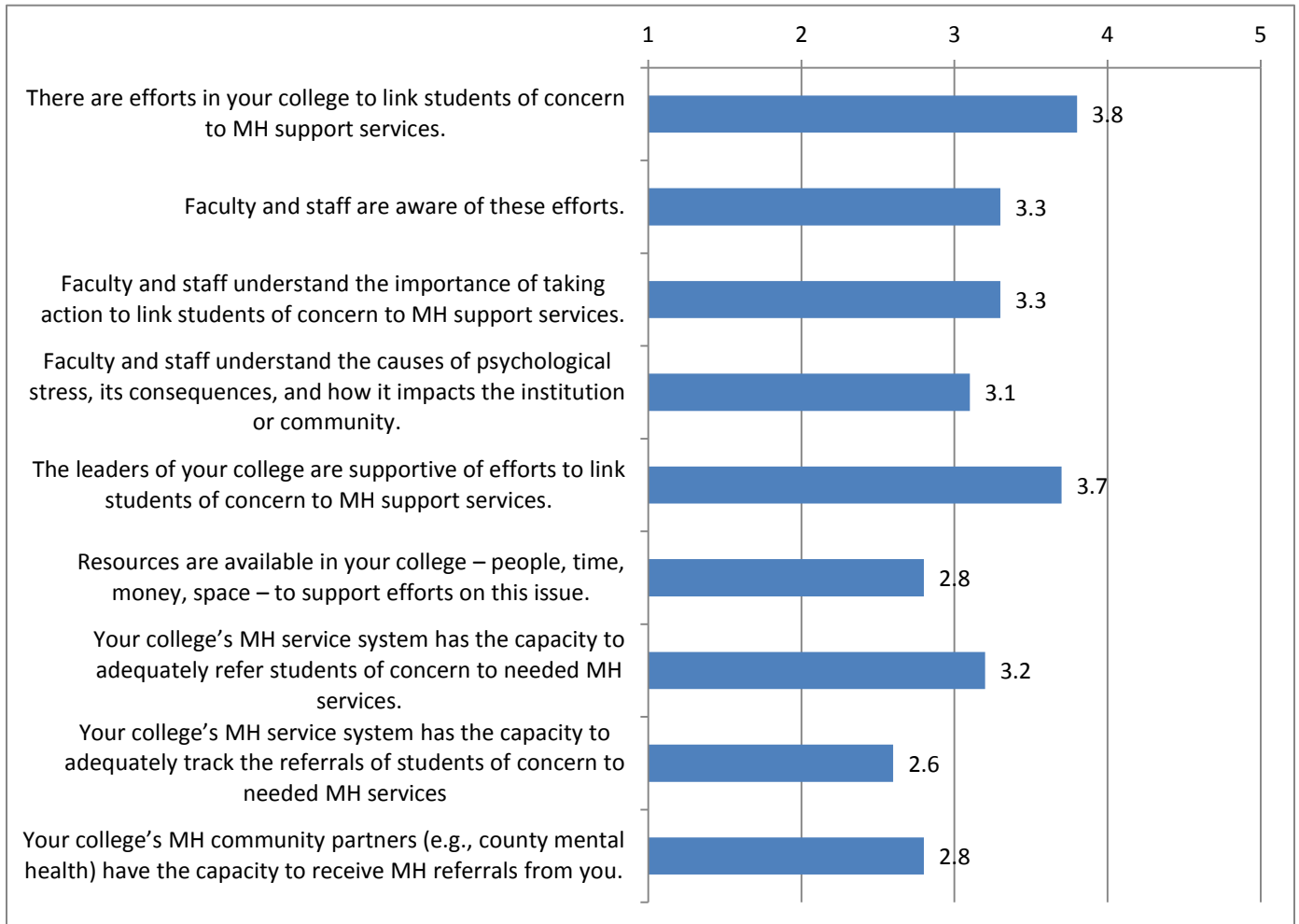
**Categories of staff who provide mental health services to students (valid n = 35 to 67)**

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	43
Number of full-time mental health counselors/therapists	0.5	48
Number of part-time mental health counselors/therapists	1.5	63
Number of mental health counseling interns	2.8	60
Number of nurses	2.7	56
Number of other types of staff	1.8	33

## Readiness to Build Capacity of Campus Mental Health Service System

The following shows the average responses by the key informants to nine statements (using a scale where 1 = 'not at all or to a very little extent', 2 = 'to a little extent', 3 = 'to some extent', 4 = 'to a great extent', and 5 = 'to a very great extent'. The numbers of respondents ranged from 82 to 85 due to some respondents not responding.

### Perceived Readiness to Build Capacity





## APPENDIX: Copy of Capacity Survey



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. We conducted a baseline survey similar to this one in the Spring of this year.

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. Now thinking about the time period between January 1 and September 30, 2013, during this time period did your college develop or expand (a)... (Indicate "Yes" even if only partially developed in that timeframe.)**

**Please note: While 'student of concern' often refers to a student who may be a risk to him or herself or others, the term may also include a student who is distressed and whose behavior causes others concern for the personal well-being of that student.**

	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	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input type="radio"/>
c. System for health or mental health center staff to refer students of concern to needed mental health services	<input type="radio"/>	<input type="radio"/>
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)	<input type="radio"/>	<input type="radio"/>
e. Depression Screening Day events (e.g., at health fairs or other campus-wide events)	<input type="radio"/>	<input type="radio"/>
f. Faculty / Staff / Student Suicide Prevention Gatekeeper Training	<input type="radio"/>	<input type="radio"/>
g. Other Suicide Prevention Activities	<input type="radio"/>	<input type="radio"/>
h. Suicide Prevention Policies	<input type="radio"/>	<input type="radio"/>
i. One-on-one Services with a mental health professional offered on campus	<input type="radio"/>	<input type="radio"/>
j. Group Services with a mental health professional offered on campus	<input type="radio"/>	<input type="radio"/>
k. Behavioral Intervention Teams or Crisis Intervention and Response Teams	<input type="radio"/>	<input type="radio"/>
l. Threat Assessment Protocols	<input type="radio"/>	<input type="radio"/>
m. Electronic Health Reporting System	<input type="radio"/>	<input type="radio"/>
n. Peer to Peer Training	<input type="radio"/>	<input type="radio"/>
o. Other Peer to Peer Activities	<input type="radio"/>	<input type="radio"/>
p. Campus-based Mental Health Related Clubs / Chapters / Support Groups	<input type="radio"/>	<input type="radio"/>
q. Stigma and Discrimination Reduction Activities related to accessing mental health services (LGBTQ, Veterans)	<input type="radio"/>	<input type="radio"/>
r. Mental Health Service Resources available on college website to faculty, students, and staff	<input type="radio"/>	<input type="radio"/>
s. Mental Health Service Resources available to faculty, students, and staff through dissemination strategies other than college website (e.g., campus newsletter, flyers)	<input type="radio"/>	<input type="radio"/>

**4. Again, thinking about the time period between January 1 and September 30, 2013, did your college collaborate with any of the following institutions in developing or expanding the following?**

**Please note: While ‘student of concern’ often refers to a student who may be a risk to him or herself or others, the term may also include a student who is distressed and whose behavior causes others concern for the personal well-being of that student.**

	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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. System for health or mental health center staff to refer students of concern to needed mental health services	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Depression Screening Day events (e.g., at health fairs or other campus-wide events)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Faculty / Staff / Student Suicide Prevention Gatekeeper Training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Other Suicide Prevention Activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Suicide Prevention Policies	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. One-on-one Services with a mental health professional offered on campus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Group Services with a mental health professional offered on campus	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Behavioral Intervention Teams or Crisis Intervention and Response Teams	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Threat Assessment Protocols	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. Electronic Health Reporting System	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. Peer to Peer Training	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. Other Peer to Peer Activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
p. Campus-based Mental Health Related Clubs / Chapters / Support Groups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
q. Stigma and Discrimination Reduction Activities related to accessing mental health services (LGBTQ, Veterans)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
r. Mental Health Service Resources available on college website to faculty, students, and staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
s. Mental Health Service Resources available to faculty, students, and staff through dissemination strategies other than college website (e.g., campus newsletter, flyers)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. \* **Between January 1 and September 30, 2013 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.*

6. **How many times between January 1 and September 30, 2013 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

7. **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 January 1 and September 30, 2013?**

No impact

Slight impact

Moderate impact

Large impact

8. \* **Does your college charge a student health fee?**

Yes

No

Don't Know

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

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

*(Please do not include the % sign in your response):* \_\_\_\_\_

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

*(Please do not include the % sign in your response):* \_\_\_\_\_

**11. 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: \_\_\_\_\_

**12. 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: \_\_\_\_\_

**13. 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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Faculty and staff are aware of these efforts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Faculty and staff understand the importance of taking action to link students of concern to mental health support services.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Faculty and staff in your college understand the causes of psychological stress, its consequences, and how it impacts the institution or community.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. The leaders of your college are supportive of efforts to link students of concern to mental health support services.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Resources are available in your college—people, time, money, space—to support efforts on this issue.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Your college's mental health service system has the capacity to adequately refer students of concern to needed mental health services.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Your college's mental health community partners (e.g., county mental health) have the capacity to receive mental health referrals from you.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**14. Between January 1 and September 30, 2013 did your college partner in hosting a regional strategizing forum (RSF)?**

- Yes
- No
- Don't Know

**15. Between January 1 and September 30, 2013 did your college participate in a regional strategizing forum (RSF) hosted by another college?**

- Yes
- No
- Don't Know

**16. 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

**17. \* Between January 1 and September 30, 2013, 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

Don't Know

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

**18. Indicate the number of people trained as trainers, by topic, between January 1 and September 30, 2013. 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): \_\_\_\_\_

**19. The following asks about trainings on your campus between January 1 and September 30, 2013, 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 January 1 and September 30, 2013? 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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Training(s) on crisis or behavioral intervention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Training(s) on suicide prevention	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Training(s) on general mental health promotion	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Training(s) on peer-to-peer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Training(s) on other (mental health related)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**20. If your college provides on-campus mental health services, please provide the number of individual students who received mental health services on campus between January 1 and September 30, 2013. 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: (1/1/2013 through 9/30/2013): \_\_\_\_\_

**21. 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 January 1 and September 30, 2013 would be counted as three units of service).**

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

# Students: (1/1/2013 through 9/30/2013): \_\_\_\_\_

**22. \* 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.*

**23. Indicate the source of new referrals between January 1 and September 30, 2013 (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: \_\_\_\_\_

**24. \* 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.*

**25. 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: (1/1/2013 through 9/30/2013): \_\_\_\_\_

**26. \* 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.*

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

# Students: (1/1/2013 through 9/30/2013): \_\_\_\_\_

***Thank you for taking the time to complete this survey!***