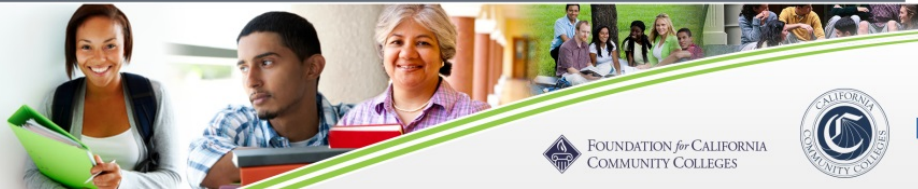


Student Mental Health Program

Training and Technical Assistance for California Community Colleges

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California Community Colleges' Mental Health Capacity Development, Wave 3 (Oct. 2013-Nov. 2014)

In 2012, the California Mental Health Services Authority (CalMHSA) launched Student Mental Health Programs (SMHPs) at the University of California, California State University, and California Community College (CCC) levels. Funding for the CCC SMHP was awarded to a partnership of the California Community College Chancellor's Office and the Foundation for California Community Colleges. The long-term goal of the CCC SMHP was to increase student success and school retention through the development and enhancement of high-quality student mental health services at all 112 (now 113) CCCs, through three major components:

- **Suicide Prevention Training (SPT):** online trainings from Kognito Solutions for students, faculty, staff, and administrators;
- **Statewide Training and Technical Assistance (TTA):** online, onsite, and regional trainings and technical assistance sessions from Center for Applied Research Solutions (CARS), primarily intended for faculty, staff, and administrators; and
- **The Campus-Based Grant (CBG)** program, funding 23 campuses or consortia (30 campuses total) to expand capacity on campus and through community linkages.

Program Evaluation: Capacity Building from Wave 1 to Wave 3

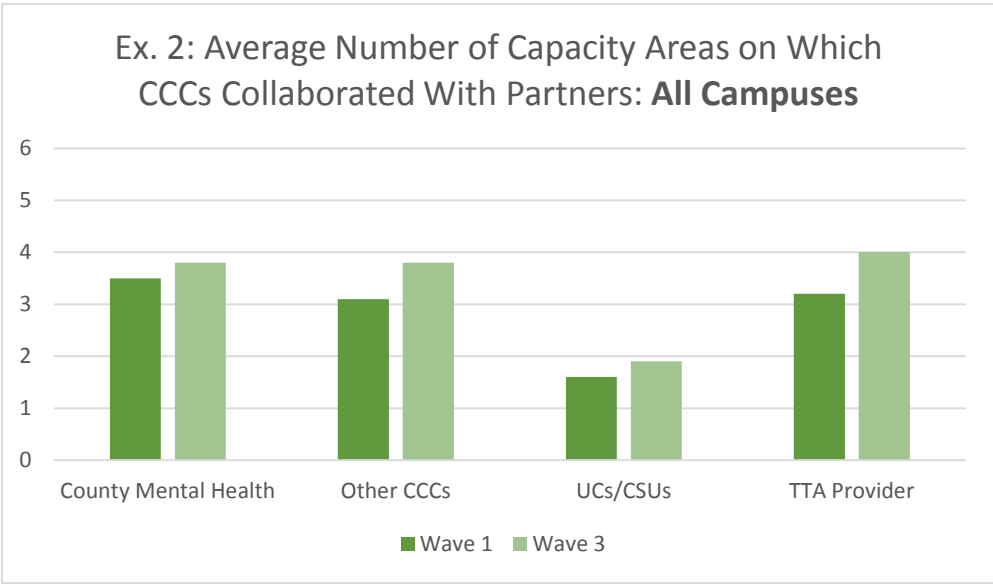
As part of their role in evaluating the CCC SMHP, the Pacific Institute for Research and Evaluation (PIRE) implemented a Capacity Survey of Campus Based Mental Health Services to track changes across the CCCs in three waves: July-December 2012 (Wave 1), January-September 2013 (Wave 2), and October-June 2014 (Wave 3).¹ A knowledgeable respondent at each campus, often the Director of Student Health Services, completed the surveys. 77 campuses (72%) participated. The complete report can be found at <http://www.cccstudentmentalhealth.org/evaluation/documents.php>.

This document highlights key areas of capacity growth across the CCC campuses between Waves 1 and 3 of the CCC SMHP. Overall, **the number of CCC campuses reporting capacity increased across all areas**, as measured by campuses having added or developed capacity over the course of the CCC SMHP. See Exhibit 1 for the capacity areas and the increases across each area. Additionally, under the CBG program, **100.0% of grantee campuses reported having added or changed some capacity** across all tracked areas except electronic health reporting by Wave 3.

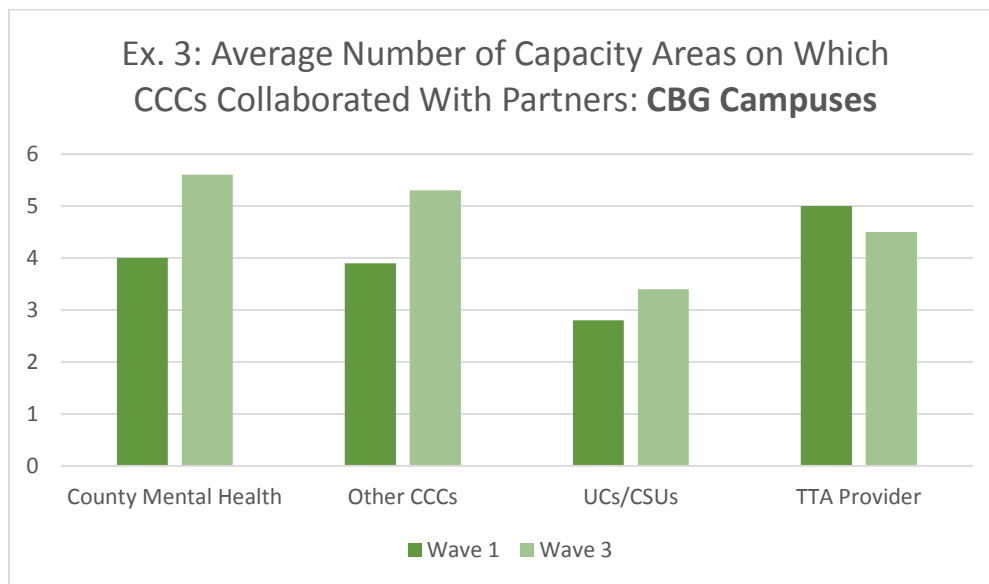
¹ All data in this document is from the *California Community Colleges Student Mental Health Program Final Evaluation Report* prepared by PIRE. Oakland, CA: Prevention Research Center, 2015.

Exhibit 1: Percent of All Responding CCC Campuses with Capacity		
Type of Capacity	Wave 1	Wave 3
Stigma and discrimination reduction activities related to MH service access	59.3	92.6
Campus-based mental health clubs/chapters/support groups	38.5	63.0
Other suicide prevention activities	59.3	79.6
MH services available on campus website	70.4	90.7
One-on-one services with a MH professional offered on campus	66.7	83.3
Behavioral intervention teams or crisis intervention and response teams	66.7	83.3
System for center staff to conduct appropriate assessments	61.1	75.9
Peer-to-peer training	31.5	42.6
Threat assessment protocols	52.8	63.0
Faculty/staff/student suicide prevention gatekeeper training	64.8	74.1
MH service resources available through other strategies (flyers, etc.)	68.5	77.8
System to refer students of concern to appropriate center or office	76.4	85.2
Other peer-to-peer activities	46.3	53.7
Depression Screening Day events	35.8	42.6
Electronic health reporting system	25.0	31.5
Group services with a mental health professional offered on campus	44.2	50.0
Suicide prevention policies	28.3	31.5
System for staff to refer students of concern to needed mental health services	79.6	81.5
Screening processes at on-campus center to identify student MH issues	38.9	40.7

The Capacity Survey also tracked the areas where each CCC campus collaborated with the four CCC SMHP partner: County behavioral health departments; other CCCs; UC or CSU campuses; and training and technical assistance (TTA) providers (Kognito or CARS). The number of capacity development areas on which the CCC campuses collaborated **increased for all campuses** from Wave 1 to Wave 3. Exhibit 2 shows the average number of collaborated areas (out of 9, simplified from above 19).



PIRE found that CBG program campuses were more likely to collaborate with partners, particularly County mental health departments and other CCCs. Although the CBG campuses collaborated slightly less with the TTA providers in Wave 3, the PIRE evaluators found that the likely cause was that TTA had a greater impact on the non-CBGs, who had more limited mental health resources outside of the CCC SMHP.



Overall, the CCC SMHP showed a positive impact on the CCCs’ capacity for providing mental health services and supports between Waves 1 and 3. While CBG campuses participated in more activities, greater changes relative to the baseline were found among non-CBG campuses, who tended to have more limited capacity prior to the CCC SMHP. Collaboration with CCC SMHP partners improved over the course of the program, and collaboration with the TTA providers in particular was associated with increases in campus capacity.

California Community Colleges Student Mental Health Program (CCC SMHP)

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The California Community Colleges Student Mental Health Program (CCC SMHP) is dedicated to increasing the capacity of the CCC system to provide student mental health services. Funded by the California Mental Health Services Authority, this program offers cost-free training and technical assistance (TTA) to California’s community college campuses.

The California Mental Health Services Authority (CalMHSA) is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded through the voter-approved Mental Health Services Act (Prop 63). Prop 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California’s diverse communities.

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