Student Mental Health Program
Training and Technical Assistance for California Community Colleges

JULY 2014

Dear Amy,

The California Community Colleges Student Mental Health Program (CCC SMHP) is pleased to bring you news and announcements from the field, as well as upcoming events, webinars, products, and resources to assist colleges across the state with their student mental health efforts.

KOGNITO ONLINE TRAINING COURSES

Kognito At-Risk Interactive Training:
Back to School Bootcamp Webinar
Thursday, July 10 ~ 11:00 - 11:30 am

A webinar for California Community College's Kognito course administrators to discuss what colleges can do now to get ready for a successful fall implementation. You can register by clicking here.

If you are unable to attend, registering ensures you'll receive a recording and a copy of the slides.

Online suicide prevention training from Kognito Interactive is an online interactive gatekeeper training that uses virtual students and role-playing simulations to prepare learners to recognize when a student is exhibiting signs of psychological distress, and manage a conversation with the student with the goal of connecting them with the appropriate support service.

To see if Kognito courses are available on your campus, please visit http://kognito.com/ccc.

UPCOMING EVENTS

Advances in Suicide Prevention: Research,

PARTNER HIGHLIGHTS

CalMHSA Express Newsletter
Download the newsletter here

To subscribe to the CalMHSA Newsletter, please email your interest to info@calmhsa.org.

CCC SMHP "WIN OF THE MONTH"

LA Pierce Offers FLEX Credit for Kognito At-Risk Training Modules

LA Piece's College's rollout of the Kognito At-Risk training was an overwhelming success. The Kognito training was marketed to the campus faculty and staff community as a way to receive FLEX credit, either on campus or from a home computer. To extend the reach of the training even further, the college marketed the course again during the spring convocation, reserving a computer lab during a breakout session. The session was so well attended that the latecomers formed a standing room only crowd. The first half of the breakout sessions provided staff and faculty detailed instructions on creating an account, logging out and accessing the account midway through a course, and spending time going through the Students at Risk training module. The Veterans and LGBTQ training modules were discussed. For the remainder of the training, participants learned more about the campus behavior intervention team, the referral process, and how to complete and submit a referral for a student of concern.

Attendance was so high, and response to the session so positive, that the college is considering offering it again next year-with two computer labs!

Interested in a similar training format for your campus?
Kognito provides a Discussion Guide for the At-Risk for Faculty & Staff program to help encourage post-course conversation. Download it here.

A variety of resources are also available to help spread the word about the Kognito programs, including PowerPoint presentations that are great for introducing faculty and staff to the programs. Access these tools under Tips & Resources for Schools on the Kognito website.

Spotlight Your Campus

The CCC SMHP would like to recognize innovative activities and programs to address student mental health taking place on community college campuses throughout the state. Each month we will highlight a campus "win of the month". If you would like to profile your institution's achievements, please complete the brief questionnaire online.

Practice, and Policy Implications for LGBT Populations

Thursday, July 10 ~ 12:00 - 1:30 pm

In its efforts to address behavioral health disparities, the Substance Abuse and Mental Health Services Administration (SAMHSA) has prioritized the goal of suicide prevention among vulnerable populations, including lesbian, gay, bisexual, and transgender (LGBT) Americans. Despite strong indications of elevated risk of suicidal behavior in LGBT people, limited attention has been given to research, interventions, or suicide prevention programs targeting these populations. This webinar will offer participants up-to-date information about what is already known about LGBT suicide risk across the lifespan as well as what is being done to improve future research. Learn more about this webinar.

Free Training: Bring Them the Rest of the Way Home

Army OneSource is a Secretary of the Army Initiative to provide comprehensive community support and service delivery for soldiers and their families. The campaign seeks to improve caregiver communication with service members, veterans, and their families by providing behavioral health professionals easy access to nationally accredited free online CEU courses in military culture, the impact of combat stress and deployment on children and families, and PTSD. Courses include:

- Domestic and Intimate Partner Violence
- Identification, Prevention, and Treatment of Suicidal Behavior for Service Members and Veterans
- Military Cultural Competence
- Posttraumatic Stress Disorder

The FREE courses are available until September 30, 2014. Learn more here.

Event Submissions

Want to see your campus event in our monthly newsletter? Send us an email and include your event title, date/time, location, and description including any registration information or links to flyers. Contact Kari DeCelle at kdecelle@cars-rp.org

Thank you for your continued support to the mental health field!

Sincerely,
The CCC SMHP Team

The California Community Colleges, in conjunction with RAND Corporation and California Mental Health Services Authority (CalMHSA) would like to ask you a few questions to help us understand how to improve the CCC Student Mental Health Program website. This is a one-time survey and should take you 5 minutes or less to complete.

The survey is completely voluntary and confidential. To participate in the survey, please click on the link below:

https://www.randsurvey.org/cccfollow/

Your feedback is really important to us!

RESOURCES AND PUBLICATIONS

Healthy Minds Network: College Survey Data Now Available

The Healthy Minds Network addresses the connection between the mental health of adolescents and young adults and their health behaviors, physical health, and social, educational, and economic outcomes. An interactive data interface portal for college administrators, researchers, clinicians, and others to easily examine data from the national campus mental health surveys-the Healthy Minds Study and the Healthy Bodies Study is now available. The portal was designed as a resource for all users, regardless of their statistical/research experience. The interface uses a simple drop-down menu, allowing users to look at survey findings for specific sub-groups of students (e.g., by gender, race/ethnicity) and compare with peer institutions.

You can access the data interface here:
http://data.healthymindsnetwork.org/

Username: guest
Password: guest

Looking for information on behavioral intervention teams, mental health referral networks, strategies to assess student mental health needs, information on the Affordable Care Act for community college students, or other topics?

Check out the CCC SMHP online library of relevant websites, CCC SMHP publications, training materials, development resources and tools, archived webinar sessions, and lots more! View all resources here.

WELLNESS · RECOVERY · RESILIENCE

Technical Assistance is offered under the California Community Colleges Student Mental Health Program (CCCSMHP) and funded by the California Mental Health Services Authority (CalMHSA).

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	www.kognito.com			

The California Mental Health Services Authority (CalMHSA) is an organization of county governments w orking 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 framew ork needed to expand mental health services to previously underserved populations and all of California's diverse communities.

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