

Student Mental Health Program

Training and Technical Assistance for California Community Colleges



Building Collaborative Relationships: Community Colleges, County Mental Health Departments, and Local Mental Health Providers

An overview of the
Collaboration Toolkit: California Community Colleges and California County Behavior and Mental Health Departments

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.

Presenters

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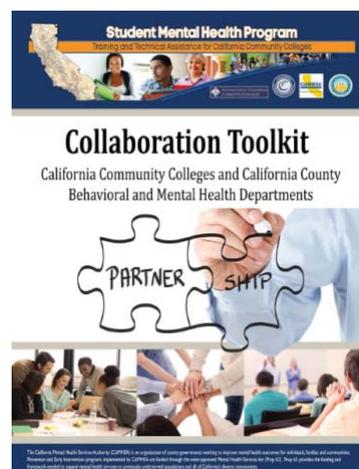
Acknowledgements

- California Community Colleges Chancellor's Office
- Foundation for California Community Colleges
- California Community Colleges Student Mental Health Program
- Toolkit Ad Hoc Committee
- Chancellor's Office Advisory Group on Student Mental Health (COAGSMH)

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Objectives

- Describe the toolkit's context and purpose
- Provide an overview of the main toolkit components
- Panel discussion of best practices for college and county behavioral and mental health department collaboration



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Toolkit Context

- CalMHSa and Rand Corporation 2013* research found that CA Community College (CCC) students compared to their UC and CSU counterparts:
 - Had higher rates of impaired academic performance due to mental health issues
 - Received less information from their campuses about mental health and wellness
 - Received and used half the number of mental health referrals
 - Most often had to be referred to community mental health resources due to lack of on-campus resources

[*CalMHSa Student Mental Health Campus-Wide Survey 2013 Summary Report](#)

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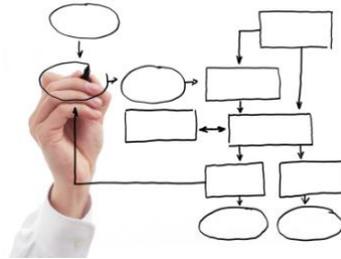
CCC Student Mental Health Program Purpose and Objectives

- Increase colleges' ability to better address their students' mental health needs by:
 - Providing technical assistance that enhances CCC capacity to provide mental health prevention and early intervention services on campus
 - Assisting colleges and their county behavioral and mental health departments in building sustainable partnerships that better link students to local community mental health resources

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Primary Collaboration Building Challenges

- Finding affordable, accessible local resources
- Finding the right contact person
- Competing priorities
- Staff turnover
- Limited time and resources
- Not getting a response



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Collaboration Toolkit Purpose

- Provide best practices for how to build sustainable collaborations between local county behavioral or mental health departments and CCCs to better meet student mental health needs
- Provide guidance on how to effectively navigate community college and behavioral/mental health department systems to more effectively link students to local services

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Toolkit Scope

- Target Audience
 - Community college counselors, health centers, and mental health services providers
 - Local county behavioral and mental health departments
- Unique factors for urban, mid-size, and rural counties and colleges
- Best practices for how to find and connect with the right people

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Toolkit Components

- Pre-Collaboration Research
- Setting up a Successful Collaboration
- Initial Meeting
- Collaboration Set-up and Sustainability
- Appendix Resources



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Pre-Collaboration Research

- Understanding mental health in your community
- Learning your county behavioral or mental health department
- Learning your CCC



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Setting Up a Successful Collaboration

- Connect with potential leads
- Find the appropriate person
- Prepare for your initial meeting
- Research the organization
- Set clear initial meeting objectives
- Identify potential mutual benefits and shared goals



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Collaboration Set-Up and Sustainability

- Clearly define roles, responsibilities, and collaboration guidelines to ensure ongoing communication and accountability
- Develop infrastructure that supports collaboration communications and operations
- Share and try out ideas for growing and sustaining your collaboration

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Appendix Resources

- Glossary of Terms and Acronyms
- Other Mental Health Resources
- Sample Community College Organizational Chart
- Mental Health Services Checklist
- Worksheets for:
 - Identifying Potential Collaboration Partners
 - Initial Meeting Planning

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Thank You

Collaboration Toolkit: California Community Colleges and California County Behavioral and Mental Health Departments



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Support and Resources

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Thank you for your time!

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