

Peralta Community College District

STUDENT SERVICES ANNUAL PROGRAM UPDATE

Academic Year 2014-2015 – Fall 2014 update

I. OVERVIEW

		Date Submitted:	11/12/14
College	COA	Administrator:	Toni Cook
Unit/Area	Wellness Services		
Completed By:	Evan Schloss, LMFT, LPCC		
Mission/History and Description of Service Provided <i>Brief, one paragraph.</i>	<p>Mission: The mission of Health Services in the Peralta Community College District is to further the equality of the educational opportunity and success for all students by providing access to health services which promote the physical, emotional, social and spiritual well-being of its students. This well-being contributes to the educational aim of our community colleges by promoting student retention and academic success.</p> <p>History of Unit: When the college opened in 1970, health services were contracted out to the Alameda County Department of Health Services. Thirty hours per week of health services were available to staff and students. In 1972, a college nurse was hired to provide those health services. The current offices were built and occupied in the fall of 2006. Health Services on campus are required, as stated in Section 76355 (e) of Title V. Part-time mental health services were started in Fall 2012. An additional mental health program, grant-funded, was begun in Fall 2012 and continued to Spring 2014. There are currently no nursing services on campus, though students can utilize the Peralta Wellness Center at Laney College. Acupuncture, massage, flu-shots, and a blood drive are coordinated through the wellness services coordinator and the district Health services director.</p> <p>Description of Unit: Wellness Services offers: individual consultations, therapy, crisis intervention, diagnosis, referrals, wellness education programs, substance abuse services, immunizations, creating and implementing policies and procedures in accordance with state and federal regulations, involvement with campus safety, promotion of peer health-related presentations, stress and anger management workshops, and a state-wide recognized student crisis team.</p>		

<p>Student Learning Outcomes (SLOs) (or Service Area Outcomes-SAOs, or Program Learning Outcomes-PLOs)</p>	<p>For 2014-2015</p> <p>Service Area Outcomes (Health Services)</p> <ol style="list-style-type: none"> 1. Acupuncture and massage have been held every two weeks with 39 out of 40 slots filled. 2. The future of district Health Services and the student health fee has been explored with the Director of Health Services, College of Alameda Administration, and the Peralta Federation of Teachers. 3. Flu shots were provided on 10/22/14. Over 50 students received flu-shots 4. A campus blood drive and smoking cessation workshop are currently being scheduled. 5. Twice weekly tabling on the quad was initiated for wellness services promotion. <p>Service Area Outcomes (Mental Health)</p> <ol style="list-style-type: none"> 1. Regular (weekly) support groups are held that address substance abuse. Events and workshops are held to raise awareness of campus mental health needs and services. A workshop series is held aimed at addressing many of the topics students have rated important in the research data. 2. Therapy, consultation, and crisis intervention have been provided at double the rate of previous years. 3. The need for increased availability of mental health services has been assessed. Data has been collected on services provided including outreach, individual therapy, group therapy, crisis/walk-ins, waitlist. 4. A student Mental Health Center has been established, with appropriate space, furniture and equipment. There is available appropriate clerical staff. 5. A sustainable mental health program has grown from the seed grant monies received in 2012-2013 and 2013-2014. 6. Multiple workshops on anger management have been held. 7. Multiple workshops on stress management have been held.
<p>SLO/SAO/PLO Mapping to Institutional Learning Outcomes (ILOs)</p>	<p>COA ILO: "Solve problems and make decisions in life and work using critical thinking, quantitative reasoning, community resources, and civic engagement."</p> <p>A.3 Student Success: Using baseline data, increase student engagement in activities such as student governance, student life activities, Student leadership development, service learning programs, learning communities, student employment, etc.</p> <p>A.4 Student Equity Planning: Address the achievement gap through fully developing and implementing the student success and equity plans at each campus.</p> <p>D.1 Service Leadership: Provide professional development opportunities for faculty, staff and administrators that lead to better service to our students and colleagues.</p>

II. ASSESSMENT, EVALUATION AND PLANNING

Quantitative Assessments	
<p><i>Include service area data such as number of students served by your unit/area. Include data and recommendations from program review.</i></p> <p><i>Include data used to assess your SLO/SAO/PLOs.</i></p>	<p>As of 11/12/14 there were over 416 individual or group visits involving Wellness Services in fall 2014 and over 500 students outreached through presentations and tabling.</p> <p>Physical Health Services</p> <ol style="list-style-type: none"> 1. Over 50 flu shots were provided on 10/22/14. 2. Acupuncture and massage have been held every two weeks with 39 out of 40 slots filled. Satisfaction surveys show that this program is well received. 3. 44 students requested band aids, condoms, menstrual products, ice packs, antacid, etc. 4. 4 students were referred to the Peralta Wellness Center for TB tests. 5. 3 eye vouchers were provided to students <p>Mental Health Services:</p> <ol style="list-style-type: none"> 1. Therapy to 41 students over 121 therapy sessions (over double the rate of last year) 2. Mental health consultation to 15 faculty members. 3. Crisis response to 10 individuals at risk of suicide, hospitalization, violence, or other mental decompensation. 4. Brief psycho-education or mental health support to 23 students 5. Outreach to 15 classes 6. Workshops for over 80 students on anger and/or stress management 7. Student groups, serving 32 students
Qualitative Assessments	
<p><i>Present evidence of community need based on advisory committee input, student surveys, focus groups, etc.</i></p> <p><i>Include data used to assess your SLO/SAO/PLOs.</i></p>	<p>See attached COA mental health survey. See attached selections from the California Community Colleges health survey.</p> <p>There is also demonstrated increased demand for mental health services as evidenced by double the utilization of services provided in the previous year.</p>

Identifying Strengths, Weaknesses, Opportunities, and Limitations

<p>Strengths <i>What are the STRENGTHS of your unit/area?</i></p>	<ol style="list-style-type: none"> 1. Health Services receives welcome support from other campus departments. 2. Demand and utilization of mental health services has grown dramatically and the program is expanding to meet student and community needs.
<p>Weaknesses <i>What are the current WEAKNESSES of your unit/area?</i></p>	<ol style="list-style-type: none"> 1. Currently there is one professional working and their hours will be cut in Spring 2015. This will leave wellness services unable to meet demand without expanding capacity.
<p>Opportunities <i>What are the OPPORTUNITIES in your unit/area?</i></p>	<ol style="list-style-type: none"> 1. There are ample funds in district Health Services for projects for COA. 2. There is the potential for increasing capacity for mental health provision by utilizing clinical interns, supervised by a licensed mental health professional. This is utilized in over 70 percent of California Community Colleges.
<p>Limitations <i>What are the current LIMITATIONS of your unit/area?</i></p>	<ol style="list-style-type: none"> 1. The Health Services office is small. Facilities need to be found for growth.

Action Plan for Continuous Improvement

Please describe your plan for the continuous improvement of your unit/area.

- A. Continue promotion of Health Services, both at COA and district:
 - 1. At COA: health screening, acupuncture, massage, free condoms, eye exam vouchers, dental care, HIV testing, Veteran's Center support services, fitness, the Affordable Care Act, substance abuse groups, mental health counseling, smoking cessation, and crisis intervention.
 - 2. At Peralta Wellness Center: urgent care, doctor's visits, sexually transmitted infection screening and treatment, HIV testing, immunizations (hepatitis B, flu shots, and tetanus shots), health education counseling, mental health counseling, tuberculosis testing, pregnancy testing, birth control and first aid.
- B. Develop a mental health center
 - 1) Locate space
 - 2) Utilize existing resources
- C. Work with administrator and human recourse to write a new position description which includes qualification as a mental health professional or nurse practitioner. Work with District Health Services to ensure that health services are available with physician oversight by a registered nurse. Officially get name of COA College Nurse changed to Health Services Coordinator.
- D. Have the soon-to-be vacant Health Services Coordinator position listed in the Faculty Priority List for new hires.
- E. Hire an additional adjunct mental health clinician or consultant to meet student demand if a full time mental health clinician is not yet hired.
- F. Consider the use of mental health interns for low-cost additional therapy hours for students, as part of a sustainable low-cost mental health program.
- G. Mental Health:

Based on the results from the Preferences for Personal Counseling and Support Services survey completed in Spring 2012 and demonstrated need, the College Of Alameda (COA) WRAP program and mental health coordination will be shifting focus to meet the stated needs of the students at COA. Our goals are to provide brief psychotherapy and crisis intervention, regular (weekly) support groups that address wellness strategies and substance abuse, promotion to raise awareness of campus mental health needs and services, and a workshop series aimed to address many of the topics students have rated important
- H. The increased hours for services for the mental health counselor have indicated the need for increased availability of mental health counseling for students at COA. The mental health counselor has increased hours from 20 to 30/week but continues to maintain a full caseload and have a waitlist. The counselor's hours will be reduced in the spring. Additional options for increasing potential service provision will be explored.

Part of the increased demand for services due to increased outreach to classrooms and students over the past year. Continue outreach regarding services to increase awareness of services and decrease mental health stigma on COA's campus.

Additional Planned Educational Activities Towards FTES, Student Success, Persistence, and Completion

Describe your unit/area's plan to meet district FTES target and address student success, persistence, and completion, especially for unprepared, underrepresented, and underserved students. (See Student Success Scorecard-<http://scorecard.cccco.edu/scorecard.aspx>)

<p>Meet District FTES Target for AY2013-2014 of 18,830</p>	<p>n/a</p>																
<p>Increase Student Success</p>	<p>Health Services is predicated on the assumption that students who utilize health services are more likely to succeed, to persist and to complete. This is demonstrated in survey responses from the attached excerpts from the HSACCC Research Report.</p> <p>Of 48 surveys completed after a therapy session, students were asked if the session helped them toward their college and life goals. Their responses were as follows:</p> <p>Was this session helpful toward meeting your life goals</p> <table border="1"> <thead> <tr> <th>Not helpful</th> <th>A little helpful</th> <th>Helpful</th> <th>Very helpful</th> </tr> </thead> <tbody> <tr> <td>0</td> <td>2%</td> <td>39%</td> <td>59%</td> </tr> </tbody> </table> <p>Was this session helpful toward meeting your college goals</p> <table border="1"> <thead> <tr> <th>Not helpful</th> <th>A little helpful</th> <th>Helpful</th> <th>Very helpful</th> </tr> </thead> <tbody> <tr> <td>0</td> <td>4%</td> <td>46%</td> <td>50%</td> </tr> </tbody> </table> <p>Over 95% of students stated that the therapy sessions were either helpful or very helpful in accomplishing their life and college goals</p>	Not helpful	A little helpful	Helpful	Very helpful	0	2%	39%	59%	Not helpful	A little helpful	Helpful	Very helpful	0	4%	46%	50%
Not helpful	A little helpful	Helpful	Very helpful														
0	2%	39%	59%														
Not helpful	A little helpful	Helpful	Very helpful														
0	4%	46%	50%														
<p>Increase Persistence <i>Percentage of degree and/or transfer-seeking students who enroll in the first three consecutive terms. This metric is considered a milestone or momentum point, research shows that students with sustained enrollment are more likely to succeed.</i></p>	<p>Analysis for is unavailable at this time. This may be available in the future.</p>																

Increase College Completion

Percentage of degree and/or transfer-seeking students who complete a degree, certificate or transfer related outcomes.

Analysis for is unavailable at this time. This may be available in the future.

III. RESOURCE NEEDS

Human Resource/Personnel

Please describe any human resource/personnel needs for your unit/area.

Current Staffing Level:	Headcount	FTE Equiv.	
	Faculty (Permanent)	0	0.7 (on leave and retiring)
	Faculty (PT/Adjunct)	1	0.67
	Classified Staff (Permanent)	0	0
	Classified Staff (Hourly)	0	0
	Students	0	0
	ICC/Consultant/Other	0	0
<p>Narrative: <i>Describe the current staffing level in relation to the relative need for effective delivery of your unit/area's programs and services.</i></p> <p><i>Discuss any current position vacancies, the need for additional personnel, the need for permanent faculty/staff instead of adjunct/hourly personnel, etc.</i></p> <p><i>Describe implications of the current staffing level in your unit/area to overall service delivery.</i></p>	<p>The current staffing is one part time Health Services Coordinator/Mental Health Counselor (0.67 FTEF).</p> <p>The HSC/MHC coordinates health services and does program planning, coordinates student activities for mental health programs, and provides one-on-one therapy, crisis intervention, and consultation.</p> <p>The HSC should be filled at 1.0 FTEF. The current HSC, who is out on leave, will be retiring in May 2014, and a replacement will need to be found. It is recommended that a Licensed Mental Health Professional be found to fill this position in order to implement a mental health internship program and expand mental health service provision.</p> <p>Full-time one-on-one mental health services are indicated. Current needs indicate that an additional adjunct mental health counselor or contracted therapist is needed for the 2015 Spring semester unless a full time position is created.</p>		
<p>Human Resource/Personnel Requests <i>List your human resource/personnel requests in prioritized/ranked order.</i></p> <p><i>Human resource/personnel requests will go through the established College and District planning and budgeting process.</i></p>	<ol style="list-style-type: none"> 1. Filling the 1.0 HSC position as soon as possible by a licensed mental health professional. 2. Hiring an additional adjunct mental health counselor or contracted therapist if a full time position is not filled. 		

Facilities/Infrastructure

Please describe any facilities/infrastructure needs for your unit/area.

<p>Narrative: Describe the current facilities/infrastructure of your unit/area in relation to the relative need for effective delivery of programs and services.</p> <p>Describe implications of the current state of facilities/infrastructure in your unit/area to overall service delivery.</p>	<p>Currently, Health Services is one office with two rooms (office, exam room) and a waiting area. There is no room for clerical support. Limited one-day clinics are run from the exam room while the HSC is in attendance in the office area. Currently mental health services are provided in another location in the F-building. It is likely that this space will not be available in the Spring of 2015 due to student activities renovations.</p> <p>It will be necessary to have two offices for mental health service provision to meet the expanding need of students.</p>
<p>Facilities/Infrastructure Requests List your facilities requests in prioritized/ranked order.</p> <p>Facilities requests will go through the established College and District planning and budgeting process.</p>	<p>The suite of rooms in F-205 and an additional office are requested for wellness services.</p>

Technology

Please describe any technology needs for your unit/area.

<p>Narrative: Describe the technology needs of your unit/area in relation to the relative need for effective delivery of programs and services.</p> <p>Describe implications of the current state of technology in your unit/area to overall service delivery.</p>	<p>Hardware has been ordered from Health Fee funds.</p> <p>Folders for student files, toner, and telephone connection will likely be needed in the near future. Additional computer upgrades may be needed eventually.</p> <p>Future need may be for Medical Record Technology, if the new Health Services Coordinator wishes.</p>
<p>Technology Requests List your technology requests in prioritized/ranked order.</p> <p>Technology requests will go through the established College and District planning and budgeting process.</p>	<ol style="list-style-type: none"> 1. A budget of 1,000 dollars for office supplies. 2. Telephone connection may be needed depending on future office space. 3. Updated or additional computers, depending on the Wellness Services configuration.

IV. OTHER

Please feel free to provide any additional information about your unit/area below.

Results: Preferences for Personal Counseling and Support Services COA Morning Students Spring 2012

1. Which college do you attend most frequently? (Please check one only)

Berkeley City College 0%	College of Alameda 100% (n~22; variable per question)	Laney College 0%	Merritt College 0%
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Below are some services that we may offer. Please choose whether you would NEVER USE [A] PROBABLY WOULDN'T USE [B], MIGHT USE [C], PROBABLY WOULD USE [D], or WOULD DEFINITELY USE [E] each option for services listed below.

	I WOULD NEVER USE	I PROBABLY WOULDN'T USE	I MIGHT USE	I PROBABLY WOULD USE	I WOULD DEFINITELY USE
2. One-on-one personal counseling	0%	0%	0%	0%	100%
3. Support groups that meet regularly	0%	40%	30%	0%	30%
4. Workshops on stress/anxiety issues & self-care	0%	36%	45%	18%	0%
5. Awareness campaigns for mental health issues	36%	18%	0%	18%	27%
6. Psychiatric medication prescribed by a doctor	67%	33%	0%	0%	0%
7. Website with stress/anxiety & well-being resources	40%	20%	0%	10%	30%
8. Group support for alcohol & drug abuse (such as AA or NA)	71%	29%	0%	0%	0%
9. Peer-to-peer counseling	20%	10%	30%	40%	0%
10. Workshops on meditation, yoga & other well-being techniques	0%	0%	33%	0%	67%

Would you like to see workshop(s) on?

11. Stress Management	Yes 85%	No 15%
12. Healthy Relationships	Yes 89%	No 11%
13. Anger Management/Emotions Management	Yes 76%	No 24%
14. Suicide Prevention	Yes 64%	No 36%
15. Test Anxiety Management	Yes 76%	No 24%
16. Time Management	Yes 81%	No 19%
17. Violence in Relationships/Community	Yes 90%	No 10%
18. Coping with Grief & Loss	Yes 88%	No 12%

19. What time of day would you most prefer to access	Morning 100%	Afternoon 0%	Evening 0%
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services?					
20. Have you had previous experience with personal counseling or mental health services before? (These includes working with physicians, therapists, case managers, counselors)				Yes 60%	No 40%
21. <i>If you answered "Yes" to the question above (#20)</i> , would you describe your previous experience with mental health services, as overall positive or overall negative?				Overall positive 100%	Overall negative 0%
22. What is your preferred source of health information?	Physician or health care provider 77%	Family or friends 23%	Internet 0%	Radio or television 0%	Other 0%

Many people experience stress in their lives. Which of the following is/are a source of stress in your life?

23. Relationships	Yes 56%	No 44%
24. Bills/finances	Yes 84%	No 16%
25. Violence/crime	Yes 11%	No 89%
26. Family problems	Yes 63%	No 37%
27. Health problems	Yes 47%	No 53%
28. Housing problems	Yes 21%	No 79%
29. Exams/schoolwork	Yes 90%	No 10%
30. Too many responsibilities	Yes 58%	No 42%

When you are faced with moments of difficulty or stress, who of the following do you turn to for support?

31. Spouse or partner	Yes 89%	No 11%			
32. Other family members (parents, siblings, etc)	Yes 79%	No 21%			
33. Friends	Yes 89%	No 11%			
34. Church, temple or other spiritual community	Yes 32%	No 68%			
35. Physician, therapist or other health provider	Yes 21%	No 79%			
36. Faculty or academic counselors	Yes 0%	No 100%			
37. Peer or group programs on college campus	Yes 0%	No 100%			
38. Gender:	Male 22%	Female 78%	Transgender 0%	Decline to state 0%	
39. Age:	18 – 20: 22%	21 – 26: 78%	27 – 35: 0%	36 – 45: 0%	45+: 0%
40. Race/ethnicity:	White 20%	African American 80%	Latino/Hispanic 0%	Asian/Native Hawaiian or Pacific Islander 0%	Other 0%
41. Sexual orientation:	Heterosexual 100%	Gay 0%	Lesbian 0%	Bisexual 0%	Decline to state 8%
42. Do you currently live at home with your parents or guardians?	Yes 39%	No 61%			
43. Do you have health insurance?	Yes 58%	No 42%			
44. Highest level of education you have completed?	Middle school or less 0%	Some high school/vocational school 0%	High school graduate/GED 13%	Some college (or currently in college) 87%	College graduate 0%
45. Current employment status		Full-time 7%	Part-time 29%	Unemployed 64%	Retired 0%

**Results: Preferences for Personal Counseling and Support Services
COA Afternoon Students
Spring 2012**

1. Which college do you attend most frequently? (Please check one only)

Berkeley City College 0	College of Alameda 100% (n~57; variable per	Laney College 0	Merritt College 0
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question)

Below are some services that we may offer. Please choose whether you would NEVER USE [A] PROBABLY WOULDN'T USE [B], MIGHT USE [C], PROBABLY WOULD USE [D], or WOULD DEFINITELY USE [E] each option for services listed below.

	I WOULD NEVER USE	I PROBABLY WOULDN'T USE	I MIGHT USE	I PROBABLY WOULD USE	I WOULD DEFINITELY USE
2. One-on-one personal counseling	2%	18%	16%	24%	41%
3. Support groups that meet regularly	18%	35%	25%	10%	12%
4. Workshops on stress/anxiety issues & self-care	18%	30%	26%	18%	8%
5. Awareness campaigns for mental health issues	25%	51%	14%	6%	4%
6. Psychiatric medication prescribed by a doctor	37%	35%	16%	2%	10%
7. Website with stress/anxiety & well-being resources	20%	24%	29%	8%	20%
8. Group support for alcohol & drug abuse (such as AA or NA)	61%	29%	8%	0%	2%
9. Peer-to-peer counseling	25%	24%	20%	24%	8%
10. Workshops on meditation, yoga & other well-being techniques	4%	18%	29%	20%	29%

Would you like to see workshop(s) on?

11. Stress Management	Yes 57%	No 43%
12. Healthy Relationships	Yes 67%	No 33%
13. Anger Management/Emotions Management	Yes 57%	No 43%
14. Suicide Prevention	Yes 46%	No 54%
15. Test Anxiety Management	Yes 57%	No 43%
16. Time Management	Yes 72%	No 28%
17. Violence in Relationships/Community	Yes 64%	No 36%
18. Coping with Grief & Loss	Yes 49%	No 51%

19. What time of day would you most prefer to access services?	Morning 0%	Afternoon 100%	Evening 0%		
20. Have you had previous experience with personal counseling or mental health services before? (These includes working with physicians, therapists, case managers, counselors)	Yes 45%	No 55%			
21. If you answered "Yes" to the question above (#20), would you describe your previous experience with mental health services, as overall positive or overall negative?	Overall positive 69%	Overall negative 31%			
22. What is your preferred source of health information?	Physician or health care provider 74%	Family or friends 19%	Internet 8%	Radio or television 0%	Other 0%

Many people experience stress in their lives. Which of the following is/are a source of stress in your life?

23. Relationships	Yes 66%	No 34%
24. Bills/finances	Yes 80%	No 20%
25. Violence/crime	Yes 77%	No 23%
26. Family problems	Yes 54%	No 46%
27. Health problems	Yes 48%	No 52%
28. Housing problems	Yes 36%	No 64%
29. Exams/schoolwork	Yes 79%	No 21%
30. Too many responsibilities	Yes 54%	No 46%

When you are faced with moments of difficulty or stress, who of the following do you turn to for support?

31. Spouse or partner	Yes 38%	No 62%			
32. Other family members (parents, siblings, etc)	Yes 68%	No 32%			
33. Friends	Yes 71%	No 29%			
34. Church, temple or other spiritual community	Yes 23%	No 77%			
35. Physician, therapist or other health provider	Yes 15%	No 85%			
36. Faculty or academic counselors	Yes 11%	No 89%			
37. Peer or group programs on college campus	Yes 9%	No 91%			
38. Gender:	Male 36%	Female 64%	Transgender 0%	Decline to state 0%	
39. Age:	18 – 20: 29%	21 – 26: 35%	27 – 35: 27%	36 – 45: 0%	45+: 8%
40. Race/ethnicity:	White 27%	African American 17%	Latino/Hispanic 17%	Asian/Native Hawaiian or Pacific Islander 33%	Other 6%
41. Sexual orientation:	Heterosexual 86%	Gay 0%	Lesbian 0%	Bisexual 0%	Decline to state 0%
42. Do you currently live at home with your parents or guardians?	Yes 50%	No 50%			
43. Do you have health insurance?	Yes 59%	No 41%			
44. Highest level of education you have completed?	Middle school or less 0%	Some high school/vocational school 6%	High school graduate/GED 18%	Some college (or currently in college) 49%	College graduate 27%
45. Current employment status	Full-time 6%	Part-time 53%	Unemployed 40%	Retired 0%	

**Results: Preferences for Personal Counseling and Support Services
COA Evening Students
Spring 2012**

1. Which college do you attend most frequently? (Please check one only)

Berkeley City College 0	College of Alameda 100% (n~36; variable per question)	Laney College 0	Merritt College 0
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Below are some services that we may offer. Please choose whether you would NEVER USE [A] PROBABLY WOULDN'T USE [B], MIGHT USE [C], PROBABLY WOULD USE [D], or WOULD DEFINITELY USE [E] each option for services listed below.

	I WOULD NEVER USE	I PROBABLY WOULDN'T USE	I MIGHT USE	I PROBABLY WOULD USE	I WOULD DEFINITELY USE
2. One-on-one personal counseling	19%	6%	19%	28%	28%
3. Support groups that meet regularly	28%	28%	25%	14%	6%

4. Workshops on stress/anxiety issues & self-care	25%	19%	39%	6%	11%
5. Awareness campaigns for mental health issues	39%	31%	17%	8%	6%
6. Psychiatric medication prescribed by a doctor	50%	28%	6%	8%	8%
7. Website with stress/anxiety & well-being resources	17%	17%	33%	22%	11%
8. Group support for alcohol & drug abuse (such as AA or NA)	58%	22%	8%	8%	3%
9. Peer-to-peer counseling	22%	31%	39%	3%	6%
10. Workshops on meditation, yoga & other well-being techniques	38%	6%	17%	15%	25%

Would you like to see workshop(s) on?

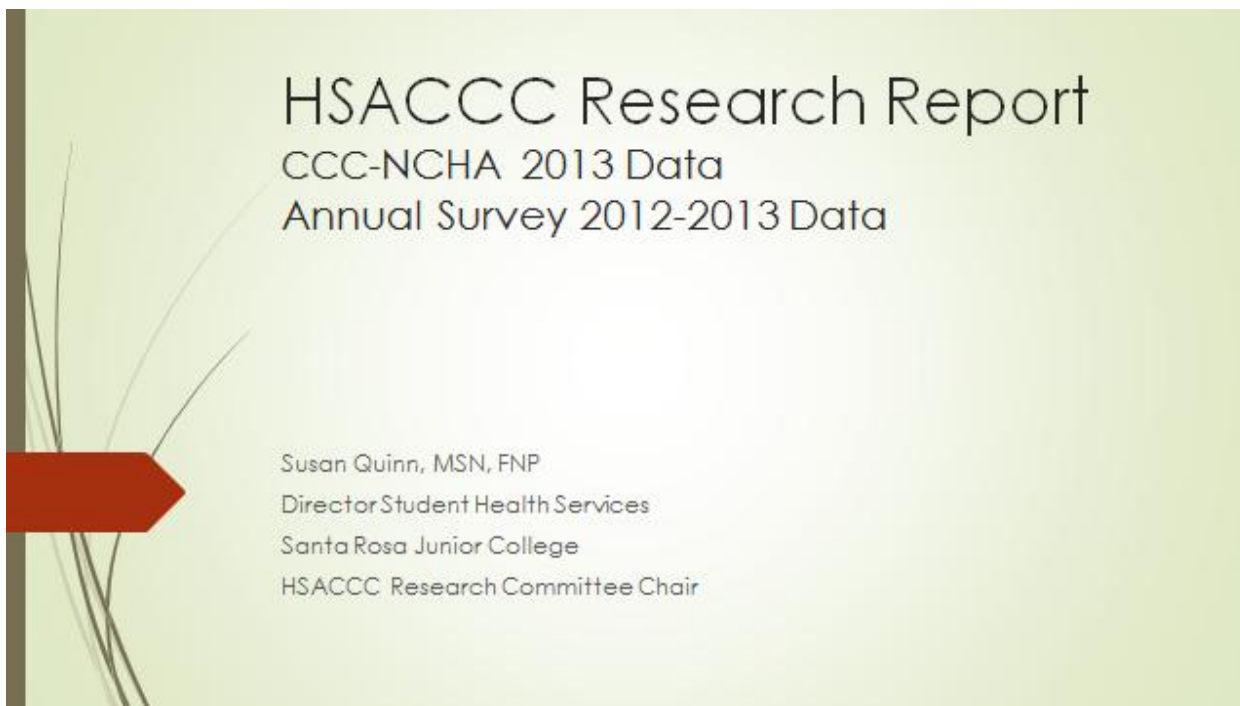
11. Stress Management	Yes 61%	No 39%
12. Healthy Relationships	Yes 57%	No 43%
13. Anger Management/Emotions Management	Yes 49%	No 51%
14. Suicide Prevention	Yes 55%	No 45%
15. Test Anxiety Management	Yes 60%	No 40%
16. Time Management	Yes 59%	No 41%
17. Violence in Relationships/Community	Yes 53%	No 47%
18. Coping with Grief & Loss	Yes 50%	No 50%

19. What time of day would you most prefer to access services?	Morning 0%	Afternoon 0%	Evening 100%		
20. Have you had previous experience with personal counseling or mental health services before? (These includes working with physicians, therapists, case managers, counselors)	Yes 42%	No 58%			
21. If you answered "Yes" to the question above (#20) , would you describe your previous experience with mental health services, as overall positive or overall negative?	Overall positive 84%	Overall negative 16%			
22. What is your preferred source of health information?	Physician or health care provider 76%	Family or friends 6%	Internet 18%	Radio or television 0%	Other 0%

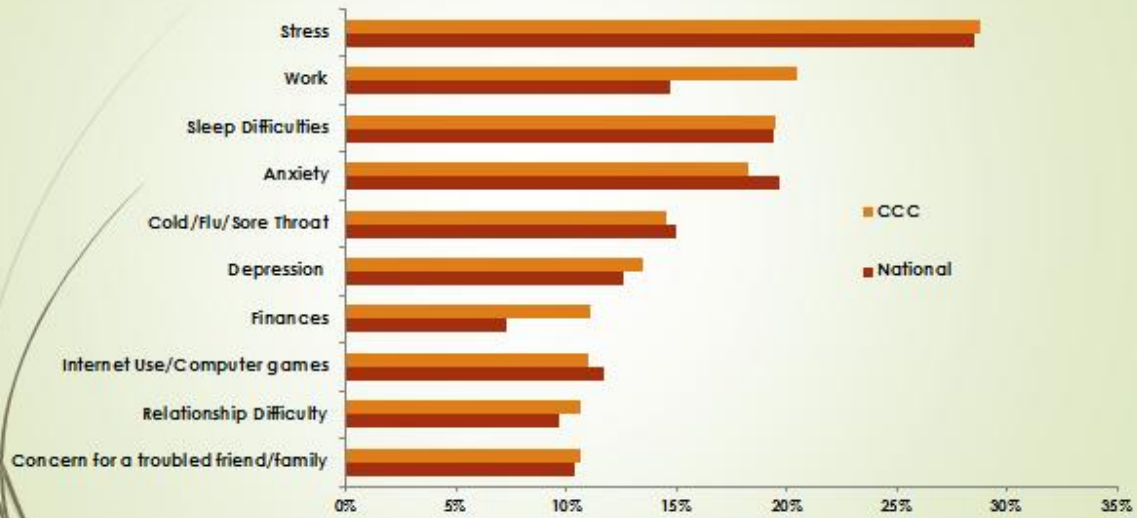
Many people experience stress in their lives. Which of the following is/are a source of stress in your life?

23. Relationships	Yes 56%	No 44%
24. Bills/finances	Yes 79%	No 21%
25. Violence/crime	Yes 21%	No 79%
26. Family problems	Yes 44%	No 56%
27. Health problems	Yes 41%	No 59%
28. Housing problems	Yes 35%	No 65%
29. Exams/schoolwork	Yes 68%	No 32%

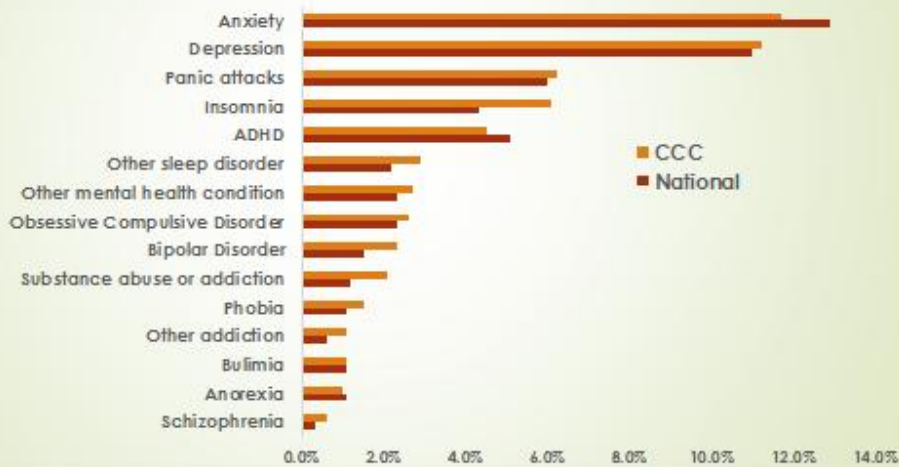
30. Too many responsibilities		Yes 65%	No 35%		
When you are faced with moments of difficulty or stress, who of the following do you turn to for support?					
31. Spouse or partner		Yes 55%	No 45%		
32. Other family members (parents, siblings, etc)		Yes 64%	No 36%		
33. Friends		Yes 85%	No 15%		
34. Church, temple or other spiritual community		Yes 36%	No 64%		
35. Physician, therapist or other health provider		Yes 32%	No 68%		
36. Faculty or academic counselors		Yes 18%	No 82%		
37. Peer or group programs on college campus		Yes 12%	No 88%		
38. Gender:	Male 32%	Female 65%	Transgender 0%	Decline to state 3%	
39. Age:	18 – 20: 14%	21 – 26: 52%	27 – 35: 0%	36 – 45: 19%	45+: 14%
40. Race/ethnicity:	White 32%	African American 18%	Latino/Hispanic 6%	Asian/Native Hawaiian or Pacific Islander 35%	Other 9%
41. Sexual orientation:	Heterosexual 88%	Gay 6%	Lesbian 0%	Bisexual 0%	Decline to state 6%
42. Do you currently live at home with your parents or guardians?		Yes 29%	No 71%		
43. Do you have health insurance?		Yes 79%	No 21%		
44. Highest level of education you have completed?	Middle school or less 0%	Some high school/vocational school 0%	High school graduate/GED 9%	Some college (or currently in college) 44%	College graduate 47%
45. Current employment status		Full-time 38%	Part-time 25%	Unemployed 38%	Retired 0%



Negative Impact on Academic Success

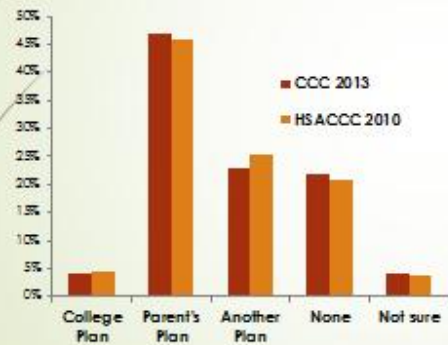


Conditions Diagnosed and/or Treated Within the Last 12 Months – Mental Health (Top 15)

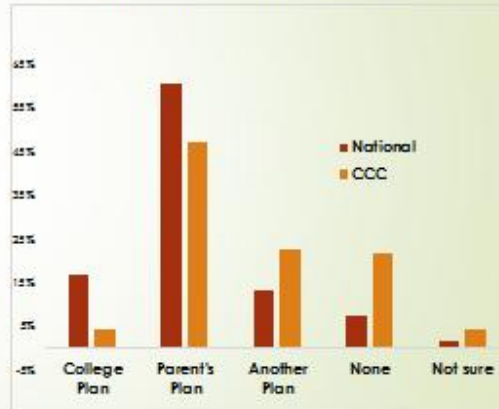


Health Insurance

Trend CCC Students 2010 to 2013*



Comparison CCC/National 2013



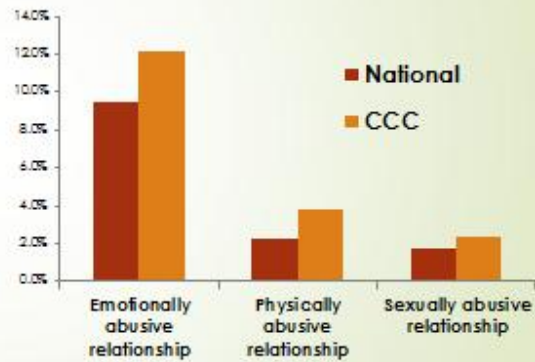
* Trends provided today within the CCC student population are using the 2010 HSACCC NCHA Consortium data and 2013 CCC NCHA data

Relationships

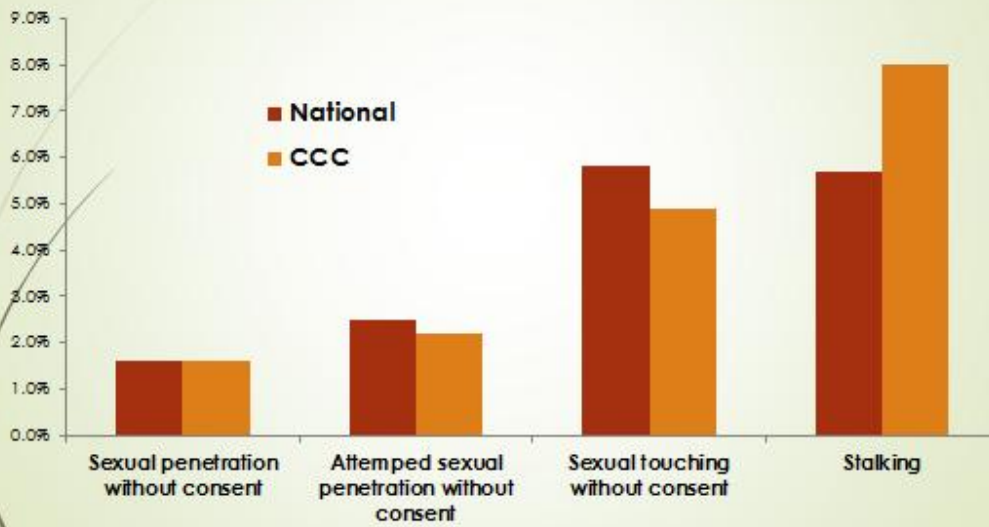
Relationship Status



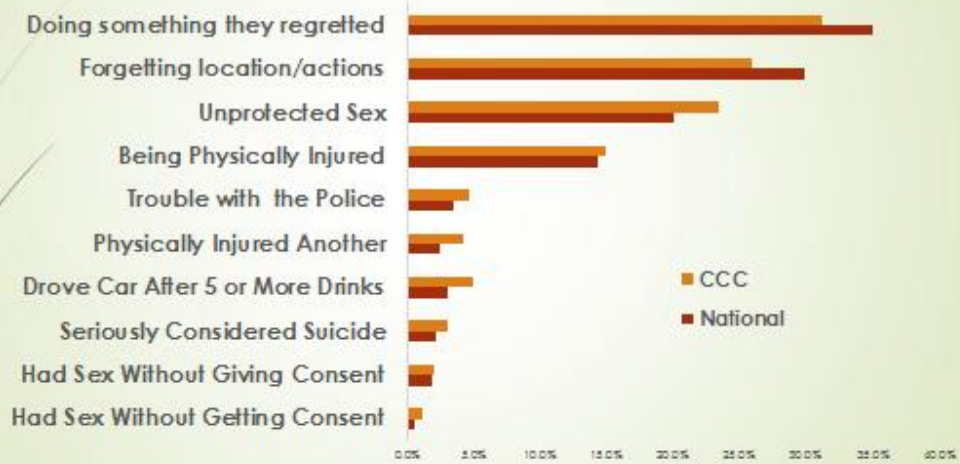
Relationship Violence



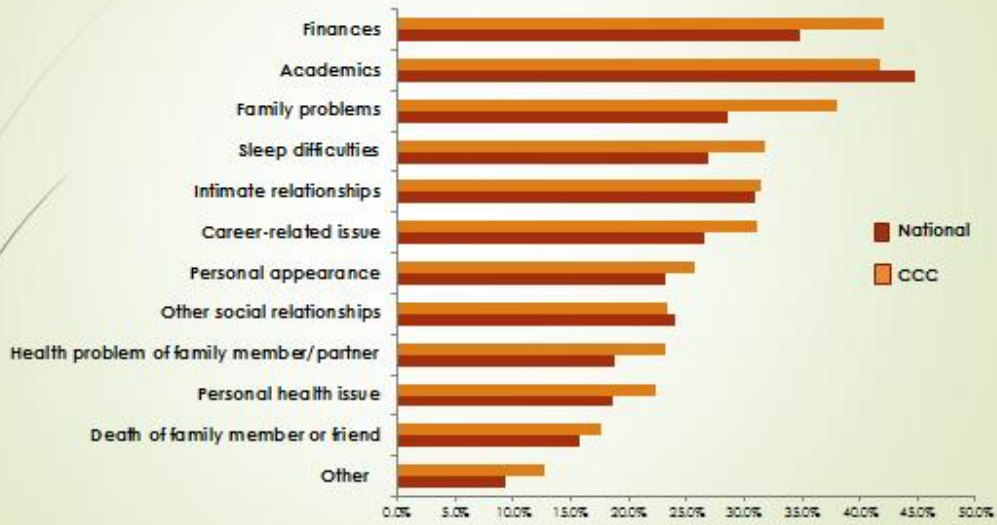
Violence-Sexual Assault



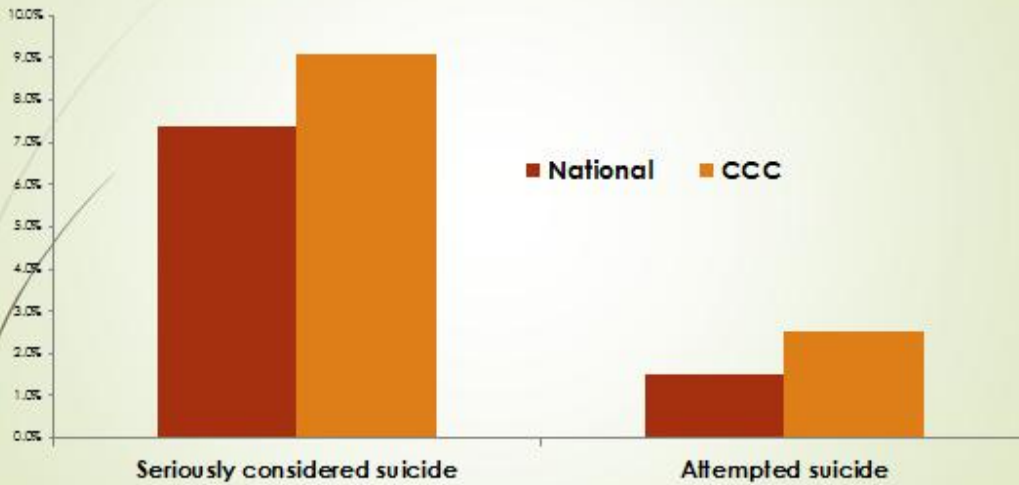
Negative Consequences of Drinking Alcohol



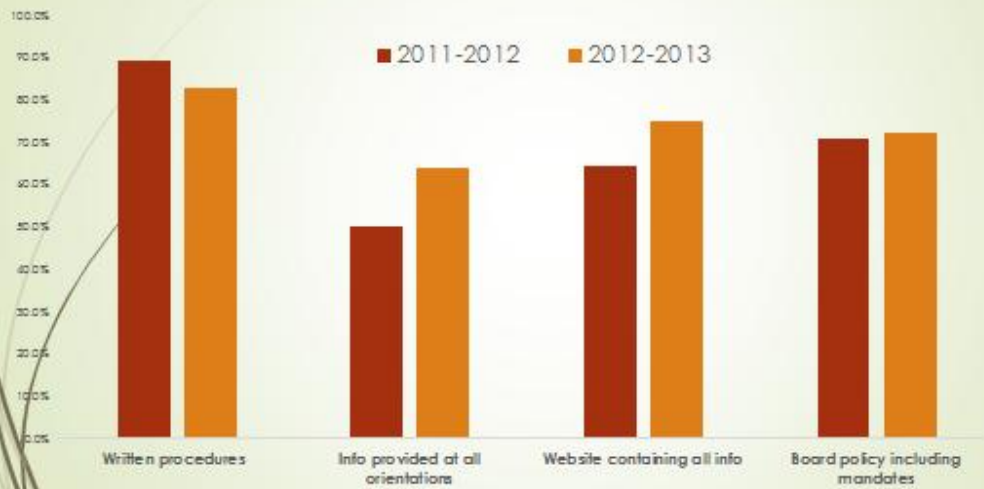
Traumatic/Difficult to Handle Last 12 Months



Suicide

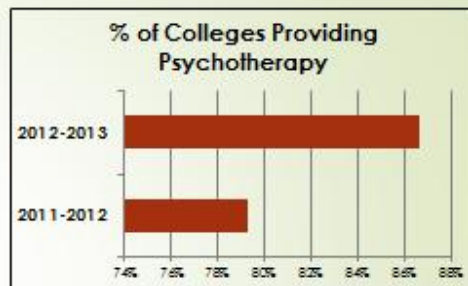
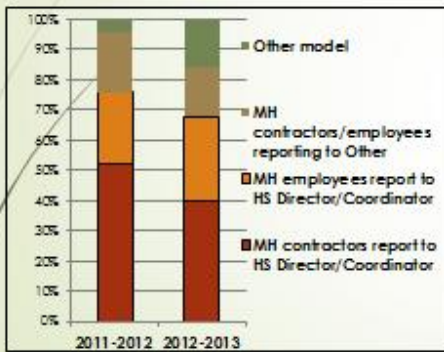


Sexual Assault Prevention and Response – Fully Compliant

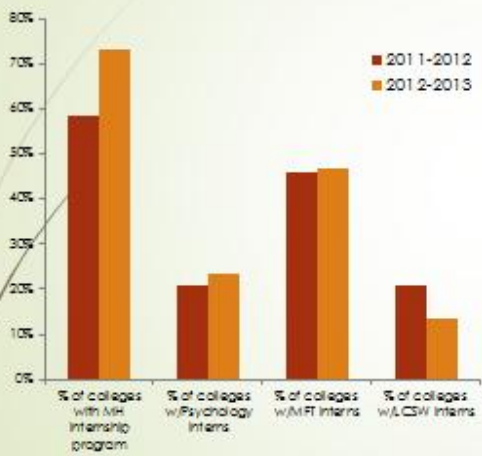


Mental Health ONE YEAR'S PROGRESS!!

Increase in direct mental health services
Paid for by the Health Fee
Under the supervision of Health Services Directors/Coordinators



Mental Health Internship Programs



Colleges Providing Psychotropic Medications

