



PREVENTIVE MENTAL HEALTH IN THE CALIFORNIA COMMUNITY COLLEGES: GROWING THE POSSIBILITIES

Program Outline
West Valley College
March 18, 2011

8:30AM to 9:30AM

Registration and Continental Breakfast

Fox Center – 1st Floor Hallway

Please no food or drink in Room 120

9:30AM to 9:40AM

Welcome

Fox Center – Room 120

9:40AM to 10:00AM

Snapshot of California Community College Students and Mental Health Services

Fox Center – Room 120

10:00AM to 12:00PM

National College Depression Partnership (NCDP): Expanding Health and Counseling Services' Role in Prevention to Support Student Learning and Retention

Michael Klein, PhD

Fox Center – Room 120

CEU 2.0

The NCDP is a high-impact professional development consortium of 30 colleges and universities that seeks to improve depression identification and treatment services. An evidence-based approach is utilized to assist college health centers maximize their existing resources to provide optimal outcomes-guided care. Effective depression care relieves suffering, improves readiness to learn, and promotes student retention and success.

At the completion of this presentation participants will:

1. Identify key elements to the collaborative depression care model
2. Consider how this model supports student retention and success
3. View potential use in the community college setting

12:00PM to 1:00PM

Lunch and Resource Exchange

- **Box Lunches & Resource Table**

**Fox Center – 2nd Floor Mezzanine
(1st Floor and Outdoors
weather-dependent)**

Please no food or drink in Room 120

1:00PM to 2:00PM

Fox Center – Room 120

A Collaborative MHSA-PEI Grant Project: Santa Rosa Junior College

CEU 1.0

Jeane Erlenborn, MPH
Susan Quinn, MSN, FNP

In Fall 2010 a Prevention Early Intervention (PEI) grant project was funded through Sonoma County Mental Health in collaboration with Santa Rosa Junior College with the goal of providing a range of prevention services to transitional aged youth in Sonoma County in a setting where many of them attend school.

At the completion of this presentation, participants will:

1. Describe a collaborative program model within a County-based MHSA-PEI program.
2. Identify the five components of an established MHSA-PEI grant project in a California community college.
3. Describe three preventive mental health activities applied in a community college setting.

2:00 to 3:00PM

Fox Center – Room 120

Cultivating California Community Colleges Student Mental Health Initiatives

CEU 1.0

Betsy Sheldon

In preparation for responding to the Request for Application (RFA) by CalMHSA, the California Community College Chancellor's Office (CCCCO) and a statewide Mental Health Advisory Committee have worked to outline a set of initiatives that maybe the focus of this limited statewide mental health funding. This session will address possible student mental health initiatives.

At the completion of this presentation, participants will:

1. Identify two aspects of the Mental Health Services Act (MHSA) relevant to the CCCCCO;
2. List three pilot projects undertaken by the CCCCCO during the past year that address student mental health (At-Risk; ISP, Zellerbach Family Foundation Grant);
3. Identify at least three opportunities to support student mental health through the MHSA statewide projects.

3:00 to 3:15PM

Fox Center – 1st Floor Hallway

Evaluations

Dissemination of CEU Certificates/Professional Development Vouchers

Biographical Summaries of Speakers

Michael C. Klein completed his Ph.D. in clinical psychology from Long Island University – Brooklyn Campus in 2006. He began his career at New York University as a Clinical Fellow at the counseling center and coordinating the College Breakthrough Series-Depression (CBS-D), a regional healthcare quality improvement project that involved eight college health centers focused on improving depression identification and treatment. Michael assumed the role of Co-Principal Investigator in 2008 to help co-lead the development and management of the expanded *National College Depression Partnership*, which included 20 college campus health centers. Michael has presented at college health conferences all over the country and co-authored several articles in widely circulated college health journals & magazines including the *Journal of American College Health*, *Student Health Spectrum* and the *ACHA Action Newsletter*. Michael also works as a staff psychologist at NYU Counseling and Wellness Services, where he treats individuals and couples in psychotherapy for a wide variety of mental health problems. He holds academic appointments at New York University & Baruch College in the department of psychology, and is in private practice in Manhattan, NY.

Jeane Erlenborn, MPH, has been working in the field of prevention for 10 years, and as the PEI grant coordinator at Santa Rosa Junior College for the past year. Previously Jeane has worked as a specialist in sexual assault prevention and alcohol and other drug prevention, as well as with the Prevention Institute in Oakland. She received her BA in Psychology from Georgetown University, and her MPH from UCLA.

Susan Quinn, FNP, RN, has been working in college health for 15 years at Santa Rosa Junior College and has served as Director of Student Health since 1997. She previously worked as a nurse and nurse practitioner in various mental health, community health and primary care settings. She received her BSN at the University of Michigan and her MSN in the Family Nurse Practitioner program at Sonoma State University.

Betsy Sheldon works at the California Community Colleges Chancellor's Office (CCCCO) as a Mental Health Services Specialist and has been at the CCCCCO since July 2009. Her role includes staffing the CCC Mental Health Services Advisory Committee (CCCMHSAC), a statewide advisory committee that provides support to the CCCCCO as one of 15 state agencies that collaborate with the Department of Mental Health to fulfill overall goals of the Mental Health Services Act (MHSA).

Betsy is also the project coordinator for a private grant from the Zellerbach Family Foundation (ZFF) from which the CCCCCO received \$75,000 to support the development, pilot testing, and implementation of a training program for faculty and staff about the mental health needs of student veterans. The major objectives of the training are to increase awareness about the signs and symptoms of post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), and depression so that faculty and staff can better understand how these conditions might impact student success in the classroom and on campus.

Previously, Betsy served as a project manager at California Department of Education and the Little Hoover Commission, and as a supervisor and research specialist at the Department of Alcohol and Drug Programs. She also participated in the development of the California Strategic Plan for Suicide Prevention. Betsy received her B.A. in Sociology from the University of California at San Diego, and a Master's Degree in Sociology from the University of North Carolina at Chapel Hill.