

SNAPSHOT of California Community College Students and Mental Health Services

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*What have we learned
about our students?*

**HSACCC's
ACHA-NCHA II 2010
Consortium Project**

Participating Campuses



- **North** **N=7**
- **Central** **N=3**
- **South** **N=4**

ACHA-NCHA II

HSACCC Consortium – Spring 2010

- 14 Colleges
- N = 11,386 Students
- F 52.7% M 41.6% Tr 0.3%
- Av Age - 24.20
- Age >24 – 26%
- Part time status – 30.5%
- Live w/Parent/guardian – 64.4%
- Work hours for pay – 61.2 %



ETHNICITY

ACHA-NCHA Cohort

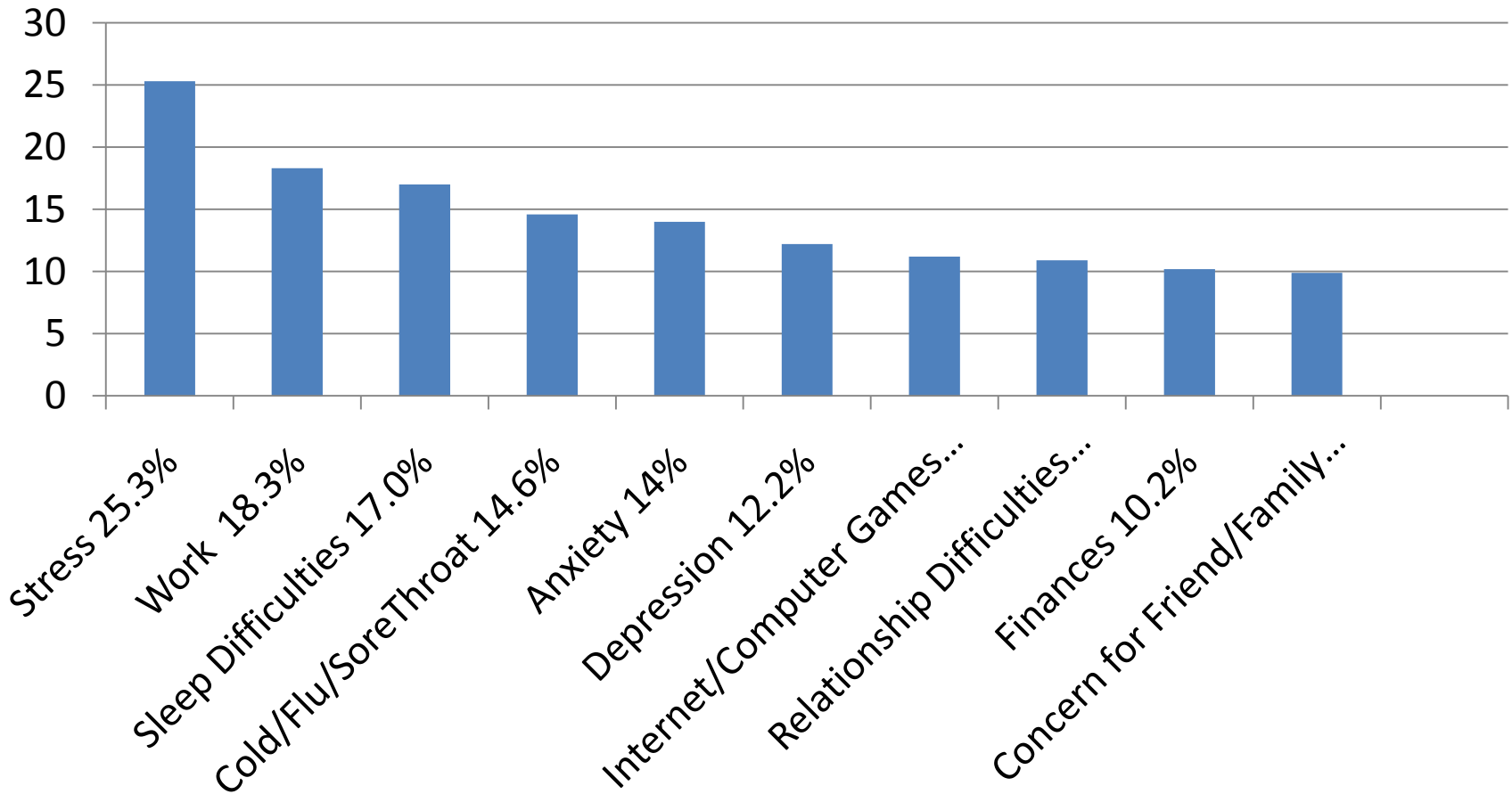
White	39.4%
Black – not Hispanic	4.3%
Hispanic/Latino(a)	26.4%
Asian/Pacific Islander	20.7%
American Indian/Alaskan Native Or Native Hawaiian	1.9%
Biracial/Multiracial	5.1%
Other	5.7%

STATEWIDE

White	31%
African American	7%
Hispanic	30%
Asian	11%
Pacific Islander	0.5%
Filipino	3%
American Indian/Alaskan Native	0.5%
Multiracial	1%
Unknown	16%

MENTAL HEALTH OF CCC STUDENTS

Top 10 Factors CCC Students Report Impact Academic Performance

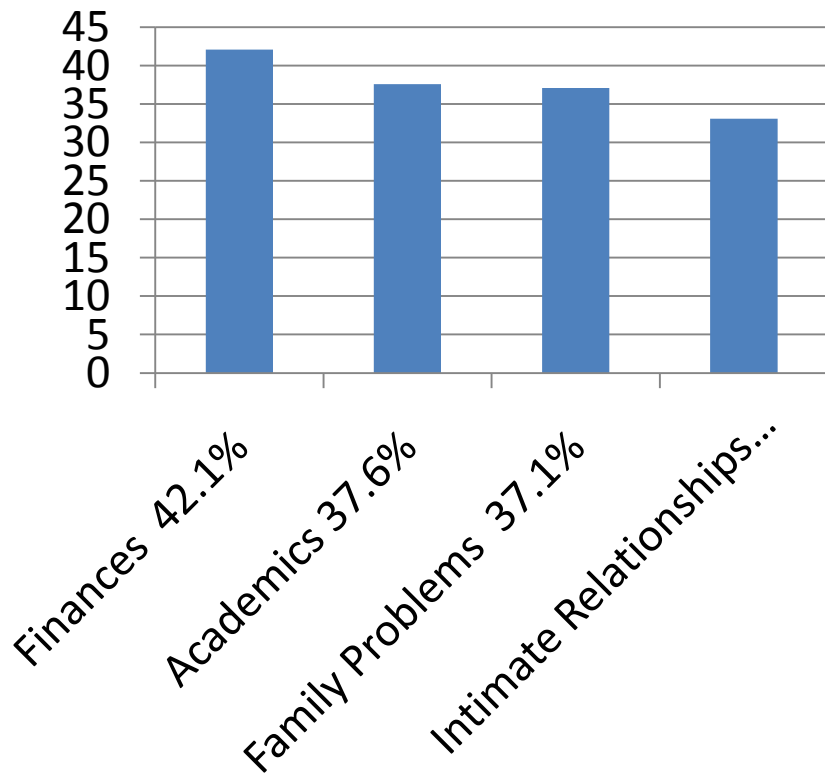


Mental Health Experience anytime in last 12 Months

1. Overwhelmed	72.8%
2. Exhausted (not physical activity)	69.0
3. Very Sad	57.3
4. Very Lonely	50.7
5. Hopeless	48.4
6. Overwhelming Anxiety	43.7
7. Overwhelming Anger	43.3
8. So Depressed difficult to function	33.9
9. Seriously considered suicide	8.2
10. Intentionally injured self	7.4
11. Attempted suicide	2.6

Mental Health Experience anytime in last 12 months

Traumatic/Difficult to Handle



Diagnosed or Treated by Prof.

- Anxiety 9.4%
- Depression 9.4%
- Panic Attacks 5.1
- Insomnia 4.9
- ADHD 3.7

*What have we learned about
CCC Health and Mental Health
Services?*

**HSACCC's
Annual Survey 2009-2010**

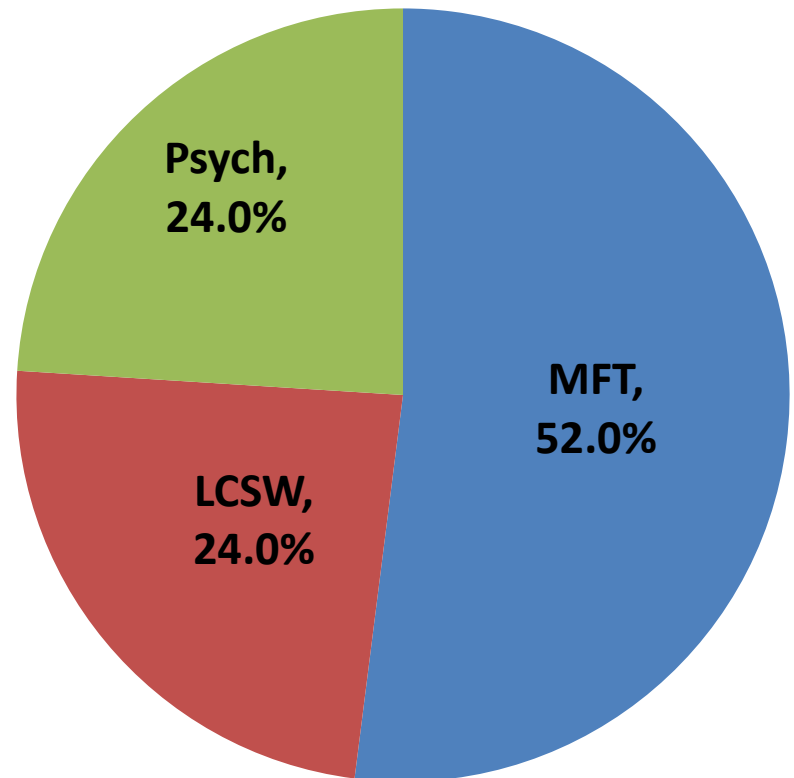
Annual Survey 2009-2010

- 62 colleges participated
- Data on six major areas of query
 - Demographics
 - Compliance
 - Funding Stability
 - Professional Staffing
 - **Scope of Service**
 - Outcomes

Scope of Service

Mental Health

- **84.7% of colleges offer mental health counseling / psychotherapy by licensed MH providers**
- **54.7% of colleges have an internship training program as part of their mental health services**
- **Of the mental health interns working in community colleges, 52.6 of them receive pay for their work**



Scope of Service

SBIRT Programs

**Screening, Brief Intervention,
Referral and Treatment for
Alcohol and Other Drug use**

**23.7% of colleges report providing
SBIRT services**

**Colleges referenced on-line
screening and on-line alcohol
education tools**

Behavioral Intervention Teams

- **59.3% of colleges reported having a Behavioral Intervention Team**
- **Faculty consultations, staff development workshops, and facilitating meetings with students in distress are the three most reported functions**
- **All reported having Health Services personnel actively involved with the team**

Scope of Service

Health and mental health services are delivered through an integrated mental health/clinical services program model (77%)

Opportunities.....



GOAL

Student Success