

A Collaborative MHSA-PEI Grant Project SANTA ROSA JUNIOR COLLEGE

- ❖ PROMOTE MENTAL HEALTH AWARENESS
- ❖ INTERVENE EARLY WITH MENTAL HEALTH ISSUES
- ❖ PREVENT SUICIDE AND CRISIS

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Objectives:

- Describe a collaborative program model within a County-based MHSA-PEI program.
- Identify the 5 components of an established MHSA-PEI grant project in a California community college.
- Describe three preventive mental health activities as applied in a community college setting.

Sonoma County PEI Planning

- For the Prevention and Early Intervention (PEI) component of the Mental Health Services Act (MHSA), the Sonoma County Mental Health Division (SCMHD) engaged in a community planning process to design innovative, evidence-based, culturally competent programs to reduce risk factors, build protective factors and skills, and increase support for those at risk of developing serious mental illness.
- SRJC participated in the planning process by:
 - several faculty/staff attending meetings
 - distributing 2007 NCHA data widely to all workgroups
 - providing leadership for the TAY workgroup planning process
 - representation on the County PEI Steering Committee
- The SCMHD PEI plan consists of six strategy areas:
 - Early Childhood Prevention
 - School Based – Student Assistance Programs
 - Transitional Age Youth
 - Older Adults
 - Reducing Disparities
 - System Enhancement

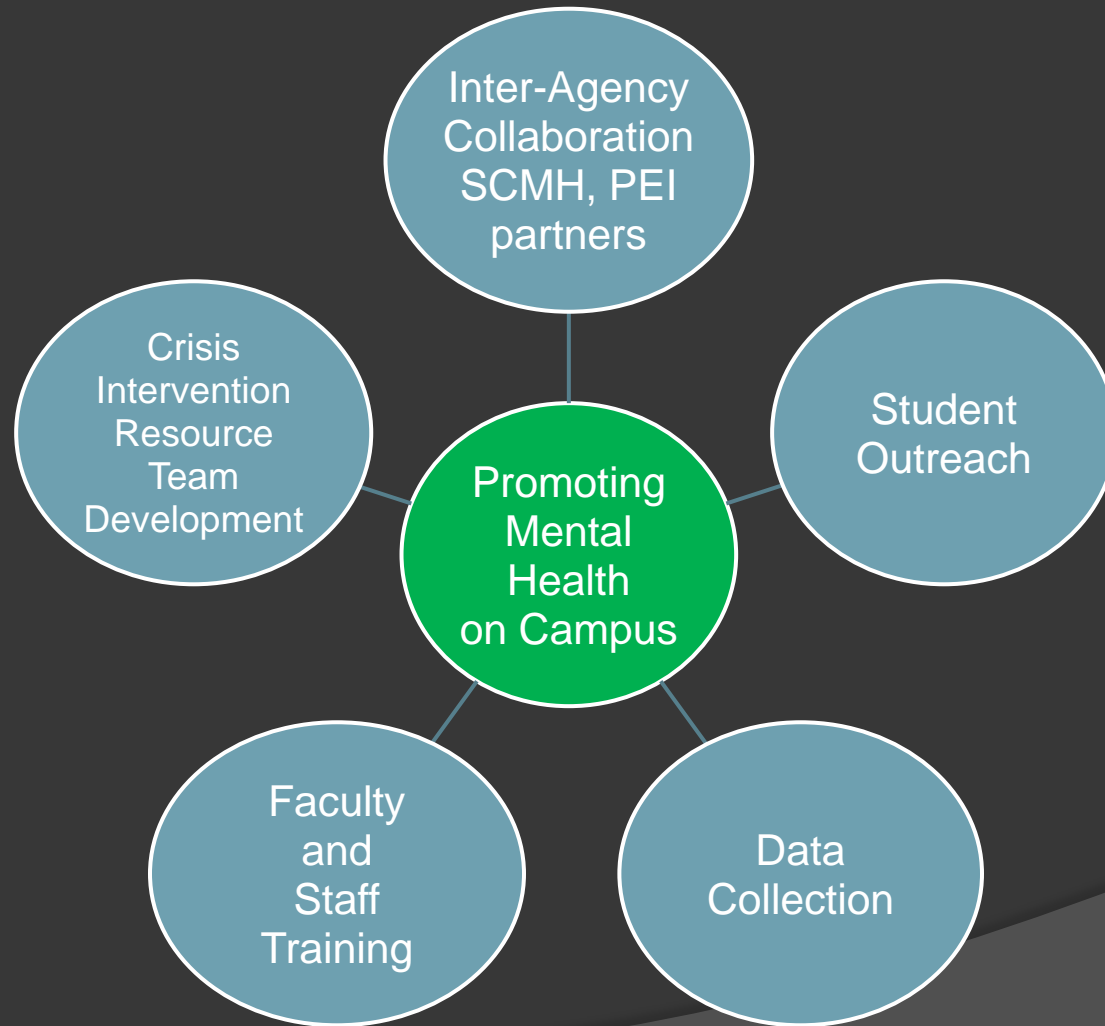
Why PEI is important at SRJC

- ① Stress, depression, and anxiety levels have increased for college students
- ① Earlier identification of mental health problems leads to better treatment outcomes and can help prevent tragedies
- ① Age of onset for serious mental health conditions—teens/young adult
- ① More students with mental health disorders are able to attend college with improved diagnosis and medication, and need support

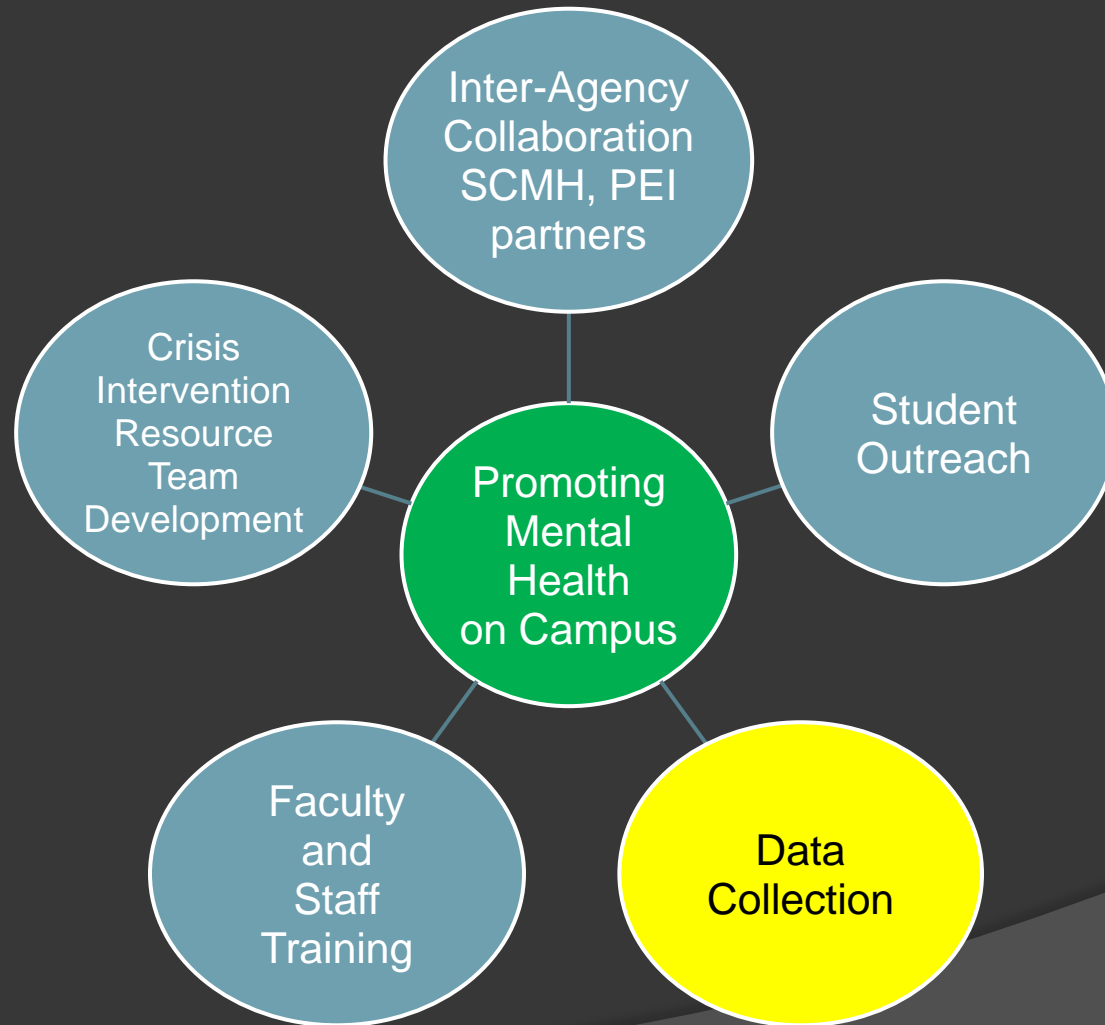
Public Health Approach to Mental Health

- Public health approach leverages fewer resources to benefit more students
- Data-based
- Comprehensive, Multi-level approach
- Moving upstream
- Decrease risk factors
- Increase protective factors

5 Components of PEI at SRJC



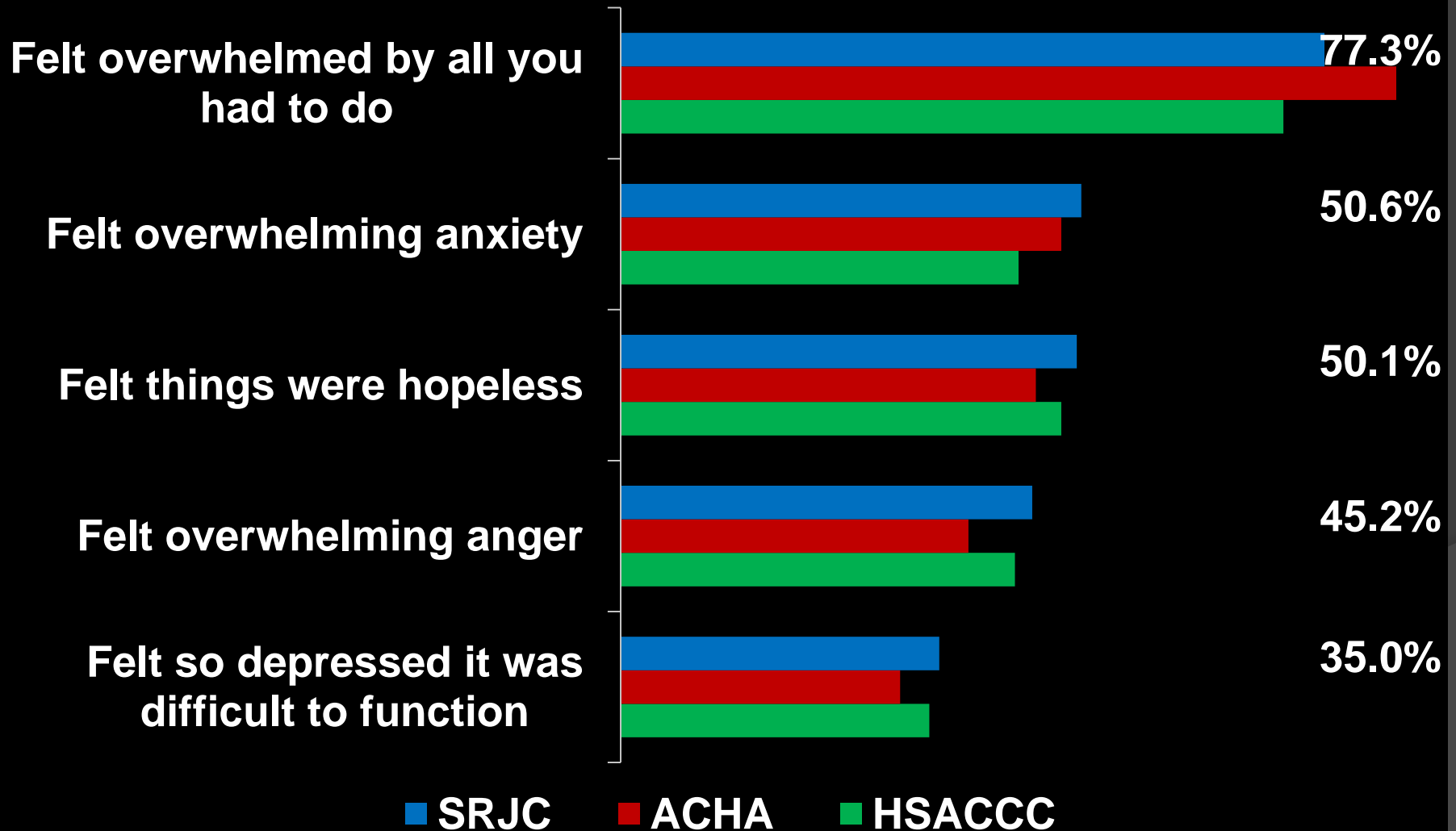
5 Components of PEI at SRJC



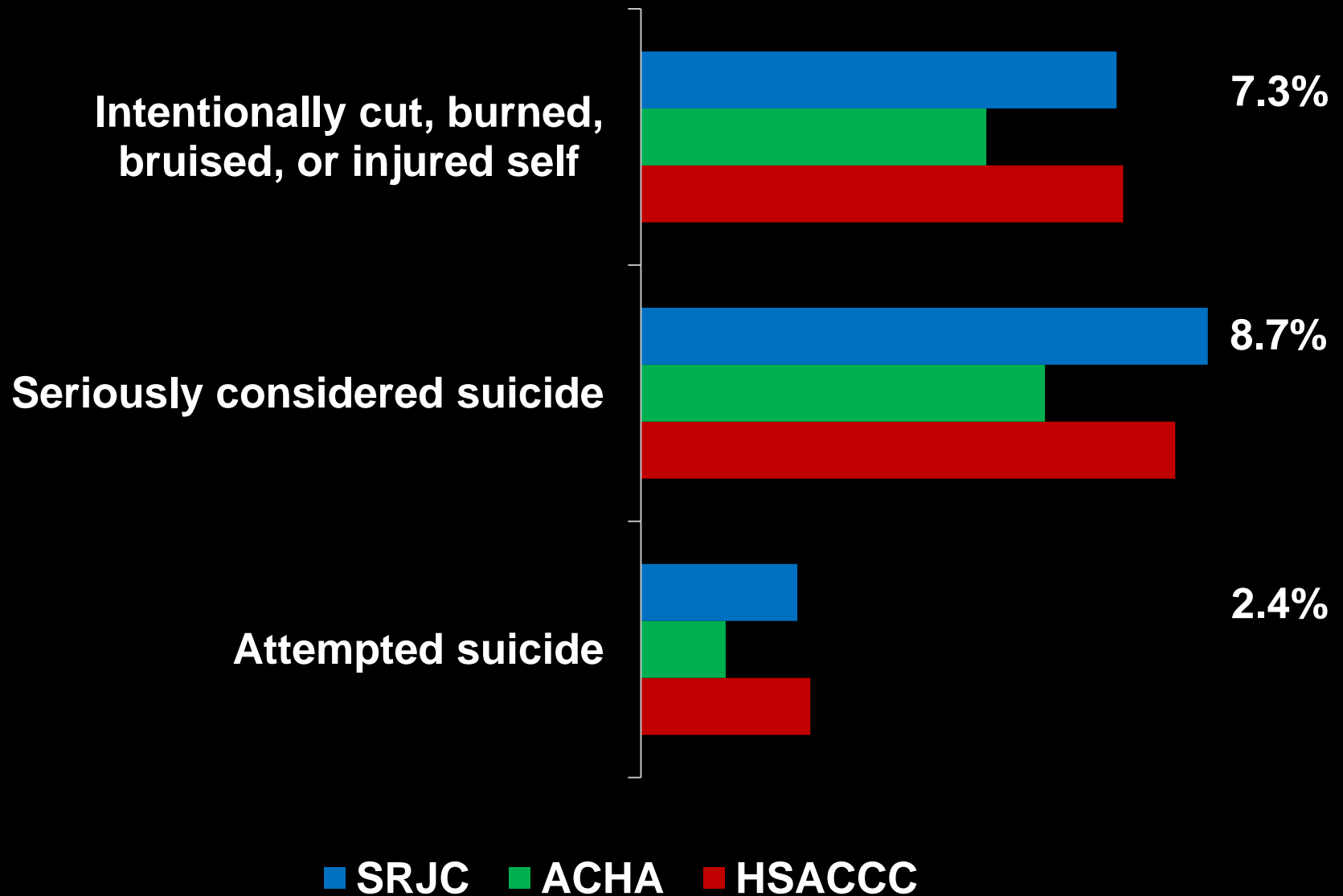
Collecting Data

- NCHA Data – 1069 surveys completed February – March 2010
- Staff Development Needs Assessment Survey May 2010
- I-Clickers used in classroom presentations Fall 2010 – Spring 2011

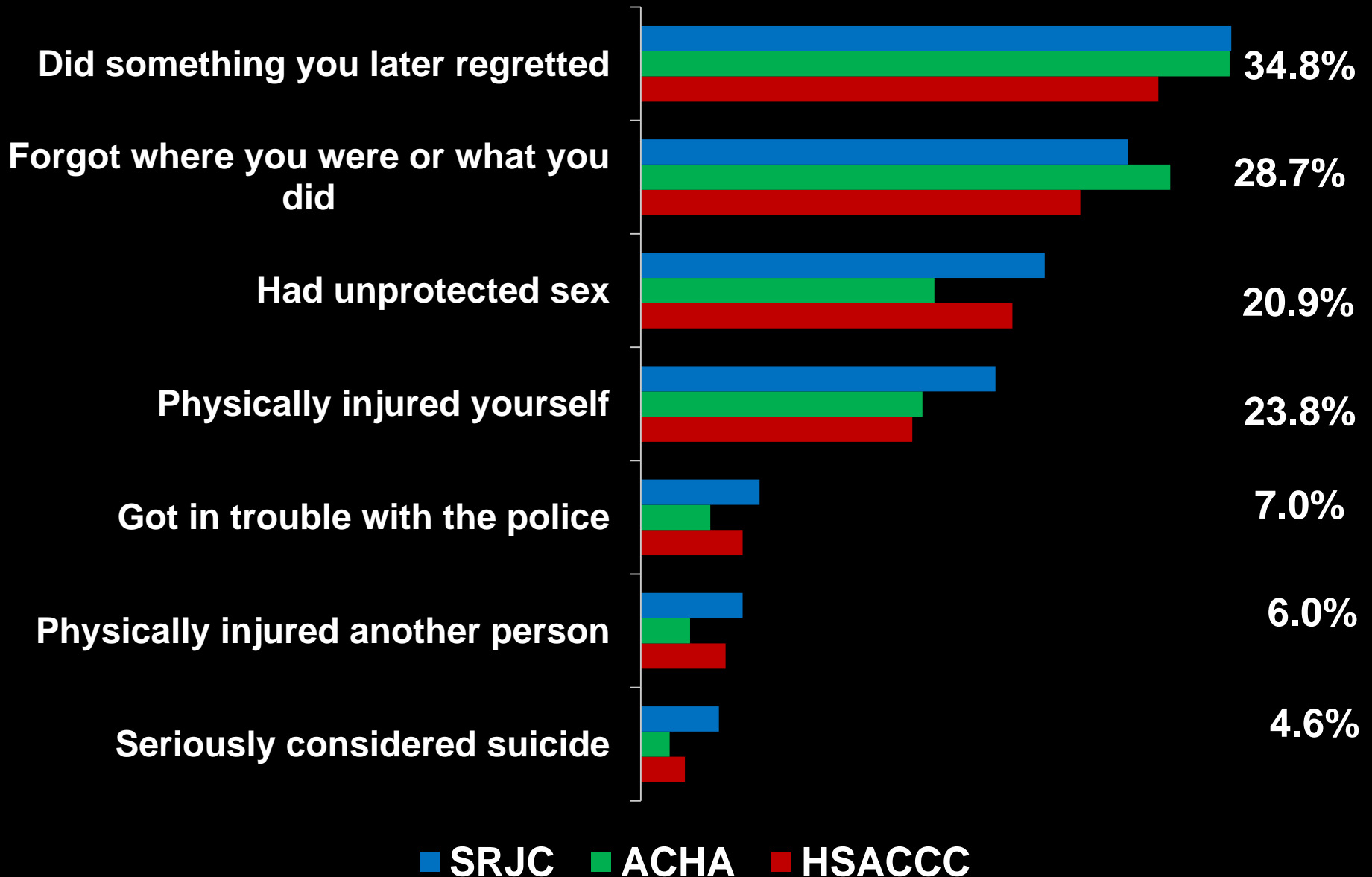
NCHA Spring 2010: Emotional



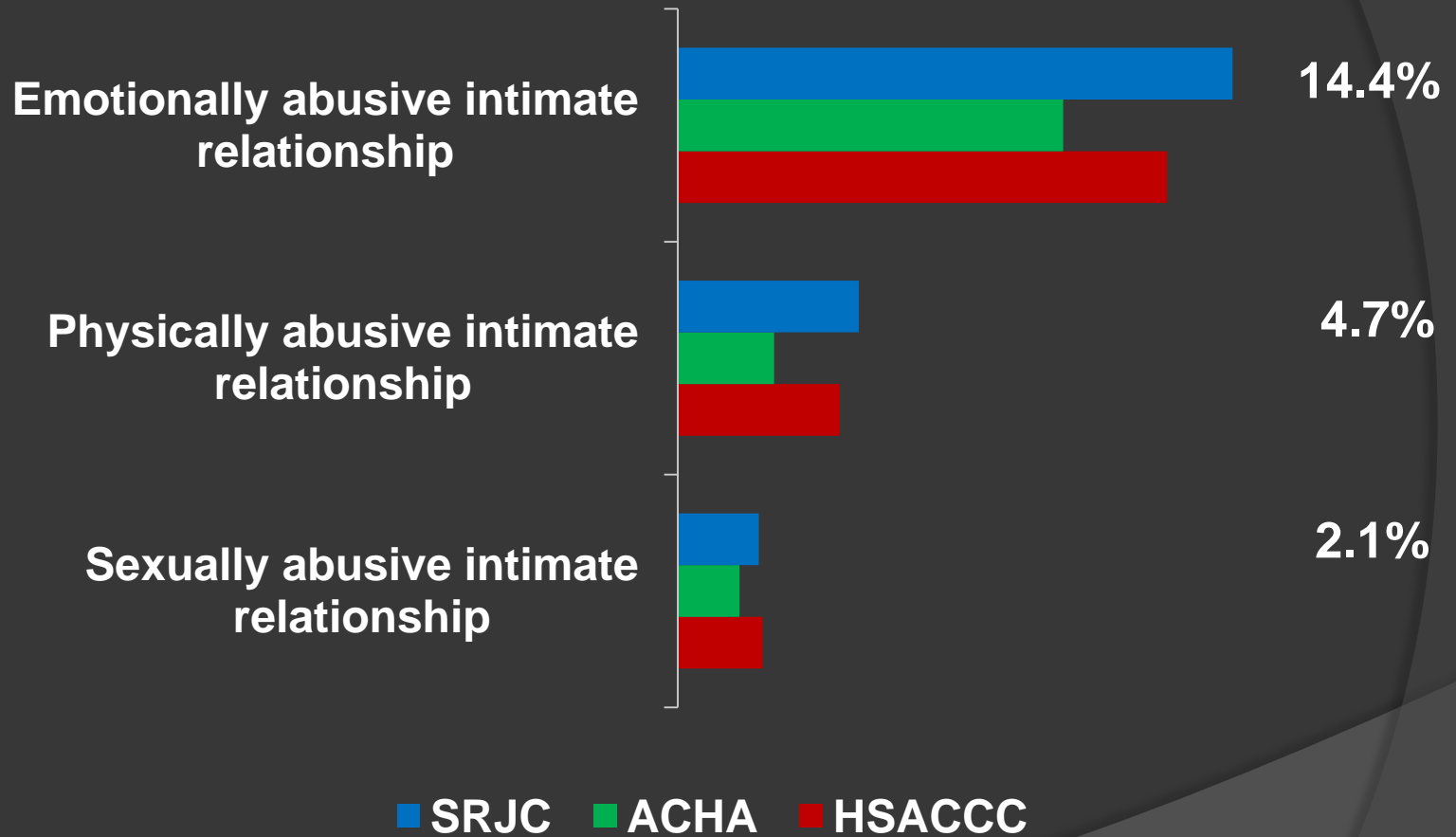
NCHA Spring 2010: Self-Harm



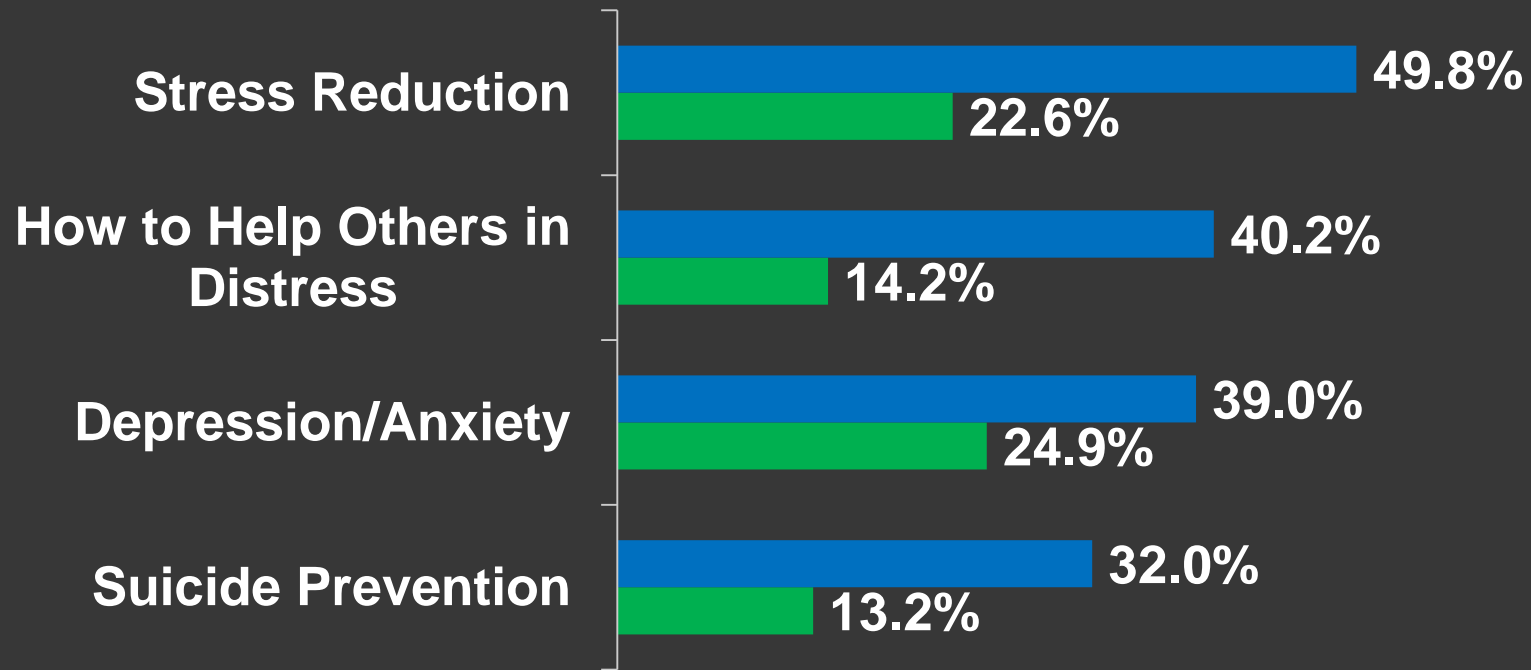
NCHA Spring 2010: AOD Use



NCHA – Relationship Violence



SRJC as a Source of Information



- Interested in receiving information
- Have received information

Staff Development Needs Survey

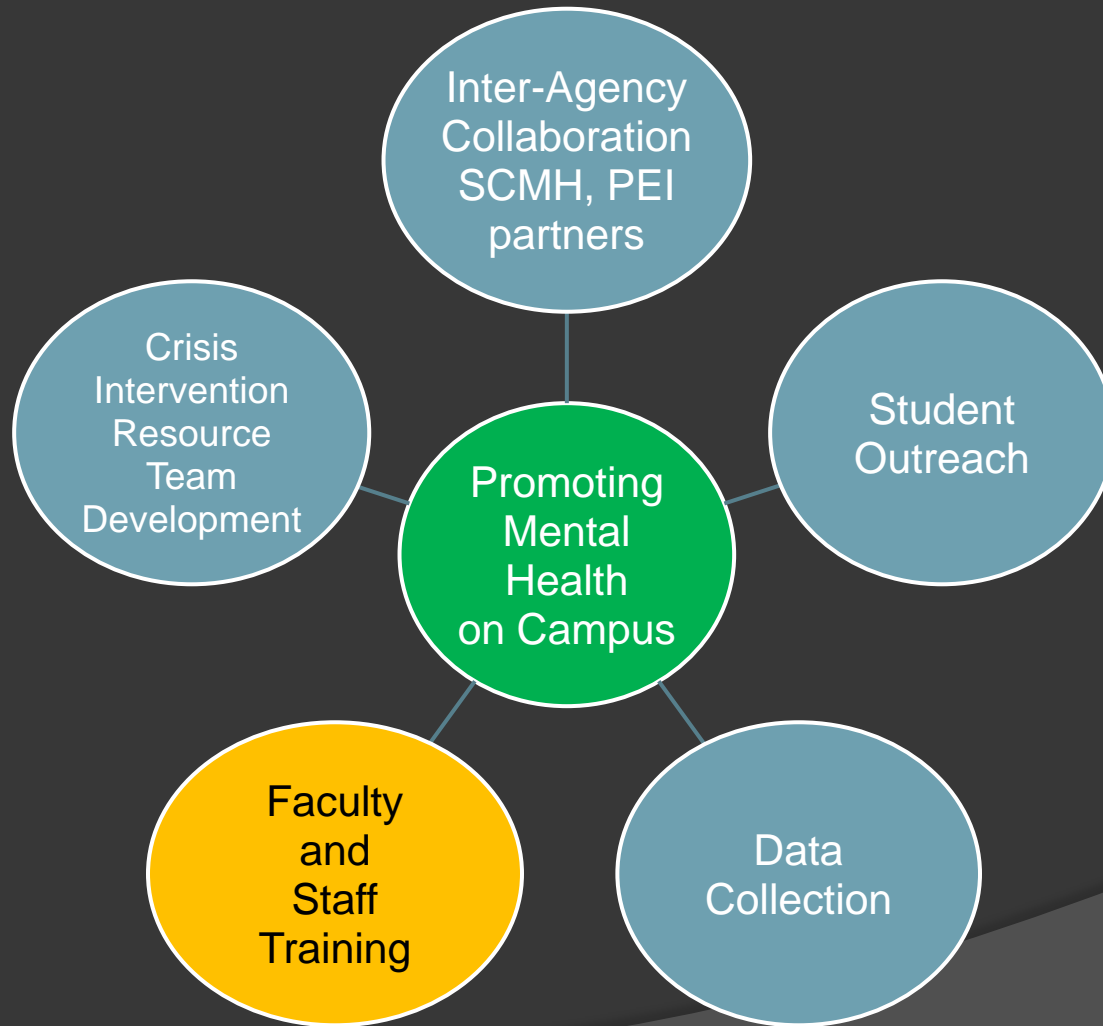
Please indicate the importance of receiving training in recognizing and responding to distressed students, related to the following mental health concerns:	Very Important	Somewhat Important	Not Important
Depression, Bipolar	48%	31%	21%
Signs of First Psychotic Break	47%	31%	22%
Anxiety Disorders, Panic Attacks	47%	35%	19%
Suicidal Thoughts	45%	35%	20%
Post Traumatic Stress Disorders, Veterans	44%	31%	25%
Sexual Assault	43%	37%	20%
Post Traumatic Stress Disorders, Other	40%	36%	23%
Substance Abuse	34%	42%	23%
Sexual Identity Issues	27%	41%	32%

Feedback after Basic CIRT Trainings

Staff and Faculty would like to learn more specific communication skills in responding to distressed and disruptive students:

- How to respond to a student under the influence in class (alcohol & marijuana)
- How to verbally set a behavioral limit
- How to ask a student if they are suicidal

5 Components of PEI at SRJC



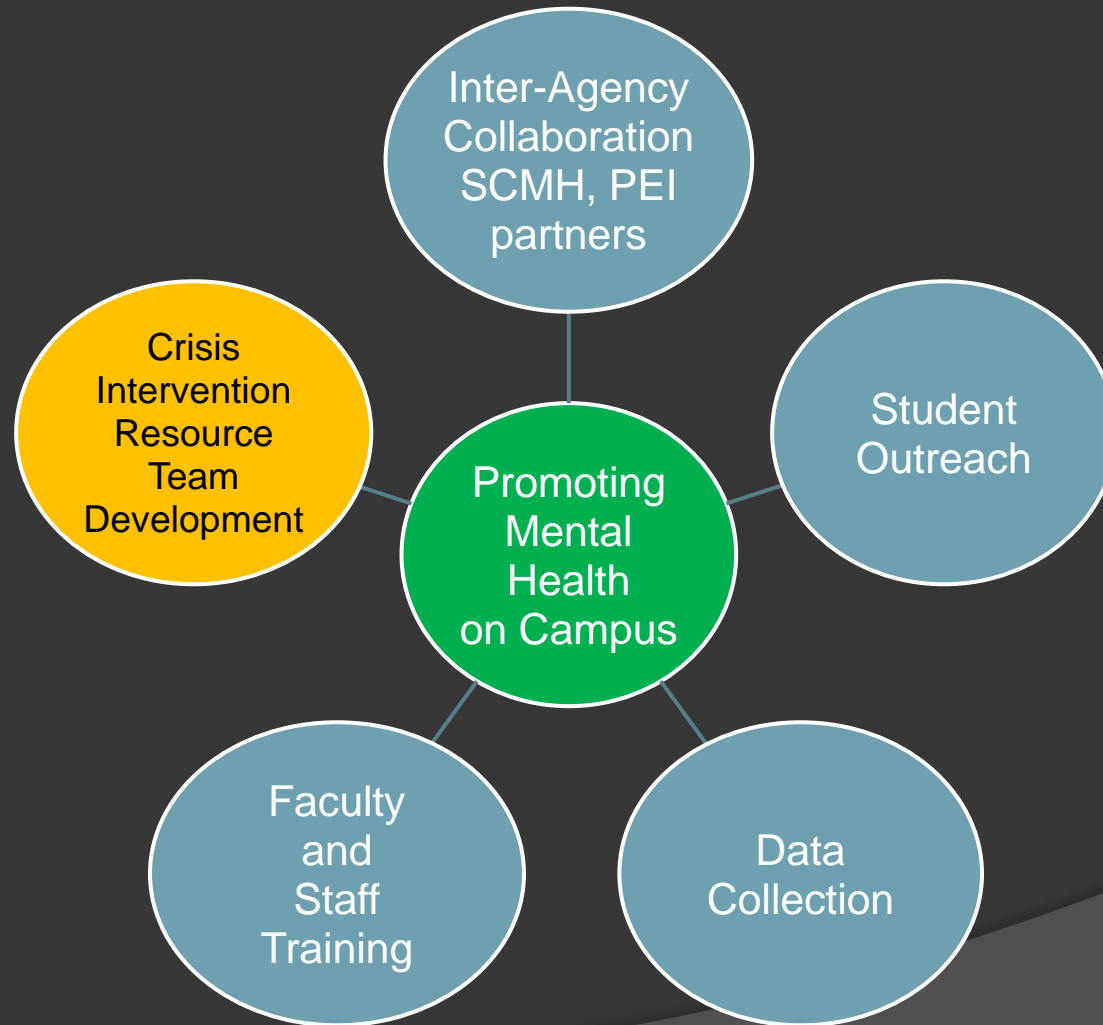
Faculty and Staff Training

- Professional Development Activities
 - Offer Flex Credit for everything offered
 - Present NCHA data and discuss within context
 - Crisis Intervention Resource Team trainings
 - Enhanced with NCHA data, signs of first serious MH condition
 - Basic “CIRT 101” and customized for specific departments
- QPR Trainings – Staff and Faculty as gatekeepers

Ideas

- Faculty Toolkit – ways to support mental health of students (in & out of classroom)
- Mental Health First Aid
- Supporting Veterans’ transition issues

5 Components of PEI at SRJC



Development of CIRT Team

- **Function: Staff & Faculty Training**— expand scope of workshops, explore utilization of on-line tools (Kognito), proactively engage in environmental scanning to identify needs for training in cultural sensitivity, destigmatization, etc.
- **Function: Consultation with SRJC staff**—quick response, internal consultation/communication before moving plan out if needed.
 - *We need to develop a clear procedure for SRJC students wanting to report other students of concern*
- **Function: Case management** - work with legal counsel to examine legalities of HIPPA /FERPA interface, improve documentation procedures, improve communication protocols, standardize threat assessment tool/process, implement collaborative case management with SCMH

Development of CIRT Team

- Became QPR Certified Trainers in July 2010
- Revise trainings to include Infusion—
 - integrate information on psychotic breaks,
 - common mental health conditions in college-aged students

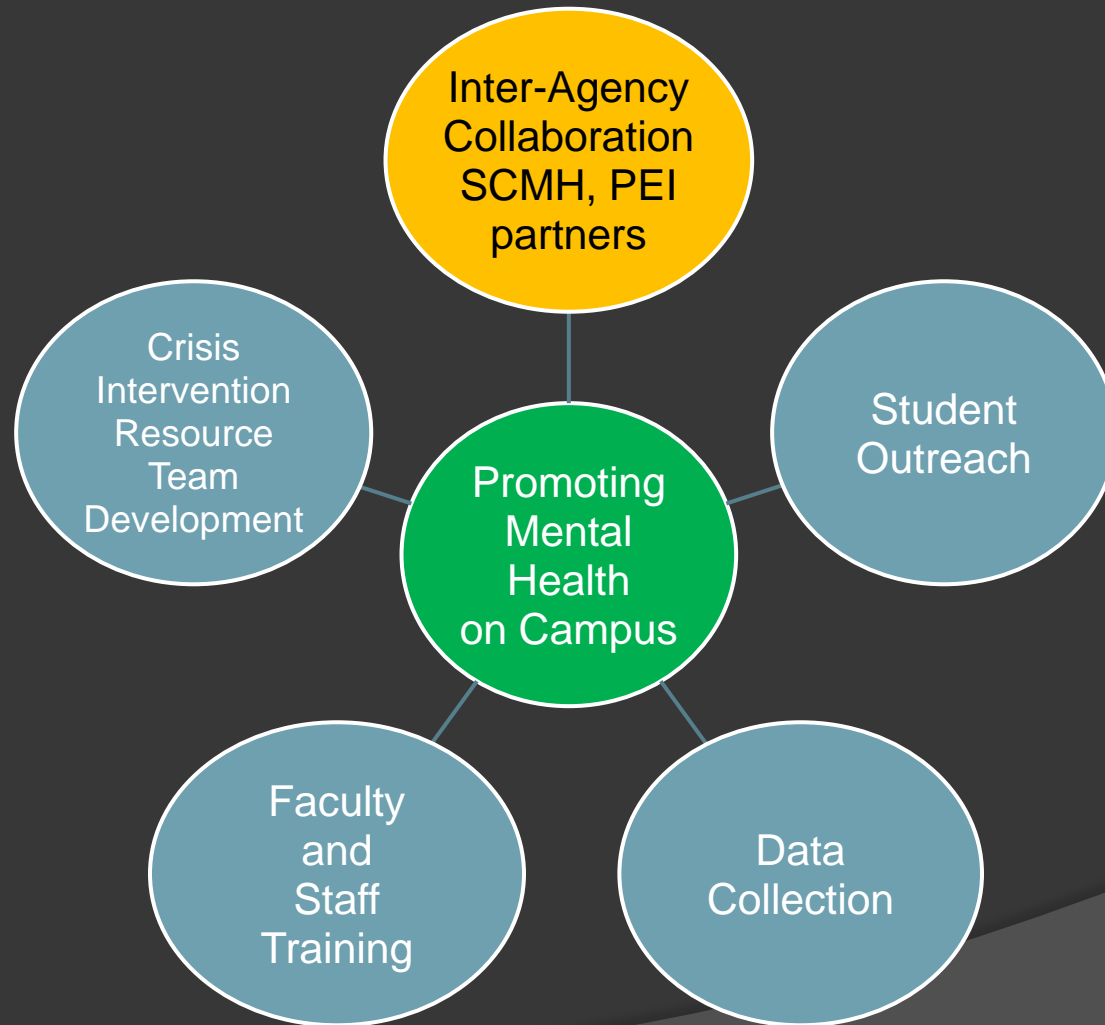
Internal Issues:

Self-care internal infrastructure strengthening

Improve documentation procedures,

- Note CIRT member rollover in staff brings challenges, ongoing need to train internally.

5 Components of PEI at SRJC



Inter-Agency Collaboration

Sonoma County Mental Health

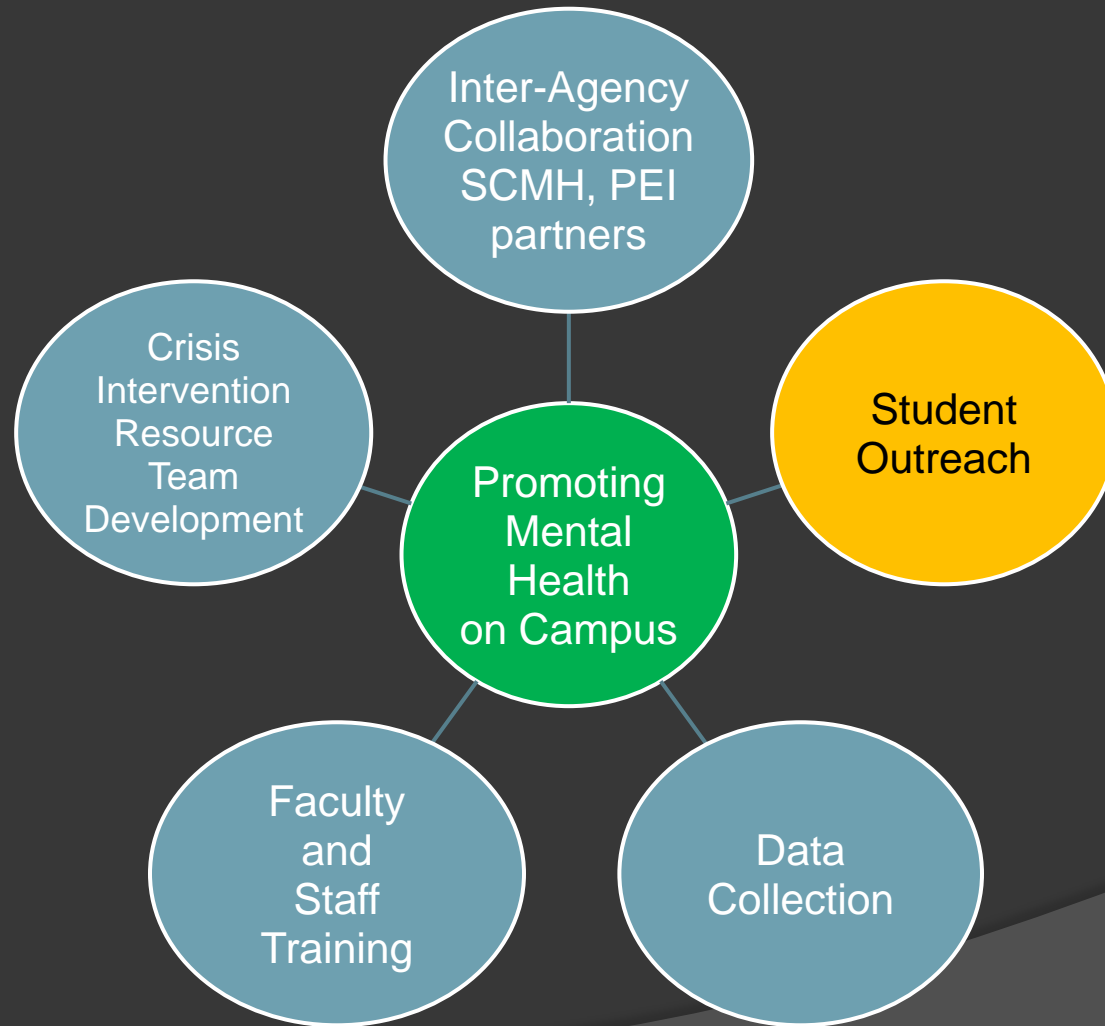
- Only college working as a direct partner in a County PEI Project (so far...)
- Integrate County's newly formed Crisis Assessment and Prevention Education team (CAPE) into SRJC procedures
 - Mobile SCMHD assessment/intake staff, that come to high schools and SRJC, to assess students on site, with short notice.
 - Can make 5150 determinations, transport
 - Assist in case management, discharge follow up, etc.

Inter-Agency Collaboration

Other PEI Grant Agencies

- ◎ Mental Health Networking Event at SRJC
 - March 2010 and March 2011
- ◎ Monthly PEI Core Leadership meetings: trainings on prevention, evidence based programs, updates and reports on cross site visits
- ◎ Integrating outside agency services and presence into the college campus
 - NAMI, Positive Images, DAAC, Verity
 - Depression/Alcohol Screening, Sleep and Stress Awareness events

5 Components of PEI at SRJC



Student Outreach

- Student Health 101 – Online health magazine
- Student Learning Outcomes – Assessment project with First Year Experience students
- QPR trainings in select classes
- Mental Health Awareness Week
 - Brian Wetzel – comedy presentation on depression/addiction
- Web page expansion in development – resources/links
 - Jed Foundation links on websites
- Social norms marketing – screens, flyers

Enter2Win

Berklee college of music

STUDENT health101™

HOW TO GET THE MOST OUT OF YOUR STUDENT HEALTH 101 EXPERIENCE

ACTIVELY PROMOTING CAMPUS HEALTH AND WELLNESS Orientation Special Issue | Vol. 3, Number 11

Surviving the First Weeks of School Tips for a smooth transition

Budgeting Tips That Really Add Up

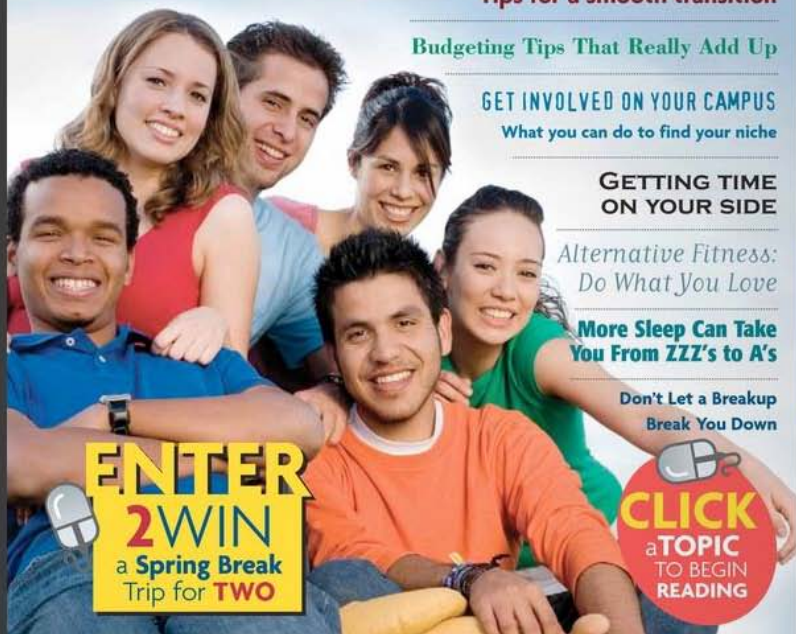
GET INVOLVED ON YOUR CAMPUS What you can do to find your niche

GETTING TIME ON YOUR SIDE

Alternative Fitness: Do What You Love

More Sleep Can Take You From ZZZ's to A's

Don't Let a Breakup Break You Down



ENTER 2WIN
a Spring Break Trip for TWO

CLICK
a TOPIC TO BEGIN READING



REGISTER²RECEIVE
Weekly Wellness **TIPS**
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GOT QUESTIONS about your health?
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Counseling and Advising Center
Liz Bailey, Counselor/Wellness Specialist
617-747-2310
ebailey@berklee.edu

Student Activities
Emily Page, Director
617-747-2095
epage@berklee.edu

[CLICK to get started](#)

Student Health 101

- ◎ <http://readsh101.com/santarosa.html>
- ◎ **February**
<http://readsh101.com/santarosa.html?id=01a76ae6>
- ◎ Student Health 101: A Reference Guide to Student Health
<http://issue.sh101digital.com/showmag.php?mid=pgfdf#/page2/>



FEEL BETTER

FIND SIMPLE WAYS TO TAKE CONTROL OF YOUR EMOTIONAL HEALTH.

CHECK YOURSELF

CONCERNED ABOUT HOW YOU'RE FEELING? USE OUR ANONYMOUS SCREENING TOOL TO GET ANSWERS.



FIND HELP NOW

GET CONNECTED TO HELP FOR YOURSELF OR A FRIEND.



HELP A FRIEND

WORRIED ABOUT A FRIEND? LEARN ABOUT HOW YOU CAN BE THERE FOR THEM.

FEATURED



Face Time

A friend who's struggling might be sending signals.



Voices of Vets

Eight college students provide an inside look at life as a returning veteran.



OUR STORIES



Billy Corgan
Success and fame unleash the scars of childhood abuse for Billy Corgan of The Smashing Pumpkins.



Pete Wentz
Pete Wentz never expected his depression to grow with the success of Fall Out Boy, but it leads him to attempt suicide.



Mary J Blige
Mary reveals what she's been through and how she came back from the brink of suicide.

Questions?

Thank you!!