Program: Student Health and Wellness Services
Division: Student Services
Date: 09/27/2017
Writer(s): Dayna Barbero
SLO/SAO Point-Person: Dayna Barbero

Audience: Deans, Vice Presidents of Student Services and Academic Services, All Planning and Allocation Committees. This document will be available to the public.

Uses: This Program Review will be used to inform the campus and community about your program. It will also be used in the processes of creating Division Summaries, determining College Planning Priorities and allocating resources. A final use is to document fulfillment of accreditation requirements.

Time Frame: This Program Review should reflect on program status during the 2016-17 academic year. It should describe plans starting now and continuing through 2017-18. This document also provides the opportunity to describe more long-term plans (optional).

Sections: The first section of this Program Review focuses on general program reflection and planning. The second section is a review of curriculum. Only programs with curriculum need to complete Section 2. The third section is a CTE update, to be completed by CTE programs only.

Topics: A list of topics of particular interest to Program Review readers can be found here:
https://goo.gl/23jrxt
Help: Contact Karin Spirn: kspirn@laspositascollege.edu

Instructions:

1) *Please respond to each question as completely as possible.*
2) *If the requested information does not apply to your program, write "Not Applicable."*
3) *Optional: Meet with your dean to review this document before October 13.*
4) *Send an electronic copy of this form to Karin Spirn and your Dean by October 16*

Links:

Program Review Home Page: https://goo.gl/XATgjJ
Fall 2016 Program Review Updates : https://goo.gl/YV8QOt
Frequently Asked Questions: https://goo.gl/iIhRtt

A. **Data Review: Describe any significant changes to your program's data since last year's Program Review Update (Fall 2016).**

Possible sources of relevant information might include, but are not limited to, the following:

- Data generated by your program
- Data from the Office of Institutional Research (https://goo.gl/WuR9cQ)
- CEMC Data
- Labor Market Data
- SLO/SAO Data

Data from SARS: Service Utilization:
Total number of students served: 4327
Walk in Visits: 529
Clinical appointments (assessment, diagnosis, treatment, management): 1203
Mental health counseling (Appointments attended with MFT intern): 490
Urgent Care/Emergency Triage (Triage/9-1-1 call): 25
Health & Wellness Outreach: 2672

Fall 2016 Staff/Faculty Survey Results:
81% staff/faculty aware of services offered
74% staff/faculty have referred students to health center
29% staff/faculty aware of Behavioral Intervention Resource webpage
74% staff/faculty interested in receiving training on how to handle students exhibiting emotional distress
19% staff/faculty aware of kognitos online training
48% staff/faculty aware of helping hands program

Fall 2016 Student Satisfaction Survey Health Related Questions Results:
Student reported health related issues that affected their academic performance:
58% Stress
43% Sleep Difficulties
31% Depression/anxiety/Seasonal affect disorder
19% Flu/Cold/Seasonal Allergies
4% Drug Use
3% Alcohol Use

Students reported experienced these feelings in the last 12 months:
71% Felt overwhelmed by all you had to do
55% Felt overwhelmed anxiety
54% Felt very sad
45% Felt things were hopeless
29% Felt so depressed that it was difficult to function
10% Seriously considered suicide
3% Attempted suicide

Students Reported Drug Usage within the last 30 days:
21% Marijuana 5% used every day in the last 30 days
36% Alcohol 1% used every day in the last 30 days
5% Prescription pain pills (not prescribed) 1% used every day in the last 30 days

Students reported on average, how many days a week they engaged in moderate to stenuous exercise: (National Recommendation 150 minutes (or about 30 minutes, five times a week) of moderate to vigorous physical activity per week.)

32% 3-4 days
31% 1-2 days
21% 4-7 days <mark>National recommendation</mark>
15% 0 days

When you do engage in strenuous exercise, on average, how many minutes do you exercise at this level:
46% 60 minutes
19% 45 minutes
22% 30 minutes <mark>National recommendation</mark>
12% 15 minutes

How many servings of fruits and vegetables do you get in a day?
8% none
58% 1-2 servings
27% 3-4 servings
7% 5 or more servings <mark>National Recommendation</mark>

B. **Changes to Program and Needs: Describe any significant changes to your program or your program's needs since the previous Program Review Update (Fall 2016).**

	Mark an X next to each area that is addressed in your response.	
Behavioral Health – **Increased funding through the Student Health Fee (SHF).** As of Spring 2018 semester the SHF will increase for Fall/Spring from $17 semester to $20 semester .The funding will support the development of a comprehensive program for behavioral health services, Increased campus collaboration with general counseling, the Psychology department, and student clubs to develop a peer support program and student workshops. 1- **New Staffing**: Heike Gecox MFT Dr. Sheena Turner PsyD 2 interns: Cheryl Dickinson, Nancy Schulz	Definitions of terms: https://goo.gl/23jrxt	
	X	Community Partnerships/Outreach
		Curriculum*
		Enrollment Management
	X	External Factors
		Facilities,** Supplies and Equipment (Including Software)
	X	Financial/Budgetary
		Human Resources
		Learning Support
		LPC Planning Priorities

	Pedagogy
	Professional Development
x	Services to Students
	SLO/SAO Process
	Technology Use

*Curriculum will also be addressed in Part 2 (Curriculum Review).

**Facilities will also be addressed in Question H.

Sheena Turner psyD :
Behavioral health outreach coordinator/ Psychology Department liaison/Subject matter expert
subject matter expert, supervisor, and coordinator of the chill and chat peer support group and 13 reasons why not student monthly workshops for the 17/18 AY to oversee the behavioral health outreach program during the academic year. This partnership has increased campus networking, classroom marketing, and faculty awareness.

Heike Gecox MFT:
Integrate MFT intern supervisor position with Academic Counseling to have the MFT supervisor available on campus for crisis and as a resource.

2 MFT Interns:
Increase available hours of one on one counseling – 38 hours total

2. Increase Staff & faculty behavioral health education

3. Increase access to services by offering online resources & group programs - Subscription to an Online behavioral health program for students – To meet the student demand and reach as many students as possible that complement our current behavioral health services, lessen obstacles to access and extend effective behavioral healthcare. Example: www.mystrength

ON CAMPUS RESOURCES
1- Short Term Individual Counseling:
- 8 sessions per Student per Semester

- 17/18 AY:

  - 2 MFT Interns: Nancy Shulz, Cheryl Dickinson

  - 1 MFT Intern Supervisor: Heika Gecox

  - 38 weekly sessions available

2- Peer Support Group:
- Chill and Chat

- Wednesdays 2-3:30pm

  - Clinical Oversight: Sheena Turner PsyD Behavioral Health Program Lead

- o Administrative Oversight: Dayna Barbero MSN, FNPc SHWC program director

- o Facilitator: Cheryl Dickinson MFT Intern

- o Administrative Support: Jaime Gano Health Education Program Assistant

3- Student Behavioral Health Workshops:
- Students: 13 Reason's Why Not Workshops

- Second Wednesday of every month 2-3:30pm

- o Curriculum design and Oversight: Sheena Turner PsyD Behavioral Health Program Lead

- o Administrative Oversight: Dayna Barbero MSN, FNPc SHWC program director

- o Facilitators: Sheena Turner PsyD, Cheryl Dickinson MFT Intern

- o Administrative Support: Jaime Gano Health Education Program Assistant

4- Staff/Faculty Behavioral Health Workshops:
- Fall Flex Day presentation – Promoting Student Mental Health

ONLINE RESOURCES

- BIRT webpage
- Helping Hands E-Manual
- Online guide to mental and behavioral health services webpage
- www.ulifeline.org/laspositascollege
- Need – online guided program to provide students tools to empower them to maintain their emotional health and sleep resources

24/7 SUPPORT

- Crisis Text Line: "Courage" 741-741
- National Suicide Prevention Lifeline Call: 1-800-273-TALK (8255)

C. Reflection: What plans from the 2016 Program Review Update or any previous Program Reviews/Updates have been achieved and how?

1- Achieved SAO: Students requesting a mental health appointment will receive an appt within 2 weeks – The behavioral health intake process/procedure was changed and implemented. A shared drive excel graph was created to track patients after they request an appt. and as a means for mft interns to communicate with the front desk scheduling staff. 100% of students were offered an appt.and contacted by the mft intern within 2 weeks. 2- **Behavioral Health Internship Program**– increased number of hours available for counseling to 38/week and hired a FT academic counselor to be available onsite for crisis support and to supervise MFT interns. 3- **FPACT, Woman's Health –** A community partnership with Axis community health was established to refer students for FPACT services, offering STD testing, basic woman's health services, birth control counseling and limited variety of low cost birth control.	Mark an X next to each area that is addressed in your response.

Definitions of terms: https://goo.gl/23jrxt	
x	Community Partnerships/Outreach
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x	Human Resources
	Learning Support
	LPC Planning Priorities https://goo.gl/LU99m1
	Pedagogy
x	Professional Development
x	Services to Students
x	SLO/SAO Process
	Technology Use
*Curriculum will also be addressed in Part 2 (Curriculum Review).	
**Facilities will also be addressed in Question H.	

D. Impacts to Students (Optional): Discuss at least one example of how students have been impacted by the work of your program since the last Program Review Update (only if you did not already answer this in Questions A, B or C).

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E. Obstacles: What obstacles has your program faced in achieving plans and goals?

1. Staffing – Clinical, Support, Mental Health. Currently the NP shares time between clinical practice and program development as the director of health services. In order to increase and expand woman health services and offer FPACT services at LPC, we would need to bring on additional clinical support and administrative support for the FPACT billing process. We have increased our collaboration on campus with faculty to be able to operate a comprehensive behavioral health program.

2. Facility space- Having office space for each staff member, and room for support groups, workshops, and educational seminars

3. Funding – We have limited funding to be able to hire adequate staff. | Mark an X next to each area that is addressed in your response. |

Right column detail:

Mark an X next to each area that is addressed in your response.	
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F. Short Term Planning: What are your most important plans (either new or continuing) for next year?

1- **Increase staff/faculty awareness of behavioral health resources available**: a. Behavioral Intervention Resource Webpage & Process b. Online kognitos training c. Helping hands program/ resources 2- **Behavioral Health Program:** a. Expand online resources b. Peer Support Group c. Staff/faculty Education d. Student workshops e. Stress management resources **3-Marijuana educational campaign-** To address increased daily usage as per student satisfaction survey and the increased overdosing cases in local emergency rooms 4- **Nutrition Campaign to promote increase daily consumption of fruit and vegetables in diet** To address the low percentage of students meeting the national recommendation for fruits and vegetables in their diets.	Mark an X next to each area that is addressed in your response.

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G. Long Term Planning (Optional): Please detail any long-term plans for the next 3-5 years. (Only if you have significant plans, such as implementation of a grant project, creation of long-term initiatives including those using restricted funds such as Equity or SSSP, construction and outfitting of a new building).

1- Facility Planning – New building to have office space for medical staff and 4 therapy rooms, additional rooms for support groups and workshops, dedicated small space for breastfeeding students that would also be used as a a quiet meditation room for students **2- Staffing –** Expand behavioral health staffing to include one part time mft and increase hours dedicated to behavioral health of faculty for mft intern supervision, peer support, behavioral health education, and outreach	Mark an X next to each area that is addressed in your response.

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H. Do you have any facilities needs that are currently unmet? If yes, please describe.

Yes - A room for support groups and workshops, therapy rooms for behavioral health staff, room for breastfeeding students that would also be used as a quiet meditation room for students in emotional crisis and increased storage space.

I. Mission: Explain how your program's plans and accomplishments support the mission of Las Positas College:

Las Positas College is an inclusive learning-centered institution providing educational opportunities and support for completion of students' transfer, degree, basic skills, career-technical, and retraining goals.

Our program plans and accomplishments support, treats, and assists students in overcoming and managing their behavioral and physical health related barriers negatively affecting their academic success.

J. Program-Set Standard (Instructional Programs Only): Did your program meet its program-set standard for successful course completion? ____yes _____no

(This data can be found here: https://goo.gl/b59nCy)

If your program did not meet your program-set standard, discuss possible reasons and how this may affect program planning or resource requests.

K. SLO/SAO Reflection: Describe an example of how your program used course SLO data (CSLOs), Student Service Area Outcome (SAO) data or Program SLO data (PSLOs) from last year (2016-17) to

impact student learning or achievement. <u>Focus on PSLOs or CSLOs where you have multiple semesters of data to analyze</u>. (Copy the box below if you would like to discuss multiple examples.)

Course Name, Program Name or Student Service Area: Student Health & Wellness Center
Text of the CSLO, SAO, or PSLO: SAO
Describe the quantitative or qualitative results: 100% of students were offered an appt.and/or contacted by the mft intern within 2 weeks
Discuss and reflect upon student achievement for this CSLO/PSLO/<mark>SAO</mark>. Discuss any actions taken so far (and results, if known) and your action plan for the future: SAO: Students requesting a mental health appointment will receive an appointment within 2 weeks: We lacked an efficient process for the behavioral health intake process/procedure. We were unable to track and monitor the intake and scheduling process. We created an A3 to identify the missing steps in the process. We now have a process and tools to efficiently track the student request and appointments. 100% of students are contacted within one week. We also identified and filled the need for more counseling hours.
What changes in student achievement are evident across the semesters you analyzed? What are some possible explanations for these changes in student achievement? N/A

L. Plans for Analysis of SLO/SAO Data: Identify the PSLOs, CSLOs, or SAOs that your program plans on focusing on the upcoming year with subsequent analysis. (Copy the box below as needed.)

Circle One: CSLO   PSLO   <mark>SAO</mark> #1
Course, Program Name, or Student Service Area: Student Health and Wellness Center
Text of CSLO/PSLO/SAO: 90% of Students that attended a chill and chat support group stated that they made progress toward their personal goals
If you plan on analyzing a PSLO, identify the CSLOs that feed into the PSLO that will need to be assessed. Chill and Chat Evaluation

Circle One: CSLO   PSLO   <mark>SAO</mark>#2
Course, Program Name, or Student Service Area: Student Health and Wellness Center
Text of CSLO/PSLO/SAO: 75% of staff/faculty are aware of the Behavioral Intervention Resource webpage (BIRT)
If you plan on analyzing a PSLO, identify the CSLOs that feed into the PSLO that will need to be assessed. Staff Survey

Circle One: CSLO   PSLO   <mark>SAO</mark>#3
Course, Program Name, or Student Service Area: Student Health and Wellness Center
Text of CSLO/PSLO/SAO: 75% of staff/faculty are aware of kognitos online training
If you plan on analyzing a PSLO, identify the CSLOs that feed into the PSLO that will need to be assessed. Staff Survey

Circle One: CSLO   PSLO   <mark>SAO</mark>#3
Course, Program Name, or Student Service Area: Student Health and Wellness Center
Text of CSLO/PSLO/SAO: 90% of students that attended a chill and chat peer support group stated that they can better handle their feelings and behaviors
If you plan on analyzing a PSLO, identify the CSLOs that feed into the PSLO that will need to be assessed. Chill and Chat Evaluation

Section Two: Curriculum Review
(Programs with Courses Only)

The following questions ask you to review your program's curriculum. To see the last outline revision date and revision due date:

> **1. Log in to CurricUNET**
> **2. Select "Course Outline Report" under "Reports/Interfaces"**
> **3. Select the report as an Excel file or as HTML**

Curriculum Updates

A. Title V Updates: Are any of your courses requiring an update to stay within the 5 year cycle? List courses needing updates below.

N/A

B. Degree/Certificate Updates: Are any degrees/certificates requiring an update to do changes to courses (title, units) or addition/deactivation of courses? List needed changes below.

N/A

C. DE Courses/Degrees/Certificates: Detail your department's plans, if any, for adding DE courses, degrees, and/or certificates. For new DE degrees and/or certificates (those offered completely online), please include a brief rationale as to why the degree/certificate will be offered online.

N/A

Section Three: CTE Updates
(CTE Programs Only)

A. Labor Market Conditions: Examine your most recent labor market data. Does your program continue to meet a documented labor market demand? Does this program not represent unnecessary duplication of other training programs in the college's service area? (Please note: your labor market data should be current within two years. Contact Vicki Shipman or the current CTE Project Manager for access to data).

N/A

B. Advisory Boards: Has your program complied with advisory board recommendations? If not, please explain.

N/A

C. Strong Workforce Program Metrics: Utilizing LaunchBoard, review the Strong Workforce Program Metrics. Review the data and then answer the following questions.

(Contact Vicki Shipman or the current CTE Project Manager for help accessing the data).

C1. Does your program meet or exceed the regional and state medians **for increased enrollments, completions, and/or transfer since your last program review**? If not, what program improvements may be made to increase this metric?

N/A

C2. Does your program meet or exceed the regional and state medians **for students gaining employment in their field of study**? If not, what program improvements may be made to increase this metric?

N/A

C3. Does your program meet or exceed the regional and state medians **for student employment rates after leaving the college**? If not, what program improvements may be made to increase this metric?

N/A

C4. Does your program meet or exceed the regional and state medians **for increased student earnings and median change in earnings?** If not, what program improvements may be made to increase this metric?

N/A