

Student Mental Health: An Important Element of Student Success

A Culture of Caring

Las Positas College Student Health & Wellness Center

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Campus mental health readiness

CaIMHSA prevention and early intervention

Prop 63

California Community Colleges Student Mental Health Program (CCC SMHP), and is intended to ***focus on prevention and early intervention strategies which address the mental health needs of students and advance the collaboration between educational settings, county services, and the community at large*** which should form the foundation of future CaIMHSA programs.

- ▶ Identified Campus needs: February 2013
- ▶ Behavioral Incident Response Team
- ▶ Formal Referral System for Mental Health Services
- ▶ Webpage dedicated for student mental health
- ▶ Training for staff/faculty dealing with mental health needs of students

LPC's Student mental health readiness Timeline



Student Mental Health Challenges

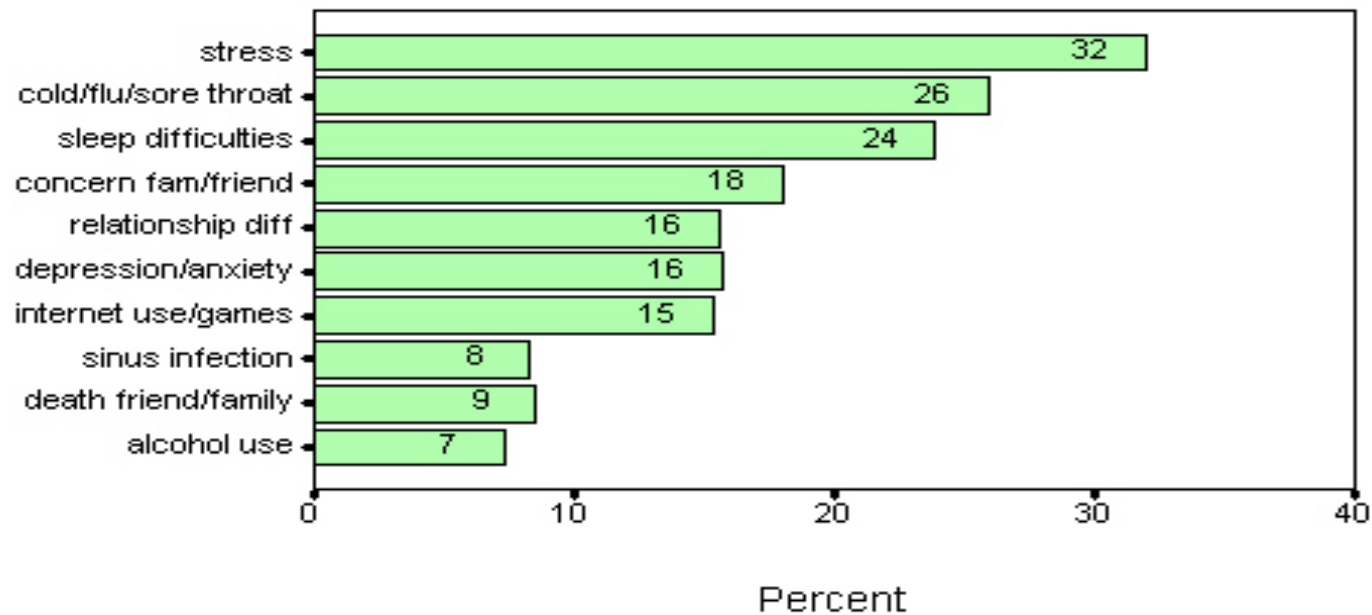
- ▶ Young adults, 18-24, have highest prevalence of mental health disorders
- ▶ 75% of people with schizophrenia experience onset between age 15-25
- ▶ Nearly ½ of students report feeling “so depressed they could not function”
- ▶ Nearly 10% of students report having seriously contemplated suicide
- ▶ 90% of students who die by suicide have a diagnosable mental illness at time of death
- ▶ American College Health Association, 2011



Health related barriers to Academic Performance

Top 10 Impediments to Academic Performance

Last School Year



7 of top 10 are emotional/social issues

More data found at: <http://www.acha-ncha.org>

Impact of Treatment on Academics

- Improving emotional health improves academic success
 - ▶ Example: Students treated for depression report substantial gains in academic performance
 - ▶ 31% were more satisfied with their ability to study/work
 - ▶ 34% were more satisfied with how much schoolwork they can do
- Advances in medication and rehabilitation enabling more to pursue higher education without disruption
 - ▶ More students receiving treatment for mental illness now in college
 - ▶ 24.4% in 2012 up from 17% in 2000 and 9% in 1994

Behavioral Intervention Resource website

- ▶ Resources & guidelines for recognizing a student in need
- ▶ Reporting a student of concern
- ▶ Emergency contact for crisis
- ▶
- ▶ Mental health resources on and off campus
- ▶
- ▶ <http://www.laspositacollege.edu/birt/index.php>

HOW TO HELP A STUDENT IN NEED

RECOGNIZE

- Familiarize yourself with signs of distress

OFFER SUPPORT

- Ask questions and listen
- Show concern, interest and understanding.
- Ask about self harm, if you're concerned.

CONNECT TO RESOURCES

- Refer the students to academic counseling for concerns related to academic progress
- Refer the students to the Health & Wellness Center for mental health counseling
- In an emergency, call Campus Safety (925)424-1699

COMMUNICATE

- Inform your Dean
- Notify VP Student Services
- Use BIRT Guidelines

Resource:

Campus Safety (925) 424-1690

Disabled Students Program & Services
(925) 424-1510

LPC Counseling (925)424-1400

Student Health & Wellness Center (925) 424-1830

Alameda County Access Program (510)346-1010

Mental Health Resources

National suicide prevention crisis line (800)273-TALK

Tri Valley Haven Sexual Assault Crisis Line
(800) 884-8119

SIGNS OF DISTRESS:

SAFETY RISKS

- Physical violence
- High risk / dangerous behavior
- Suicidal thoughts or behavior
- Communicating threats
- Increased alcohol and/or substance use

CHANGE IN BEHAVIOR

- Sad, anxious, empty mood, or mood swings
- Hopelessness, guilt, worthlessness
- Loss of interest or pleasure in activities
- Withdrawal and isolation
- Financial recklessness
- High levels of irritability or anger
- Unusual apathy

CHANGE IN PERFORMANCE

- Inability to concentrate or make decisions
- Missed or coming late for classes or work
- Excessive procrastination
- Disorganized

PHYSICAL SYMPTOMS

- Fatigue, lack of energy or sleep disturbance
- Change in personal hygiene
- Change in appetite; weight loss or gain
- Agitation, restlessness
- Delusions and paranoia

Connect To Mental Health Services:

Student Health & Wellness Center offers free and confidential counseling.

www.laspositascollege.edu/healthcenter

Make a confidential appt. by calling 925-424-1830

Academic Counseling offers counseling related to concerns about academic progress.

www.laspositascollege.edu/academic_counseling

Make an appt. by calling 925-424-1400

Guidelines for Intervention for Student behaviors of concern

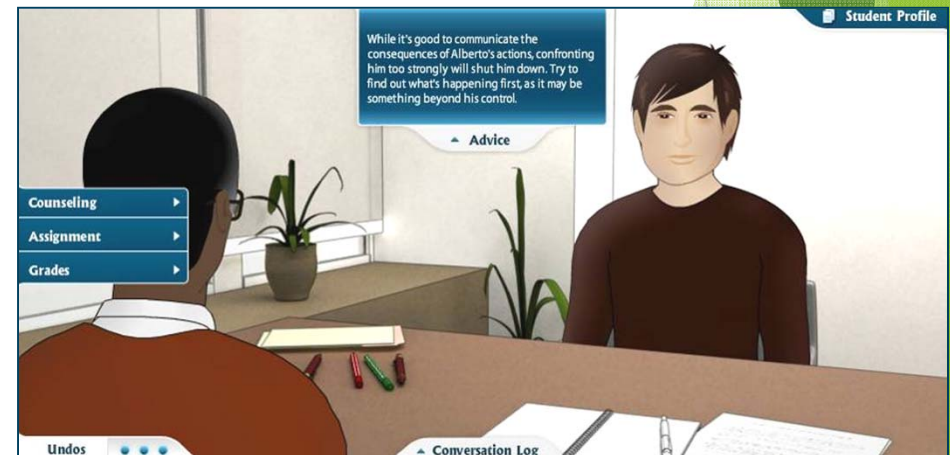
- ▶ Keep a written record of your concerns, interventions with the student, and the student's responses
 - ▶ The Family Educational Rights and Privacy Act (FERPA) permits educators to share confidential information with law enforcement, medical personnel, and others without the student's consent to protect the health and safety of others when necessary (Fischer & Wilson, 2007).
- ▶ Share your concerns and intervention record with your Dean and **REPORT to the safety department** (these will then be reported to the Vice President of Student Services)
 - ▶ Notifying others allows the situation to be monitored formally, and enables a trained clinician to contact the student as needed to ensure his or her health and safety, and the safety of the learning environment

Mental Health Resources Continued

At-Risk Gatekeeper Training

Features:

- Online, 24/7 accessibility
- Includes simulated conversations with emotionally responsive student avatars
- Built-in program assessment and tracking
- Materials for on-campus promotion
- Utilized by 100+ institutions, listed in SPRC Best Practices Registry, and evaluated in a national study.



California's Mental Health Movement

Each Mind Matters is California's Mental Health Movement.

We are a community of individuals and organizations dedicated to a shared vision of mental wellness and equality. Wellness doesn't mean we'll never need help. It means we are proactive, positive and resilient when faced with challenges.

We believe in healing through action, strength through diversity and power through collaboration.

