

VC Statement to Need:

Ventura College. Ventura College has an evolving response to the MH needs of its students. During the SHC annual program review, statistics depicting the volume, chief complaint, and diagnosis of students who visit the SHC Health specifically for MH issues are showcased to the campus to demonstrate need. From January 2019 through September 2019, 1231 students were served in the SHC. 308 of those students were called for follow up for mental health issues and concerns. This amount has increased our services to 50% compared to last year.

- 2016-2017, 931 visits
- 2017-2018, 1204 visits
- 2018-2019, 2414 visits

The limited VC SHC staff consists of a Coordinator, RN and four Student Health Center Assistant II who serve students in the front and back office. There is a part time MD who visits weekly. The mental health staff consists of a Supervising LCSW who is part time and just does supervision for the two current part time interns. The interns (LCSW and MFT) see students and there is a need for more interns to provide service. We also have a contracted full time LMFT who sees patients and participates in campus committees and outreach efforts. This LMFT is currently booked three weeks in advance. **(Justification for LCSW/LMFT)**

Every student who visits the SHC completes the PHQ 9, including three additional questions directly related to suicidal thoughts or ideation. The interns follow up with every student scoring a 9 or higher, or who answer “yes” to any of the suicide questions. Our capacity at VC SHC is vastly limited compared to the presenting needs of our students. In the past nine months, 309 students, whom did the PHQ 9 and the suicidal ideation questions, were contacted by telephone by referrals. Other referrals occur during the MD visits, which are not elicited on the PHQ 9. Students are walked into the SHC by faculty, staff, police and other students for presenting issues. All these students are serviced, albeit not in the time or attention deserved with limited resources. Many referrals occur from the Behavioral Intervention Care Team. Each of these students are reached prior to any paperwork being completed. **(Justification for mental health case manager)**

VC has a satellite campus in nearby Santa Paula with nearly 1,000 students enrolled. The VC SHC is responsible for providing services to our students who attend there. Since many of its students do not have transportation, a bilingual counselor is needed to go there weekly to provide MH services to the students at that site.

The SHC reaches out specifically to veterans, LGBTQIA+ students, DACA students, and those affected by the local Borderline Shooting and the Thomas Fire, and works closely with the Educational Assistance Center (EAC) as many referrals generate for students with disabilities. The SHC staff expands MH outreach into the classroom setting and to student clubs. The SHC coordinates various campus Health & Wellness and Holistic Fairs on both college campuses to perform in reach. The SHC staff collaborate with our campus Basic Needs Office and Athletics to provide resources for our growing homeless population, as many present with MH issues. They sponsor several community-based organizations and represent the campus at various

community events. The SHC web site includes links to the suicide hotline, alcohol and drug addiction sources, referrals for the homeless students, and mindfulness tips. Because these outreach activities have increased faculty/staff awareness, BIT referrals have increased.

(Justification for LCSW/LMFT and mental health case manager)

The VC SHC has been able to provide on-going efforts to inform the campus community of the services and programs offered on the campus.

- Additional outreach to athletic teams; basketball- male and female teams, men's baseball, women's water polo.
- The Health Center brochure and our website describes our services.
- Student Health 101 informs students about many mental health issues.
- Counseling tables outside at the Health Fair, Diversity Day and random other days throughout the semester. This accomplishes greater visibility for the counseling staff and facilitates appointments.
- PHQ 9 plus 4 suicide questions administered to every student except walk- in students who come into the Health Center for other issues. This increases the number of students who seek Mental Health Counseling.
- Liaison with the El Camino high school on campus as those students are dual enrolled- all of their counselors and teachers know of the services we provide. The number of referrals from El Camino has greatly increased
- Active Shooter trainings in conjunction with the campus police allay feelings of anxiety that the campus is "unsafe." This training provides resources so that students know who to speak to if they are anxious. More than 30 trainings for staff and students have been provided - over 1500 individuals have been trained.
- Face to face appointments with counselors 5 days a week. Counseling is available from 9am-6 pm every day except Friday when it is 9-1. Each counselor meets with the LCSW supervisor 1 hour per week.
- Since August of this year, Mental Health Outreach consists of over 20 classroom visits to explain about the services available at the Health Center.
- A Health Fair with community partners is held every fall- where local agencies participate- such as NAMI, Maple Counseling and the campus counselors have a table where they introduce themselves and provide valuable information.
- The counselors participate in the Clothesline Project (Domestic Violence), Mothers against Drunk Driving, the Holistic Fair, Denim Day, Diversity Days etc.

Response to Need

I. Mental Health Provider (Professional Expert LCSW/LMFT (30 hrs/week X \$55/hr)

An additional contracted mental health provider can assist in the level of availability of appointment to maximize the number of students presenting with issues. As students are screened through the PHQ 9 process, students can obtain an appointment within a timely manner. This additional provider can assist when crises arise on campus. This is an additional provider in the case that our other contracted providers are out of the office or attending meetings on campus. Our underserved and vulnerable student populations

currently need to access various locations/services on campus for assistance with food, homelessness, and mental health services and to apply for Cal fresh and Covered California Insurance Assistance. This position will assist in serving our special populations, as the SHC has seen a growing number of Veterans, DACA and LGBTQIA+ students with mental health concerns.

Sustainability- the SHC will assess the need for mental health services on the campus compared to availability of mental health provider to see students. This analysis will be included in the annual program review process to highlight the need for resources to fund the position at the conclusion of the 20-month grant cycle. Other resources, such as Student Equity and Achievement and ABI9 monies may also be designated to meet this need.

2. SHC Professional Expert Health Educator (20 hrs/week X \$25/hr)

A contacted health educator will assist in coordinating outreach and in-reach programs on the Ventura College campus. This health educator can take the lead on the ALICE trainings at Ventura College. The requests for classroom presentations and outreach opportunities continues to grow. Currently, this responsibility falls on the Coordinator and this position would elevate this role to allow her to run the center. Coordination and implementation of campus wide events, especially those that address mental health issues are time consuming and this position could serve as the point person on campus to represent the SHC. This would include outreach to athletic teams, clubs, student services and faculty to facilitate presentations and programs. Mental health and nursing staff trying to qualify students for insurance coverage through Covered California or Medi-cal spend time and this position could address these issues. This is a position that would be well suited for a graduate student, recent graduate or intern within a counseling program.

Sustainability- through ongoing assessment, this position would be evaluated every year. The number and requests for presentations and community events will be reviewed and the data will be included in the yearly program review process. If the position is supported, the campus can allocate funding through general funds, Student Equity and Achievement funds or other categorical funding.

3. Mental Health Professional Expert Case Manager (20 hrs/week X \$25/hr)

A contracted case manager can assist in the efficiency of the services provided by the mental health providers. This position would review the PHQ 9 data and assure that a mental health provider sees students. Statistics can be monitored on how many students are sent to outside referrals due to scheduling issues or lack of providers. We could expand types of statistics to include outside referrals after seeing the counselors here and track referrals when the student's issues are beyond the scope of practice such as; addiction

counselors, psychiatrist for meds, eating disorder specialist. They would also have the opportunity to establish additional MOU's with outside agencies so that we could track the number of referrals to these specific agencies.

Sustainability- through ongoing assessment, this position would be evaluated every year. The number of cases and referrals will be reviewed and the data will be included in the yearly program review process. If the position is supported, the campus can allocate funding through general funds, Student Equity and Achievement funds or other categorical funding.

4. Additional Interns (20hrs/week X \$15hr)

Two additional interns would be ideal to add to the level of care Ventura College wishes to extend to our students. It is preferred that one of them is bilingual to reach our Spanish speaking students on the main and East Campuses. As a Hispanic Serving Institution, we are aware that the campus is 65% Latino. These two interns would allow the SHC to provide assistance to that end.

5. Ongoing National Behavioral Intervention Team Association (NaBITA) trainings

NaBITA is the national leader in behavioral team intervention. The trainings, conferences and resources are instrumental in providing on going relevant information to our BIT teams on campus. Although the conferences are costly, it would be more efficient to bring the presenters to the district/campuses for consistent trainings of all BIT members. The cost of travel is included in the cost for presenting.

Sustainability- The district can reach out to California Lutheran University, California State University Channel Islands, Westmont College, Alan Handcock College, College of the Canyons, Santa Barbara Community College and the University of California, Santa Barbara to share the costs of the training, thus continuing to educate the county in national trends and consistent care for our students. The colleges can also request funding from the district to contribute to the cost of these trainings.

Objectives (borrowed from MC)

I. Illustrate the existence of planned partnerships between the college district and the county behavioral health department to address complex mental health needs of students

Activity:

Create a formal partnership with Ventura County and North Los Angeles County Behavioral Health Departments and community-based organizations creating pathways to expedite the transfer of care from student health centers to long term or higher level of care, minimizing impact on student's retention and success.

Outcome:

The Case Manager will create a chart that reflects referral pathways for mental health resources for Ventura and North Los Angeles County. Chart will list contact person for each college, services offered for general and diverse populations. To be done by 5/2020. Chart to be both electronic, and easily changed in years to come.

Professional Expert Liaison Case Manager at each college to update chart each year, or more frequently, for accuracy.

To be done by 5/2021.

2. Provide screening services to students receiving other health care services and provide linkages to services from the appropriate on-or off-campus mental health provider.

Activity

Case Manager and Mental Health Provider to create a consultation and transfer of care protocol with county and community partners regarding students outside the scope of SHC short-term counseling model. Outcome: To be completed by 5/2020.

Professional Expert Liaison Case Manager to consult with mental health staff and facilitate student transfer of care. Outcome: Weekly meeting with Lead Psychologist to discuss students who need to be connected with community assistance.

Professional Expert Liaison Case Manager will work with student to set up mental health appointments, confirm compliance in care, assist with referral to DSPP for accommodations, and track student success in coursework. Outcome: Student to have initial visit within one week of notification for transfer, to include assistance with making appointment, referral to DSPP, and other resources if indicated. 2nd visit will be after initial community appointment will include appointment was kept, accommodations received through DSPP, utilization of other resources if indicated. Final meeting at the end of semester to discuss success in the class.

3. Ensure that underserved and vulnerable student populations receive culturally competent mental health services (including referral services)

Activity

SHC Staff will collect demographic data during the student's first visit of each academic year.

Outcome: Demographic data collected annually and compared to previous year for increase in student populations utilizing the SHC.

Activity

Professional Expert Liaison Case Manager to provide up to 6 hours a week at the Basic Needs Center to assist foster youth and homeless students to on- and off- campus resources as needed i.e. mental health care, food pantries, places to stay, showers, financial aid and emergency funding. Outcome: Students will use a screening tool that

will assist in easily identifying needs and be given appropriate resources. Students will receive a follow-up call 2 & 4 weeks after initial visit to assess whether resources were accessed and if there is a positive change in their current situation.

Activity

Employ Professional Expert Mental Health Counselor, who is culturally competent, to assist with the increase volume of students seen for mental health needs. Outcome: Increase in the number of vulnerable student populations who access Mental Health services by 2-5%.

Activity/outcome: Provide all Mental Health Staff with didactic seminars, twice a semester that address topics related to underserved student populations.

4. Reduce racial disparities in access to mental health services, and to prevention, early intervention, and suicide prevention training.

Activities:

Meet students where they are by attending their clubs, discuss mental health & health services, understand their needs and provide relevant workshops.

Outcome: Professional expert mental health educator will contact clubs with underserved members, by email, to offer presentation on services and provide an outreach event each semester.

Activity: Educate faculty and staff on the mental health needs of our diverse students utilizing Fall 2019 NCHA data, providing procedures and resources for accessing assistance.

Outcome: Send campus employees email of NCHA mental health highlights and a list of campus resources Spring 2020.

Provide NCHA mental health highlights for all 3 campuses to the Board of Trustees, Spring 2020.

Utilize NCHA data during mental health first aid training Spring 2020, discussing racial disparities.

5. Develop and implement campus-based stigma reduction activities.

Activity: Increase the number of QPR suicide Prevention Trainings by utilizing NCHA data to educate faculty in the importance of Suicide Prevention Training.

Outcome: Increase the number of trainings from 27-34 for 2020-21 academic year.

Activity: Work with student club to sponsor “Ask a therapist...” Informal meet and greet to discuss stigma and answer any questions about the counseling process. Give handout on basic mental tips i.e. handling stress, grief, time management, sleep hygiene.

Outcome: Mental Health will reach out via email to clubs comprised of underserved, and the psychology club requesting to sponsor “Ask a therapist...” event. Based on

club's response the outreach event will take place that same semester. Increase club participation from 0 – 3 per semester, by Fall 2020.

6. Implement education and training to faculty, staff, and students on early identification, intervention, and referral of students with mental health needs.

Activity: Mental Health First Aid Training of employees every semester.

Outcome: Starting Spring 2020 and each semester following 50-60 employees will be trained in Mental Health First Aid. Training to continue until all employees have been given the opportunity to be trained.

Activity: Mental Health to participate in the planning of New Student Orientation.

Outcome: New Student Orientation will include Wellness component with resources Fall 2020.

COSTS

| Proposed Position | Proposed Cost | Proposed 9.4% Benefits | Total Cost |
|---|----------------------|-------------------------------|-------------------|
| Mental Health Provider (Professional Expert LCSW/LMFT (30 hrs/37 weeks X \$55/hr) | \$61,050 | 5,738 | \$66,788 |
| SHC Professional Expert Health Educator (20 hrs/36 weeks X \$25/hr) | \$18,000 | 1,692 | \$19,692 |
| Mental Health Professional Expert Case Manager (20 hrs/ 36 weeks X \$25/hr) | \$18,000 | 1,692 | \$19,692 |
| 2 Additional Interns (20hrs/ 36 weeks X \$15hr) | \$21,600 | 2,030 | \$23,630 |
| Ongoing District NaBITA trainings (\$15,000 per year X 2 years) | \$30,000 | | \$30,000 |
| Materials and Supplies related to grant activities (\$10,000 per campus) | \$30,000 | | \$30,000 |
| | | Total | \$189,802 |