



PROGRAM ACCOMPLISHMENTS SUMMARY

Campus-Based Grant Awardee: Grant #: MH-012-12 / College of the Canyons

Name of Person Completing Form: Gayle Freund

Title: Program Specialist III **Date: 5/30/2014**

Description: The Program Accomplishments Summary indicates the progress reported by your campus on program deliverables in the Quarterly Reporting System as of March 31, 2014. Please review all sections of this summary to ensure the accuracy of the information. If you determine there is a discrepancy in reporting, please **DO NOT CHANGE THE DATA IN THE FORM** but provide additional information by using the space provided below and the designated section at the end of the report.

1. Progress of Deliverables

RATING SCALE:
1 – Not yet begun 2 – In very early stages 3 – Making some progress 4 – Making a lot of progress 5 – Nearly or fully complete

| Deliverable | Progress | If there is a discrepancy on the reported progress, please briefly indicate changes below. |
|--|------------------------------|--|
| a. Conducting a campus-wide assessment of our students' needs related to mental health services. | 5 - Nearly or fully complete | |

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|---|------------------------------|--|
| b. Establishing an identification and referral system for students to meet their mental health needs. | 5 - Nearly or fully complete | |
| c. Developing resources (e.g., websites and information material) for students, families, faculty, and staff. | 5 - Nearly or fully complete | |
| d. Developing a system for conducting campus threat assessments. | 5 - Nearly or fully complete | |
| e. Meeting the CCC SMHP goal of providing suicide prevention training to faculty, staff, and students. | 5 - Nearly or fully complete | |
| f. Meeting the CCC SMHP goal of providing mental health training to faculty, staff, and students. | 5 - Nearly or fully complete | |
| g. Fostering Collaboration w/ Other Campuses | 5 - Nearly or fully complete | |
| h. Fostering Relationships with Health Providers | 5 - Nearly or fully complete | |
| i. Leveraging Resources related to mental health service providers | 5 - Nearly or fully complete | |
| j. Increasing Peer to Peer | 4 - Making a lot of progress | |

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|----------------|--|--|
| opportunities. | | |
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2. Total Reported Numbers – Training of Trainers, Trainings, Presentations, Seminars and Events (As of March 31, 2014)

| Topic | Total Participants | If there is a discrepancy on the numbers reported, please include un-reported numbers below. | |
|---|--------------------|--|---|
| | | FACULTY/STAFF | STUDENTS |
| Early recognition of students of concern | 196 | 72 | |
| Crisis or behavioral intervention | 405 | | |
| Suicide prevention (Kognito not included in this total, see below) | 701 | 250 | 1100 – Our Shine A Light on Suicide Prevention and Awareness was a HUGE success both years. Though we can only “count” 250 students a day for each day of the 2 – 2day events due to allotment of flashlights/food distributed. The numbers of observers were in the high thousands. The display of chairs and lanterns made a huge impact not only on campus but in our local community as well. |
| General mental health promotion | 725 | 510 | 66 |
| Peer-to-peer | 809 | | 80 |
| Other | 761 | 75 | 141 |

| | | | |
|--------------|--------------|--|--|
| Total | 3,597 | | |
|--------------|--------------|--|--|

| | |
|------------------------------|--|
| Regional Strategizing Forums | Total Number of Events Held - 2 |
|------------------------------|--|

3. KOGNITO Reported Numbers Participants Trained (As of April 2014)

| At-Risk for Faculty & Staff | Veterans on Campus | At-Risk for Student Leaders | LGBTQ on Campus for Faculty & Staff | LGBTQ on Campus for Students | Veterans on Campus Peer to Peer | Total |
|--|---------------------------|------------------------------------|--|-------------------------------------|--|--------------|
| 92 | 82 | 43 | 6 | 0 | 0 | 223 |

4. Progress of Work Plan – Summary of major work plan deliverables as reported in the monthly progress reports. If information is inaccurate or not included, please use the space below to make corrections or additions.

- ✓ Performed annual assessment of students’ health, habits, behaviors, and perceptions:
 - Administered the American College Health Association– National College Health Assessment survey on campus.
- ✓ Increased faculty and staff’s ability to recognize student mental health issues on how to respond to a potential crisis situation through:
 - A behavioral intervention (BIT) team has been implemented and faculty and staff may contact the team with regarding the referral of a troubled student. BIT team will refer to resources accordingly.
 - Kognito Suicide Prevention training was marketed on college website.
- ✓ Raised student awareness of mental health issues through peer to peer activities:

- Held peer to peer training on campus. LETS club (to raise awareness for mental illness and social stigma) and SNAC (Student & Wellness Advocates) participated in outreach events.
- Working with the Board and ASG to create a "Safe Zone" on campus for LGBTQ.
- ✓ Increased student access to referral information
 - A community referral resource list created and added to College of the Canyon's website <http://www.canyons.edu/Offices/Health/Pages/Community-Referral-Sources.aspx> as well as the Student Health and Wellness Center.
- ✓ Expanded the number of campus outreach activities to promote student health and wellness:
 - Hosted 2 Body Mind Wellness workshop series a year focusing on various mental health topics and recovery.
 - Hosted a six-week series of seminars on "Positive Lifestyle Behaviors for Health & Happiness" including healthy eating, physical activity, stress management, and sleep.
 - A community resource fair held on campus every fall and spring semester.
- ✓ Created a Mental Health First Aid program
 - MHFA trainings provided at least 4 times a year.
- ✓ Collaborated with community health providers through the establishment of a Community Mental Health Consortium:
 - Ongoing development of the campus Mental Health Consortium which meets bi-monthly with over 20 partners, including: UCs, local community colleges, private colleges and high school districts, Brandman University, NAMI, Department of Rehabilitation, and Department of Mental Health.
 - Established an MOU with county Department of Mental Health regarding referral notifications and process for getting reports of student treatment progress.
 - Internship program established MOUs with Brandman University and CSU Northridge for MFT and MSW interns.
- ✓ Increased faculty and staff awareness of common challenges faced by student veterans:
 - Local Veterans Center trained faculty and staff on student veteran needs.
 - Offered Kognito Veterans on Campus training (82 participants trained).
 - Held Regional Strategizing Forum on March 7th with key note speaker Dr. David Joseph presenting on Veteran's Mental Health.

5. Please use the space below to provide any additional information not included above by indicating the number and section from above (i.e. 1a) and a brief statement with corrected information.

Example: 1a – Report indicates incomplete on student needs assessment. Correction: ACHA NCHA was completed on 3/31/14 with a total of 2,312 student respondents.

Report does not include the following events under the bolded sections representing our work plan.

Increased faculty and staff awareness of common challenges faced by student veterans:

4/19/2013 Least Among Saints movie screening and Q&A with Film maker Martin Papazian, (open to community)
2/4/14 Welcome Home Veteran training held on campus with a total of 47 participants
3/7/14 – Veteran Mental Health and Related Support Services 51 attendees

Increased faculty and staff's ability to recognize student mental health issues on how to respond to a potential crisis situation through:

Monthly BIT/Mental Health Awareness trainings to various campus departments

Flex workshops on suicide prevention, substance abuse, and student mental health issues provided each semester

Raised student awareness of mental health issues through peer to peer activities:

LET's Club (Let's Erase the Stigma) implemented on campus

Fall 2013, Fall 2014 LET's and SNAC clubs participated in the campuses Welcome Week events

Spring 2013, 2014 LET's and SNAC clubs participated in club rush to recruit new members.

LET's and SNAC clubs participated in the BMW resource fairs held each semester

Increased faculty, staff, and community awareness of suicide prevention:

10/17 & 18, 2012 - 2 Student Health & Wellness Center staff completed ASIST training

2/17/14 -BIT Team attended the NaBITA BIT Practice Certification Course

3/20-22, 2014 - Larry Schallert, Assistant Director, Student Health & Wellness Center, BIT Team member attend MHW conference.

National Suicide Hotline campaign aimed at placing the hotline number in students, faculty, staff and community member's cell phones

2 "Shine A Light on Suicide Prevention and Awareness" two day event held on campus

April 2013 – 1,100 chairs were displayed on campus representing the number of college age students that die annually by suicide

April 2014 – 1,100 lanterns were displayed on campus representing the number of college age students that die annually by suicide

Both "Shine a Light on Suicide Prevention and Awareness" events included:

Collaboration with DMH, Henry Mayo Hospital's Behavioral Health Unit, and Child & Family Center to distribute information
A "Memory Wall" – for those affected by suicide to honor a loved one
A "Tie a Ribbon" station
Free flashlights with the National Suicide Hotline engraved

Although we could count that at least 1200 people approached the information tables during both events; the number of visitors the dramatic display of chairs and lanterns in our campus' Honor Grove over the two days brought was uncountable. Each event was witnessed by at least 10,000, bringing to light the number of students who die annually by suicide.

Expanded the number of campus outreach activities to promote student health and wellness (Corrected to):

Hosted 2 Body Mind Wellness six-week workshop series each fall focusing on "Challenges and Maladaptive Coping"

Hosted 2 Body Mind and Wellness six-week series of seminars each Spring on "Positive Lifestyle Behaviors for Health & Happiness" including healthy eating, physical activity, stress management, and sleep.

A community resource fair held on campus every fall and spring semester.

"Lunch Sessions with the Nurse" offered every semester hosted by the Student Health & Wellness Center on topics like, stress, texting and driving, drinking and driving, safe sex, etc.

Various guest speakers brought on campus to address mental health issues in addition to the BMW seminar series:

- 5/15/13 – Kathleen Snyder, Expert Suicide Prevention and Awareness
- 5/15/13 – Rosanna Santos, LMFT, LGBTQ student issues
- 10/8/13 – Alan Kaufman, poet/veteran – Veteran Issues and substance abuse
- 10/9/13 – Alan Kaufman, poet/veteran – Veteran Issues and substance Abuse
- 03/07/14 – Dr. David Joseph/Veteran Mental Health & Support Services
- 4/2/14 – Bob Hall, Non-Violent Sexuality
- 4/14/14 – Ritch Green, LGBTQ – Safe Zone
- 4/30/14 – Kathleen Snyder, Expert on Suicide Awareness and Prevention

3/5/13 Alive Mental Health Fair – featuring graffiti art therapy, brain station, fact or fiction station, post a secret station

Student Health 101 Online Magazine



Increased student access to referral information

Community Mental Health Consortium implemented, meeting bi-monthly, to improve student access to community partners and streamline a referral process. Members include: CSU's, community colleges, Cal Arts, Masters College, William S Hart Union High School District, DMH, Child and Family Center, Valley Trauma Center, Santa Clarita Domestic Violence Center, Henry Mayo Newhall Hospital's Behavioral Health Unit, ACTION family counseling.

Collaboration with both The Sepulveda Vet Center and Child and Family Center to co-locate on campus which increased student access and capacity.

Developed comprehensive resource list given at all staff trainings including MHFA, Flex workshops and various outreach events.

Increased student access to referral information (cont)...

MOU with Child and Family Center to assess and connect students in crisis to appropriate resources.

6. Please identify 1 to 3 grant activities that you would most like to see continue on your campus.

Mental Health First Aid Trainings provided to students, staff and community members

"Shine a Light on Suicide Prevention and Awareness" event

Body Mind Wellness (BMW) seminar series and resource fair each semester.

LET's club on campus

Mental Health Consortium

Co-location with both The Sepulveda Vet Center and Child and Family Center

Although we have listed more than 3 grant activities that College of the Canyons would like to see continue on campus, these six components have had an amazing impact on our students, faculty, staff, and community collaboration. So much so that Santa Clarita Community College District is committed to the continuance of each and built in sustainability.