CBG Overview

• Total funds originally allocated for CBGs: $3,060,000.
• CCC SMHP contract amended on 07/01/2012.
• Total funds allocated for CBGs after CalMHSA amendment: $4,805,921.
• CBGs were selected through a competitive request for application (RFA) process.

CBG Overview

• CBGs are designed to allow campuses to expand and enhance existing programs and to create community partnerships to increase their capacity to address the mental health prevention and early intervention needs of students.
• CBG funds cannot be used for direct services or to supplant existing resources.
• RFA was published on Friday March 30, 2012.
CBG Overview

- Thirty-four (34) applications were submitted in response to the RFA.
- Selection committee was formed from internal and external stakeholders.
- Of the 34 applications, 23 grants to campuses or consortia of campuses (representing a total of 30 campuses) were selected to receive funding.

Awardees

<table>
<thead>
<tr>
<th>College/Consortium</th>
<th>County</th>
<th>Annual Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butte College</td>
<td>Butte- Glenn</td>
<td>$250,000</td>
</tr>
<tr>
<td>College of San Mateo</td>
<td>San Mateo</td>
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</tr>
<tr>
<td>College of the Canyons</td>
<td>Los Angeles</td>
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<tr>
<td>College of the Desert</td>
<td>Riverside</td>
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<tr>
<td>Cal Poly College</td>
<td>Thousand Oaks</td>
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<td>Cal Poly College</td>
<td>San Luis Obispo</td>
<td>$174,540</td>
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<tr>
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<tr>
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<td>West Los Angeles College</td>
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</tr>
<tr>
<td>West Valley College</td>
<td>Kern</td>
<td>$289,772</td>
</tr>
</tbody>
</table>

Total Annual Amount: $3,489,929

Geographic Equity
CBG

• Final contract negotiations have been completed for 17 CBGs. Contracts have been disseminated to these campuses/consortia for execution.

• Negotiations for the remaining 5 CBGs will be complete by September 14, 2012.

• The official start date for these grants, as established in the contracts, is July 1, 2012.

• Campuses will be able to bill retroactively for any costs accrued beginning July 1, 2012.

CBG

• Reporting and evaluation are three fold:
  
  – The required ACHA-National College Health Assessment (NCHA).

  – Quarterly reports integrated with the CCC SMHP’s evaluation contractor, the Pacific Institute for Research and Evaluation (PIRE).

  – Monthly Invoice & Deliverables Report Form

CBG

Monthly Invoicing and Deliverables Reporting form:
CBG

- COAGSMH Members receiving Campus Based Grants:
  - Brian Olowude – Fresno/Reedley Consortia
  - Stephanie Dumont – Orange Consortia
  - Catherine Morris – Sierra College
  - Becky Perelli – West Valley College

SCCCD-SMHC
SCCCD-SMHC GOALS

1. Decrease overall stigma of mental health and mental illness
2. Encourage students to seek professional help when needed
3. Increase overall awareness of mental health issues services available on Campus
4. Implement stigma-reduction campaign and help seeking behavior campaign
5. Increase the proportion of college population who have received information on suicide prevention and Mental Health First Aid
Coast Assessment, Referral, Management and Advocacy (CARMA) Project

Goals of the Project

• Suicide Prevention Training for faculty/staff
• Peer-to-Peer Advocacy
• Behavioral Assessment Teams (BAT)

Peer-to-Peer Advocacy

• Increase student awareness of mental health
• Decrease stigma associated with seeking mental health support
• Bacchus Network Peer Health Educator Training
• Build on previous successful Peer Health Educator programs (alcohol abuse, tobacco)
• Membership as ACTIVE MINDS campus
Behavioral Assessment Teams (BAT)

- Solidify BAT training, resources and protocols
- BAT members will receive specialized training and consultation from threat assessment professionals
- Smart phone app to assist members in assessing potential threat
- Regional training opportunities

Suicide Prevention Training for faculty/staff

- Offer through campus professional development
- Includes mental health awareness
- Participants will be given a “tool kit” of resources for identifying and referring students experiencing mental health issues
- Tool kit will include smart phone app to assist in referral to BAT

Activities To Date

- Recruitment of CARMA Project Coordinator, July 2012
- Recruitment and 2-Day Training at OCC of student peer health educators through Bacchus Network, August 2012
- Attendance at Association of Threat Assessment Professionals (ATAP) by one BAT member from each campus, August 2012
- Orientation and training retreat for new OCC PsyD interns, August 15, 2012
- OCC PsyD intern serving as co-advisor for Gay Straight Alliance Club
- Regional joint threat assessment training between CARMA and FBI, September 10, 2012
- CSULB Social Work interns at each campus, Sept 2012
Other Progress

• Conference calls with CARS and Kognito to plan TTA, August 2012
• Informational meetings with associated students, academic senates, staff development coordinators
• Online meetings with Kognito to prepare launch
• NAMI Provider Course at GWC June 2012, OCC September 2012
• NAMI Peer-to-Peer Group starting at GWC, September 2012

CBG

• COAGSMH Members receiving Campus Based Grants:
  – Brian Olowude – Fresno/Reedley Consortia
  – Stephanie Dumont – Orange Consortia
  – Catherine Morris – Sierra College
  – Becky Pirelli – West Valley College

The California Community Colleges Student Mental Health Program (CCC SMHP) Training and Technical Assistance Project

UPDATE AND STATUS
TTA Project Overview

TTA Objectives
- Provide expert mental health (PEI) consultation services
- Conduct 9 regional trainings annually
- Develop and disseminate relevant products, resources, and tools

Focus of Services
- Support campus-based grantees and broader CCC system
- Focus on vulnerable student populations (e.g., veterans)
- Emphasize capacity building and systems for long term sustainability

Purpose of TTA
To build CCC system capacity to meet student mental health needs in ways that are effective and sustainable.

TTA services can ignite, inspire and show the way towards building sustainable, long-term solutions in support of student mental health.
Areas to Support Student Mental Health in CCCs

- Awareness, Identification & Referral
- Systems & Infrastructure Changes, Including Development of Policies and Procedures
- Building Skills for Implementation

- Special Attention to Vulnerable Populations, Including At-risk and Un/Under Served

Delivering TTA and Training Services

Who Can Receive TTA Services

- CCC System (including faculty, staff and student groups). Readiness helps.
- Campus Based Grantees
- Other Partners, as appropriate
Types and Methods of TTA Support

**Types of TTA**
- Technical Assistance/Consultation
- Training
- Facilitation
- Resource Development
- Networking/Peer to Peer

**Methods of Delivery**
- Phone
- Electronic
- Webinar/Web Meeting
- In Person/On-site
- Individual/Small or Large Group Setting

Ways to Request TTA Services

- **Application**
  - Available on website or email
- **Phone**
  - Toll free (855) 304.1647
- **Fax**
  - (707) 568.3810
- **In Person**
Project Accomplishments

MARKETING
- Southern California Supporting Students conference
- Project overview to COAGSMH
- Initial announcement to field
- Launched project website
- Kickoff Webinar (all campuses)
- Follow up Webinar (CBGs)
- Targeted marketing to CBGs

SYSTEMS/INFRASTRUCTURE
- TTA Request Form
- TTA Evaluation Forms
- CARS/Kognito protocol
- SMHP coordination/reporting
- COAGSMH feedback system
- PIRE evaluation coordination
- Initial TTA Assessment call guide
- TTA Summary Report template

PLANNING
- Work Plan
- Logic Model
- Implementation Plan
- Needs assessment methodology
- SMHP collaborative and individual calls

Technical Assistance
- 48 TA Requests received
  - 91 TA Days
  - 91 TA Days Open
  - 23 TA Days Closed
- 33 Initial consultation calls conducted
  - 22 campuses
  - 11 CBGs
- 18 TA Summaries completed

Types of Requests:
- Website development
- Needs assessment tools
- Regional strategizing forum planning support
- Behavioral Intervention Team development and enhancement
- Threat assessment training
- Establishing effective referral systems
- Garnering campus support and buy in
- Fostering off campus partnerships
Needs Assessment Methods

**Formal**
- Electronic Survey
- Review of Campus Based Grantees
- Initial Readiness and Consultation Calls
- Review of relevant research literature

**Informal**
- Feedback during webinars and other convenings
- Individual phone calls with campus representatives and other key stakeholders

Needs Assessment Purpose

- Identify common student mental health needs across the system
- Assess the abilities of campus' to meet student mental health needs
- Collect information about successful and innovative programs worth sharing across the system
- Determine broad campus priorities
- Guide the selection of training topics and consultant hiring
Needs Assessment Findings

What the Campuses Need

• Evaluation of off-campus mental health referral and follow-up systems
• Support for their BIT/CRT teams
• Founding of NAMI chapters
• Website development
• Mental health intern programs
• Group therapy capacity
Ongoing TTA Activities

Technical Assistance: Initial TTA Readiness and Assessment Calls

Based on Readiness
- High Readiness
- Medium Readiness
- Low Readiness

Webinars and Trainings
- Based on SMHP priorities and campus needs

Product Development
- Resources and tools that will have utility past the life of TTA support.

TTA Priority Areas

• General project marketing
• Proactively offer Initial Consultation and Readiness Calls
  - Relative to level of readiness
• Respond to needs identified during calls
• Support CBGs with:
  - Regional networking
  - Needs assessment process
  - Regional Strategizing Forums
• Early planning with campuses to capitalize on flex days
• Preparation for Kognito online trainings
  - Website development support
  - Establish clear referral systems

TTA Priority Areas

Trainings
- Content for Regional Strategizing Forums
- Content experts for prof dev/flex days
- Threat assessment regional workshop
- Expanded roll out of Welcome Home

Webinars
- Regional campus networking
- Doing More with Limited Resources
- National Depression Partnership
- Active Minds
- Suicide Prevention Resource Center

Product Development
- Gatekeeper training matrix
- Policy development
- Peer to peer support curriculum
- Website template
Other Support Opportunities

• Develop or adapt templates for awareness materials
  • Posters, brochures, and other printed materials.
• Host grantee learning community event in April, 2013
• Coordinate Active Mind support for CBGs and broader system
• Coordinate the development of a smart phone or web-based application
• Coordinate grantee administration of HSACC-NCHA survey process
  • Attempt to negotiate reduced rate
• Attempt to negotiate reduced rate for Student Health 101 magazine
• Assist with developing systems to support interns

Next Steps

<table>
<thead>
<tr>
<th>September/October</th>
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<tbody>
<tr>
<td>Needs Assessment Tool Development</td>
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<tr>
<td>Regional Strategizing Planning Support</td>
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<tr>
<td>Website development support</td>
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<tr>
<td>CSG consultation calls</td>
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<tr>
<td>CSG networking webinar</td>
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</table>

<table>
<thead>
<tr>
<th>October/November</th>
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</thead>
<tbody>
<tr>
<td>Activate Regional Strategizing Forum support</td>
</tr>
<tr>
<td>Planning for CBG training event</td>
</tr>
<tr>
<td>CSG applicant consultation calls</td>
</tr>
<tr>
<td>Develop webinar series schedule</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>November/December</th>
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</thead>
<tbody>
<tr>
<td>Onsite Regional Strategizing Forum support</td>
</tr>
<tr>
<td>Planning for CBG training event</td>
</tr>
<tr>
<td>CSG applicant consultation calls</td>
</tr>
</tbody>
</table>

Questions and Feedback
Progress to Date

Communications (CCC SMHP, CARS, PIRE)
- Regular meetings
- Email, telephone – open channels of communication

Feedback
- Community colleges
- CCC SMHP
- COAGSMH

Coordinated Calls with Colleges
- Collaboration protocol with CARS
- "Readiness Assessment"

Modifications and Customizations
On-boarding
Customization for CCCs

Areas of Concern
- Language used: ‘Counseling Center’
- Inclusive of colleges
- Applicability for staff
- Additional usage explanation

Activities
- May 2012: Structured interviews with 14 CCCs
- June 2012: Recommendations submitted to COAGSMH and CCC SMHP
- June 2012: Feedback from 3 COAGSMH members integrated in plan
- July 2012: Software and all supporting materials modified per plan
(Note: modifications made for ALL schools, based on value of changes)
- August 2012: Updated training available

Modifications – Course Name

Inclusion of ‘College’ in...
- All product references
- All marketing materials
- All supporting documents
Modifications – Course Introduction

Modification of Introduction segment
- Course controls
- Applicability for staff
- How the training works
- Clarification about phrase "Counseling Center"

Modifications – Course Language
Customizations - Outreach

kognitocampus.com/faculty/ccc

Resources provided include:
• Administration Guide
• Sample Emails
• Website and newsletter language & graphics
• Presentation slides
• Online videos
• Flyers, information sheets
• Social and traditional media

Customizations – Requests

New resources are being developed in response to requests from the CCCs.
• One-page informational handout
• Website “badge”
• Student-savvy flyer

At-Risk for Faculty & Staff

In Process (6):
• Columbia College
• Modesto Junior College
• Rio Hondo College
• Saddleback College
• San Bernardino Valley College
• Sierra College

Training is Available (19):
• Bakersfield College
• Cabrillo College
• Foothill College
• Fresno City College
• Gavilan College
• Golden West College
• Merritt College
• Norco College
• Mission College
• Mt. San Antonio College
• Orange Coast College
• Pasadena City College
• Reedley College
• Riverside City College
• San Diego City College
• Santa Monica College
• Shasta College
• Skyline College
• West Valley College
At-Risk for Student Leaders

Training is Available (13):
- Bakersfield College
- Cabrillo College
- Fresno City College
- Gavilan College
- Golden West College
- Mt. San Antonio College
- Orange Coast College
- Pasadena City College
- Reedley College
- Riverside City College
- San Diego City College
- Skyline College
- West Valley College

In Process (3):
- Rio Hondo College
- San Bernardino Valley College
- Sierra College

Veterans on Campus

Training is Available (11):
- Bakersfield College
- Cabrillo College
- College of Marin
- Fullerton College
- Gavilan College
- Golden West College
- Mt. San Antonio College
- Orange Coast College
- Pasadena City College
- San Diego City College
- Skyline College

In Process (4):
- Modesto Junior College
- Rio Hondo College
- San Bernardino Valley College
- Sierra College

Phased Approach

Ongoing response to TTA requests (through CARS)

Phase 1: Those who contacted us (including some CBGs)

Phase 2: Campus-Based Grant recipients

Phase 3: Those familiar with Kognito training (participated in pilot, requested a demo, etc)

Phase 4: Colleges for whom we have no direct contact
What’s Next

Ongoing readiness assessment in response to TA requests.
Ongoing follow-up with colleges on-board.
Phase 1 (complete): 30 colleges assessed (16 CBG):
16 on-board (9 CBG), 6 in-process (5 CBG), 8 defer (2 CBG).
22 colleges (14 CBG) rolling out Kognito training in Sept.
Phase 2: 13 College-Based Grant recipients, plus
6 former/current Kognito clients or outstanding requests
Phase 3: 17 familiar with Kognito training (pilot, demo)
Phase 4+: 46 additional CCCs, plus
8 colleges who deferred

at-risk

To access the trainings or review outreach materials, select School “Other”
At-Risk for Faculty & Staff
• kognitocampus.com/faculty/ccc (key: ccc8752)
At-Risk for Student Leaders
• kognitocampus.com/student/ccc (key: ccc6445)
Veterans on Campus
• kognitocampus.com/vet/ccc (key: ccc4554)

Julie Spiegler, Program Director
julie@kognito.com, (415) 562-5612

California Community Colleges
Student Mental Health Program:
Evaluation Overview

Bob Saltz
Prevention Research Center
Berkeley, California
Pacific Institute for Research & Evaluation

- Founded in San Francisco in 1974
- Developed and disseminated earliest prevention strategies
- Conducted thousands of rigorous evaluations of mental health, substance abuse prevention, education, and criminal justice programs in California and throughout the United States.

Our Team

- Katharine Atwood
- Rick McGaffigan
- William Zywiak
- David Collins
- Alan Stein-Seroussi
- Bob Saltz

Sample Projects

- Longitudinal Predictors of Depression in Young Adults
- Interagency Collaborative Teams to Scale-Up Evidence-Based Practice
- Helping Colleges to Help Vets 2,3
- Safer California Colleges and Universities
- The OCC High Risk Drinking Prevention Grant
- The Western Washington University "Campus Community to Change the Drinking Culture" Project
Evaluation

- Practical Value
- Identify Successes
- Build foundation for future evaluations

Major Components of CCC SMHP

- Suicide Prevention Training
  (Kognito Interactive)
- Training and Technical Assistance
  (Center for Applied Research
  Solutions)
- Campus-Based Grant Program
  (CCC Chancellor’s Office)

Comprehensive Approach to Mental Health Promotion

Jed Foundation & SAMHSA
Suicide Prevention Resource Center
Key Outcome for Today

...to maximize the likelihood that students in need of mental health services are getting them.

Each Campus, then...

...represents a combination of strategies to further the objective of bringing services to students in need.
Our Question:

“What contributes to the highest prevalence of identification and referral among students in need of mental health services?”

Types of Data

- Basic Descriptive Data
- Campus Infrastructure
- Prevention & Early Intervention Activities
- Basic Outcome Data

Sources of Data

- CCC Chancellor’s Office of Research
- Campus Reporting Tool (incl. pre/post infrastructure data)
- Kognito and CARS internally-developed evaluation instruments (supplemented)
- Faculty survey
- Student Survey
Sample Measures of Capacity of Mental Health Centers / Systems in Participating Community Colleges

- Characteristics of MH Centers / Systems
- Readiness\(^1\), Champions\(^2\) and Expertise\(^2\) (to link students to mental health services)
- Formal linkages\(^2\) (with community agencies and with others in CA's three higher education systems)

\(^1\)Adapted from Tri-Ethnic Community Readiness Tool
\(^2\)Adapted from Sustainability Toolkit for Prevention

Proposed Student Survey
### National College Health Association (NCHA-II) and Healthy Minds Content Comparisons

<table>
<thead>
<tr>
<th>NCHA-II</th>
<th>Healthy Minds</th>
</tr>
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<tbody>
<tr>
<td>Flourishing/languishing</td>
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<tr>
<td>Depressive symptoms</td>
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<tr>
<td>Alcohol/Drug Use</td>
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<td>Suicidal thoughts</td>
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<tr>
<td>Suicidal plans</td>
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<tr>
<td>Suicidal attempts</td>
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### National College Health Association (NCHA-II) and Healthy Minds Content Comparisons

<table>
<thead>
<tr>
<th>NCHA-II</th>
<th>Healthy Minds</th>
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<tbody>
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<td>Mental health diagnoses</td>
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<tr>
<td>Willingness to talk to academic staff about mental health</td>
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<tr>
<td>Knowledge about where to go for help with MH</td>
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<tr>
<td>MH treatment past year</td>
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<tr>
<td># of visits past year</td>
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<tr>
<td>Military/veteran status</td>
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### Types of Questions We Plan to Address

- Assessment questions
- Immediate or proximal impact of program components
- Ultimate impact of program components
Looking to the Future: An Evaluation Framework

- Allow for modifications of Reporting Tool as focus changes
- Adaptable student survey questionnaire
- Allow for other major outcomes

Questions?

Bob Saltz
saltz@prev.org