



Student Health & Wellness

PHYSICAL AND MENTAL HEALTH



Meet Our Leadership *Team*



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Overview

- 1 Needs/Impact
- 2 Timeline
- 3 Program Growth
- 4 Increasing Capacity
- 5 Student Voice

Need & Impact

- Los Rios Student Senate identified mental health as their #1 concern
- 1 out of 5 college students reported significant mental health decline during COVID-19
- 67% of people 18-24 with anxiety or depression don't seek treatment
- Suicide is the 2nd leading cause of death amongst young people ages 10-24

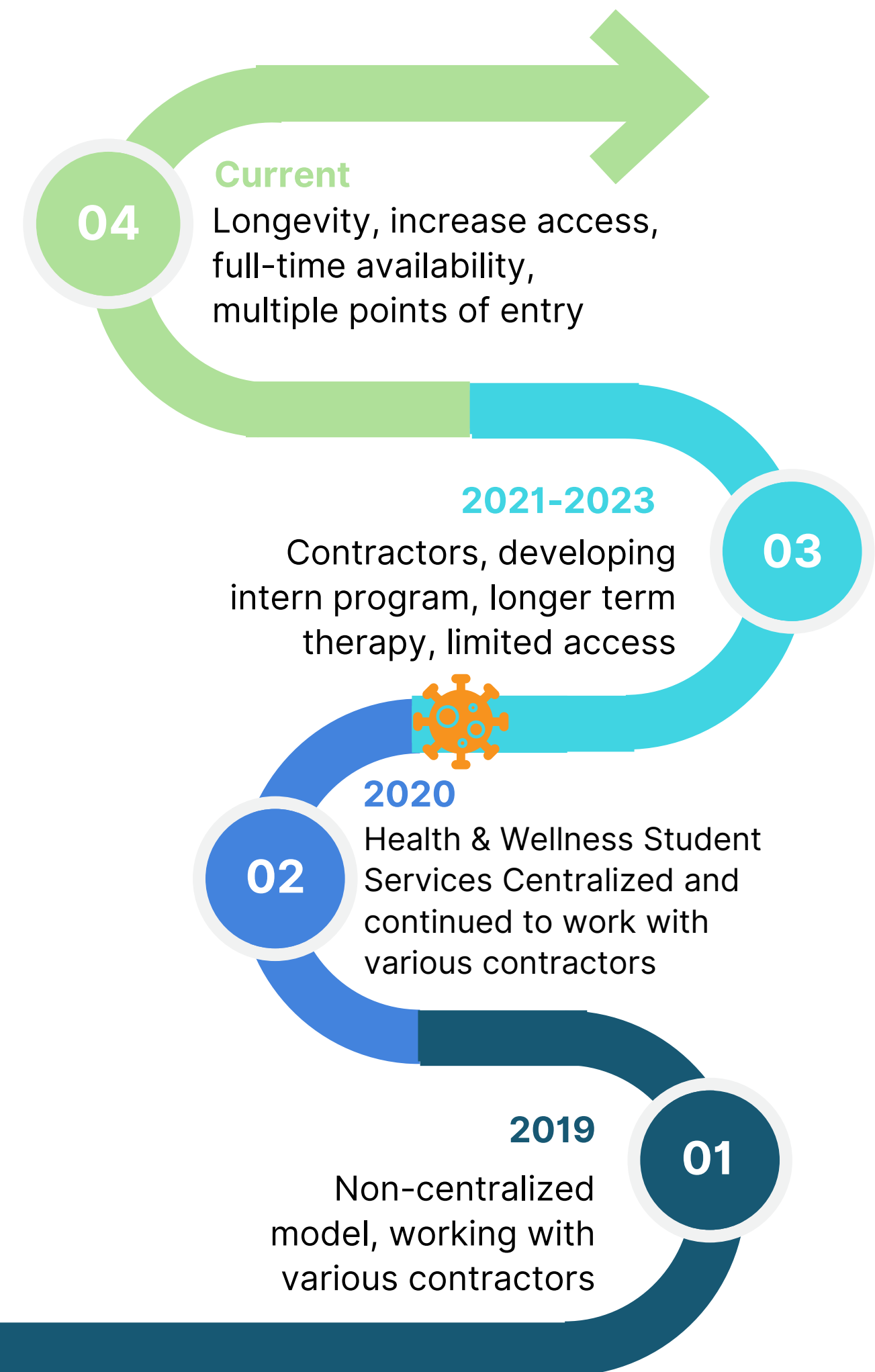
“Mental health truly is one of the hardest things to deal with on the go of day to day school - making this easier for the student should help improve attendance and grades...”

-Anonymous LRCCD Student



Timeline

- The Mental Health program began building a centralized model in March 2020
- During the pandemic years, Los Rios utilized part time contracted therapists and started an internship program for students pursuing degrees in mental health
- The district partnered with TimelyCare to support students mental and physical health needs

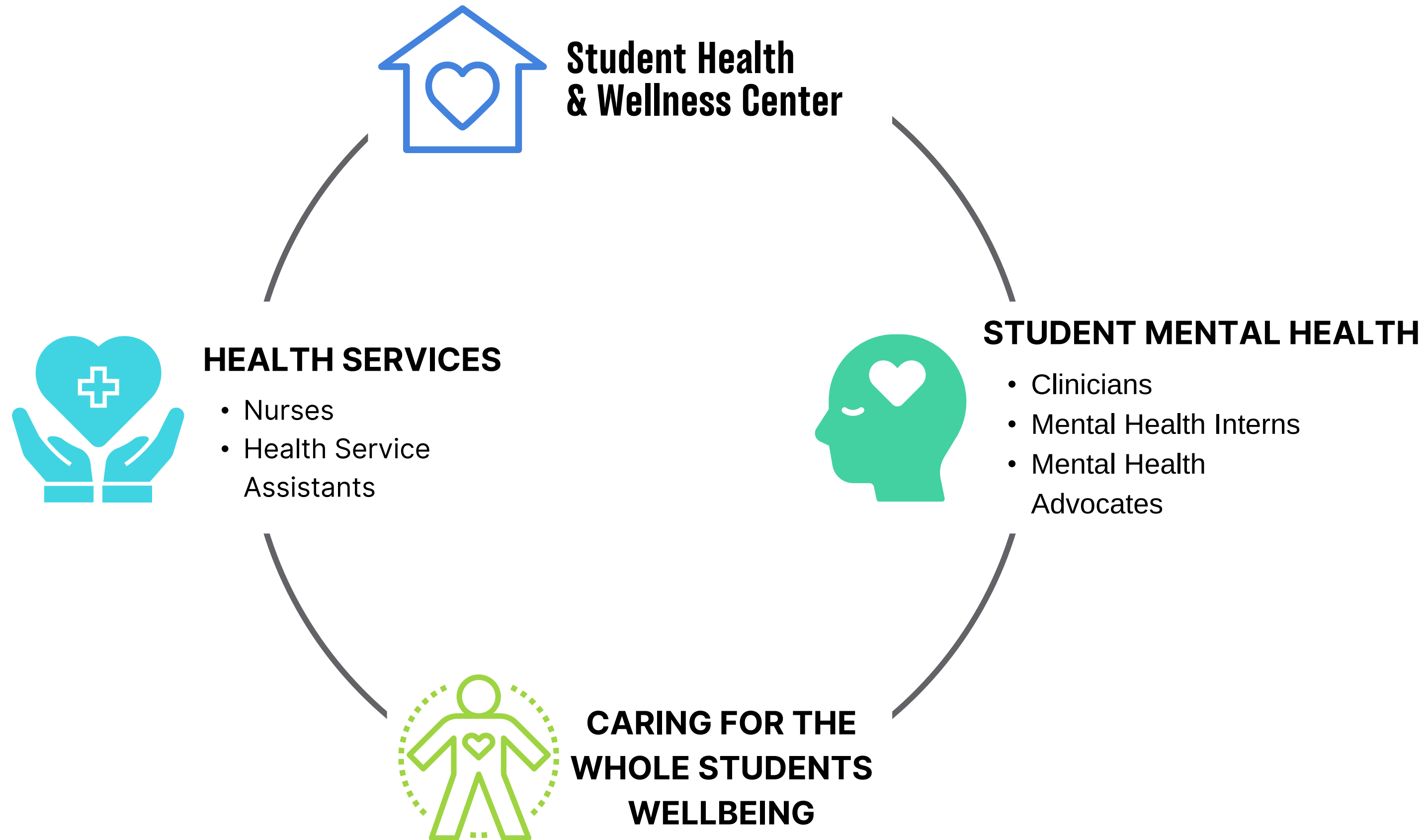


Los Rios Mental Health Program Growth



Vision

Our vision is to empower students with the knowledge, skills and resources to support their physical and mental wellness, so they may achieve their educational and life goals.



Mental Health Goals

Access

- provide multiple doors of entry to free short-term mental health supports and services
- provide support for students experiencing a crisis
- increase integration of physical and mental health

Coordination

- coordinate care for students and navigate them to appropriate college or community resources

Educate/Stigma Reduction

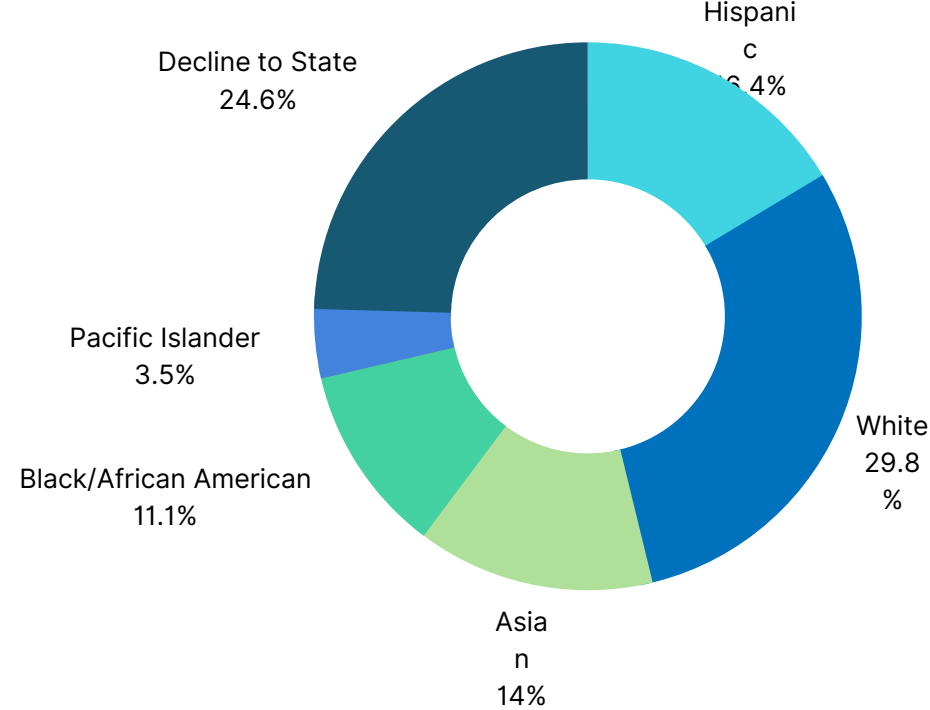
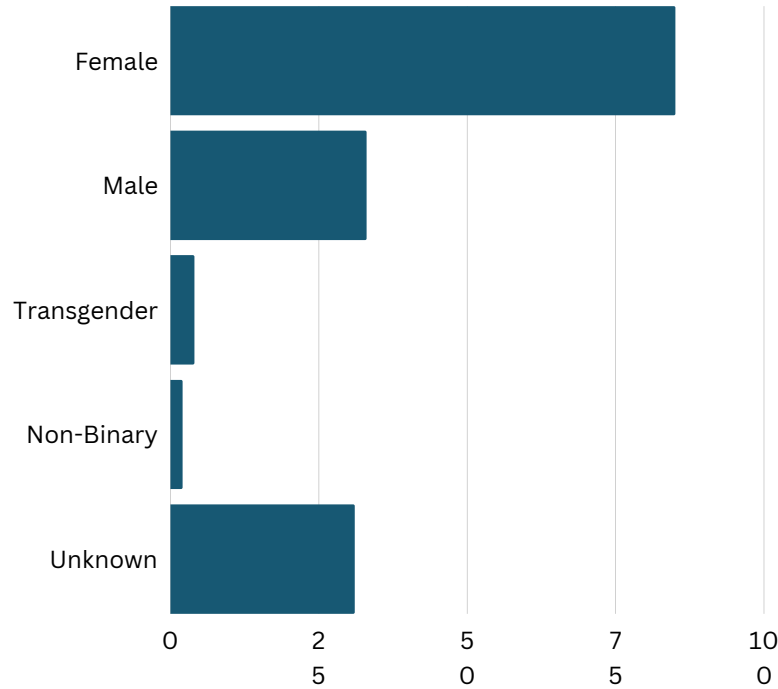
- provide districtwide training for all faculty, staff & students to increase knowledge and awareness
- provide outreach events to increase awareness and decrease stigma



TimelyCare Data (7/1/22-6/30/2023)

154 students served

577 appointments provided



TimelyCare is available evenings and weekends

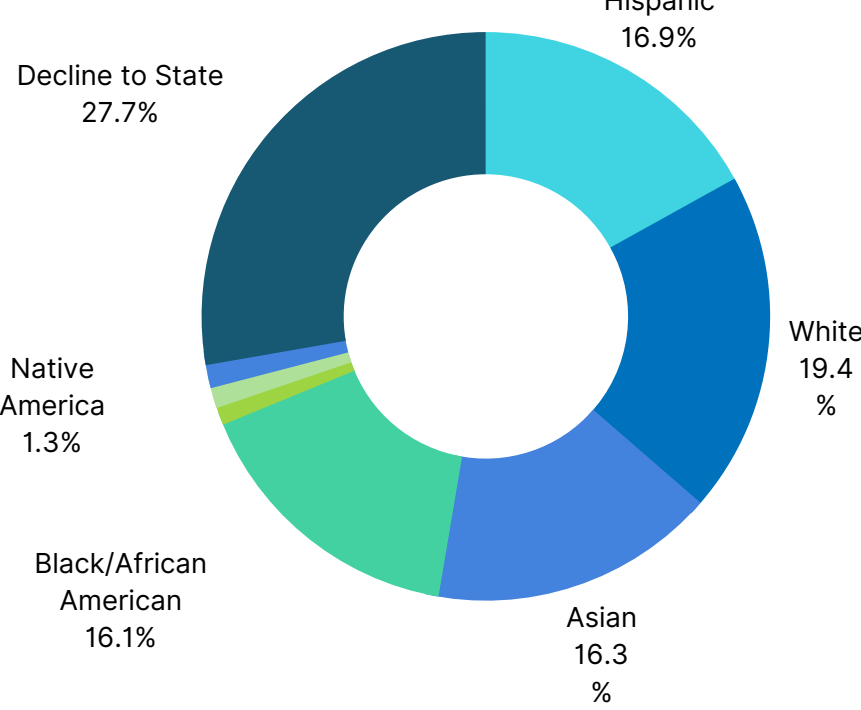
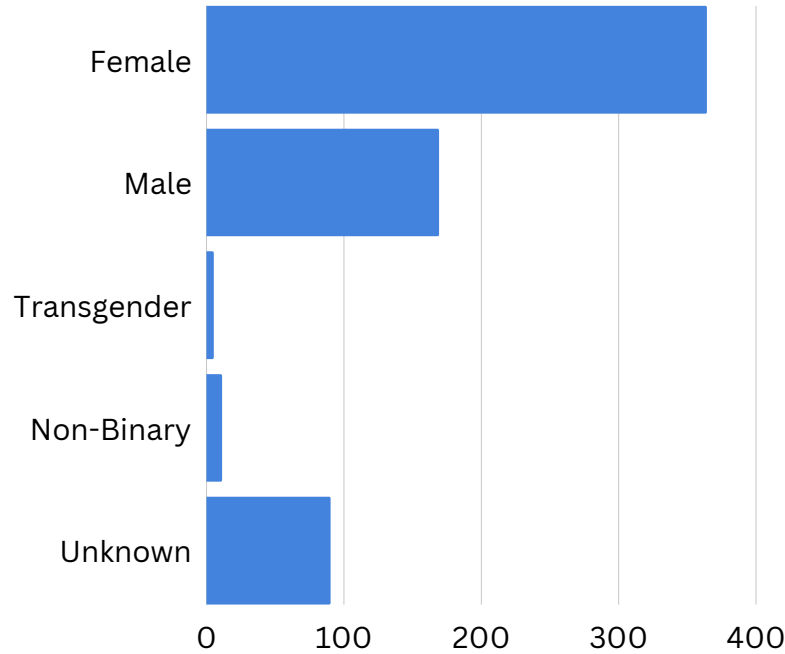
23% of appointments on the weekend

36% of services provided after hours

LRCCD Data (7/1/22-6/30/2023)

639 students served

2710 appointments provided



Top Identified Concerns

- Stress
- Anxiety
- Depression
- Relationship Concerns
- PTSD
- Adjustment Disorder

Campus Based Mental Health Team

Across all 4 colleges



Mental Health Clinician-Supervisor

Mental Health Clinician Contractor

Mental Health Advocate

Student Intern

Contracted Service Partners/Providers

Meet Your Los Rios Team...



...and We Are Growing

New Fulltime Positions Created



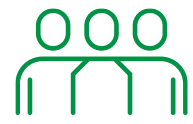
**4 LICENSED CLINICIAN
SUPERVISORS**



**4 MENTAL HEALTH
ADVOCATES**



togetherall



Peer to Peer

Online, mental health community among students. Allows for interactions with like minded peers.



Anonymous

Share experiences in a safe, anonymous space. Giving peace of mind to share experiences without the fear of being judged, resulting in a more vibrant and diverse population supporting each other.



Supports

The community is monitored by licensed and registered mental health practitioners. Ensures students in-need get seamlessly connected to in-the-moment support and additional resources.



24/7

Can access anytime, all day, everyday.



timelycare



Scheduled Counseling

Make an appointment for free one-on-one sessions with a licensed counselor. Appointments are available a variety of times and on weekends. You can have up to 12 sessions per year.



Care Providers

Reflect students' backgrounds, identities and experiences. Bilingual and multilingual providers are available.



Talk Now

Speak right away with a mental health professional, available 24/7.



Webinars/Workshops

Watch recorded sessions on guided meditations, yoga and other health related topics.



Future In-Person Capacity

- 4 Fulltime Clinician Supervisors
- 4 Fulltime Mental Health Advocates
- 3 Mental Health Contractors: 18-30 hrs/wk
- 7 Mental Health Interns: 8-20 hrs/week
- Approximate Available Appointments: **300 a week**

Current In-Person Capacity

- 3 Mental Health Contractors: 18-30 hrs/wk
- 7 Mental Health Interns: 8-20 hrs/week
- Approximate Available Appointments: **115 a week**

5,100
in-person
appointments
per semester

Benefits to Students

Multiple points of entry

Greater access to virtual & in-person mental health care services across district

High quality services by licensed therapists

Expanded options and choice of therapist

Evening and weekend availability

Greater access to culturally responsive mental health services

Coordination of care continuity beyond services provided through Los Rios colleges

More flexibility to participate in outreach and community events

Leveraging student health fee for access to free services

Increasing Mental Health Capacity

Improving Access

- Launched and improved student self-scheduling platform & website for easy navigation & access to resources
- Launched a student wellness survey to better understand student needs

Coordination

- Developed resource for faculty & staff to connect students to support
- Developed district wide suicide risk assessment protocol to support students in crisis
- Working closely with colleges to respond & support students



Increasing Mental Health Capacity

Educate/Stigma Reduction

- Conducted and recorded a staff Suicide Risk Assessment Training
- Presented at various campus leadership retreats and flex week
- Planned, hosted & participated in student events
 - 1 Degree of Separation- Suicide Awareness
 - NAMI Youth Symposium
 - Coach Potter/Shatter the Stigma, Don't Suffer in Silence presentations



Upcoming



- Recruitment and hire of Mental Advocate & Mental Health Clinician Supervisor
- Request for Proposals for Virtual/ Teletherapy Provider
- Continue outreach/events/trainings
- Review student survey data
- Quarterly Data report to assess progress



- Onboarding new staff
- Increasing student access to mental health appointments
- Recruiting interns for incoming academic year
- Conduct outreach/events/trainings
- Monitor data & adjust plan as needed for continuous program improvement
- Quarterly Data report to assess progress



- Ongoing program evaluation
- Data driven decision making
- Continually improve program for equity, effectiveness and efficiency
- Continue collaboration with college communities
- Summer data report

Student Voice

“I am utilizing the counseling services offered by one Los Rios colleges' mental health services, and the sessions offered have had an immensely positive impact on my mental health, my outlook on life, and my academic performance. Therapy and counseling can be very intimidating at first, but I think that the benefits and insight gained from talking to a professional about one's problems, whatever they may be, are invaluable. I am very happy with the quality of care that I am receiving, and I would recommend this service to any student that is encountering difficulties in their personal life...”

-Anonymous LRCCD Student

