

we are many trees, but one grove
**a canopy
of care**

Los Rios Student Health &
Wellness 2024–2025
Annual Report

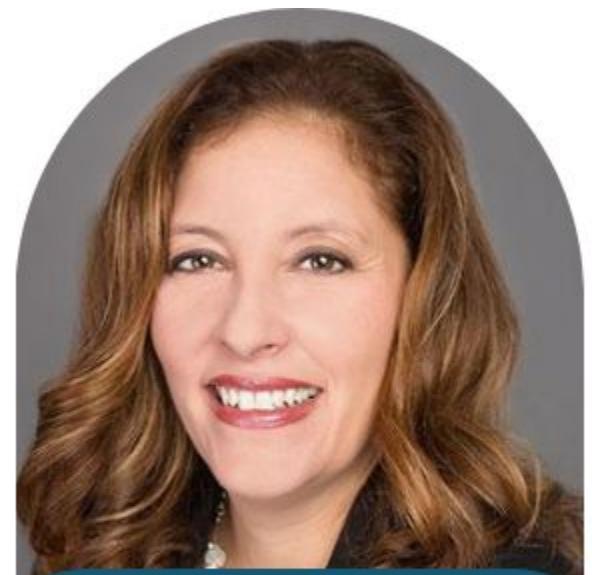


COSUMNES
RIVER COLLEGE



**STUDENT HEALTH &
WELLNESS CENTER**
PHYSICAL & MENTAL HEALTH

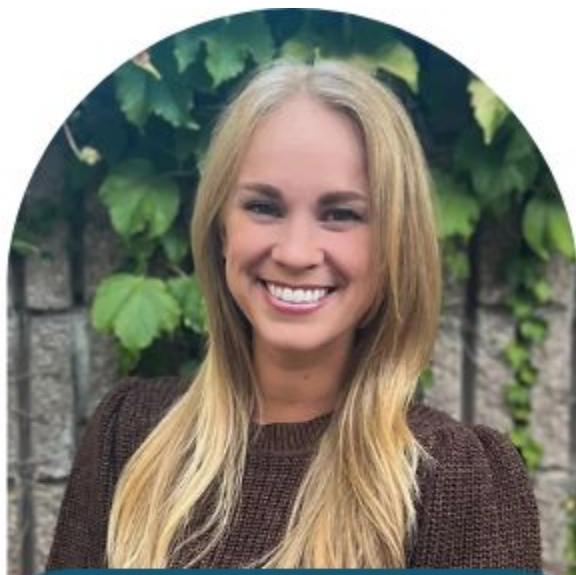
Meet Our Team



Sonia Ortiz Mercado
Associate Vice Chancellor of
Educational Services



Victoria Flores
Dean of Student Wellness &
Support Services



Taylor Johnson
Director of Mental Health



Monica Cummings
Mental Health Clinician
Supervisor



Wendy Gomez
College Nurse

Student Impact

“Thank you for helping me. **You offered me mental health support in a completely different and meaningful way**---teaching me how to breathe, how to build a healthy relationship with myself, and how to relate with others while setting clear boundaries. You supported me in the best way you could, and I'm truly grateful. Most importantly, **you helped me see that mental health therapy is for everyone who needs it**. It is not sign of weakness, but a way of reclaiming the strength that was misplaced or lost. Through your guidance, I learned that **healing begins with self-awareness, compassion, and courage to care for oneself**.”

– Los Rios Student



Los Rios SHWC Team

"I think it is really cool that the school has these services. The staff in the SHWC are really nice and I always feel like it is a very safe and welcoming environment."
- Los Rios Student



Not Pictured



Creating the Canopy of Care - 2019 - 2023 Accomplishments

Unified SHWC

2019/2020 - Unified Student Health & Wellness across the 4 colleges to form one department providing consistent care across the colleges

Covid-19

March 2020 - Hired Medical Director, Dr. Iser & developed COVID Response Plan

SHWC Leadership Team Hired

Spring/Summer 2023 - Hired permanent MH Director & Dean of Student Wellness & Support Services

Timely MD/Care

2020 - Contracted with Timely MD/Care to provide virtual pandemic physical & mental health services

Mental Health Program Redesign

Spring 2023 - Developed permanent mental health team positions serving in-person at each college SHWC

Student Survey

Fall 2023 - Launched a Health & Wellness Student Survey - 70% of students wanted the free services BUT 60% didn't know where to go

Established Suicide Risk Protocol

Fall 2023 - In partnership with the colleges & LRPD, implemented a district-wide Suicide Risk Assessment Protocol & provide regular training

"Advertise it a little more to students - post it anywhere a student can see it. Mental and physical health is #1 priority - education next!"
-Student Quote

Growing the Canopy of Care - 2023 - 2024 Accomplishments

Hired Mental Health Team

Sept 2023 - Started the process of hiring 4 Mental Health Clinician Supervisors & 4 Mental Health Advocates

FREE Testing

Sept 2023 - Launched FREE CLIA Waived Pregnancy, Flu & Strep testing

Togetherall

Feb 2024 - Launched an anonymous peer-to-peer platform where students can give or receive support

New Logo & Marketing

Feb 2024 - Designed a new logo reflective of integrated care, redesigned website & launched Stall News

FREE NARCAN

March 2024 - Provided all students with free Narcan & Fentanyl test strips

Vision & Values

May 2024 - Established a shared vision, mission & values across the team

First Annual Report

July 2024 - Published our first 23-24 SHWC Annual Report

BetterMynd

July 2024 - Contracted with BetterMynd to provide equitable access to virtual teletherapy services - tailored to students needs

A Canopy of Care

American River College

- 1 HSA
- 2 College Nurses
- 1 MH Supervisor
- 1 MH Advocate
- 1 MH Therapist
- 2 MH Interns
- 1 Student Health Ambassador

Cosumnes River College

- 1 HSA
- 1.6 College Nurses
- 1 MH Supervisor
- 1 MH Advocate
- 1 MH Therapist
- 1 MH Intern
- 4 Student Health Ambassadors

Folsom Lake College

- 1 HSA
- 1 College Nurse
- 1 MH Supervisor
- 1 MH Advocate
- 1 MH Therapist
- 1 MH Intern
- 1 Student Health Ambassador

Sacramento City College

- 1 HSA
- 2 College Nurses
- 1 MH Supervisor
- 1 MH Advocate
- 1 MH Therapist
- 1 MH Intern
- 1 Student Health Ambassador

Student Health & Wellness

- 1 Dean SHW
- 1 Director of MH
- 1 MHA
- 1 AA

Student-Centered Care
ACCESS Health Equity
Empowerment  **Inclusion**

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

Integrated Care & Services

Physical Health Services

- Injury/illness assessments
- First aid
- Over-the-counter medications
- Party safe kits
- Sexual health education
- Condoms (internal/external) & lubricant
- Emergency contraception (Plan B)
- STI testing
- Pregnancy testing
- Flu A/B, Covid & Strep throat testing
- Flu vaccine (seasonal)
- Health requirements for academic programs
- Immunizations/titers*
- TB skin test*
- TB Risk Assessment (Student/Employee)
- Referrals

Mental Health Services

- [SHWC](#) Therapist or Mental Health Advocate support is available on campus in person and virtually
- [BetterMynd](#) online therapy: available day, evenings or weekends. Or call 24/7 support line (844) BTR-MYND
- [Togetherall](#) peer-to-peer platform is a safe online space to anonymously get and give support
- [Gender Health Center](#): Free therapy services (in-person or virtual) for those who identify as SGL/2SLGBTQIA+ or questioning
- [Counseling Col:Lab](#): Free therapy services (in-person or virtual). Spanish-speaking therapist with lived experience

Growing the Canopy of Care - 2024 - 2025 Accomplishments

Providing Gold Standard Care

July 2024 - Improving outcomes & reducing stigma by providing integrated physical & mental health care at 3 of 4 colleges

Electronic Health Record

Aug 2024 - Launched new Electronic Health Record for easy access to services & confidential care

Expanding Equitable Mental Health Care

Oct 2024 - Partnered with Gender Health Center & The Counseling Col:lab to provide identity-affirming & culturally responsive mental health care

Party Safe Kits - Drink Spiking

Jan 2025 - provided drink spike test strips & drink covers in Party Safe Kits

EMDR Trained

Feb 2025 - MH Clinicians certified to provide evidence-based, trauma-informed therapy

New Medical Director

March 2025 - hired new Medical Director, Dr. Mikah Owens

New SCC SHWC Opened

Feb/March 2025 - moved into & opened the new SCC SHWC - located behind Student Services

Violet - Professional Development

March 2025 - strengthening the cultural responsiveness and inclusivity of our providers - earned Verified Inclusive status



2024-2025

Quiet Work- Loud Impact

12,102

Points of Connection

256

Health Promotion Outreach

10,356

Services Provided

"The services provided at the SHWC have **helped me significantly with my own mental health and overall wellbeing.**

Thank you for doing all that you do!"

- Los Rios Student

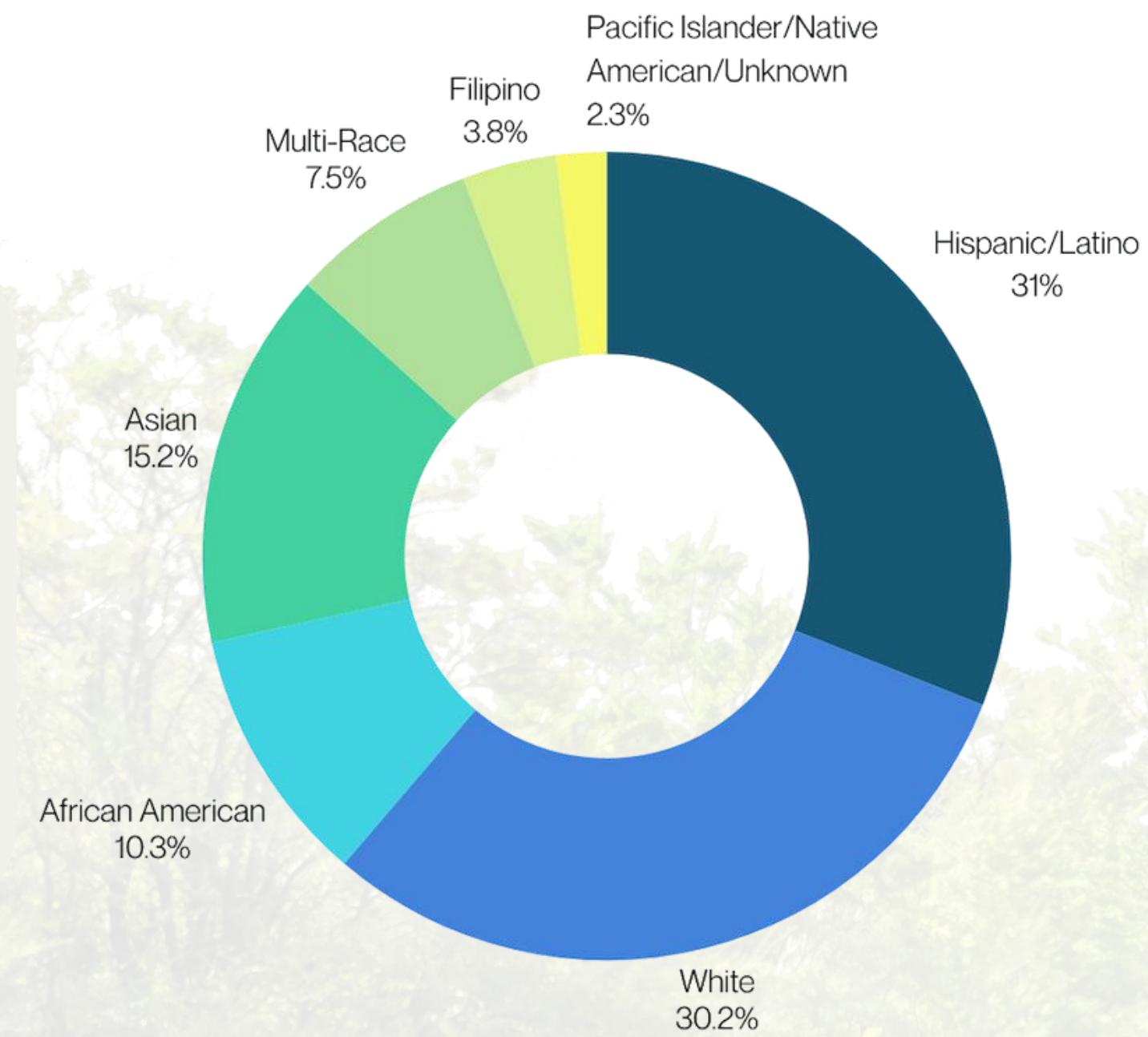


2024-2025 Demographics

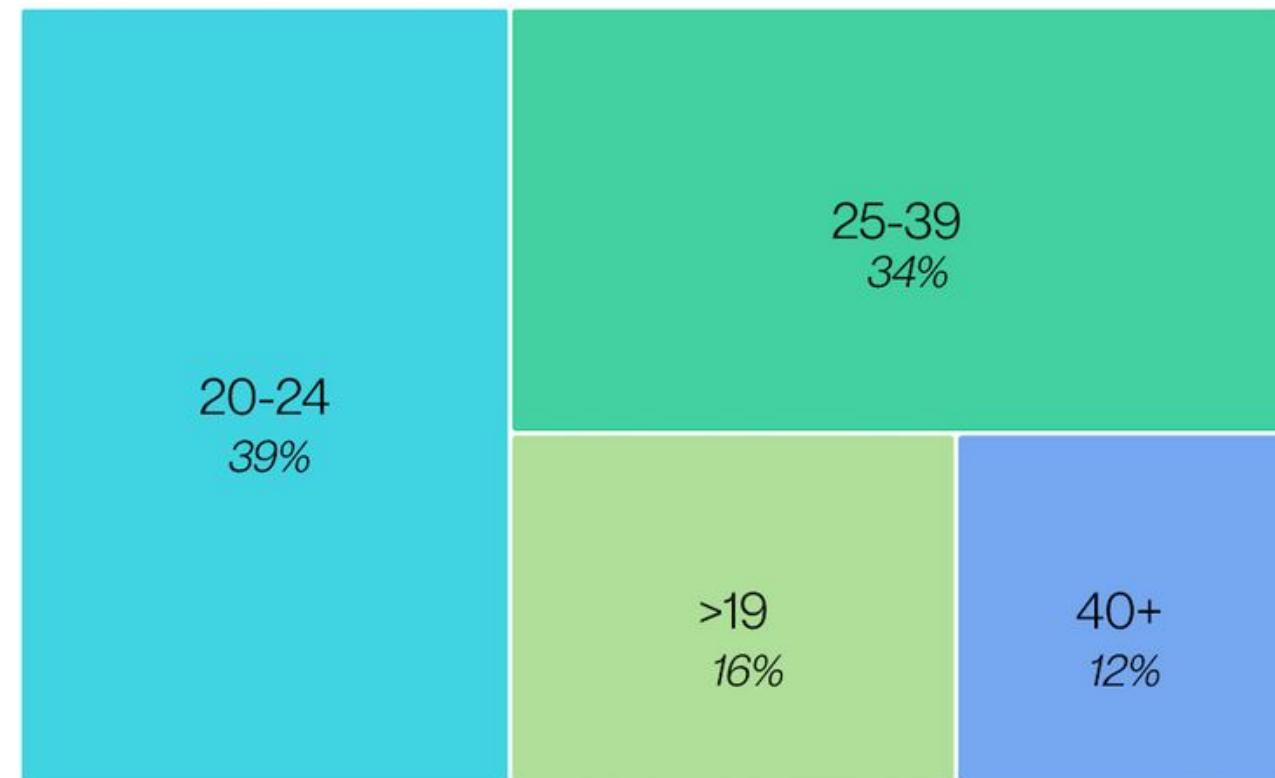
Student using SHWC services mirrors the district's diversity, with even stronger representation in some demographics

RACE & ETHNICITY:

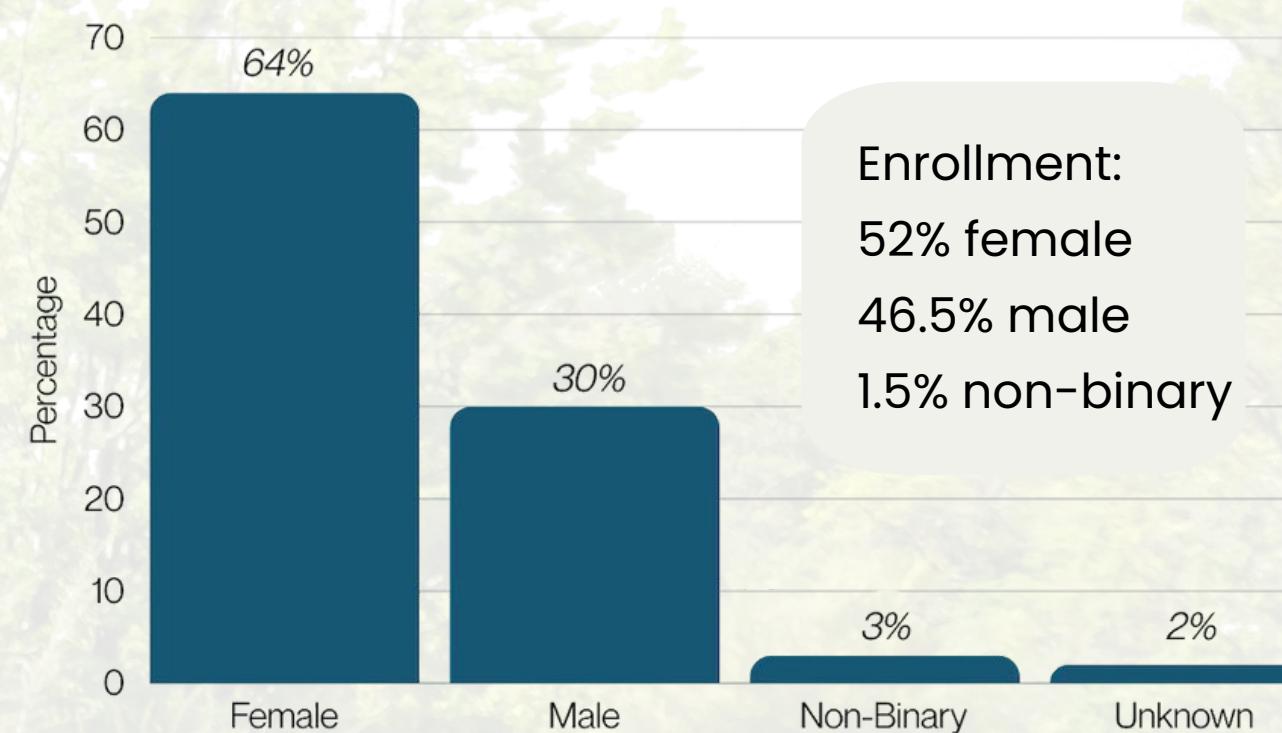
Stronger engagement with Filipino, Pacific Islander, Native American, Hispanic/Latino, African American & Asian students



AGE:



GENDER:



Enrollment:
52% female
46.5% male
1.5% non-binary

Mental Health Services

1,176
Students Served

3,203
Total Appointments

"The gift of therapy through the school is amazing. I had no idea this was available until a staff member mentioned it after explaining my situations. **Forever grateful and it has changed my life. Everyone I have worked with is so loving, caring, and has the best intentions for me."**

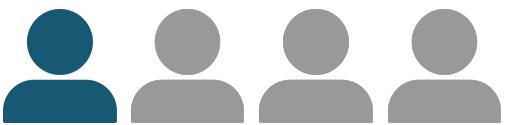
– Los Rios Student

Of students seeking 1:1 mental health services



3 of 4 report significant stress

50% experience depression



1 of 4 had thoughts of suicide

60% experience anxiety



76% of student identified as BIPOC

14% of student identified as trans/non-binary



82% of the therapists identify as individuals of color

85% had their needs met with 9 or less sessions

Physical Health Services

1,691

Students Served

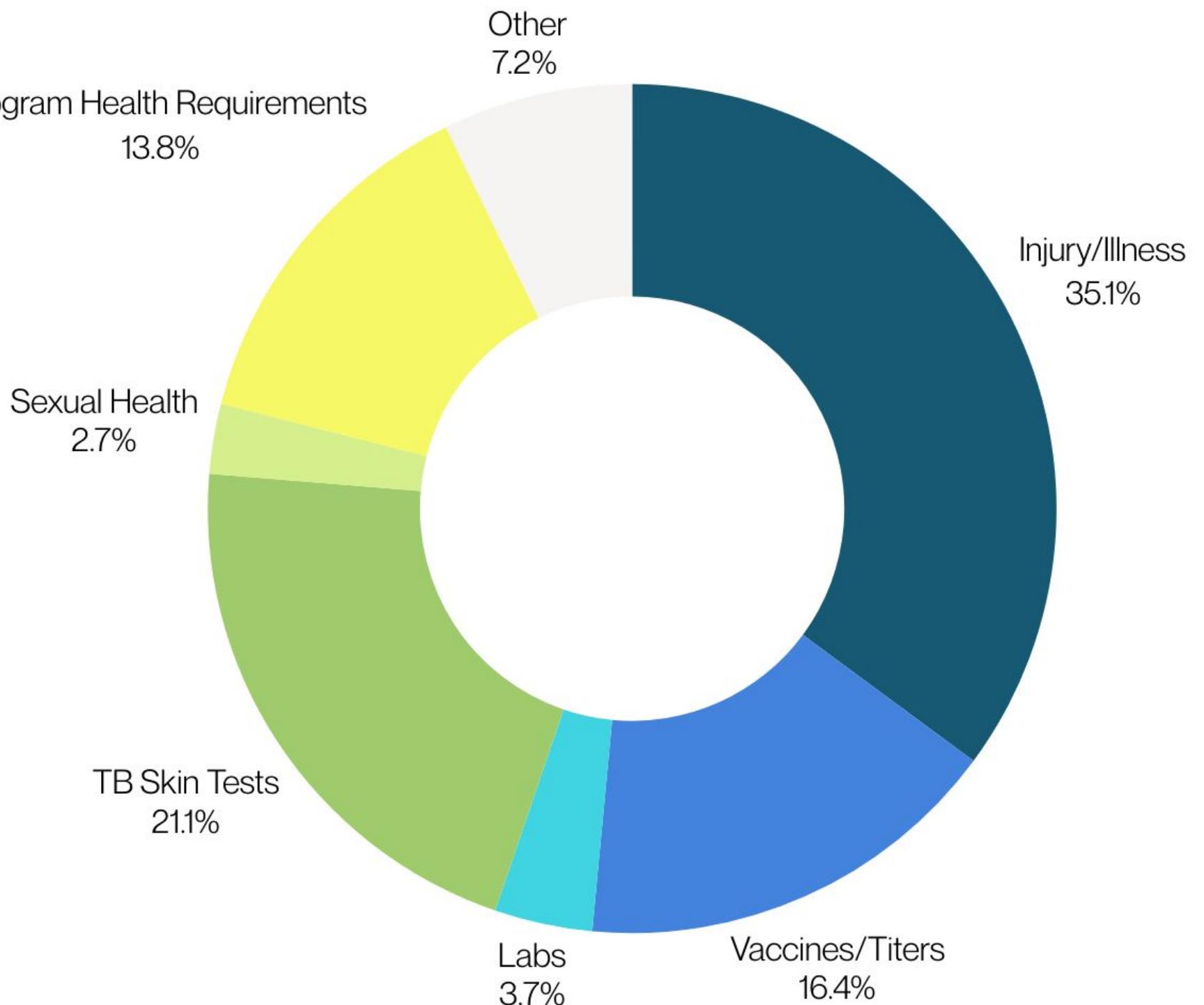
3,080

Services Provided

"The Nurse was so nice and caring and I am so glad my campus has free health resources available to students, it make such a big difference."

- Los Rios Student

Types of Student Care in Action



Accomplishments - Access & Equity



We successfully launched our new Electronic Health Record platform in August 2024.

Seamless Access to Care:

- Book physical and/or mental health services
- Single sign-on
- Faster, simpler & removes barriers

Integrated, Whole-Person Care:

- Coordinated whole-person care
- Addressing interconnected needs
- Warm hand-offs build trust - bridging health inequities

Real-Time Collaboration & Voice:

- Working across the 4 colleges
- Improved communication, care coordination, & follow-up
- Elicit real-time student feedback after visits

Student Voice

100%

of students were satisfied,
98% very satisfied with services

50%

of students learned about the SHWC through the website or their instructor

30%

of students learned about the SHWC services from another student or signage

"I always look forward to my appointments with the Health and Wellness Center. I know my needs are not only always met, but exceeded every time, **leaving me with a sense of overwhelming optimism, motivation and inspiration** as I head back out into the world." - Los Rios Student

Accomplishments - Expanding Equitable Access

Through partnerships with the **Gender Health Center** (GHC) and The **Counseling Col:lab**, we've expanded mental health services intentionally designed to provide **identity-affirming, culturally responsive care**. We are closing gaps in access for historically underserved students – **the majority of students served identify as people of color, male, transgender or non-binary.**

Support Offers:

- Direct access to enroll – removing barriers
- Safety & confidentiality
- Flexibility (telehealth or in-person either on or off campus)
- Connection with providers who reflect and respect students' individual needs



COUNSELING
COL:LAB

"The experience was everything to me! ... Being able to talk to **someone who understood my issues** and allowed me the time to talk **felt healing and made me feel important and valued**. I would not be as confident and happy with myself as I am today without the help of counseling."

– Los Rios Student (GHC)

Accomplishments - Public Health



2,000+

Party Safe Kits provided

- Stocked Narcan with AEDs at all colleges.
- Expanded Party Safe kits adding **drink spike test strips & covers (AB 1524)**



*In October 2024,
Sacramento County
reported a 56% decrease in
fentanyl-related deaths
compared to the previous year.*

Accomplishments - New SCC SHWC Grand Opening



- 2854 Square Feet
- 2 Exam Rooms
- Vaccination Room
- Recovery Room
- 4 Mental Health Offices
- Meeting/Group Therapy Room
- 2 Restrooms
- Lab Space
- Storage
- Welcoming Lobby

"Every time I walk in **it's always a lovely greeting and great service that isn't always found in other locations."**

-Los Rios Student

Accomplishments - Health Equity & Inclusivity

This year, we proudly launched **Violet**—a professional development platform designed to **strengthen the cultural responsiveness** and inclusivity of our physical and mental health care providers. Rooted in our commitment to health equity, Violet offers training that **equips providers to better understand, honor, and meet the diverse needs of the students we serve.**



Awarded
Inclusive Provider
status from Violet



New Medical Director **Dr. Mikah Owens**

- Practicing pediatrician within the Sac County Juvenile Justice System
- Member & co-principal investigator with the UCSF/UCLA ACEs Aware Network
- Assistant Clinical Professor/Depart. of Pediatrics at UC Davis
- Earned an MD at UCSF & residency at UC Davis
- Pozen-Commonwealth Fund Fellowship in Health Equity Leadership at Yale University.
- **Ability to expand sexual health services**

Nurturing the Canopy - Fall 2025 Accomplishments

Health Promotion & High-Leverage Outreach

- Coordinated college-wide outreach
- Oct: Don't Ghost Your Mental Health
- Nov/Dec: Cold/Flu

Increased Visibility

- Wayfinder & commercial videos
- Social media posts
- Stall News
- Lawn sign

Expanding FREE Health Services

- Emergency contraception (Plan B)
- Rapid STI testing - same day results
- Flu shots (students & staff)

Hiring Opportunities

- 2 College Nurse faculty positions (SCC & ARC)
- Student Health Ambassador at all SHWCs

↑ Outreach & Engagement

- **132%** increase in outreach events
- **154%** increase in outreach contacts made

↑ Physical Health

- **40%** increase in students served
- Nearly **6x** increase in sexual health services
- **200%** increase in Flu shots

↑ Mental Health

- **21%** increase in students served
- **46%** increase in appointments provided

Nurturing the Canopy of Care - Spring 2026 Plans

Services

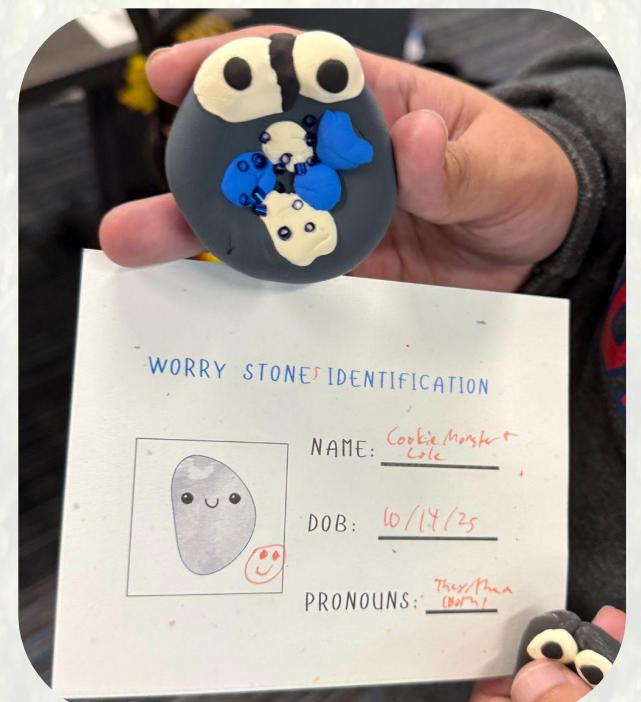
- Expanding contraception services (Opill & other forms of contraception)
- Access to PrEP & PEP (preventing HIV/STI transmission)
- Partnership with Pucci's Pharmacy for treatment & prescription services
- Pursuing Medi-cal application

Sustainability & Infrastructure

- **CRC SHWC** newly renovated location to provide & expand integrated care. Co-located with Basic Needs (Fall 27/Spring 28)
- **FLC SHWC** increasing current footprint for additional mental health spaces (Spring/Fall 28)



Nurturing the Canopy - Creating Connections



Thank you!

"There are **wonderful people working there** , including those at the front desk and the therapists themselves, and I feel **very supported and thankful** that this is so **easily accessible** , it makes getting mental health help much easier to face :)"

- Los Rios Student

"What a great service to be able to get my flu shot at work! Thank you - **very convenient** - a few minutes to talk with a colleague - **a chance to protect myself and my students from flu** this year!"

- Los Rios Employee

"I was able to **schedule** and **be seen in a short amount of time** and I was very pleased all together with the visit. I will continue to **highly recommend** SHWC to other students."

- Los Rios Student

"Everyone at the health center is so friendly and helpful with everything".

- Los Rios Student



Walk in My Shoes: Honoring the Lived Experience of Suicide in the LGBTQ+ Community