MENTAL HEALTH SERVICES AT IMPERIAL VALLEY COLLEGE

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Program Proposal by
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Imperial Valley College desperately needs Mental Health Services for students on campus. This proposal will outline the type of mental health services we must offer our students and staff, and how we can provide these services both effectively and efficiently.

MENTAL HEALTH SERVICES AT IMPERIAL VALLEY COLLEGE

PROGRAM PROPOSAL

INTRODUCTION

Colleges across the nation share the common goal of supporting student success. This is commonly pursued through programs geared towards improving retention and completion rates. These programs are heavily weighted towards academic support, and often include students on academic probation, transfer students, and other special population students. While these programs tend to include a personal or emotional component in the service plan, it is frequently a significantly smaller part of the student/staff relationship.

Unfortunately, an ever-increasing number of college students are experiencing varying degrees of depression, anxiety, and other mental health issues (Kitzrow, 2003, as cited in Harper, 2005). A comprehensive study of college students by researchers at Columbia University found that over half of college-age students in the United States have some mental health dysfunction, but less than one-fourth of students seek help (Blanco et al., 2008). This growing area of research has demonstrated that college students may not be as high-functioning as they are perceived to be by friends, family, and society as a whole.

The state of a college student's mental health has shown to be a strong indicator of whether or not a student will achieve college success. A recent study of 2,800 students followed over a two-year period showed "that depression is a significant predictor of lower [grade point average] and higher probability of dropping out" (Eisenberg, et al., 2009, p.2). The authors also noted that student success could be positively affected by improving students' mental health.

As such, many schools have recognized that college students truly need dedicated psychological support in order to better cope with the developmental challenges and modern pressures that they face on a daily basis. Of course, it is not always financially feasible to provide comprehensive psychological services on campuses, especially in the California Community College System, as budgets continue to be strained and tested. However, some basic, yet critical mental health services can be offered for minimal cost. This proposal will outline the reasons why it is imperative that Imperial Valley College (IVC) offers mental health services to our students and staff, and, perhaps more importantly, how we can execute the plan in a cost-efficient and effective manner.

MENTAL HEALTH NEEDS OF IMPERIAL VALLEY COLLEGE STUDENTS

As indicated by current research, today's college student is likely to experience mental health dysfunction at some point during their college career. In order to gain a better idea of the mental health status of IVC students, a mental health survey was administered to currently enrolled IVC students. The survey was also used

to determine whether or not a student would consider using mental health services on campus if they were to be offered.

Mental Health Services Survey

Participants

Surveys were submitted to 619 students, in a variety of settings on campus. The majority of student respondents were enrolled in a psychology, health field, or English as a Second Language course. A smaller percentage of the respondents were those who came to the counseling center for a counseling appointment or other student service.

Instrumentation

The survey contained nine questions, which, in part, asked the student about his or her current or past mental health state, insurance status, and whether or not the student would consider seeking help for mental health issues (See Attachment A). A Spanish version of the survey was also available to the student (See Attachment B). The survey was anonymous, and was deposited into an envelope or drop-box by the student. No demographic information was recorded on the instrument.

Results

More than half of the respondents stated that they have felt depressed and/or anxious in the past. More than 75% of the respondents stated that they have felt stressed (See attachment C). More alarmingly, over 12% of students stated they have felt suicidal in the past. The survey also showed that almost half of our students do not have insurance. Of those who do, almost 60% could not afford to see a mental health professional, even if they desired to do so. Finally, over 40% of the respondents stated that they have dropped or had trouble in a course because of personal problems. (Please see attachment C for the results of each individual question on the survey).

Discussion

These results clearly support the prevailing research that college students have a variety of mental health issues that may be affecting their academic performance. More importantly, many of the IVC students sampled stated that they would be willing to use mental health services on campus, if they were offered. In fact, several students added additional statements to the survey supporting this fact, even though they were not asked to do so(See Attachment D). Consequently, the remainder of this proposal will outline the ways in which IVC can best support the mental health needs of our students.

DESCRIPTION OF PROPOSED PROGRAM | FOUR BASIC AREAS

The mission of the proposed Mental Health Services (MHS) at IVC is to provide mental health support to our students and staff. This will be accomplished through direct service to students, crisis intervention, faculty support, and campus education and awareness.

Area 1 | Direct Services

The main goal of MHS on campus is to provide direct services to our students, which will ultimately support their academic and socio-emotional development. These services will be administered through the Mental Health Center (MHC) on campus.

Types of Service

The MHC will offer short-term therapy to students, lasting approximately six to eight sessions, which will be facilitated by a Mental Health Provider (MHP). The student may be seen for individual, conjoint, or family therapy, provided that at least one of the members of the client unit is a currently enrolled student who has paid the Student Health Fee. The student may be self-referred, or referred by a faculty or staff member. The MHC will also offer short-term therapy to small groups of students. These groups may include parenting support, anger management, or coping skills training.

Scope of Services

Short-term therapy is only appropriate for students who are having difficulty coping with specific, transient, and/or situational events. This type of therapy can also be beneficial to students who need assistance in making a critical decision. The assigned MHP (and supervisor, if appropriate) will make the determination after the initial student meeting as to whether or not the student's presenting problem is outside the MHC's scope of services. If necessary, the MHC will refer students to outside community mental health providers.

Area 2 | Crisis Team & Campus Security Linkage

The MHPs will serve as both participants on the campus Crisis Team and as consultants to Campus Security. The linking of MHS, the Crisis Team, and Campus Security will help protect our students from harming themselves or others. If a campus crisis is encountered, a student may be referred to the MHC for an assessment, to determine whether or not local authorities should be contacted. Additionally, the MHPs will assist in training appropriate members of the Crisis Team and Campus Security Officers on how to handle crises on campus.

Area 3 | Faculty & Staff Support

In order to better educate faculty and staff on mental health issues that affect college students, the MHPs will also conduct trainings, workshops, and in-services for the college on a regular basis. Furthermore, MHPs will be available for individual consultation with faculty or staff that may have difficulties with a particular student.

The MHC may also be a part of any disciplinary procedures relating to student conduct, as deemed appropriate by the Associate Dean of Student Affairs and/or disciplinary committee. For example, a student who has been disciplined for misconduct may be referred by the Associate Dean to attend a prescribed number of sessions with a MHP before being allowed to return to class.

Area 4 | Campus Education, Awareness, & Outreach

MHS will also participate in campus awareness programs and activities. The MHPs may serve as advisors or leaders of campus groups and activities that pertain to mental health and wellness. Awareness programs may include, for example, campus events to educate students on mental health issues and normalize common college adjustment problems. Additionally, a MHP may assist and/or lead interested students in clubs or groups that promote mental wellness and suicide prevention.

PROVIDERS | LICENSED & PRE-LICENSED PROFESSIONALS

In order to provide a wide range of cost-effective mental health services on campus, the MHC will be staffed by a combination of providers. Additionally, the MHC will also serve as an important training ground for future licensed mental health professionals.

Clinical Director/Supervisor

The MHS Clinical Director will be responsible for the MHC and its providers, which include pre-licensed professionals. The clinical director will be a licensed Psychologist, Psychiatrist, Clinical Social Worker, or Marriage and Family Therapist. Additionally, the clinical director will serve as a supervisor for pre-licensed MHPs on campus. The supervisor must meet all licensing and supervisor requirements, as regulated by the California Board of Behavioral Sciences.

Initially, it will be the most cost-effective to hire a director/supervisor as a professional expert on a contract basis for two to four hours per week. This person would be required to:

- Provide the appropriate ratio of supervision for pre-licensed staff
- Provide therapy to students if there is an ethical conflict with any intern/trainee
- Provide in-service training to staff & faculty
- Participate in any crisis interventions/assessments
- Be available by mobile phone for intern/trainee after-hours emergencies

Pre-Licensed Professionals

The main direct service provider for the MHC will be a Marriage and Family Therapist Intern (MFTI), who is a post-graduate, pre-licensed service provider. The MFTI will be hired as an adjunct counselor for 23 hours per week. For every ten hours of direct student service, the MFTI will require one unit of supervision from the Clinical Director. One unit of supervision is equal to one hour of individual supervision, or two hours of group supervision. The MFTI must be a California Board of Behavioral Sciences Marriage and Family Therapist Registered Intern, and comply with all legal and ethical regulations.

The MHC may also decide to enter into an agreement with a qualified Counseling Psychology or Marriage and Family Therapist Program to allow Marriage and Family Therapist Trainees to complete their required practicum hours on campus. MFT Trainees are pre-licensed service providers who are currently enrolled in a Master's program. MFT Trainees require one unit of supervision for every five hours of direct service.

HOURS OF OPERATION

The MHC's operating hours will initially be scheduled as the MHPs work hours permit. Ideally, the operating hours will coincide with the Health Center's operating hours. When the center is closed, a MFTI, MFT Trainee, Clinical Director, Crisis Team member, Campus Security Officer, or Administrator on duty would be available for crisis situations. In the event of a serious emergency, 911 should always be called first.

LIABILITY

At the present time, Imperial Valley College's insurance policy, as managed by Tyler Insurance, allows for the administration of mental health services on campus at no extra cost. The MHPs will also adhere to the all professional ethical and legal standards of their profession, in order to reduce the college's exposure to potential lawsuits. Additionally, each individual MHP will also carry his or her own professional liability insurance as extra coverage against malpractice.

FACILITY

Until a formal Student Health Center is constructed, direct services will be provided in the 2100 building, in Room #2109. Other outreach, training, or similar mental health related campus activities will be scheduled in available facilities on campus as needed.

ANNUAL BUDGET

The MHS portion of Student Health Services will be funded by part of the Student Health Fee collected every semester. The fees are restricted funds that will cover salary, trainings, and equipment.

Salaries

Clinical Director (Licensed MFT)	
4 hours per week @ $125/hour	$24,500
Adjunct Counselor (MFT Intern)	
23 hours per week @ $55/hour	$61,985
1-3 Graduate Students (MFT Trainees)	
5-10 hours/week @ $0/hour	$0

Trainings/Travel/Professional Activities

Trainings/Professional Development	
Attendance Fees/Travel	$1000

Furniture/Equipment

Furniture	
Sofa/Chairs/Desk/Storage Cabinet	$2500
Computer/Equipment	
Desktop Computer & Printer	$1500
Privacy Sound-Screen	$50
TOTAL ANNUAL OPERATING BUDGET	**$91,535**

STUDENT LEARNING OUTCOMES

IVC's MHS will use Student Learning Outcomes (SLOs), and will participate in the campus–wide SLOs development and assessment process. As adapted from the Gallaudet University's Mental Health Center

Assessment Report, the following SLOs could be used for the direct service function of the campus MHS (2008):

Learning Outcome	Student Learning Opportunities
1. Students will receive effective counseling, so they can better maximize their academic potential, persist in school and complete their educational goals in a timely manner. 2. Students will actively engage in therapy to better prepare for social, emotional and developmental challenges that are a part of college and adulthood. 3. "Students will remain safe on campus and learn techniques to manage stress more effectively so they may resume academic activities" (p.6)	1. Short-term individual, conjoint, family and/or group therapy to assist students in addressing mental health and adjustment issues. 2. Crisis intervention services.

SUMMARY

College campuses throughout the United States can no longer ignore the mental health needs of their students. Although education budgets are anemic in the California Community College system, despite surges in enrollment, it is possible to provide inexpensive, yet quality targeted mental health services to IVC students. By supporting our students' mental health and socio-emotional development, they may be more likely to successfully complete their educational goals and ultimately, be better prepared to face challenges they may encounter in the future.

REFERENCES

Carlos Blanco; Mayumi Okuda; Crystal Wright; Deborah S. Hasin; Bridget F. Grant; Shang-Min Liu; Mark Olfson. Mental Health of College Students and Their Non-College-Attending Peers: Results from the National Epidemiologic Study on Alcohol and Related Conditions. *Arch Gen Psychiatry*. 2008; 65(12):1429-1437.

Eisenberg, D., Golberstein, E., Hunt, J. Mental Health and Academic Success in College. Draft available at http://www-personal.umich.edu/~daneis/papers/MHacademics.pdf.

Gallaudet University Mental Health Center. (2008, February 1). *Assessment Report of Student Learning Outcomes*. Retrieved March 20, 2009, from Gallaudet University Website: http://aaweb.gallaudet.edu/Documents/Assessment/MHC_AssessmentReport%5B1%5D(0).pdf

Harper, R. & Peterson, M. (2005). Mental health issues and college students. *NACADA Clearinghouse of Academic Advising Resources*. Retrieved April 7, 2009 from http://www.nacada.ksu.edu/Clearinghouse/AdvisingIssues/Mental-Health.htm

Attachment A: English Survey

Imperial Valley College Mental Health Services Survey

1. **Have you ever had problems related to: (Check ALL that apply to you)**

   ____A Boyfriend/Girlfriend
   ____Relationship Violence
   ____Family
   ____Marriage
   ____Children
   ____Drug/Alcohol use or abuse
   ____Finances
   ____Eating Disorder/Weight Management

2. **Have you ever felt the following? (Check ALL that apply to you)**

   ____Depressed
   ____Anxious
   ____Suicidal
   ____Stressed
   ____Hopeless

3. **Have you ever dropped a class or had trouble in a course because of personal problems?**

   Yes ____ No_____

4. **Have you ever felt like you needed mental health counseling for personal issues?**

   Yes_____No_____

5. **If YES, what have you done to get help?**

   ____I talked to a friend or family member
   ____I went to a therapist or mental health professional in the community
   ____I spoke with my IVC counselor
   ____I kept my problems to myself

6. **If you did want mental health counseling, where would you most likely go for help?**

   ____A therapist in the community
   ____A psychiatrist in the community
   ____A psychologist in the community
   ____Imperial County Behavioral Health Services
   ____A free mental health counselor at IVC, if you offered the service
   ____Nowhere

7. **Do you currently have insurance?**
   Yes____ No_____

8. **If you did want mental health counseling, could you afford to pay for it?**
   Yes____ No_____

9. **If IVC offered free mental health counseling, would you consider using the service now or in the future?**
   Yes____ No_____

Attachment B: Spanish Survey

Imperial Valley College Encuesta de Servicios de Salud Mental

1. **Ha tenido problemas con lo siguente: (puede marcar más de uno)**

   ____Novio/Novia
   ____Abuso
   ____Familia
   ____Matrimonio
   ____Hijos
   ____Abuso de drogas/alcohol
   ____Recursos económicos
   ____Desorden alimenticio/sobrepeso

2. **Ha sentido alguna vez lo siguiente? (puede marcar más de uno)**

   ____Depresión
   ____Ansiedad
   ____Suicidio
   ____Estrés
   ____Desesperación

3. **Ha dejado un curso o a tenido problemas con el curso debido a problemas personales?**

   Sí ____ No_____

4. **Ha sentido alguna vez que necesita asesoramiento de salud mental debido a problemas personales?**

   Sí ____ No_____

5. **Si contesto Sí, que pasos a tomado para recibir ayuda?**

   ____Hablé con un amigo/miembro de familia
   ____Fuí con un terapeuta o asesor de salud mental en la comunidad
   ____Hablé con el consejero academico de IVC
   ____No hablé con nadie

6. **Si ha decidido recibir asesoramiento de salud mental a donde iría por ayuda?**

   ____Un terapeuta de la comunidad
   ____Un psiquiatra de la comunidad
   ____Un psicólogo de la comunidad
   ____Departamento de Salud Mental del Condado de Imperial
   ____Servicios gratuitos de salud mental de IVC
   ____A ninguna parte

7. **Tiene seguro medico?**

   Sí ____ No_____

8. **Si desea asesoramiento de salud mental, puede pagar los servicios?**

   Sí ____ No_____

9. **Si IVC ofreciera servicio de salud mental, utilizaría los servicios ahora o en el futuro?**

   Sí ____ No_____

Attachment C: Imperial Valley College Mental Health Services Survey Results

(ADMINISTERED TO 619 STUDENTS)

1. Have you ever had problems related to: (Check ALL that apply to you)

290	A Boyfriend/Girlfriend
56	Relationship Violence
298	Family
80	Marriage
60	Children
80	Drug/Alcohol use or abuse
280	Finances
148	Eating Disorder/Weight Management

2. Have you ever felt the following? (Check ALL that apply to you)

433	Depressed
333	Anxious
75	Suicidal
517	Stressed
188	Hopeless

3. Have you ever dropped a class or had trouble in a course because of personal problems?

Yes 256 No 350

4. Have you ever felt like you needed mental health counseling for personal issues?

Yes 244 No 371

5. If YES, what have you done to get help?

201	I talked to a friend or family member
79	I went to a therapist or mental health professional in the community
11	I spoke with my IVC counselor
112	I kept my problems to myself

6. If you did want mental health counseling, where would you most likely go for help?

94	A therapist in the community
74	A psychiatrist in the community
124	A psychologist in the community
38	Imperial County Behavioral Health Services
169	A free mental health counselor at IVC, if you offered the service
137	Nowhere

7. Do you currently have insurance?

Yes 333 No 237

8. If you did want mental health counseling, could you afford to pay for it?

Yes 160 No 391

(NOTE: of the 333 students who answered "yes" to question #7, 189 marked "no" to this question)

9. <u>If IVC offered free mental health counseling, would you consider using the service now or in the future?</u>

Yes 431 No 131

Attachment D: An Individual Student Response

Imperial Valley College Mental Health Services Survey

1. Have you ever had problems related to: (Check ALL that apply to you)

   X A Boyfriend/Girlfriend
   X Relationship Violence
   X Family
   X Marriage
   X Children
   ___ Drug/Alcohol use or abuse
   X Finances
   X Eating Disorder/Weight Management

   I am not crazy, it is just extremely stressful working, going to school, + raising a family. Pressure!!!

2. Have you ever felt the following? (Check ALL that apply to you)

   X Depressed
   X Anxious
   ___ Suicidal
   X Stressed
   X Hopeless

3. Have you ever dropped a class or had trouble in a course because of personal problems?

   Yes X No___

4. Have you ever felt like you needed mental health counseling for personal issues?

   Yes X No___

5. If YES, what have you done to get help?

   X I talked to a friend or family member
   ___ I went to a therapist or mental health professional in the community
   ___ I spoke with my IVC counselor
   X I kept my problems to myself

6. If you did want mental health counseling, where would you most likely go for help?

   ___ A therapist in the community
   ___ A psychiatrist in the community
   ___ A psychologist in the community
   ___ Imperial County Behavioral Health Services
   X A free mental health counselor at IVC, if you offered the service
   ___ Nowhere

   Can't afford it! — How embarrassing!

7. Do you currently have insurance?
   Yes X No___ medical, + it sucks

8. If you did want mental health counseling, could you afford to pay for it?
   Yes___ No X

9. <u>If IVC offered free mental health counseling, would you consider using the service now or in the future?</u>
   Yes X No___

   I know many students that would benefit from such a service

Linda Amidon

From: Sheila Dorsey-Freeman
Sent: Monday, September 14, 2009 8:02 AM
To: All Users
Subject: Vacant Counselor Positions - Behavioral Health Program

OPEN FACULTY POSITIONS
TWO COUNSELORS (BEHAVIORAL HEALTH PROGRAM)

The District wishes to announce **two non-teaching, temporary, non tenure track, categorically funded**, faculty job opportunities as a Counselor. A request for voluntary transfer or reassignment is currently being accepted. The interested parties can submit their request to Human Resources by Friday, September 18, 2009 no later than 5:00 p.m.

Unit members who are interested in a voluntary reassignment into the Counseling Positions shall notify in writing the appropriate Vice President and the Associate Dean of Human Resources of their interest in the position within five working days of the initial email notification. Such request shall be forwarded to the appropriate area administrator.

Please feel free to contact me via e-mail if you have any questions/concerns.