



**SAN DIEGO COMMUNITY COLLEGE DISTRICT**

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CITY COLLEGE • MESA COLLEGE • MIRAMAR COLLEGE • CONTINUING EDUCATION

## *Healthy Minds Survey*

# Report on Hungry to Learn

**February 18, 2016**

# Background

- In Spring 2015, City College, Mesa College, Miramar College, and Continuing Education were among 10 community colleges who participated in a national study (*Healthy Minds*) focusing on:
  - Financial hardships
  - Emotional challenges
  - Food and housing needs
- 4,000 students were surveyed each from City College, Mesa College, Miramar College, and Continuing Education
  - 2,400 students responded
    - City: 666
    - Mesa: 611
    - Miramar: 614
    - Continuing Education: 509

# Background

- The study found that a growing number of low income students experience food and housing challenges, even with work and financial aid
  - Half of the respondents indicated they experienced food and/or housing insecurities
    - 20% are hungry; 13% are homeless
  - Food insecurities included:
    - Lack of nutritional food; and inability to acquire nutritional food in socially acceptable ways
  - Housing insecurities included:
    - Homelessness; unaffordable housing; poor quality housing

# SUMMARY DATA FOR CITY, MESA, MIRAMAR AND CONTINUING EDUCATION

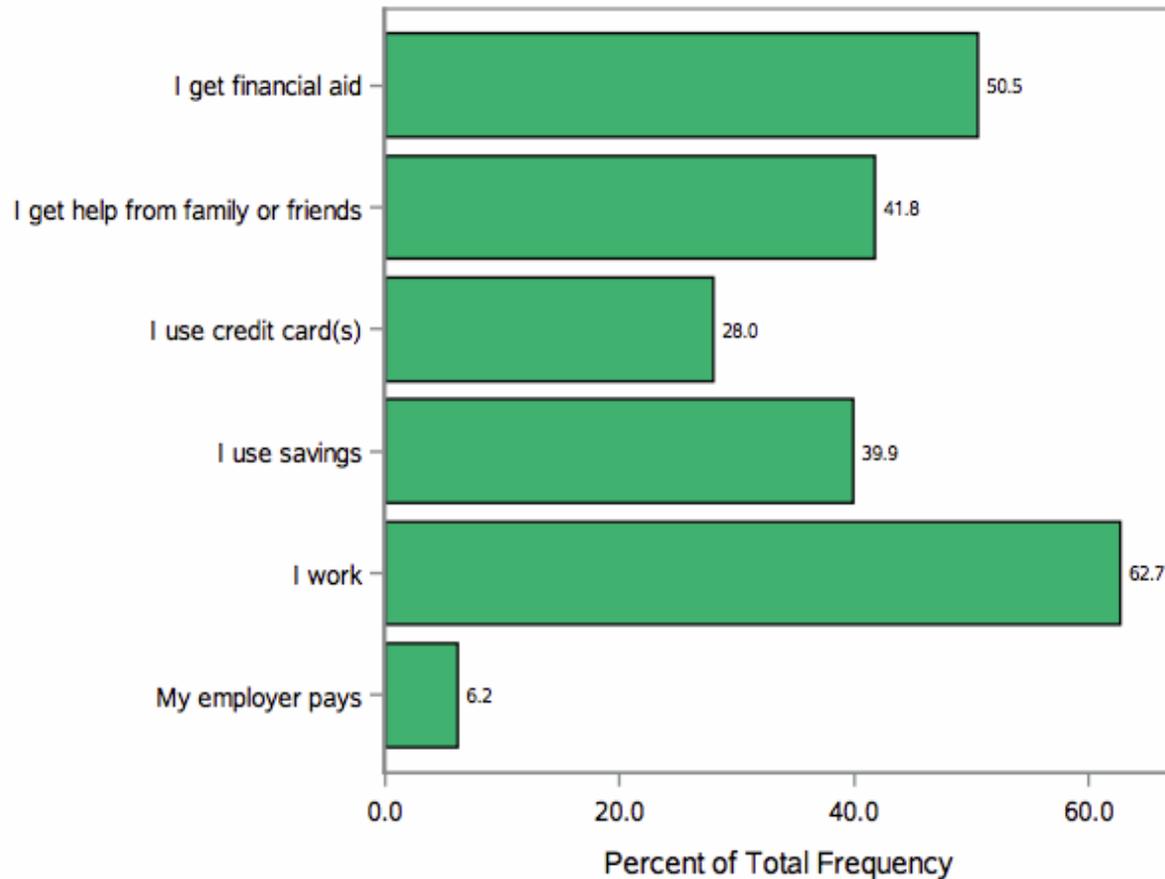


# Survey Responses

## Student Financial Status

### SDCCD

Which of the following ways do you pay for the expenses associated with attending college?

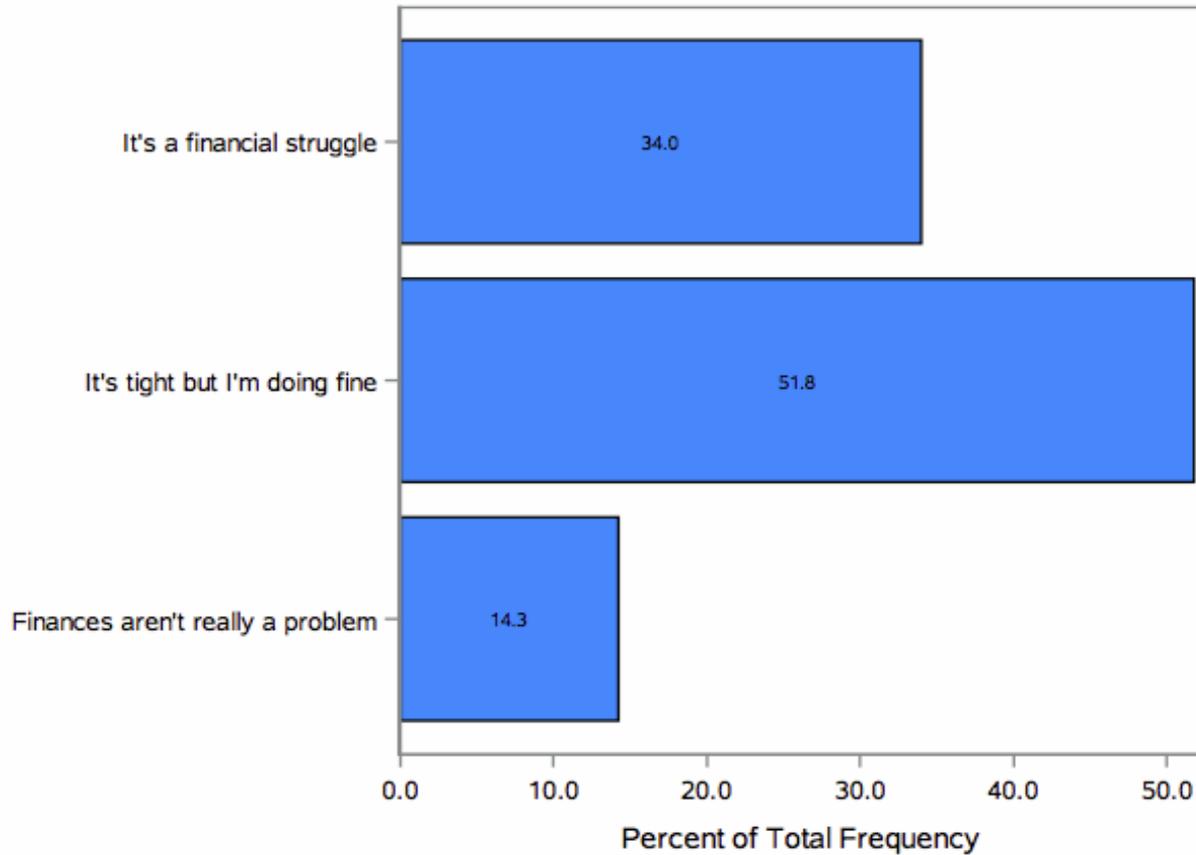


# Survey Responses

## Student Financial Status

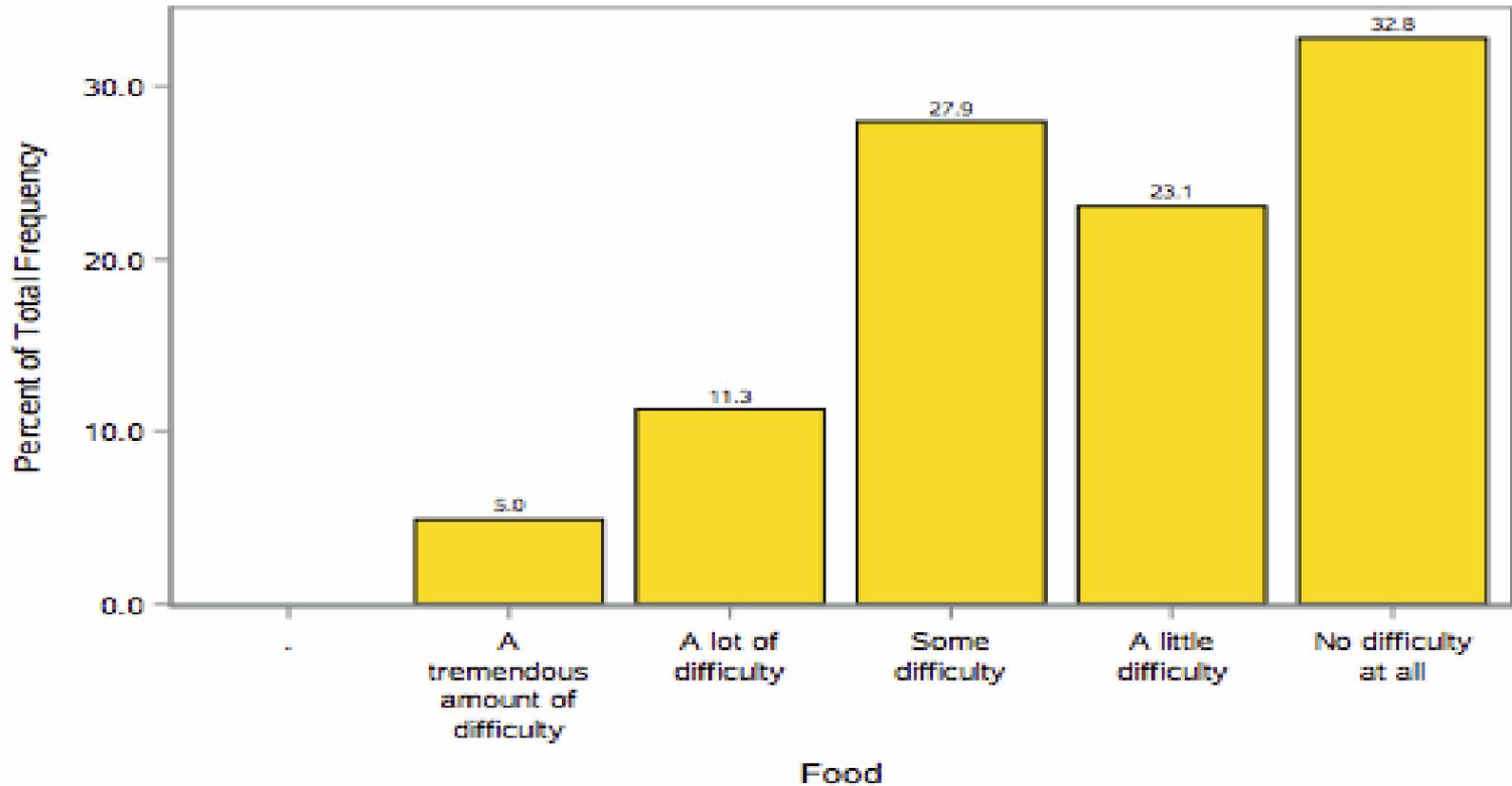
### SDCCD

How would you describe your current financial situation?



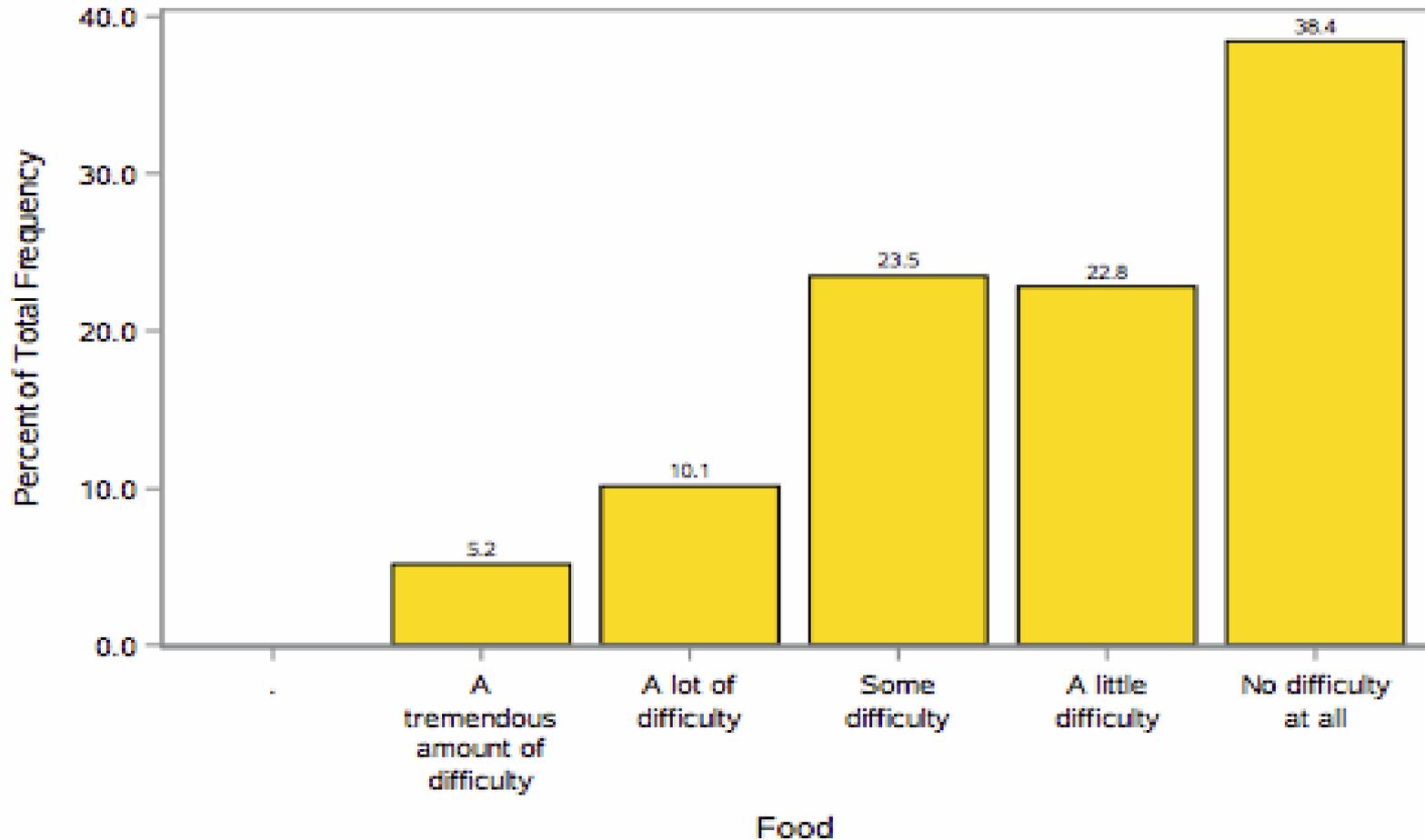
# Survey Responses Difficulty Paying for Food

## San Diego City College



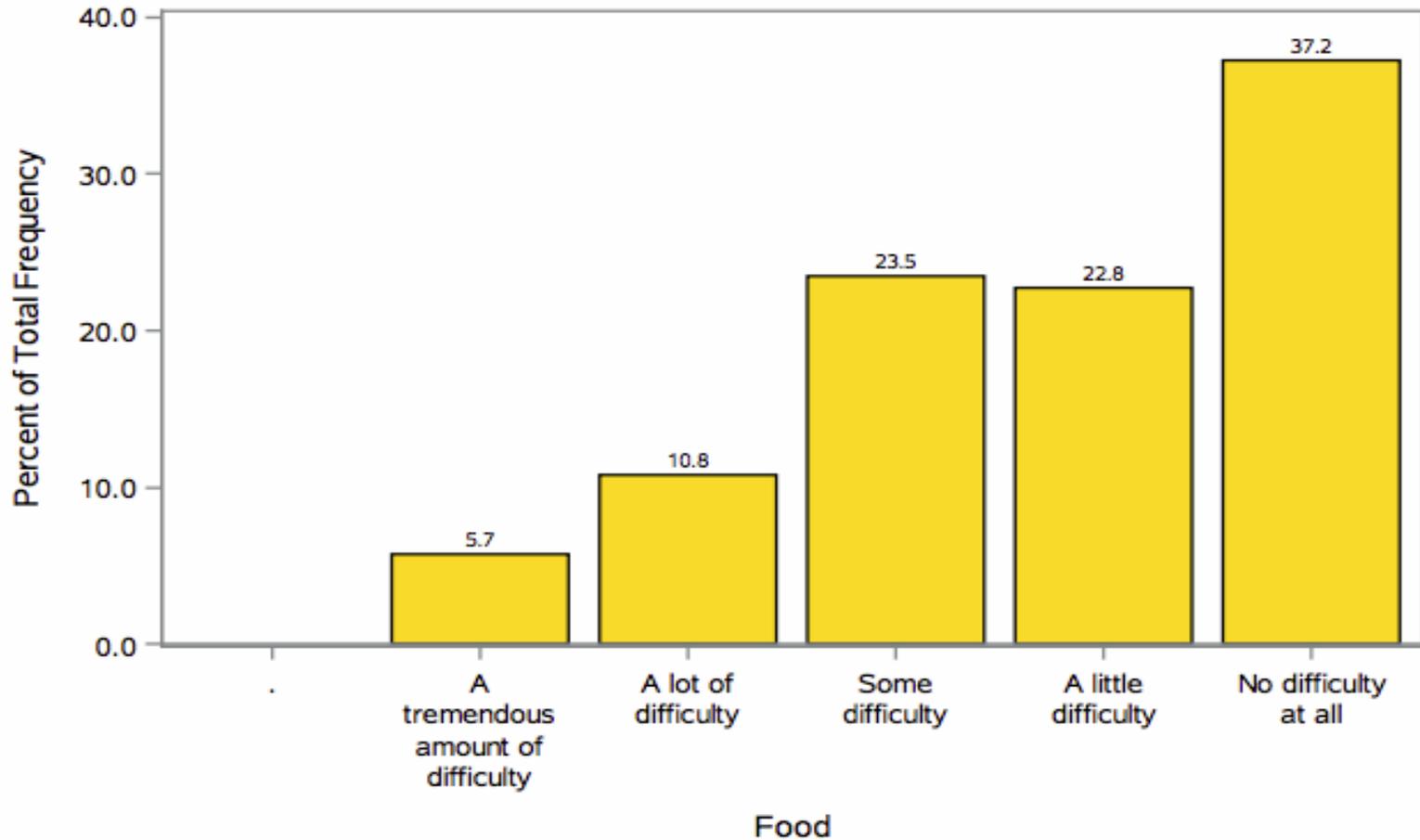
# Survey Responses Difficulty Paying for Food

## San Diego Mesa College



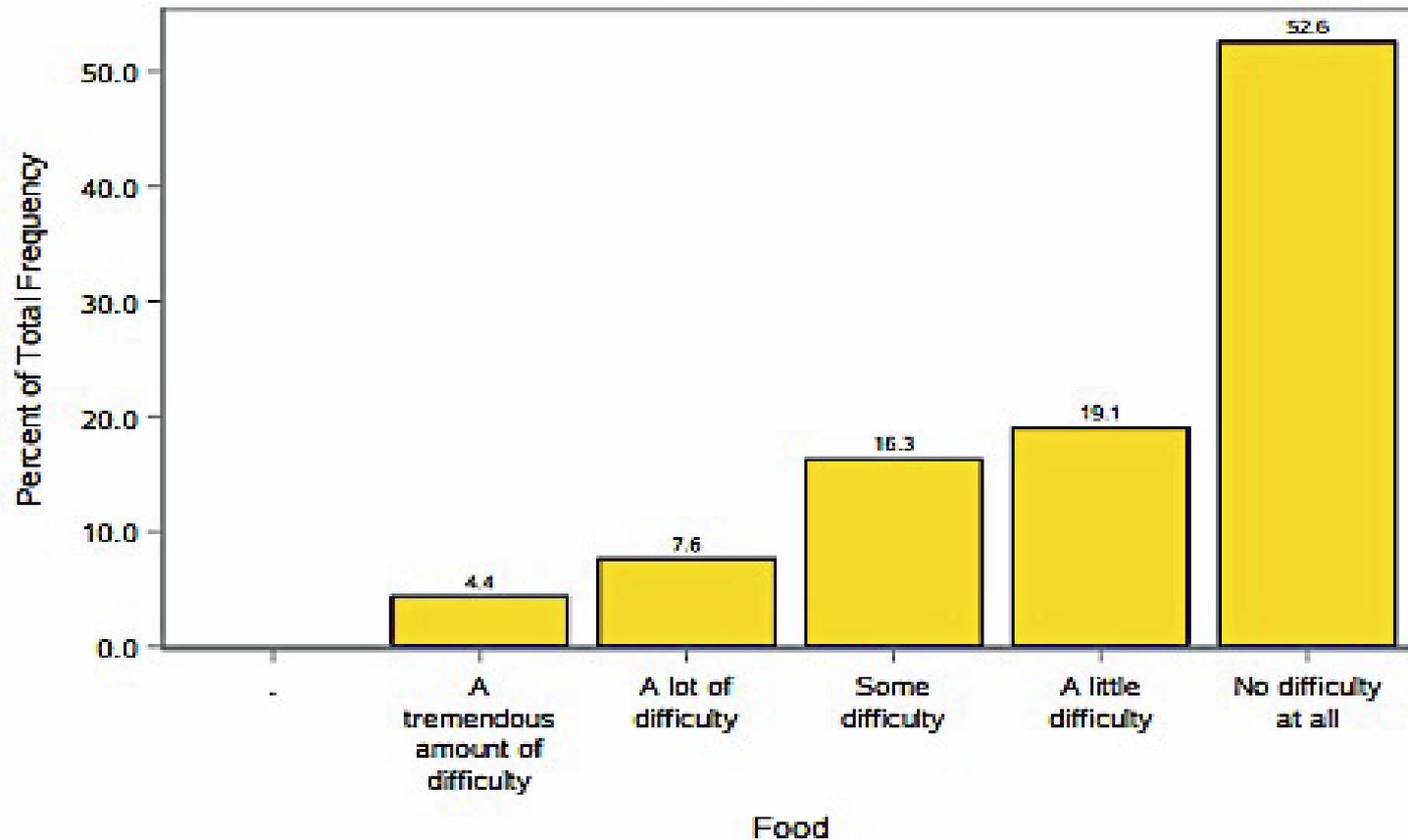
# Survey Responses Difficulty Paying for Food

## San Diego Miramar College



# Survey Responses Difficulty Paying for Food

## San Diego Continuing Education \*

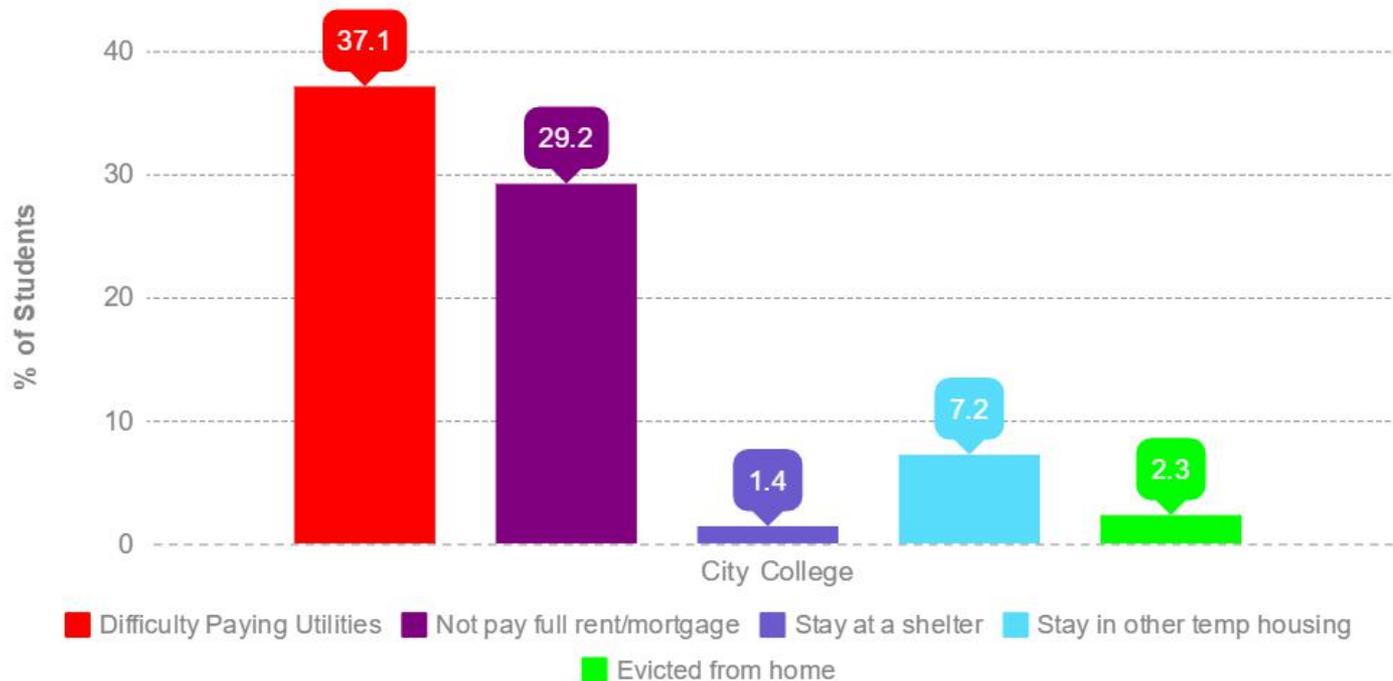


\* May not be representative of Continuing Education since only those students with email addresses were surveyed.

# Survey Responses Housing Insecurities

## San Diego City College

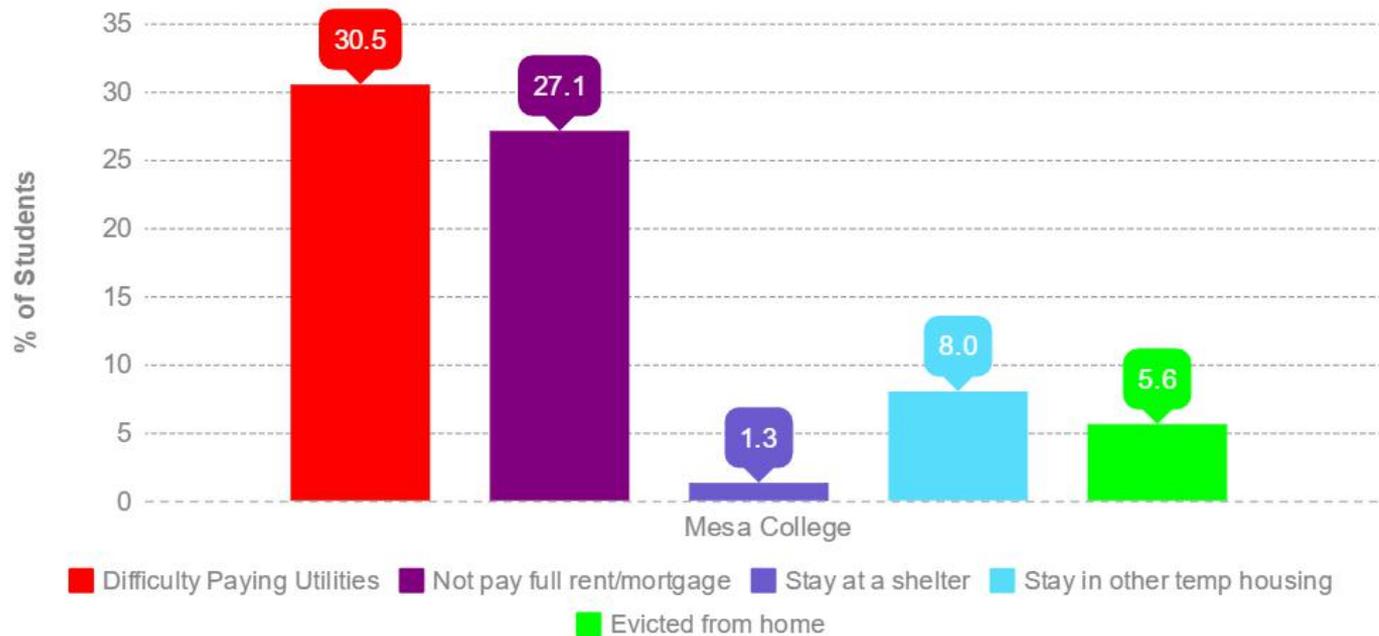
In the past year, did you do any of the following because there was not enough money?



# Survey Responses Housing Insecurities

## San Diego Mesa College

In the past year, did you do any of the following because there was not enough money



# Survey Responses Housing Insecurities

## San Diego Miramar College

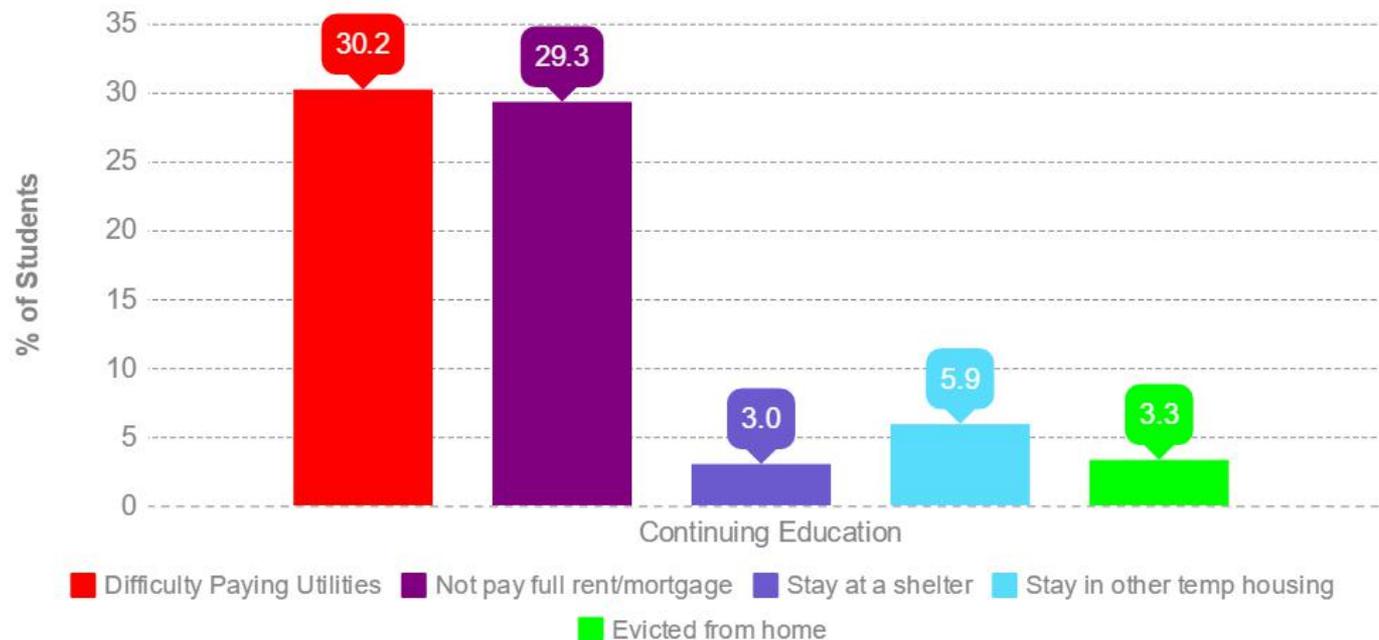
In the past year, did you do any of the following because there was not enough money



# Survey Responses Housing Insecurities

## San Diego Continuing Education

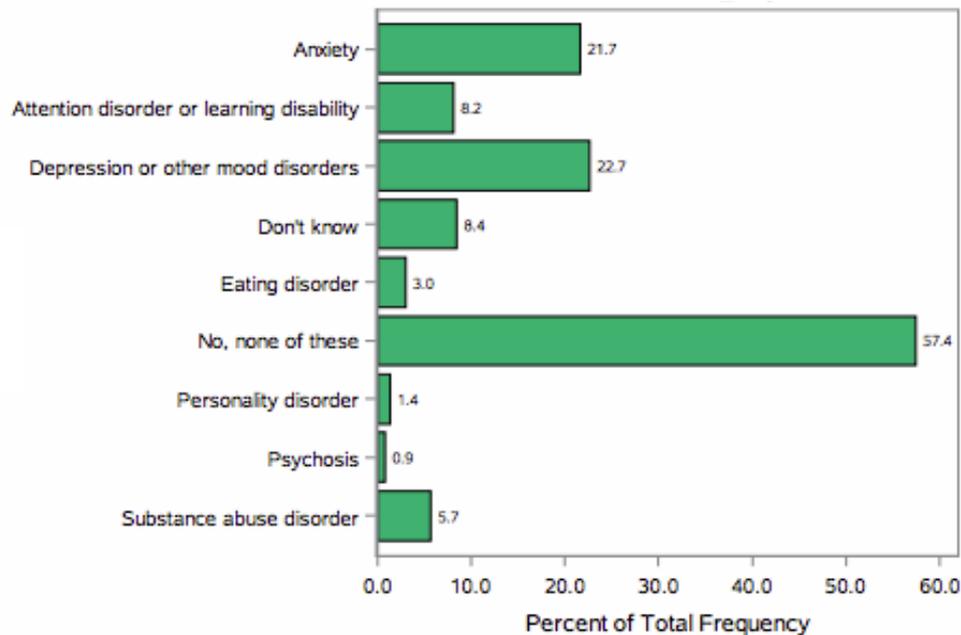
In the past year, did you do any of the following because there was not enough money



# Survey Responses Mental Health

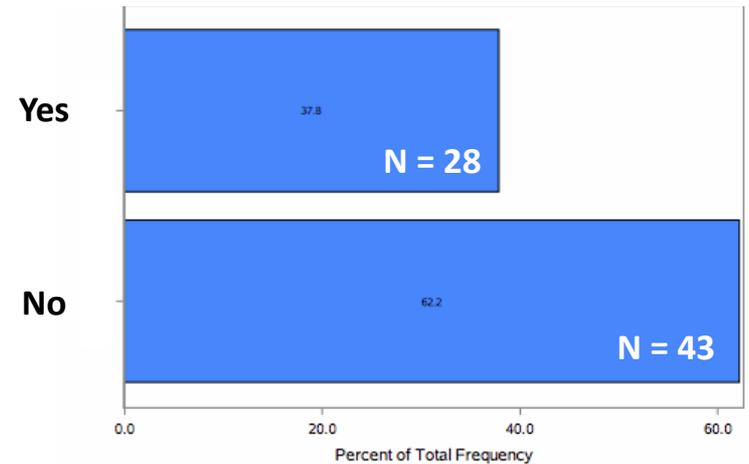
## San Diego City College

Have you ever been diagnosed with any of the following conditions by a health professional?

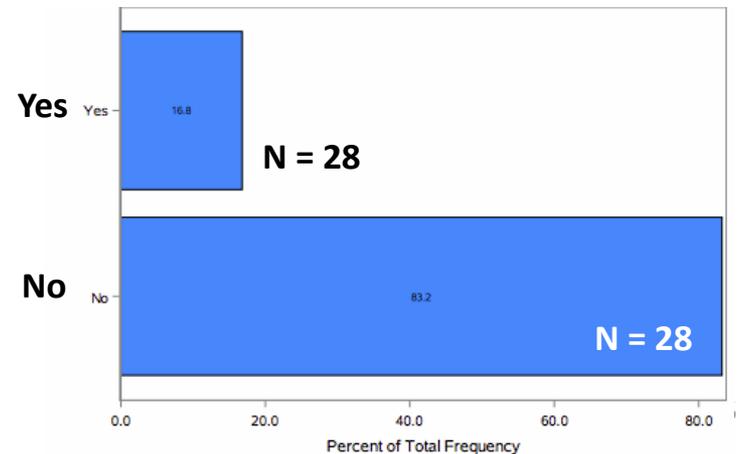


Of those who reported suicidal thoughts (N=71)

In the past year, did you make a plan for attempting suicide?



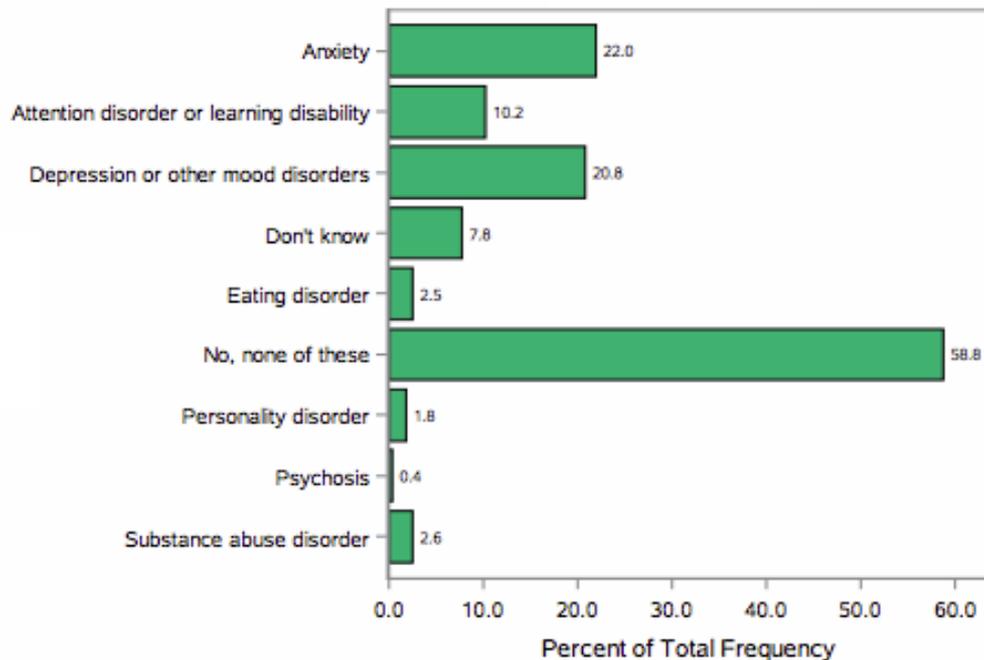
In the past year, did you attempt suicide?



# Survey Responses Mental Health

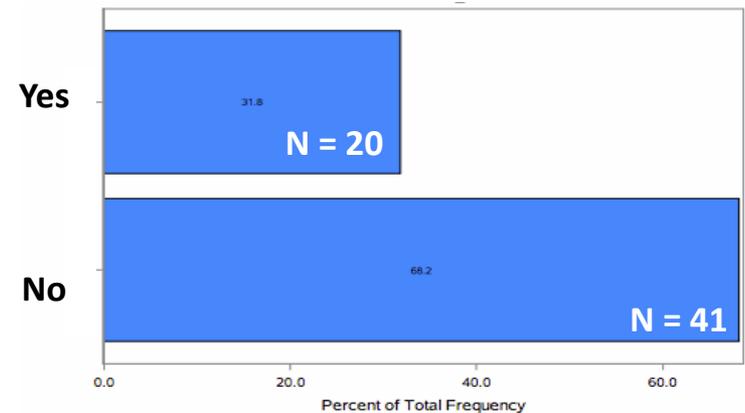
## San Diego Mesa College

Have you ever been diagnosed with any of the following conditions by a health professional?

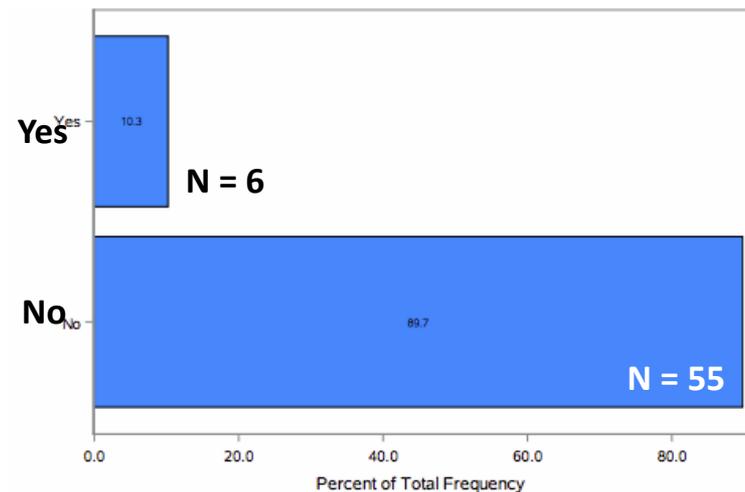


Of those who reported suicidal thoughts (N=61)

In the past year, did you make a plan for attempting suicide?



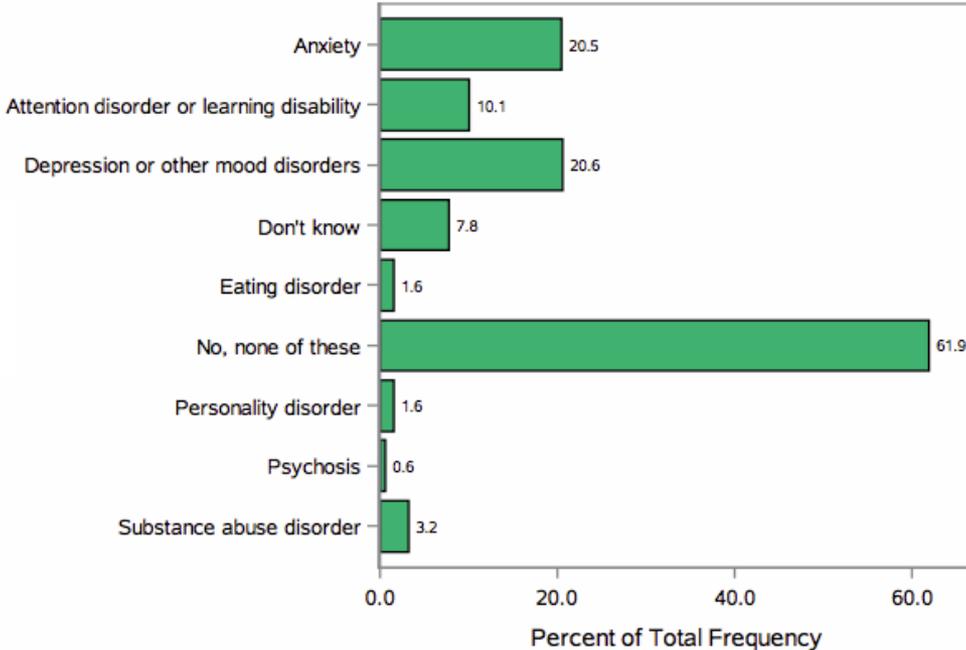
In the past year, did you attempt suicide?



# Survey Responses Mental Health

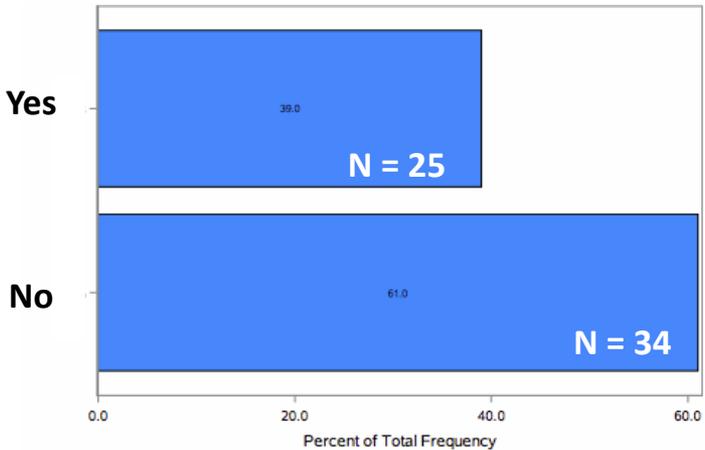
## San Diego Miramar College

Have you ever been diagnosed with any of the following conditions by a health professional?

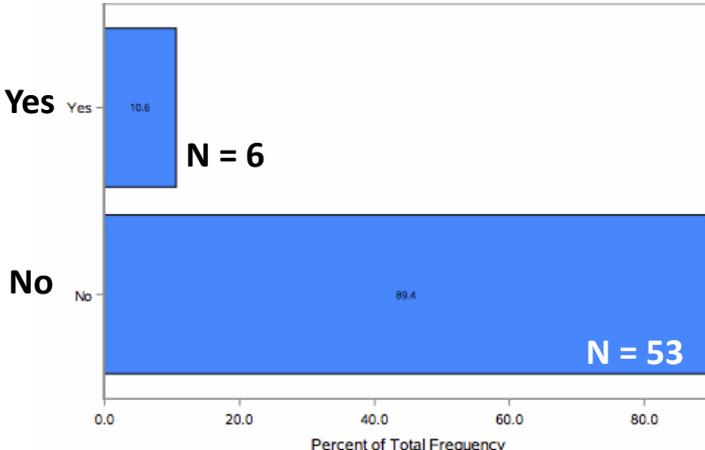


Of those who reported suicidal thoughts (N=59)

In the past year, did you make a plan for attempting suicide?



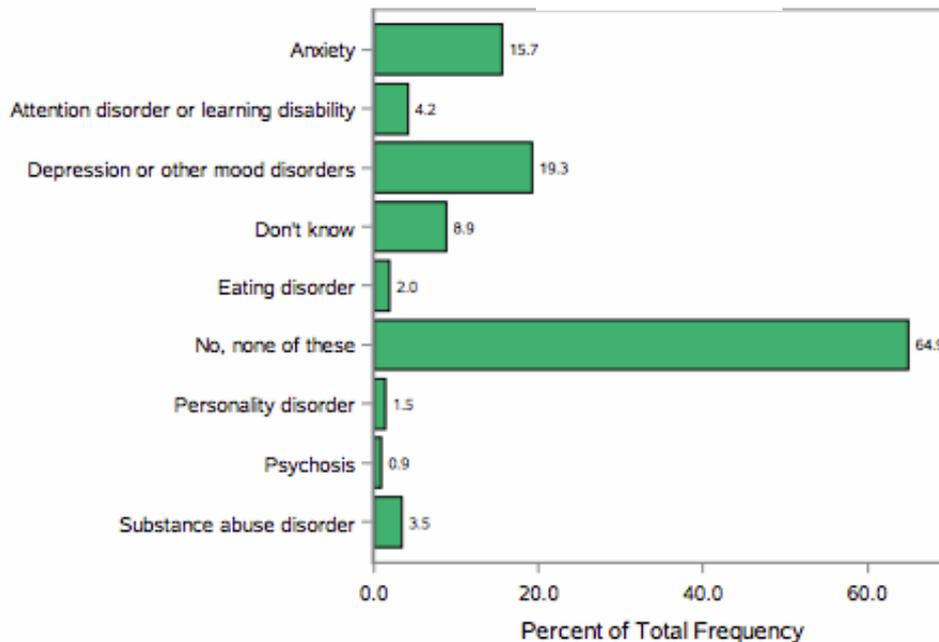
In the past year, did you attempt suicide?



# Survey Responses Mental Health

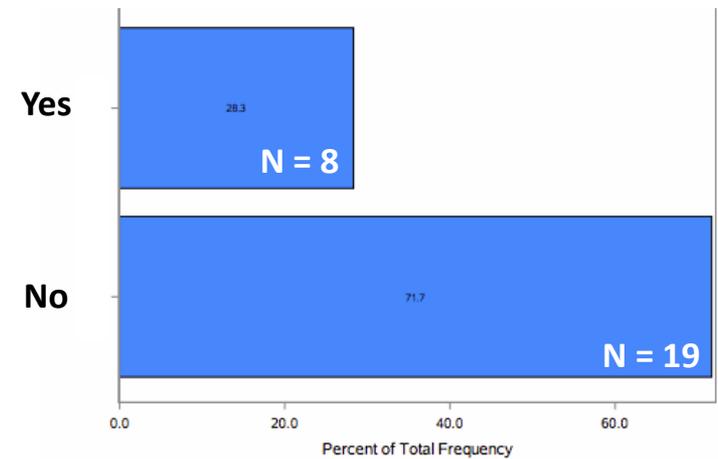
## San Diego Continuing Education

Have you ever been diagnosed with any of the following conditions by a health professional?

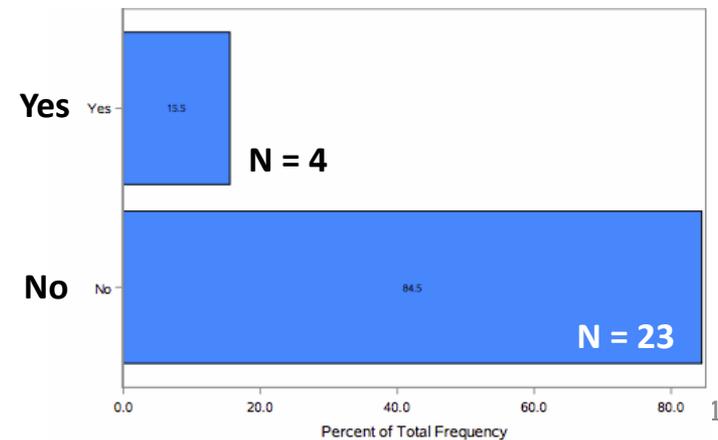


Of those who reported suicidal thoughts (N=27)

In the past year, did you make a plan for attempting suicide?



In the past year, did you attempt suicide?



# Survey Responses

## Key Findings



Students who have...	%
Life Satisfaction (Completely or Very Satisfied)	43.2%
Any Depression	36.3%
Severe Depression	22.7%
Any Anxiety	30.8%
Severe Anxiety	13.7%
Eating Disorder	26.0%



Students who have...	%
Life Satisfaction (Completely or Very Satisfied)	45.9%
Any Depression	35.3%
Severe Depression	17.5%
Any Anxiety	26.7%
Major Anxiety	11.1%
Eating Disorder	23.0%



Students who have...	%
Life Satisfaction (Completely or Very Satisfied)	39.8%
Any Depression	40.4%
Severe Depression	22.3%
Any Anxiety	32.0%
Severe Anxiety	16.1%
Eating Disorder	24.5%



Students who have...	%
Life Satisfaction (Completely or Very Satisfied)	59.2%
Any Depression	25.9%
Severe Depression	13.2%
Any Anxiety	18.9%
Severe Anxiety	8.6%
Eating Disorder	18.4%

**EFFORTS TO  
ADDRESS  
HUNGER AND  
HOUSING**

SAN DIEGO  
CITY COLLEGE

SAN DIEGO  
MESA COLLEGE

SAN DIEGO  
MIRAMAR  
COLLEGE

SAN DIEGO  
CONTINUING  
EDUCATION

# City College

- **Emergency Food Pantry**
  - Supports enrolled students in need by providing pre-packaged items suitable for an on-campus lunch or meal
- **Fantastique Apparel Program**
  - Student-run clothing resale store
  - Gently used clothing suitable for interviews, work, or school is for sale at very low prices
  - Provides free clothing for homeless students
- Referrals to Father Joe's Villages/St. Vincent De Paul and the Housing Opportunities Collaborative
- **Food Drives**
  - EOPS Food Drive
  - Classified Employees Food Drive
  - City Athletics Food Drive – Competition among teams
  - President's Holiday Celebration – Collects items for **Food Pantry**



# Mesa College

- Associated Student Government (ASG) hosts:
  - **Food Drives** each semester
    - Donations available to hungry students throughout semester
  - **Annual Thanksgiving Feast** for hungry/homeless students
- Mesa Foundation
  - **Payroll Deduction Campaign** to support hungry students
  - **Fun Run Fundraiser** for hungry and homeless students
- The following support services provide food and food cards to hungry/homeless students:
  - Student Equity
  - Mesa Foundation
  - EOPS
  - Student Health Services
  - Associated Student Government
  - Financial Aid (in particular for Foster Youth)



# Miramar College

- Club *Coordinate* sponsors food and clothing drives for the homeless twice each year
- EOPS/CARE program administers a food bank that provides an emergency food supply for hungry students
  - Pre-bagged lunch and breakfast
  - Funded by donations
  - Includes information on nutrition, healthy living and community resources
- Housing Assistance is currently under development with Student Affairs and Career/Placement offices



# Continuing Education

- Counselors provide referral support to a number of hungry and homeless students throughout Continuing Education
- Routinely refer students to a various agencies including:
  - Claremont Service Center
  - American Red Cross
  - San Diego Food Bank
  - Feeding America San Diego
  - Various Churches



# Mental Health Support Services

- **City**
  - On campus Mental Health Training program provides 100 hours of clinical counseling each week
  - Suicide Prevention Grant focusing on awareness and prevention
  - Referrals to long-term and crisis care via community partners
  - Peer Mentor Program
- **Mesa**
  - Mental Health Counseling
  - Workshop and classroom visits
  - Suicide prevention awareness and outreach
  - Crisis referrals to community organizations
- **Miramar**
  - Mental Health Counseling
  - Behavioral Intervention Team – led by Mental Health Counselor
  - Awareness workshops and classroom presentations
  - Referrals to community agencies
- **Continuing Education**
  - Referrals to community agencies



**QUESTIONS**