



San Diego Community College District

Report on Student Mental Health Services

March 13, 2008

Student Mental Health

- Research shows that mental health is related to student retention and academic performance
- Academic advisors, nationwide, report that mental health issues are interfering with student success more than ever before
- A recent survey conducted by the National College Health Assessment showed that depression was identified by students as one of the top 10 barriers to academic performance

Student Mental Health - continued

- Counselors, health services professionals and faculty in Disability Support Programs and Services (DSPS), districtwide, are seeing more students with stress, anxiety and other psychological issues

Students Served

- City Health Services serves an average of 1,200 students with psychological issues each year
- Mesa Health Services scheduled about 900 student psychological visits last year
- Miramar provides mental health services to approximately 100 students annually

Students Served - continued

- Specific data on the numbers of students served by other programs on campus is not maintained with any consistency, however, faculty and staff report that the number of students with mental health issues has increased significantly
- General Counseling, DSPS, CalWorks and Student Affairs report serving many students with mental health concerns
- Many of the incidents of disruptive behavior on campus are related to psychological disorders

Budget

- Student Health Services is fully supported by student health fees
- The level of support and staffing for mental health services, by college, varies.
- Continuing Education is precluded by law to charge a health fee; therefore, they do not have a health services program

Health Services Budget for Mental Health Services

	Total Health Services Budget	Allocation for Mental Health Programs	Students Served
City	\$450,000*	\$122,500	1,200/year
Mesa	\$400,000	\$89,500	900 visits/year
Miramar	\$292,000	\$5,000	100/year
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	\$1,142,000	\$217,000	

*Note: Includes \$135,397 in general fund support above the student health fee revenue

Health Services Staffing for Mental Health Services

City	1.0 FTE Mental Health Counselor (LCSW) .50 FTE Adjunct Counselor .75 FTE Hourly Clerical Support 2.0 FTE Graduate Interns (4 at an average of 20 hours each week)
Mesa	1 Marriage Family Therapist (MFT) (15 hours/week) 1 Psychologist (12 hours/week) 2 MFT Interns (6-8 hours/week) 1 Medical Doctor (2 hours week)
Miramar	1 Counselor (MFT) (6 hours/week)

Programs & Services Available

- Referrals to community agencies
- Individual psychological counseling
- Counselor presentation in classrooms
- Small group events, including films and discussion related to anxiety/tension and managing stress
- Group counseling (in the event of a tragedy, such as Virginia Tech)
- Medication (under physician's care)
- Presentations at orientations
- Fliers/posters/brochures
- Information tables on selected topics are periodically set up on campus
- Referral to County Mental Health

Available Services Publicized throughout the Colleges

- In Various Offices:
 - Health Services
 - General Counseling
 - DSPS
 - Student Affairs
- In Publications:
 - Student Handbooks
 - Catalogs
 - Schedules
 - Websites
- Special brochures and fliers
- Health Advisory Committees