



## Student Mental Health Initiative

### CalMHSA's Prevention and Early Intervention Programs Foster Mental Health and Wellness for California's Higher Education Students

American college students are experiencing mental health challenges with greater frequency than ever before. In 2012, the American College Health Association-National College Health Assessment found that over 30 percent of college students reported feeling "so depressed that it was difficult to function" at some time in the past year.

Recognizing this urgent need, California's higher education institutions, the University of California (UC), California State University (CSU), and California Community Colleges (CCC) have made student mental health one of their top priorities.

Through the voter approved Mental Health Services Act and the California Mental Health Services Authority (CalMHSA), California's higher education institutions are increasing direct mental health services to students, providing training to faculty and staff, and reducing the stigma of mental illness.

#### The Student Mental Health Initiative has:

Trained 16,818 CCC students and faculty/staff members about suicide prevention through online role-playing simulations from Kognito Interactive.

Trained 9,763 faculty and staff members and students across California State University campuses in Mental Health First Aid, ASIST, and Question, Persuade Refer suicide prevention programs.

Trained 24,270 students across the UC System about mental health resources on campus during the second quarter, FY 2013-2014.

Screened 69,012 UC Students for depression and offered follow-up resources through campus health centers to date.

Trained 3,418 UC faculty and staff members in crisis response, during the second quarter, FY 2013-2014.

#### Did you Know...?

**Leading epidemiologists say we can't afford not to take a prevention approach to mental health.** Focusing only on mental health crisis misses the opportunity to prevent more people in our communities from reaching the crisis point and costs more in the long run. Prevention in the mental health field is a public health priority, just as working to prevent heart disease must happen at the same time we treat people experiencing heart attacks.

**Half of all mental health challenges begin by age 14 and three-quarters appear before age 24.** Investing in our young minds is an opportunity to improve mental health over a generation. CalMHSA's PEI programs strategically target young people to connect them with preventative services and set them on a lifetime path of mental wellness.

**California voters supported transforming California's mental health system with a prevention approach.** Voters passed Prop. 63 (the Mental Health Services Act) in 2004, dedicating resources to keep individuals healthy so they never reach the crisis point of our jails, hospitals, or homelessness. At the same time this investment saves lives, it reduces the strain on community hospitals, jails, and public safety resources.

EACH MIND  
MATTERS

California's Mental Health Movement

Pain Isn't Always Obvious

KNOW  
THE SIGNS

Suicide Is Preventable

## Helping Underserved Student Populations

An estimated 2.2 million veterans reside in California, and more than 44,000 utilize education benefits at a California Community College. Fifteen California Community College campuses have hosted "Welcome Home" trainings attended by over 600 faculty and staff members to address the needs of student veterans.

*"As the daughter of a World War II Veteran, [I found the] California Community Colleges Student Mental Health Program's training curriculum timely, insightful and informative. The workshop presenters were top-rate and [I] was most appreciative and enlightened by the information and resources presented."*

- Cabrillo Community College Veterans Training attendee

The Student Mental Health Initiative also takes special care to promote self sufficiency for Transition-Aged Foster Youth aging out of California's foster care system. California Community Colleges' Healthy Transitions Curriculum has trained 146 students to help them realize their own strengths and abilities, connecting them to local resources and services, and empower them to reach a higher state of health and well-being.

A hostile school climate is detrimental to LGBTQ student mental health, and since 2000, the number of college students who identify as LGBTQ has roughly doubled. To create a more supportive environment for LGBTQ students, the California Community Colleges have trained 980 students and faculty/staff members through online suicide prevention trainings that teach understanding and offer assistance and referrals to support services on campus when students exhibit signs of distress.

## CalMHSa Partnerships Create Sweeping Systemwide Resources

42,954 faculty and staff members, at ten UC campuses, have received a "Red Folder," which serves as a quick reference guide to mental health resources for distressed students. The customized-by-campus folders identify common signs of student distress and direct faculty or staff through protocol to approach a distressed student, connect that student with the appropriate resource, or make emergency contact.

Every student in the California State University System receives "Student Health 101," an online magazine that contains ways for students to anonymously research health and wellness issues that are most prevalent on campuses. The magazine also incorporates regional resources and tips for students.

For more information about any of the programs described above, contact Jamie Sepulveda at [Jamie.Sepulveda@calmhsa.org](mailto:Jamie.Sepulveda@calmhsa.org).

*In 2008, state strategic plans were developed for suicide prevention, stigma and discrimination reduction and student mental health. CalMHSa, a Joint Powers Authority, was created by counties in 2009 to implement the PEI Statewide projects efficiently and effectively. These are just a few program highlights; for more information please visit: [www.calmhsa.org](http://www.calmhsa.org).*



WELLNESS • RECOVERY • RESILIENCE



Prevention and early intervention save lives and dollars by delivering help before a crisis when it's most effective and less costly.