

**PORTERVILLE COLLEGE
PROGRAM REVIEW REPORT: NON-INSTRUCTIONAL PROGRAMS**

Program Name:
Student Health and Wellness

Contact Person:
Erin Wingfield

Submission Date:
February 2024

Porterville College Mission Statement:

With students as our focus, Porterville College provides our diverse local communities quality education that promotes intellectual curiosity, personal growth, and lifelong learning, while preparing students for career and academic success.

In support of our values and philosophy, Porterville College will:

1. Provide quality academic programs to all students.
2. Provide comprehensive support services to help students achieve their personal, career and academic potential.
3. Prepare students for transfer and success at four-year institutions.
4. Provide courses and training to prepare students for employment or to enhance skills within their current careers.
5. Provide comprehensive support systems tailored to each student’s skill level.
6. Recognize student achievement through awarding degrees, certificates, grants, and scholarships.

Guided Pathways Framework:

1. Clarify the Path: Create clear curricular pathways to employment and further education.
2. Enter the Path: Help students choose and enter their pathway.
3. Stay on the Path: Help students stay on their path.
4. Ensure Learning: Ensure that learning is happening with clear outcomes.

Program Mission Statement:

Student Health and Wellness provides free, confidential, and professional mental health counseling to help Porterville College students manage everyday stressors so those stressors do not interfere with their academic success. Sessions, training, and interventions offer emotional and behavioral support to the Porterville College community.

Service Area Outcomes (SAOs):

| SAO Statement | Describe assessment results and discussion of this SAO | Describe how the results impact your goals and needs going forward |
|--|---|--|
| 1. Students will explain mental health | This is a new SAO and will be assessed over the next three-year review period. It will be | The SAO has not been assessed as of now. |

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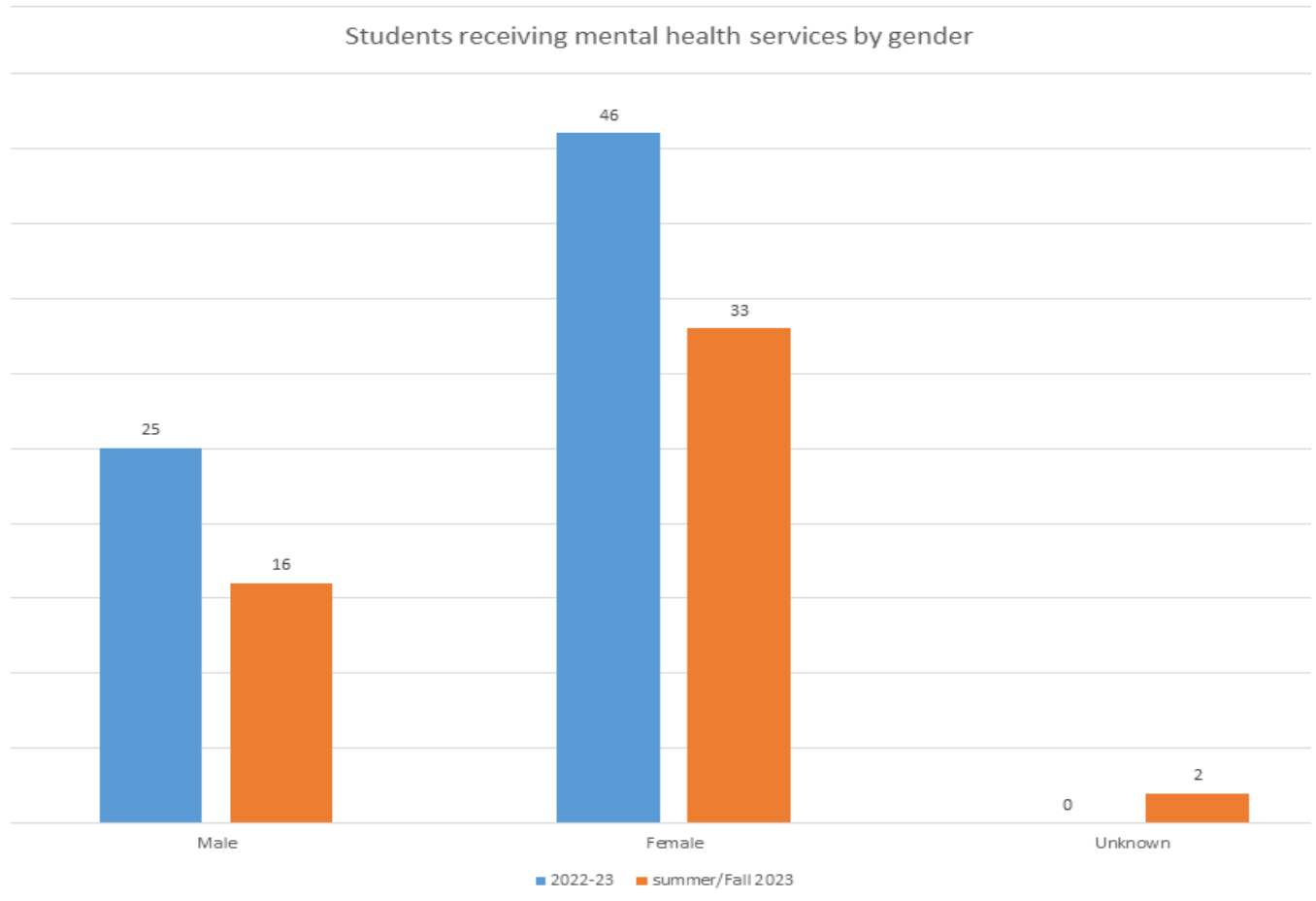
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| | | |
|--|---|--|
| services available to them on campus, online, and in the community and how to access them. | assessed via the Student Services Satisfaction Survey in Spring 2024. | |
|--|---|--|

Program Analysis and Trends:

Data Review

2022-2023 Academic Year Data



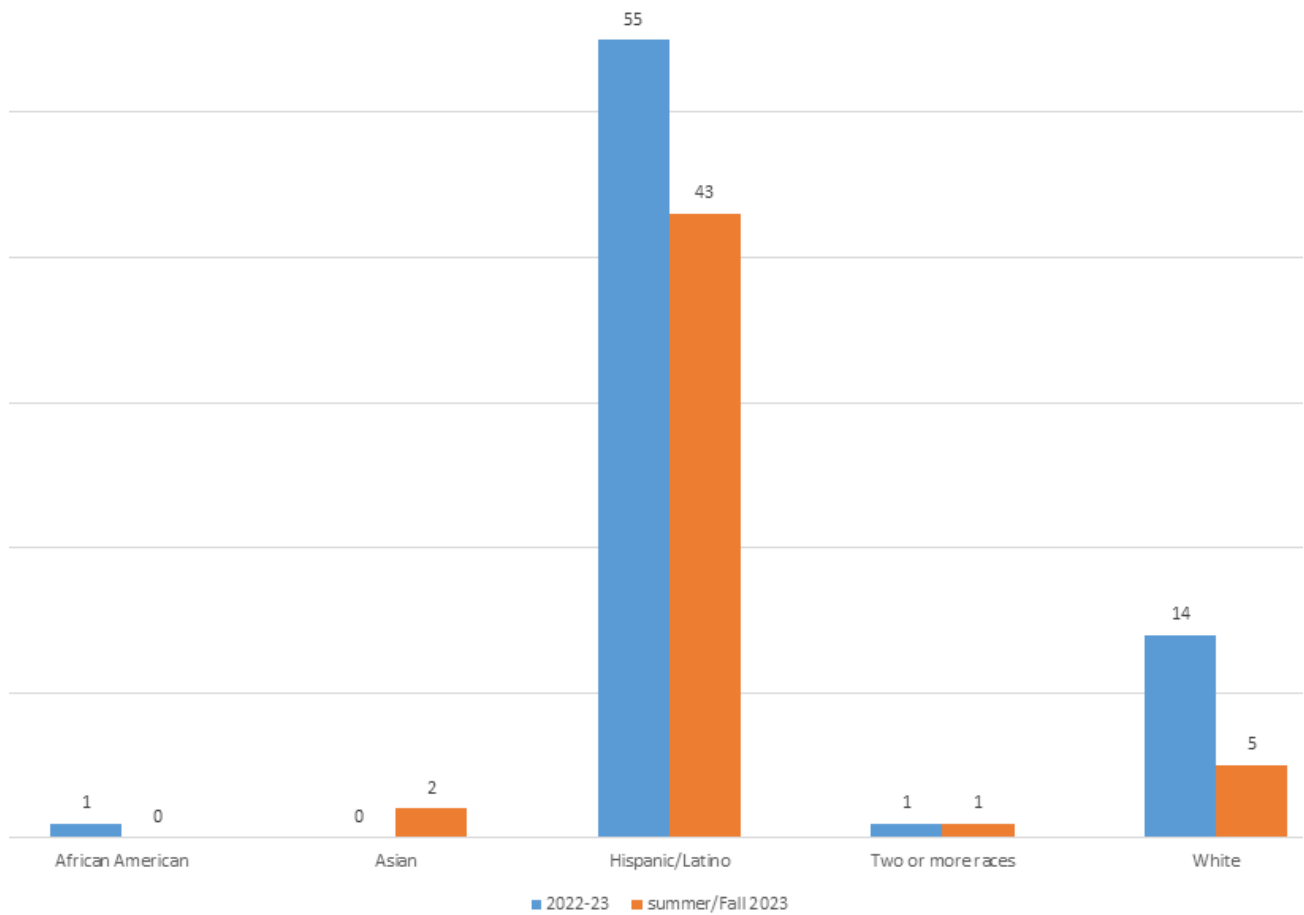
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Students receiving mental health services by ethnicity

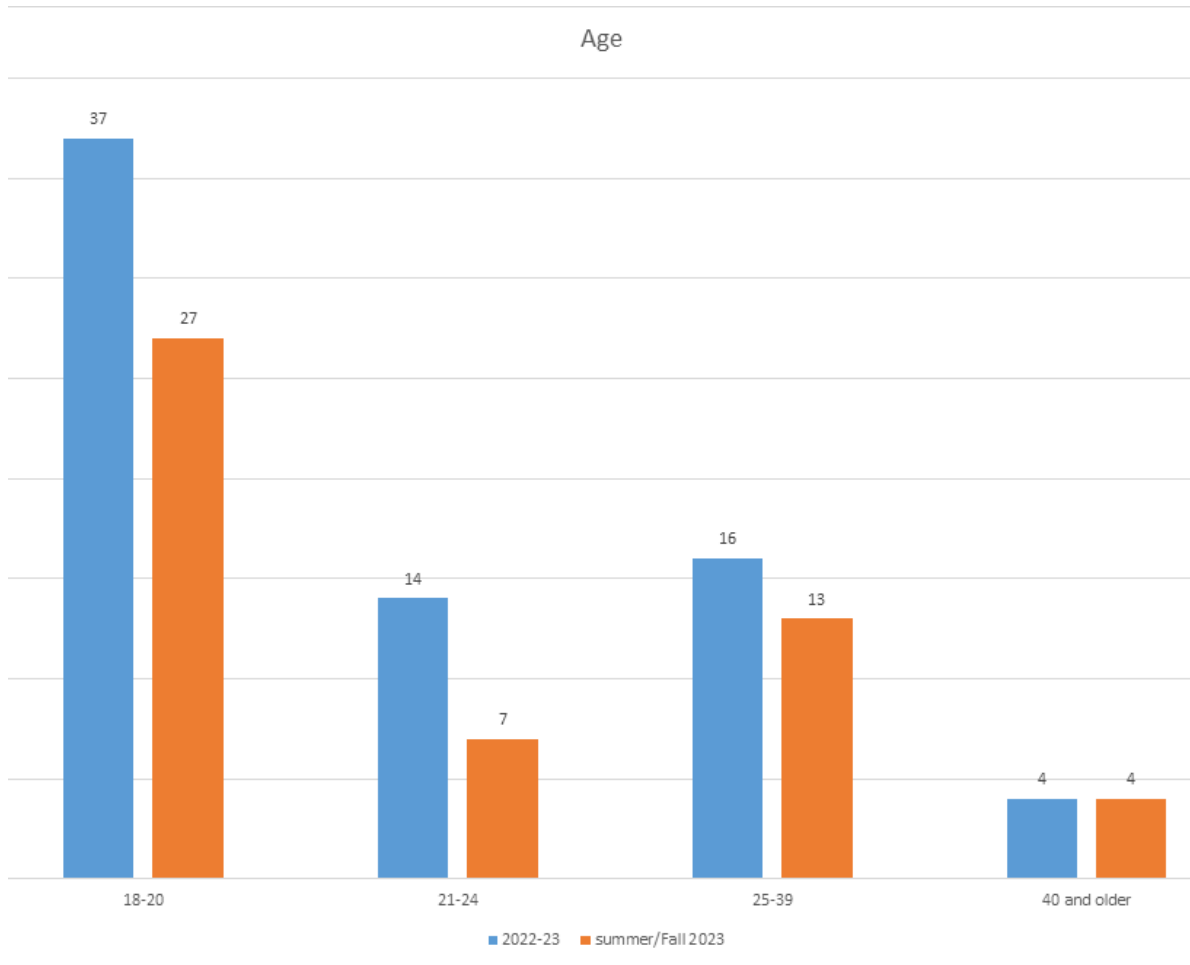


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- The average number of campus mental health counseling appointments per student:
 - 3.3 visits per student
- Mental health counselor to student ratio:
 - 1:71 (one counselor for 71 unique students)
- Total number of students receiving mental health services (unduplicated) disaggregated by gender:
 - 46 females; 25 males
- Total number of students receiving mental health services (unduplicated) disaggregated by ethnicity:
 - African American.....1
 - Hispanic/Latino.....55
 - Two or more races.....1
 - White.....14

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- Total number of students receiving mental health services (unduplicated) disaggregated by age group:
 - 18-20.....37
 - 21-24.....14
 - 25-39.....16
 - 40+.....4
- Total number of sessions: 213 total sessions among 68 students (August 2022-May 2023)

Summer 2023 - Fall 2023

- The average number of campus mental health counseling appointments per student:
 - 3.3 visits per student
- Mental health counselor to student ratio:
 - 1:51 (one counselor for 51 unique students)
- Total number of students receiving mental health services (unduplicated) disaggregated by gender:
 - 33 females; 16 males; 2 unknown
- Total number of students receiving mental health services (unduplicated) disaggregated by ethnicity:
 - Asian.....2
 - Hispanic/Latino.....43
 - Two or more races.....1
 - White.....5
- Total number of students receiving mental health services (unduplicated) disaggregated by age group:
 - 18-20.....27
 - 21-24.....7
 - 25-39.....13
 - 40+.....4
- Total number of sessions: 142 sessions among 46 students (June 2023-December 2023)

Changes in Program over Last Three Years

We hired a new adjunct Wellness Counselor in September 2021; however, she was hired full time by another institution and left PC. The position was replaced with another adjunct Wellness Counselor who began working in October 2021 but was hired full time by another institution and left PC in January 2022. We have had personnel turnover due to this position being part time. A

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full time temporary one year Wellness Counselor was approved and filled in August 2022 – May 2023. We are now moved back to only having an adjunct Wellness Counselor position (28 hours a week). A full-time mental health provider is greatly needed at PC.

The number of students seeking mental health care and health services has increased since returning from the pandemic. Many students are referred to Timely Care telehealth service due to the increased demand of mental health services on campus. A full-time mental health provider would increase the capacity to see more students for counseling.

Here are some of the highlights of services that were implemented beginning in Fall 2022:

- Students are provided resources to address needs such as: domestic violence services, rape crisis services, mental health (urgent and non-urgent), psychiatry referral, substance abuse treatment, homelessness, LGBTQ+ support, etc. The Wellness Counselor provides phone numbers and locations and often provides support to students over the phone guiding them through the referral process.
- The Behavioral Intervention Team, or BIT, at Porterville College serves as the centralized coordinated body for discussion and action regarding students exhibiting behaviors that indicate distress, cause of disturbance in the community, and/or present a danger to oneself or others. Committed to proactive, early intervention, the BIT team supports students directly through consultation with campus partners. Students are identified and referred based on observed distress such as change in classroom behavior, reported distress, changes in appearance, missing assignments, and absences. Faculty, staff, administrators or students can submit BIT referrals.
 - Students are seen for three scheduled appointments to determine student needs. Sessions provide sufficient information to determine to keep the case open, refer the case for additional resources, or close the case due to supportive information that student is no longer in distress and has been instructed on how to access wellness services in the future, if needed.
- Student Health and Wellness services at Porterville College supports students demonstrating social, emotional, and/or behavioral concerns impacting their ability to fully participate in daily instruction, social activities, or their overall educational experience. Wellness services are a resource for students to meet and discuss important issues in a confidential setting.
 - Personal Counseling and Mental Wellness Resources
 - Crisis walk-ins
- Mental Health Services offered workshops/presentations, webinar presentations/workshops, Lunch and Learn series, class presentations, Wellness Wednesday, wellness checks in the quad, and individual sessions throughout the year to educate the campus community regarding resources to support student wellness.
 - Lunch and Learn on Suicide Awareness and Prevention offered 9/21/2022

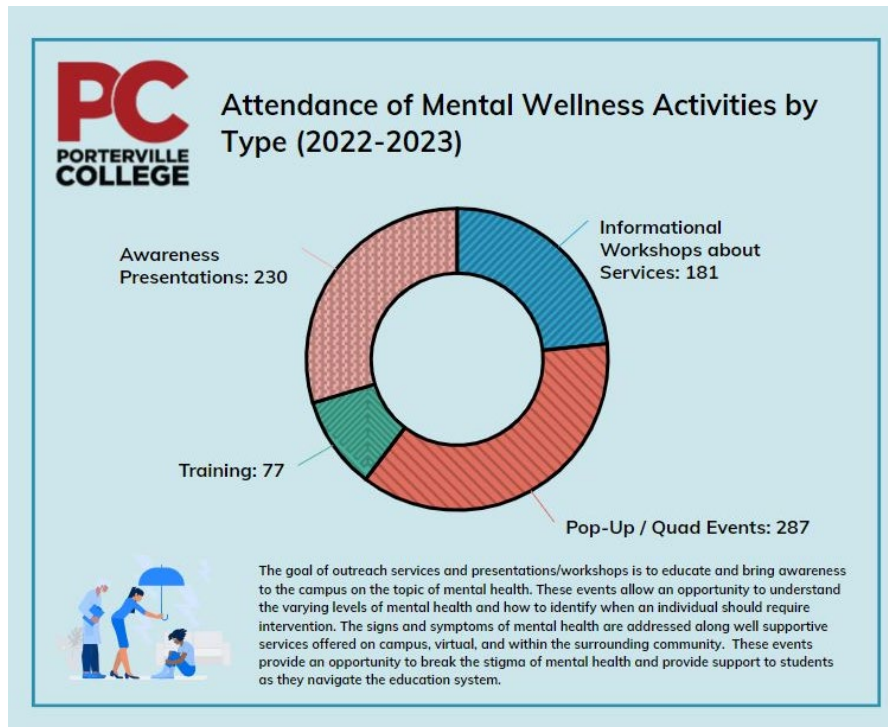
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- Lunch and Learn on Substance Abuse and Recovery Awareness among college students offered 9/28/2022
- Live and Zoom presentations on Mental Wellness and Stress for the Dreamer Project offered on 2/22/2023
- Zoom presentation on Social Anxiety for 1st Generation Students offered 11/7/2022
- Webinar on Stress, Depression, and the Holidays provided on 11/22/22
- Wellness Wednesday Series emailed to enrolled students on mental wellness topics such as: stress, domestic violence awareness, self-esteem, random acts of kindness, etc.
- Mental Health check-ins are conducted approximately once a month via Quad Pop-Up. Students are engaged in playing games, provided snacks, and asked to complete a mental health survey through MindWise software via an iPad.
- Other pop-ups focused on outreach and providing resource information on how to access wellness services on campus.

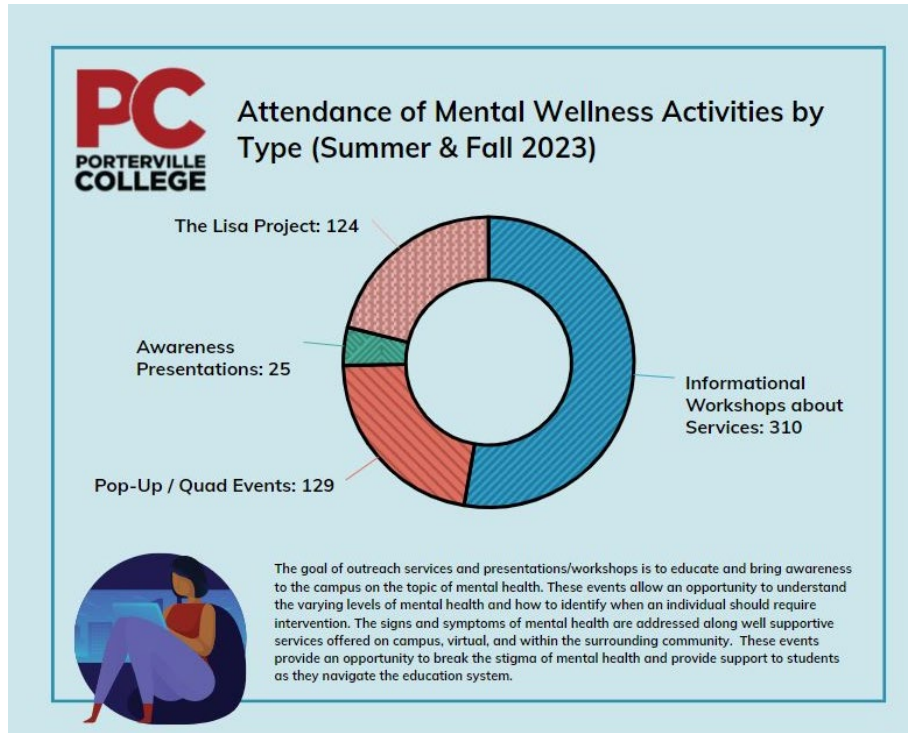


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- Collaboration with PC and community mental health agencies to provide education on various topics impacting our communities and the lives of youth.
 - Child Abuse Prevention Council was contracted to present to both students and staff on Adverse Childhood Experience (ACEs). This workshop took place on 02/16/2022. This was a four-hour workshop that provided education on how youth are impacted into their adulthood based on their childhood experiences. Education on trauma and resiliency.
 - Child Abuse Prevention Council was contracted to bring the Lisa Project to the PC campus for a three-day interactive exhibit on child abuse awareness. The exhibit took place on September 26-28, 2023.
 - Community Outreach by attending the Tule River Youth Resource Fair. Provided an opportunity to educate prospective students and their families on supportive wellness services offered at PC campus.
 - Wellness Counselor collaborated with PC DRC program for mental health outreach to students. The event took place in the campus quad on 05/02/2023.
- The Wellness Counselor created a Student Health, Wellness, Safety & Conduct handbook to provide guidance to staff and faculty on their role in helping students in distress. The handbook provides supportive details on how to identify students of concern and when to

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refer for mental wellness services and/or crisis services. The Handbook also serves as a tool to support staff with de-escalation techniques when working with disruptive and/or agitated students.

- A Student Crisis Guide with Response Protocol was also created and finalized for dissemination to staff and faculty.
- A condensed version of the Staff Guide was created with essential contacts for supportive and/or crisis services.
- Wellness Counselor provided orientation to Associate Dean of Health Careers division on mental wellness services offered on campus.
- Provided De-escalation training with staff.
- Wellness Counselor served as committee member for Student Leadership Conference.

The collage features several promotional posters:

- SAVE the DATE! 4th Annual Mental Health and Education Conference**: Wednesday, April 10, 2024, 8:00 am - 3:30 pm. Sponsored by PC, HHSAA, and PUSD.
- The Lisa Project¹⁰**: A 10-Minute Interactive Experience about Child Abuse Prevention. Location: PC Student Center Conference Room (SCCR). Dates: Sept. 26 (Public), Sept. 27 (Community Day), Sept. 28 (Public).
- Lunch & Learn**: SEPTEMBER SERIES. Please bring your own lunch. National Recovery Awareness (9/21/2022) and National Suicide Awareness & Prevention (9/28/2022).
- Wellness Wednesday March is Self-Injury Awareness Month**: Includes tips for reducing self-injury and contact information for mental health support.
- Break the Stigma**: Please Talk To Someone If You Are Struggling. Visit the Wellness Counselor located in Student Services. We offer walk-ins and appointments. 559.791.2329.
- Mental Health Support**: For any general health needs contact Dr. Lisa Prieto, Student Health & Wellness Counselor.
- Wellness Wednesday Boost Your Self-Esteem Month**: February is International "Boost Your Self-Esteem Month". Includes tips to improve self-esteem.

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Report on Previous Goals

This is the first Mental Health and Wellness program review, therefore, there is no update to provide on previous goals.

| Goal | Status/Progress |
|------|-----------------|
| 1. | n/a |
| 2. | n/a |
| 3. | n/a |

Program Strengths

One of the biggest areas of strength is having a dedicated Wellness Counselor on campus to support students. This position provides student outreach by greeting students in the quad and providing resources and information on how to access mental health treatment services on campus and assisting students in downloading the Timely Care app.

Another area of strength is engaging staff/faculty in mental health awareness within the campus community via presentations and workshops.

- The services offered for mental wellness include crisis intervention; ongoing counseling; anxiety and depression screenings; presentations to both students and staff/faculty.
- Mental Health and Wellness Counselor provided direct services to students at PC.
- Students utilized MindWise, our online mental health screening tool.
- Classroom presentations/workshops on mental health topics and resources. Example: Presentations to UMOJA Program, PUENTE Program, STSS classes, etc.
- Handbook on Student Health, Wellness, Safety, & Conduct created for Faculty and Staff.
- De-escalation presentation with practical techniques was conducted with faculty and staff.
- Timely Care, telehealth/teletherapy, offered to students with additional support on downloading app on to their devices during monthly tabling events in the quad and during individual sessions.
- Mental Health First Aid workshop conducted by outside vendor for Student Services staff/faculty.

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Areas for Improvement

Here are some areas for improvements:

- Continue to increase student engagement with mental health and wellness services via workshops and presentations to reach more students.
- Connect with media department to advertise upcoming events.
- Connect with faculty members to share presentation/workshop information with students for additional support and higher attendance rates.
- Faculty and staff to attend health and wellness workshops/trainings that are offered throughout the year.
- Expand mental health and wellness space to meet the growing demand for services.
- Full time mental health provider. A full-time mental health provider would increase the capacity to see more students for counseling.

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Goals (This section is for you to report on progress on *new goals*. If your program is addressing more than 3 goals, please add rows. Note that for the Mission Statement column, please list the numbered goal(s) from the college Mission Statement and Guided Pathways Pillars (see page 1) that would be furthered if this goal were accomplished.)

| Goal(s) | Timeline for completion | Needed resources | Person(s) Responsible | Obstacles to completion (if any) | Mission Statement | Guided Pathways Pillars |
|--|-------------------------|---|---|---|-------------------|-------------------------|
| 1. Students will increase awareness and access mental health services available to them on campus, online, and within the community: participating in mental health related events, activities, workshops/presentations; utilizing mental wellness resources; or completing online screenings. | One academic year | Timely Care, Mental health provider (Wellness Counselor), Community mental health resources (outside resources brought on-site) | Mental Health Provider, support staff, student worker | No permanent wellness counselor on-site | 2, 5 | 2, 3 |

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|--|--------------------------|--|---|--|------|------|
| | | | | | | |
| 2. Increase mental health counseling appointments by 5%. | One academic school year | Move adjunct mental health provider to full time position. | Mental health provider and Dean of Student Success and Counseling | No full-time mental health provider on site. | 2, 5 | 2, 3 |

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Staffing:

Current Staffing Levels

Please use the table below to describe current staffing levels, by employee type. Raw numbers are sufficient, not FTE.

| Full-time | | Part-time | |
|------------|---|------------|---|
| Faculty | | Faculty | 1 |
| Temporary | | Temporary | |
| Classified | | Classified | |
| Management | 1 | Management | |

Request for New/Replacement Staff

Use one line for each position requested. Justify each position in the space below.

| | Title of Position | Classification (Faculty, Classified, or Management) | Full- or Part-Time | New or Replacement |
|------------|-------------------------|---|--------------------|--------------------|
| Position 1 | Mental Health Clinician | Management | Full-time | New |
| Position 2 | | | | |
| Position 3 | | | | |

Justification:

(Address each position requested. Note that a position need should be demonstrated in earlier sections, such as your needs for improvement or to meet specific goals)

We currently only have a part-time Mental Wellness Counselor at PC that works 28 hours a week. There is a need for a full-time position to support students through a variety of comprehensive psychological services including referrals to community agencies when appropriate. This is due to the continued increase of student BIT cases and students in distress or crisis on campus. This position would be a full time Mental Health Clinician and not an adjunct Counselor. This position would be paid through categorical funding, Mental Health and Basic Needs (Contingent of Funding). If approved, we would no longer have an adjunct Wellness Counselor position.

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This position would work with the Dean of Student Success and Counseling to develop, implement and evaluate student health and wellness/mental health services, policies and programs for the college. Here are a sample of duties for this new position:

- Meet with student referrals submitted through campus Behavior Intervention Team (BIT). Participate in BIT meetings with campus team.
- Provide short term sessions of personal counseling to students. Exercise independent judgement regarding student case load. Document student cases in Maxient system.
- Develop intervention and post intervention support strategies, assess social, psychological and basic needs of students.
- Develop an appropriate plan of action to decrease behavioral/student conduct concerns and increase academic persistence.
- Assist with crisis intervention as situations arise.
- Provide faculty and staff training/presentations related to student health and wellness.
- Collaborate with staff and community agencies in developing, implementing, and evaluating educational and outreach activities on the prevention, recognition and treatment of psychological and behavioral problems, which may include anger management, substance, self-harm, relationship skills development, suicide prevention and early onset of an acute mental health illness.
- Provide consultation services for staff and administrators regarding students with mental health or emotional concerns.

By filling this position with a full-time staff member, we will be able to expand mental health services to meet the growing demand for mental health support and therapy.

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Resource Requests

The following four sections are for requesting resources, such as technology, facilities, safety/security, and professional development. Please include all needs, even if you already have identified funds for them. Requests made here should be linked to needs identified in earlier sections (outcomes, areas for improvement, goals). If you have no needs in a particular area, just type NA.

TECHNOLOGY REQUEST

Use this section to list any technology needs for your program. If you have more than two technology needs, add rows below.

| | Technology Need | Justification |
|--------|-----------------|---------------|
| Item 1 | | N/A |
| Item 2 | | |

FACILITIES REQUEST

Use this section to list any facilities needs for your program. If you have more than two facilities needs, add rows below.

| | Facilities Need | Justification |
|--------|-----------------|---------------|
| Item 1 | | N/A |
| Item 2 | | |

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SAFETY & SECURITY REQUEST

Use this section to list any safety & security needs for your program. If you have more than two safety & security needs, add rows below.

| | Safety/Security Need | Justification |
|--------|----------------------|---------------|
| Item 1 | | N/A |
| Item 2 | | |

PROFESSIONAL DEVELOPMENT REQUEST

Use this section to list any professional development opportunities you would like to have available for your program. If you have more than two professional development needs, add rows below.

| | Professional Development Need | Justification |
|--------|--|---|
| Item 1 | Mental Health and Education Conference | This conference brings together community-based partners specifically focusing on the mental and emotional well-being of students to overcome the barriers that each respective agency faces due to their own professional roles. This conference cross educates respective providers to the mental health challenges for the K-14 population we serve. |
| Item 2 | | |

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Budget

Mental Health Categorical Budget (Not GU001)

| | Current Budget | Amount of Change | Revised Total |
|-----------------------------|----------------|------------------|---------------|
| 2000 (Student Workers Only) | 10,000 | 0 | 10,000 |
| 4000 | 11,000 | 0 | 11,000 |
| 5000 | 28,500 | 0 | 28,500 |
| Other | 0 | 0 | 0 |

Justification:

(Please justify all significant expenditures. Note that budget needs should be demonstrated in earlier sections, such as your needs for improvement or to meet specific goals)

Mental Health Categorical funding is provided to PC each year to expand mental health resources for students.