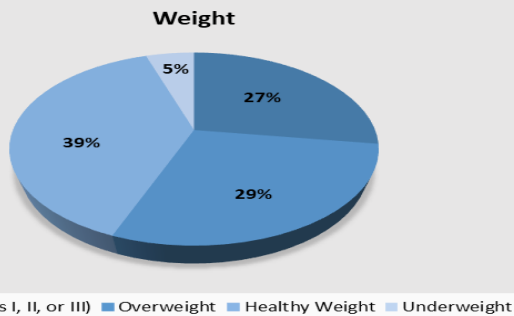
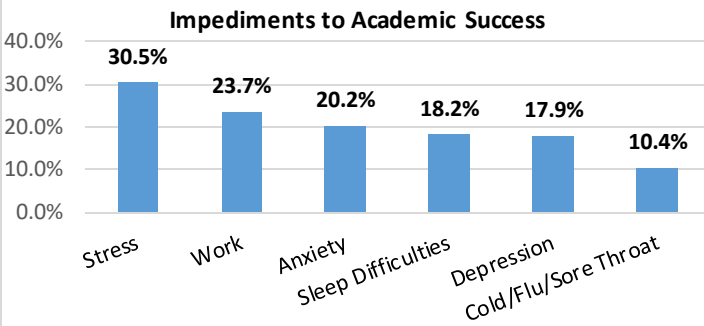


**Description:** Student Health Services at SBVC keeps our community of diverse learners healthy so they can achieve their academic goals and fully engage in their education. The department is comprised of nursing professionals, family nurse practitioners, mental health counseling professionals, and support staff. All members of our staff are dedicated to assisting students in accomplishing their personal and educational goals. We assist students in achieving optimal health by providing mental health, physical health, strengths development, and wellness-oriented health education services.



Healthy Lifestyle Summary	Percent
Eat 5+ servings of produce/daily	3.4%
Do Cardio 3+ times/week for 30+ min.	42.2%
Any use of e-cigarettes last 30 days	5.5%
Any use of alcohol last 30 days	19.0%
Used alcohol all of last 30 days	7.0%
Consumed 7 or more alcoholic drinks last time partied or socialized	19.8%
Did something they later regretted when drinking last 12 mos.	29.9%
Use 1 or more of listed rescriptions drugs w/o a prescription last 12 mos.	10.2%

**Assessment:** The American College Health Association; National College Health Assessment II was administered during Spring 2019 for the fifth time at SBVC. It reveals the most prevalent Physical and Mental Health issues at SBVC. A representative sample of SBVC students completed the survey. Some of the most prevalent findings from last measurement are displayed in figures 1, 2, & 3. Four of the top six impediments to academic success identified by students are mental health related issues. Anxiety was more prevalent than depression for this survey cycle. Students also indicated a desire for information from the campus on mental health issues including stress, anxiety, depression, and sleep difficulties. Issues with weight and healthy lifestyle were also prevalent in the data. More than half of students surveyed were overweight or obese based on self-report of height and weight. Stress, lack of exercise, poor sleep, and low intake of fruits and vegetables are all risk factors for overweight and obesity. Again, more than half of students indicated a desire for information on nutrition and physical activity from the campus. Sustained stress, lack of sleep, poor nutrition, and lack of exercise also weaken the immune system leaving students at greater risk for colds, flu, and sore throat. Substance abuse issues are of great concern locally and nationally. Here at SBVC we have seen an increase in marijuana use with 7% reporting daily use and 19% reporting some use in the past 30 days. E-cigarette use in the last 30 days was 5.5%. Daily use of marijuana and E-cigarette use have doubled since the 2016 survey. These trends will guide our programming and goals for this year. We will continue to focus on healthy weight, mental health concerns, and healthy lifestyle during the coming year. We also plan to develop a systematic way to screen for substance abuse issues and identification of reliable and culturally competent referral sources for recovery in our service area.

**Progress from Last Year's Action Plan:** We continue to offer our on-line magazine, Campus WELL, Kognito suicide reduction training, Health Fairs, individual therapeutic counseling, crisis intervention services, support to the BIT team, and Strengths based development to address mental health issues on campus. In addition, this year we are doing weekly tent, "Together We Thrive", events for mental health awareness and self-care, and hosted Movies for Mental Health and Resiliency Forum events for the campus. Healthy Weight and lifestyle change are emphasized at the Health Fairs, and in educational interactions with clients on a daily basis. We are active participants on the county task force to reduce the incidence of Sexually transmitted infections in our area. We continue to provide STI testing, prevention education, and free condoms for students. Students keep us fully booked with counseling appointments most of the semester and have been actively engaged in the educational events we host on campus.

**SAOs/SLOs/PLOs:** (Summarize how the assessment of SAOs, PLOs and/or any SLOs that shows significant effect has influenced your goals. 200 Words Max)

#### Departmental/Program Goals:

- Improve the overall health and quality of life for SBVC students through healthy lifestyle changes and the provision of **high-quality** and **innovative** services to our **diverse community** of learners.
- Continue to refine targeted services to meet the most prevalent needs informed by **evaluating** trends in SBVC specific data and service utilization. Maximizing use of existing resources in an efficient and **responsible** manner.
- Facilitate **access** to needed emotional and medical health care supported through wellness education services, clinical treatment/prevention services for physical issues, therapeutic counseling services for mental health challenges.
- Increase condom use and awareness regarding the need for responsible and “safe sex.”
- Early Identification and treatment of depression, anxiety, and substance abuse issues in students presenting for care at our clinic.
- Promote healthy eating, adequate physical activity, and effective sleep in our student population.
- We continue to offer student free flu shots and flu prevention information especially in the fall.

#### Challenges & Opportunities:

##### Challenges:

- Lack of a full-time mental health clinician/therapist to provide a consistent presence on campus for support of the campus community, response to mental health crisis, assistance with threat assessment, and improved access to quality therapeutic counseling services through effective supervision of non-licensed mental health clinicians.
- Lack of full-time clerical support in the front office to address the high volume of phone calls, walk in traffic, administrative paperwork, and competing demands of a blended medical/psychological services office in an educational environment. makes it very difficult to maintain a responsive high-quality services for students. This person also provides infrastructure support back office clinician and responds to campus community needs and requests. The secretary has difficulty providing the administrative support necessary for smooth office operations and district business completion due to constant interruptions when a clerk is unavailable.
- Difficulty retaining qualified nurse practitioner services due to lack of FT contract and associated benefits.
- Limit to therapeutic counseling services due to limited space and lack of full-time licensed clinician to provide expanded counseling associate supervision. With those two items available we could expand access to therapeutic counseling services. By the fifth week of the semester fall 2018, our counseling staff were already at capacity and a waiting list had to be started. Again in fall 2019, a waiting list was instituted for placement of students requesting counseling services September 18, which was the 5<sup>th</sup> week of class.
- Available space limits access to additional mental health providers during times of peak demand for services. Peak demand typically is during the hours of 10:00 a.m. to 3:00 p.m., Monday-Thursday, and during the last half of each semester. Currently, clinicians compete for space to meet with clients especially of Thursdays and need to utilize the break room to do follow-up work and documentation.

##### Opportunities:

- Students expressed a desire for information from the campus on mental health issues including stress, anxiety, depression, and sleep difficulties as well as information regarding healthy lifestyle changes supportive of healthy weight and risk factor reduction.
- Need for services to counter the most prevalent impediments to academic success on our campus including stress, managing work and school, anxiety, sleep difficulties, depression and cold/flu/sore throat.
- Improvement of stress management, physical activity, quality of sleep, and optimal fruit and vegetable intake in our students to support mental health, normal body weight, energy to cope with work and school, and a healthy immune system.
- Community partnerships for wellness education, free flu vaccine, free dental screening, free imbedded therapeutic counseling in the veteran's center, and free wellness educational resources from the CCC Chancellor's Office.
- Community partnerships to strengthen our support system for struggling students in the community beyond the confines

Action Plan:			
Action Steps	Department Goal	Necessary Resources to Complete	Target Completion Date
<ul style="list-style-type: none"> <li>In application process for supplemental funding through a mental health grant (potential effective date May 2019–December 2020)</li> <li>Obtain a full-time mental health clinician to be a presence on campus and increase access</li> <li>Full-time nurse practitioner shared with CHC</li> <li>Full-time clerical assistant</li> <li>Survey students and the campus regarding becoming a smoke free campus</li> <li>Mental health grant implementation if received</li> <li>Plan educational plan for back pain relief</li> <li>Continue with healthy weight, nutrition, flu, physical activity, sleep, depression, and anxiety</li> <li>Screening, treatment, and educational activities</li> </ul>	<ul style="list-style-type: none"> <li>Continue offering quality individual therapeutic counseling, group therapy, and psycho-education</li> <li>Develop formal community partnerships</li> <li>Consistent access for students, faculty, and campus community to mental health consultation and services. Continue to advocate for campus and district support of this position.</li> <li>Stabilized funding for FT nurse practitioner to provide ongoing consistent medical services and consultation/advisement to department, students, and campus</li> <li>Provide consistent front desk services to maintain a welcoming environment for students and allow the secretary to do administrative work without constant interruption</li> <li>Eliminate exposure to second-hand smoke for students and campus community. Foster an environment that supports respiratory health for all</li> <li>Smoking and vaping cessation support for users</li> <li>Expand early intervention and stigma reduction activities regarding mental health issues.</li> <li>Develop formal linkage with county and other community mental health providers to provide seamless access and coordinated services for chronic or high acuity mental health issues</li> <li>Train faculty in inclusion of strengths development, to increase self efficacy, in course design. Target student development courses, psychology, health classes, and others interested</li> <li>Spring 2019 NCHA shows back pain is the second most prevalent physical challenge for students</li> <li>Provides education and self-care support for prevalent health issues impacting academic success</li> </ul>	<ul style="list-style-type: none"> <li>Qualified therapist and supervising therapists (currently all professional experts or independent contractors)</li> <li>Position is developed</li> <li>To be filled when ongoing stabilized <u>funding</u> is identified</li> <li>Ongoing funding</li> <li>Ongoing funding</li> <li>Support for the concept of a smoke free campus from students and the community.</li> <li>Adoption of smoke free policy</li> <li>Implement policy</li> <li>Educational campaign</li> <li>Referrals for cessation support.</li> <li>Provide campus events each semester of the grant</li> <li>Fund additional trainees and interns to increase access to psychotherapy</li> <li>Fund coordinator for strengths development services and training, campus events, and community linkages to support the goals</li> <li>Plan and implement educational materials and approaches</li> <li>Ongoing awareness, education, and services</li> </ul>	<ul style="list-style-type: none"> <li>Ongoing</li> <li>Each semester—SP2020 and beyond</li> <li>ASAP/ongoing</li> <li>Ongoing</li> <li>Ongoing</li> <li>Spring 2020 (6/31/20)</li> <li>June 31, 2020</li> <li>September 30, 2020</li> <li>Spring 2020</li> <li>Fall 20, Spring 21, Fall 21</li> <li>August 20, January 21, and Fall 21</li> <li>Duration of the grant July 20 through December 21.</li> <li>Spring 2020</li> <li>Sustain and expand current activities</li> </ul>