

COUNSELING & PREVENTION EDUCATION SERVICES

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Agenda

- Mental Health Trends
- National Community College Statistics on Persistence and Mental Health
- CCC Counseling and Prevention Education Overview
- Student Testimonials

MENTAL HEALTH CRISIS IN HIGHER EDUCATION



Healthy Minds Student Survey Findings:

- Decreasing rates of flourishing (positive mental health)
- Increasing rates of depressive symptoms
- Increasing rates of anxiety symptoms
- Increasing rates of suicidality
- 80% of students report academic impairment due to mental health concerns, AY 2022-23

Healthy Minds Faculty & Staff Survey Findings

- 3/4 of faculty report having 1:1 conversations with students regarding mental health.
- 3/4 of faculty are likely to reach out if a student is in distress, but only 1/2 have a good idea of how to recognize this
- Faculty do not want to “make students feel uncomfortable” and feel that “someone else is better suited.”
- Mental health work toll on faculty:
 - In the past 12 months, my job has taken a negative toll on my mental or emotional health (53% agree)

Impact of Mental Health on Persistence

- About 1 in 3 currently enrolled students say they are considering dropping out of their program before completion.
- Nearly two-thirds say it is due to emotional stress or struggles with their mental health, with women being nearly twice as likely as men to consider stopping out due to mental health challenges.
- Adverse mental health is associated with lower persistence and credit accumulation.

Mental Health Crisis at the Community College Level

- Serve as the main entry point for more than 40 percent of students seeking a postsecondary education degree.
- 4 in 10 students consider withdrawing in the last 6 months (2- and 4-year institutions)
- Top three reasons for considering withdrawing for those enrolled at 2-year institutions: 55% report emotional stress, 44% cite “personal mental health reasons”, and 25 % indicate it was the cost of the program.
- The biggest barrier to mental health treatment is cost.

Supporting the Mental Health Needs of Community College Students

- Implementation of multilevel mental health supports
- Expanding the reach of their mental health support through integration into the broader college environment.
- Strong leadership support and broad buy-in from staff to prioritize student mental health are important.
- Limited resources to increase capacity to deliver sufficient student mental health support and services.
- Lack of consistent, long-term funding sources to support community colleges may be necessary for creating sustainable, comprehensive mental health support for students.

CCC COUNSELING OVERVIEW

CENTRAL COMMUNITY COLLEGE- COMPREHENSIVE COUNSELING SERVICES MODEL

Counseling Services

Consultation and Collaborative Services

Prevention Education

Outreach/Training

Counseling Services:

Individual and group counseling; crisis intervention

Consultation and Collaborative Services:

Provide consultation to students, staff and faculty. Serve on crisis management committees and collaborate with community agencies to ensure we are assisting students to access the services they need.

Prevention Education:

Offer activities such as skill and resiliency building workshops, prevention programming, mental health screenings, and building supportive connection to mental wellness.

Outreach/Training:

Providing tools to students, faculty and staff on how to help an individual struggling with mental health. This pillar helps to create an environment in which the stigma about seeking help is reduced and warning signs are being recognized sooner and students are referred for help.

These four pillars will be the heart of the model for our counseling services. This practice model will provide flexibility and responsiveness in real time. As student needs fluctuate year to year, we will re-evaluate our pillars and make adjustments to respond effectively to the changing needs of our students.



Counseling Services at CCC:

- Individual, Group, and Crisis counseling available.
- Licensed providers located at Campus locations- Columbus, Grand Island, and Hastings.
- Solution-focused and/or brief in design, with some case-by-case exceptions. Goal to keep them in school and successful.
- Other Specialized Services: One Session, Spanish Speaking, Brainspotting
- Telehealth Option.

Eligibility:

Centralized Scheduling:

Call: 402-562-1244

or

Email:

Counselingservices@cccneb.edu

- Enrolled credit-earning students in the state of Nebraska.
- 18 years and above can consent to treatment.
(Revised Statute 43-2101, 2b)
- Permission to treat required for under 18.
- No session limits
- No cost for students

Demographics of Active Clients 2023-2024:

- 33% male, 67% female
- 25.4% of students identify as Latino, 74.6% non-Latino
- 75.7% of students are between the ages of 18-24

Usage Data:

- Eligible Enrollment is 5695, current utilization is at 2.6% *
- Utilization of Services increased by 25% in the past three years.
- Mean wait time at CCC is 5 days for the first therapy appointment (non-crisis)*
- Crisis Appointments average less than 24 hours (same day or next business day)
- **2023-2024, Clinical hours (direct services) were 1197.25**

Top Diagnosis

National

1. Anxiety
2. Depression
3. PTSD
4. Eating disorders
5. OCD

CCC

1. Anxiety
2. Post-traumatic stress disorder (PTSD)
3. Panic disorder
4. Attention-deficit hyperactivity disorder (ADHD)
5. Depression

Consultation and Collaboration Services

Consultation:

- Understanding Counseling and options available.
- Provide support/guidance on mental health-related concerns.
- Director serves as the CARE team Mental Health consultant.

Collaboration:

- Connect students to community resources they need
- Provide a team approach with other institution departments such as Residence Life, Disability Services, and Athletics.

Prevention Education at CCC:

	2021-2022	2022-2023	2023-2024
Outreach Hours:	111	183	253

Focus areas taken from state and federal regulations such as Title IX, the Clery Act, and the Drug-Free Safe Schools and Communities Act:

- Collegiate alcohol and drug abuse prevention
- Mental Health
- Sexual Violence Prevention and Response
- Health, Safety, and Well-being

Outreach and Training:

Outreach:

- Classroom Presentations
- Tabling on Mental Health and Prevention Topics
- Mindful Mondays/Wellness Wednesdays/Thriving Thursdays
- Speakers and Workshops
- Virtual Support Hour (VHS)

Training:

- Mental Health Training for RAs
- Title IX Training for Students
- Bystander Intervention
- Working with Distressed Students-Faculty and Staff
- Question, Persuade, and Refer (QPR)-Suicide Prevention and Assistance

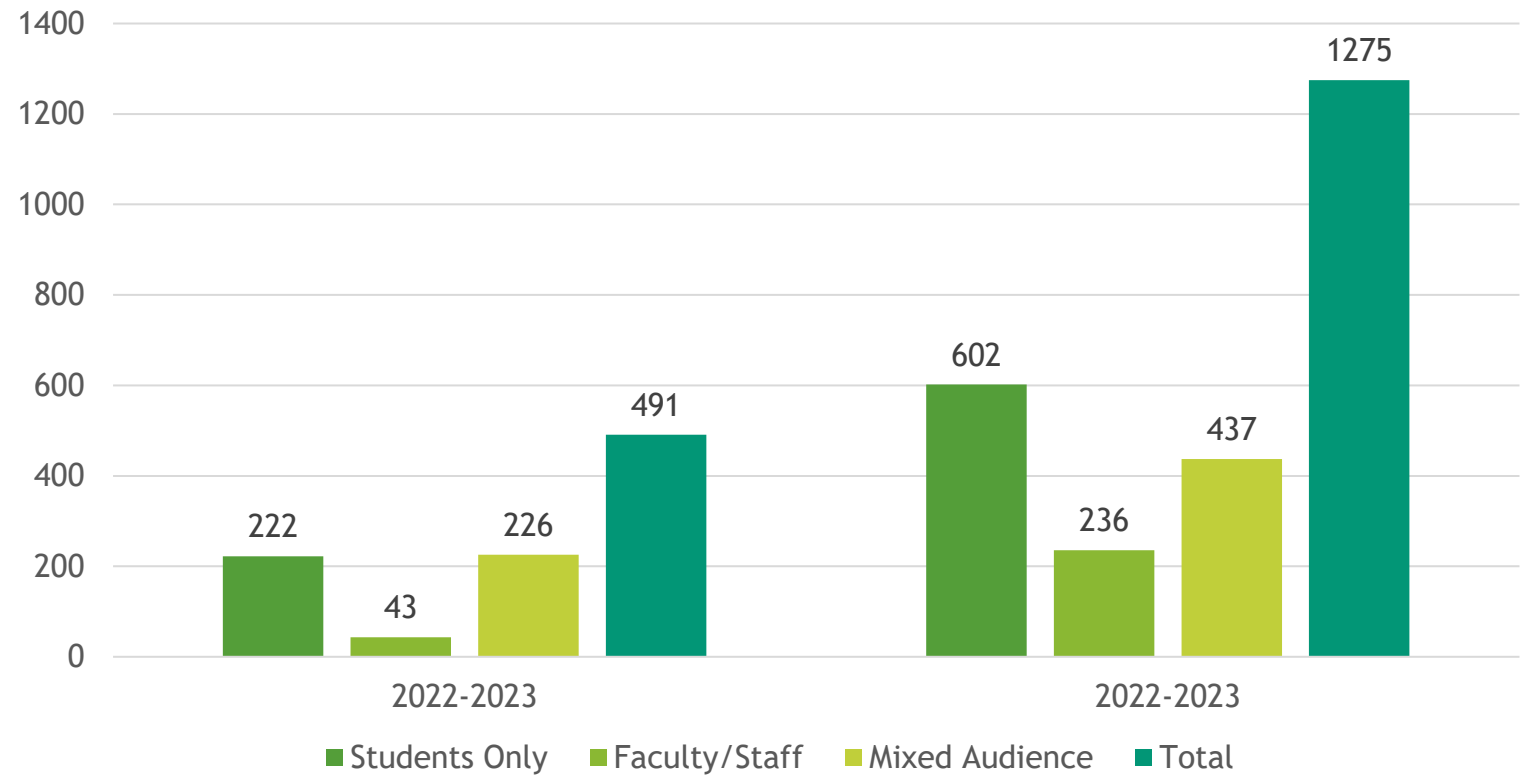
Nebraska Collegiate Prevention Alliance (NECPA):



- Fall 2022 Awarded 8K mini-grant to increase alternative alcohol programming, internship, and harm reduction practices.
- Spring 2023 Awarded BRONZE Level recognition as part of the Exemplary Member Recognition Program.
- Director joined NECPA Advisory Board in the Summer of 2023
- Fall 2023 Awarded 15K mini-grant to increase evidence-based programming, internship, and technology. Only 8 awards were given, we were one of two community colleges.

Outreach Demographics

Outreach Participant Count by Audience



STUDENT TESTIMONIALS:

Female
Athlete,
graduate 2023

“I could not have finished at CCC without counseling. I was struggling so badly inside and not many people knew. My grades were almost perfect, but I was a mess and did not want to be at CCC. Counseling helped me learn to care for my mind as well as I cared for my body. I learned to love myself in a new way.”

Male, current

“Counseling at CCC has changed my life, I do not know what or where I would be in my life right now without it. I learned to manage my ADHD and figure out ways to move forward in my life. From getting support to navigating resources on and off campus, I finally have hope and am determined to finish my degree.”

Female
Student, 2023
graduate

“Counseling helped me by giving me guidance and support, helping me handle academic challenges, stay focused on my goals, and ultimately succeed. It gave me useful tips on managing stress, improving study habits, and overcoming personal obstacles that made a big difference in my journey to graduation.”

Male Athlete, 2024 graduate

"Counseling was a fantastic resource for me. Managing and adjusting to life at college was difficult for me at first, but after a couple of visits with the Counselor, I felt better. Being able to express myself and learn to manage difficult situations with confidence created for me a new pathway to success. I saw improvements in my attitude, my academics, and confidence. I learned to advocate for myself and my mental health needs positively. I am looking forward to my transition to my four-year institution because I have all the support and resources in place because of CCC's support."

Female
Student, 2024
graduate

“Originally, I went to counseling because I wanted to work on coping skills, turns out I had a lot more issues than I realized. It was an eye-opening experience to be able to talk about my issues and understand why I was feeling that way to manage my stress. Overall, I recommend counseling at CCC. Even if you don’t think you have issues. Life gets in the way and it’s a great way to figure out it out with support.”

Resources:

CCC Data retrieved from PNC on 6.17.2024.

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Lipson, S. K., Phillips, M. V., Winkvist, N., Eisenberg, D., & Lattie, E. G. (2021). Mental Health Conditions Among Community College Students: A National Study of Prevalence and Use of Treatment Services. *Psychiatric Services*, 72(10), 1126-1133. <https://doi.org/10.1176/appi.ps.202000437>

Sontag-Padilla, L., Williams, D., Kosiewicz, H., Daugherty, L., Kane, H., Gripshover, S., & Miller, T. (2023). Supporting the Mental Health Needs of Community College Students. *Rand health quarterly*, 10(4), 6.

THANK YOU.

....QUESTIONS?

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NEW
SERVICES
THIS FALL!



Bookstore Partnership



- ▶ Vice Presidents have been working to prepare for launching of new stores and services
 - Arriving at our campus locations - Week of June 24
 - Faculty textbook adoptions underway
 - Staff hirings at all locations underway
 - Supplies, technology, and Raider merchandise on order!
 - Strategies for engaging and supporting students

Chartwells Food Service

- Resident Meal Plans
 - 200 Meal or 300 Meal Blocks
 - *Greater flexibility and industry standard for meal plans*
- Staff and Commuter Meal Plans
- Increase of scholarship fund to \$12,000 annually

