






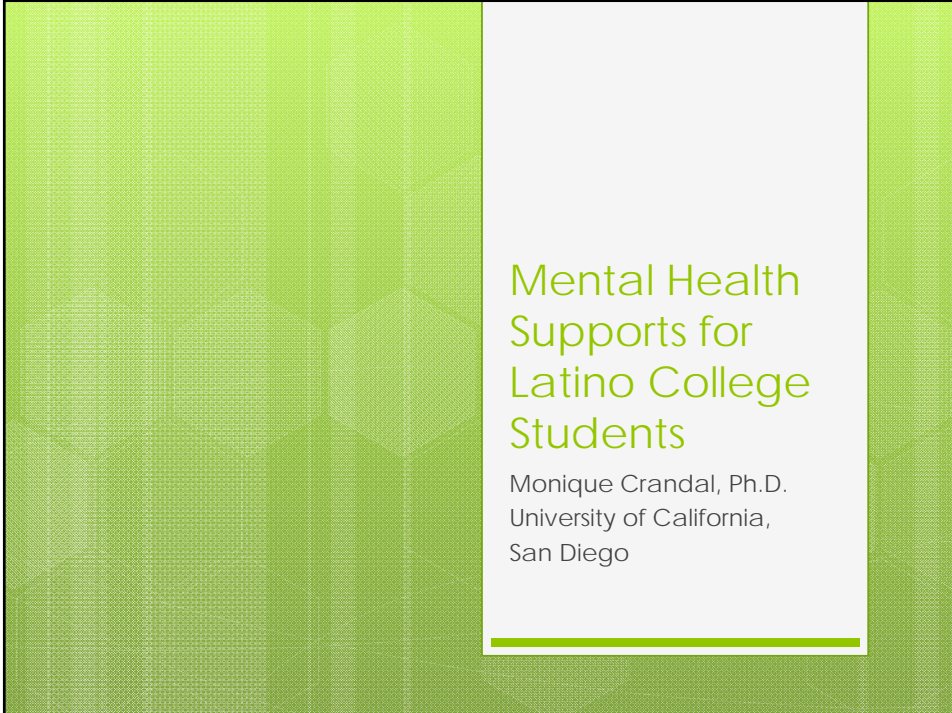
Student Mental Health Program
Training and Technical Assistance for California Community Colleges



The California Community Colleges Student Mental Health Program (CCC SMHP) Training and Technical Assistance Project

This webinar is provided by the **California Community Colleges Student Mental Health Program (CCC SMHP)** funded by the **California Mental Health Services Authority (CalMHSA)**.

CalMHSA is an organization of county governments working to improve mental health outcomes for individuals, families and communities. Prevention and Early Intervention programs implemented by CalMHSA are funded through the voter-approved Mental Health Services Act (Prop 63). Prop 63 provides the funding and framework needed to expand mental health services to previously underserved populations and all of California's diverse communities.



Mental Health Supports for Latino College Students

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Agenda

- Latinos in Higher Education
- Latinos in Community Colleges
- Stressors Affecting Latino College Students
- Prevalence of Latino Mental Health
- Supports for College Students
- Examples of Helpful Resources
- Special Populations

Learning Outcomes

- Identify the current Latino college student mental health trends, including barriers to access and effective supports.
- Evaluate current interventions that support Latino college student access to mental health programs.
- Adapt resources to serve the mental health needs of Latino students in a community college setting.

About me

- Director of Case Management Services at UC San Diego
- Licensed Psychologist
- First Advanced Degree in my Family
- First Generation College Student
- High School: 85% Hispanic



A Note About Terminology

- The terms "Latino" and "Hispanic" are used interchangeably in this report, as are the terms "foreign born" and "immigrant."
- Latino will be used throughout the presentation to identify both men and women as a group unless specifically referring to women, in which case Latina will be used.

Pew Research Center, 2009

Latinos in Higher Education

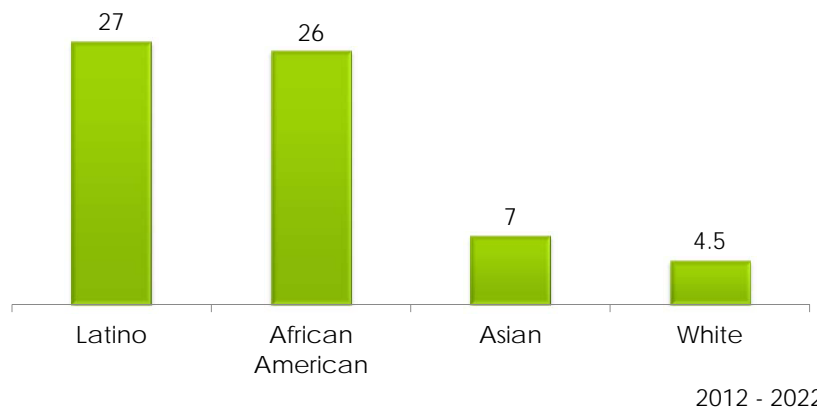
21% of the US population aged 18-24 years old

In 2012-2013, **60%** of Latino

undergraduates were enrolled in **11%** of institutions of higher education identified as Hispanic Serving Institutions

Increase of Latinos in Higher Education

Projected Increase in College Enrollment



Latinos in Community Colleges

62% Latinos enrolled in community colleges were concentrated in **TEXAS and CALIFORNIA**

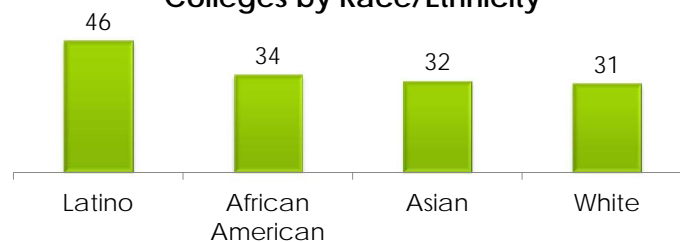
Latinos receiving an associate degree increased

75%

Latinos in California Community Colleges

Hispanics represent 20% of the student body enrolled in community colleges

% of Students Enrolled in Community Colleges by Race/Ethnicity



Stressors Affecting Latino College Students

- Financial and socioeconomic issues
- Additional responsibilities to the family
- Critical educational assumptions
- Imposter Syndrome
- (Perceived) lack of support from college personnel

Acculturative Stress

- Dissonance between an individual's cultural norms and that of the host culture (e.g., college environment)
- Controversial as a valid construct
- "Stress" may be more recognizable than "anxiety" for Latino college students

Latino Mental Health

- Latino college students
 - Report increased stressors
 - Report a higher prevalence of depression
 - Greater history of depression than their same-aged peers
 - Increased prevalence of suicidal ideation in Latinas

Supports for Latino College Students

- Family cohesiveness (*familismo*)
- Effective relationships with peers, faculty, staff
- Staff and faculty awareness of support services available to Latino students
- Resilience and problem solving
- Responsibility towards others
- Sense of accomplishment

Resources that serve the mental health needs of Latino students

- Becoming aware of resources available to peer groups
- Peer Groups with a Mental Health focus
 - National Alliance on Mental Illness
 - Active Minds
- Wellness resources



What does a helpful resource look like?

- Single stop –
 - Offering other state and federal aid and resources within the college setting
- Programs that integrate academic success strategies with student support and wellness
- Identifying support networks within Student Health and Counseling Centers

What does a helpful resource look like?

Spanish Language Family Orientation



www.edexcelencia.org

What does a helpful resource look like?

UNIDAS
Chicana/Latina Forum
(Drop-in offered weekly)

At UC San Diego



What does a helpful resource look like?

<http://healthy.ucla.edu>

UCLA SLEEP WELL CAMPAIGN

APRIL

Think of sleep as a luxury? Treat yourself - it's a necessity! Join our Sleep Well Campaign to learn the science and practice of good sleep habits and relaxation.



NAP SPACE AT POWELL

Ideally we would get enough sleep that we would not feel tired during the day. Recognizing that this can be a challenge, UCLA Powell Library is offering drop-in, monitored nap spaces so you can catch up on your Zzzzs.

MINDFUL AWARENESS

Mindful Awareness is the moment-by-moment process of actively and openly observing one's experiences. Science shows mindfulness enhances sleep quality and overall wellbeing. The UCLA Mindful Awareness Research Center is offering sessions that focus on practices and topics for enhancing sleep.

What's in a name?

Advising
Mentoring
SUPPORT NETWORK
Peers
Cohort

Special Population: Latino Males in Higher Education

- Widening gap between Latino males and females in college enrollment and attainment
- Lower persistence rates
- Larger number of part time enrollment
- Financial concerns are a key indicator for academic success
- Facilitate EARLY and OFTEN engagement
- Re-conceptualize academic success
- Encourage help-seeking behaviors
- Seek out nurturing/ safe spaces



Special Population: Immigrant students

- Lower levels of degree attainment than U.S. born Latinos
- Less likely to have earned bachelor degrees than U.S. born Latinos
- Increased acculturative stress
- Financial constraints
- Family/work responsibilities
- Lack of recognition of credentials, experience, education from home country
- Cultural Sensitivity
- Variety of reasons for seeking education



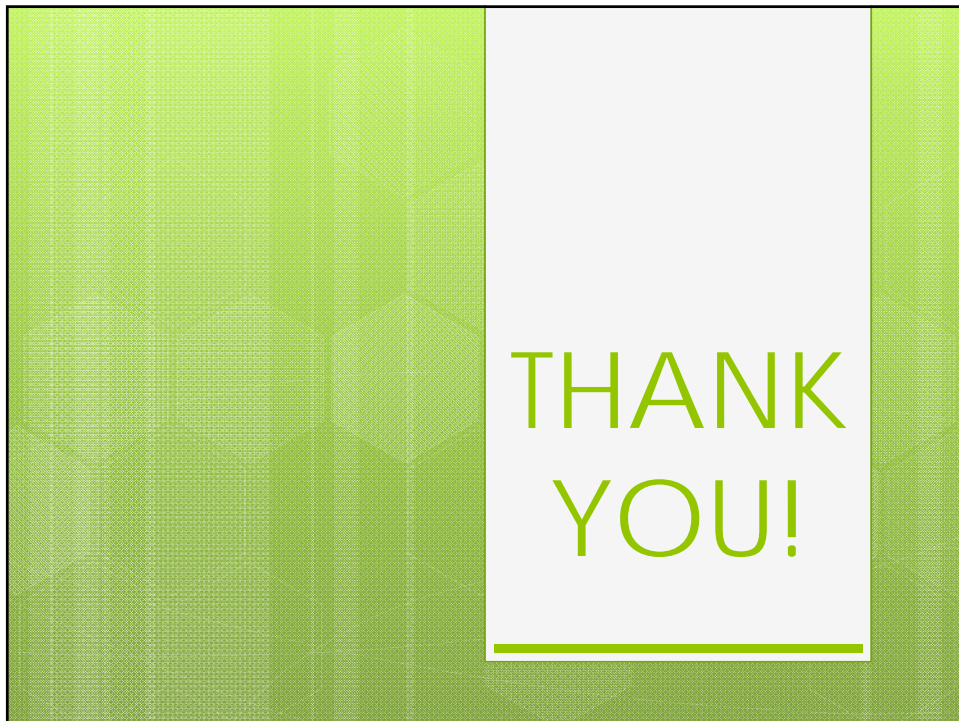
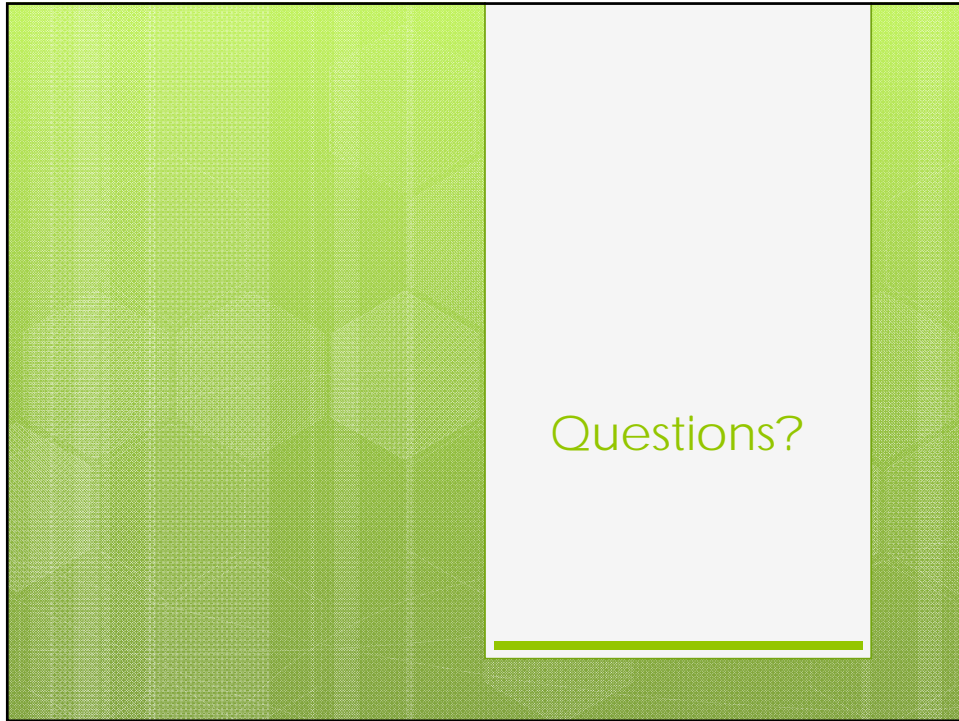
Special Population: Undocumented Students

- AB 540
- DREAMers
- DACA
- Concerns about "coming out" to peers, faculty, staff
- Financial constraints
- Reluctance to seek resources
- Fear of programs ending
- Lack of awareness of resources



Review of Learning Outcomes

- ✓ Identify the current Latino college student mental health trends, including barriers to access and effective supports.
- ✓ Evaluate current interventions that support Latino college student access to mental health programs.
- ✓ Adapt resources to serve the mental health needs of Latino students in a community college setting.



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Thank you for your time!

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