

Foothill College



Innovative
Strategies for Building
Community College
Mental Health and
Wellness

Support Structures and Partnerships

Professional Association

California Community College Mental Health & Wellness Association
(MHWA) Nov. 7, 2007

Professional Development & Training

Foothill Institute for Community College Mental Health & Wellness (ICCMH)
January 28, 2008

Community Partnerships

Santa Clara County Suicide Prevention Advisory Committee
Dec. 2009 – June 2010

AFSC – Santa Clara County 1st Suicide Prevention Walk
October 4, 2010



California
Community
College
Mental Health
and Wellness
Association

California Community College Mental Health and Wellness Association

MISSION STATEMENT

“The Mission of this Association shall be to enhance student success, wellness, and retention by the support and promotion of quality mental health service programs throughout the California Community College System”





MHWA Association Meeting: The Early Days

Former FHDA District
Chancellor Martha Kanter
Welcomes MHWA



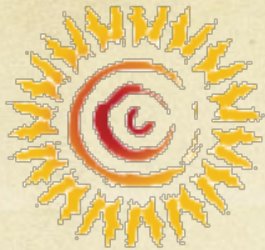
Highlights

- CCC Mental Health Advisory Committee Membership (CCCMHSC)
- **State Conference Sponsorship**
 - Hope, Purpose, Action : A Statewide Forum for Community College Mental Health, Pasadena, CA, 2009
 - Getting the College Mental Health Experience You Want, Cabrillo College, Aptos, CA, April 2011
- **Conference Presentation**
 - California Community College Student Services Annual Conference, April 2008
 - P.H.A.T (Psychological Health Assistance Teams) Facts from the Front Lines
 - Westin Hotel, Los Angeles, CA, April 2008
- Continuing Education Units provided by Foothill College ICCMH
- Resource Sharing and Exchange Among College Mental Health Counselors and Advocates
- Quarterly Meetings
- Professional Development Workshops



PARTICIPATING COLLEGES

- **Allen Hancock College**
Santa Maria, CA
- **American River College**
Sacramento, CA
- **Bakersfield College**
Bakersfield, CA
- **Butte College**
Chico, CA
- **Cabrillo College**
Aptos, CA
- **Chabot College**
Hayward, CA
- **Citrus College**
Glendora, CA
- **College of San Mateo**
San Mateo, CA
- **College of the Canyons**
Santa Clarita, CA
- **College of the Desert**
Palm Desert, CA
- **College of the Sequoias**
Visalia, CA
- **DeAnza College**
Cupertino, CA
- **Foothill College**
Los Altos Hills, CA
- **Hartnell College**
Salinas, CA
- **Fresno City College**
Fresno, CA
- **Monterey Peninsula College**
Monterey, CA
- **Moorpark College**
Moorpark, CA
- **Pasadena City College**
Pasadena, CA
- **Riverside College**
Riverside, CA
- **San Jose State University**
San Jose, CA
- **Santa Barbara Community College**
Santa Barbara, CA
- **Santa Rosa Jr. College**
Santa Rosa, CA
- **San Diego City College**
San Diego, CA
- **Shasta College**
Redding, CA
- **West Valley College**
Saratoga, CA
- **Skyline College**
San Bruno, CA
- **Yuba College**
Marysville, CA



California Community College
MHWA
Mental Health & Wellness Association

Official Web Site

<http://www.mhwa.org/>

Sharing the Wealth of Knowledge MHWA Small Group Discussion



MHWA Quarterly Association Meetings



Administrative Support

Gertrude Gregorio, Dean, Adaptive Learning Division
Rose Myers, VP Student Development & Instruction
Judy Miner, President, Foothill College
Howard Irvin, Dean, Counseling De Anza College

Welcoming Betsy Sheldon,
Specialist, Mental Health Services
CCC Chancellor's Office





FOOTHILL COLLEGE
ICCMH

Institute for Community College Mental Health

MISSION STATEMENT

Foothill Institute for Community College Mental Health (ICCMH) serves, as a center for professional development that promotes best practices and cultural competence in addressing the mental health needs of community college students.



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Trainings and Workshops

- Cognitive Behavioral Therapy Approaches and College Mental Health
- Law, Ethics & Liability in College Mental Health
- QPR Suicide Triage Training
- QPR (Question, Persuade, Refer) Suicide Prevention
- Gatekeeper Training
- College Students Alcohol & Drugs: Best Practices



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Participating Colleges

- American River College
- Bakersfield College
- Cabrillo College
- Canada College
- Cerritos College
- Chabot College
- College of the Desert
- College of the Sequoias
- Crafton Hills
- DeAnza College
- El Camino Community College
- Fresno City College
- Gavilan College
- Mesa College
- Mission College
- Modesto Junior College
- Moorpark College
- Moreno Valley College
- Reedley College
- Sacramento City College
- San Diego City College
- Santa Rosa College
- SCCD- North Centers
- Solano College
- Southwestern College
- Stanford
- West Valley College

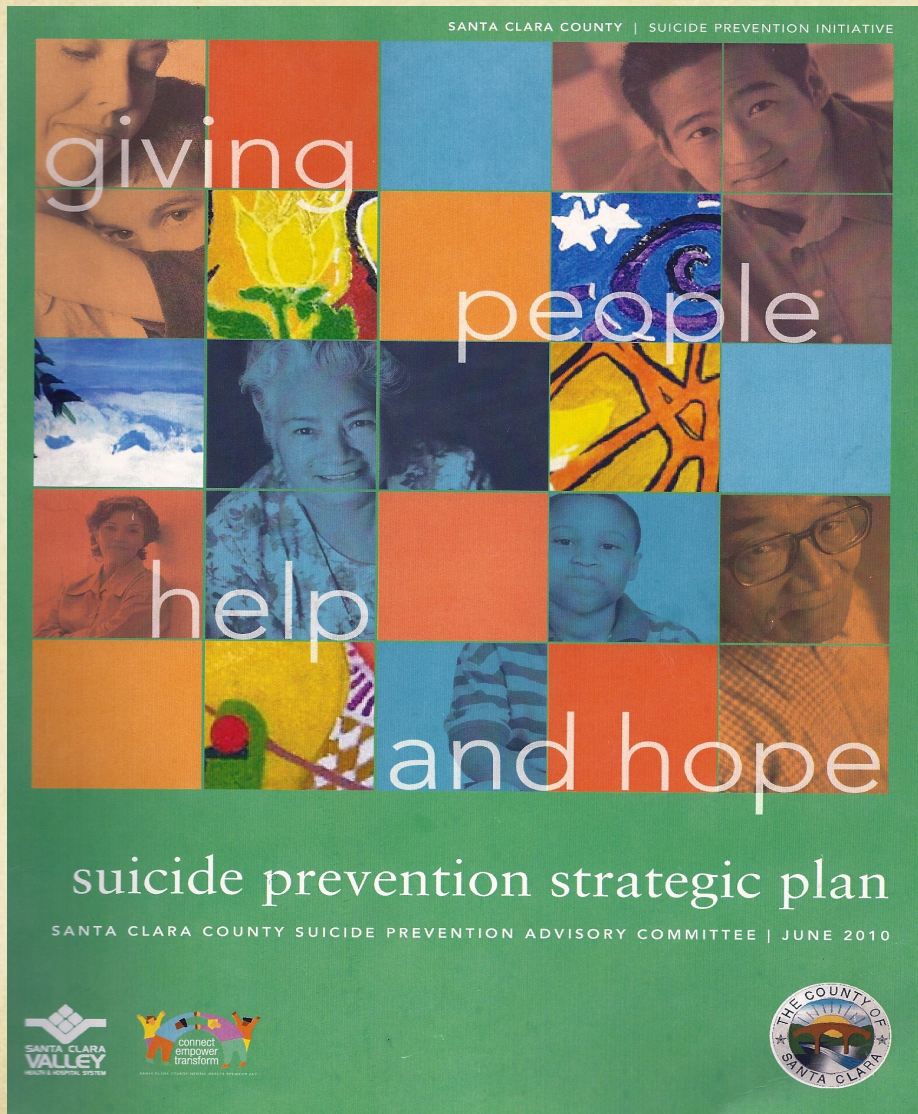


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Institute for Community College Mental Health

Participating School Districts, Community Organizations & Agencies

- Mt. View - Los Altos – Los Altos Hills Challenge Team
- Palo Alto Union High School District
- Mt. View –Los Altos High School District
- Santa Clara County Office of Education (Scheduled 3/14/11)
- Health Services Association of California Community Colleges (HSACCC)
- California Community College Mental Health and Wellness Association
- Los Gatos United Methodist Church & Lions Club: Los Gatos Community
- Hope House



Community Partnerships

Santa Clara County
Suicide Prevention
Advisory Committee



AFSP
“Out of the Darkness”
Suicide Prevention Walks

- Suicide Prevention Walks**
- San Francisco 2007
 - Santa Clara County 2008



“The innovation point is the pivotal moment when talented and motivated people seek the opportunity to act on their ideas and dreams.”

By W. Arthur Porter

Acknowledgments

Foothill Institute for Community College Mental Health (ICCMH) Board

- Gertrude Gregorio, Dean, Adaptive Learning Division
- Melanie Hale, Director, Psychological Services
- Bea Cashmore, Counselor, Adaptive Learning Division
- Vivian Cohen, Counselor, Counseling Division
- Naomi Kitajima, Director, Health Services
- Patricia Paulino, Secretary, Psychological Services
- Ernest Schmidt, Counselor, Psychological Services
- Nhung Tran, Project Coordinator, Adaptive Learning Division

“The innovation point is the pivotal moment when talented and motivated people seek the opportunity to act on their ideas and dreams.”

By W. Arthur Porter

Acknowledgments

California Community College Mental Health & Wellness Association (CCCMHWA) Board

1st MHWA Executive Board Members

Melanie Hale, LCSW, President

Valjean Dale, LMFT, Vice President

Michael D'Aloisio, M.A., Corresponding Secretary

Makiko Ueda, LMFT, Recording Secretary

Bea Cashmore, LMFT, Treasurer

Brian Olowude, Ph.D, Northern Regional Representative

Beverly Muse, LMFT, Interim Northern Regional Representative

Clarence Amaral, Ph.D, Southern Regional Representative

Foothill College

Chabot College

Chabot College

College of San Mateo

Foothill College

Fresno City College

Skyline College

Southwestern College

MHWA Conference Chair

Richard Beyer, Ph.D

Pasadena City College

Liaison, Health Services Association of California Community Colleges

Diane Glaser, RN, MSN

Allan Hancock College