

Testimony to the California Community Colleges Board of Governors
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Foothill-De Anza Community College District
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- * In June of 2006, at the request of the Foothill-De Anza Board of Trustees, Foothill and De Anza mental health counselors were invited to present their mental health programs at a board meeting. Of particular importance was the topic of suicide prevention and outreach on our respective campuses. The presentation was entitled Suicide Prevention and Awareness: A Campus Approach and is available for review at our website (www.fhda.edu).
- * In March 2007 the Foothill -De Anza Community College District co-sponsored a Forum on Student Mental Health, Depression and Suicide Prevention along with San Jose State University and UC Santa Cruz for college and university staff, counseling agencies, government organizations, community and student leaders.
- * Since then, professor Melanie Hale, who is a counselor at Foothill College, has provided leadership in organizing the Northern California Community College Psychological Services Consortium. The consortium is represented by 15 community colleges to date and promotes best practices for student mental health service delivery on community college campuses.
- * With the growing commitment for community college mental health services, Foothill College applied to the Foothill President's Innovation Grant Competition in October 2007 to propose the creation of the Foothill College Institute for Community College Mental Health. From this Foothill College expects to become a leader in offering stellar professional development opportunities that promote cultural competence, sensitivity and best practices in addressing the mental health needs of diverse student communities. This \$45,000 grant was approved in January 2008.
- * Foothill College recently built a state of the art student mental health center in the new Campus Center Building and offers a Lifelong Learning Class entitled Stress Wellness.
- * Both Foothill College and De Anza College have significantly upgraded student mental health information on their websites with special linkages to suicide prevention programs for students in need to access.
- * We urge the Board of Governors to support partnerships at the state level to increase mental health services in higher education and K-12 and to consider a budget change proposal to advance the goals of this report for the 09-10 Legislative Session.
- * We appreciate the opportunity to address the Board of Governors this morning and thank you for your interest and leadership in providing critical support to thousands of community colleges students with mental health needs. We are more than ready to support this effort in any way that we can.