Student Ambassadors

Increasing Awareness of Mental Health Resources on Campus

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National College Health Assessment

7,378 California community college students surveyed:*

- 24.8% experienced anxiety
- 17.3% experienced depression

Any time within last 12 months students reported experiencing:
- 50.9% felt things were hopeless
- 55.2% felt overwhelming anxiety
- 38.8% felt so depressed it was difficult to function
- 11% seriously considered suicide
- 2% attempted suicide

*Mental Health Awareness, Resources and Information, Training, Student Wellness Ambassador

*2016 National College Health Assessment (American College Health Association)
California Community Colleges
Health and Wellness

www.CCCstudentmentalhealth.org
Each Mind Matters

www.eachmindmatters.org

SanaMente
Movimiento de Salud Mental de California

EachMind MATTERS
California's Mental Health Movement

EachMind MATTERS California's Mental Health Movement

We are a community of individuals and organizations dedicated to a new understanding of mental wellness and equality, starting here in California. Early support and help for mental health challenges can reduce suffering and save lives. We all have mental health; our minds deserve the same respect as our bodies.

WHY LIME GREEN?

Lime green has emerged as the national color of mental health awareness, and EACH MIND MATTERS has adopted this vibrant color - symbolic of vigorous life and flourishing health - to represent our efforts to overcome the stereotypes, stigma, and discrimination associated with mental illness. Wear the lime green ribbon to take the movement everywhere you go.

Nearly 9 out of 10 Californians who are experiencing a mental health challenge have been discriminated as a result.

California WellBeing Survey, 2013
RAND Corporation

An average of 6 to 8 years passes after the onset of symptoms of a mental health challenge before many people actually reach out for help. Often, this hesitation to seek help is the result of the stigma that surrounds our notions of mental health, as well as the fear and pain of discrimination associate with these beliefs.

Join us and learn more at EachMindMatters.org

Foundation for California Community Colleges
Kognito Trainings

• Teaches faculty, staff, and students to recognize mental distress, with the goal of connecting students to support services.

• 100,000 trained since 2011.

https://ccc.kognito.com
Crisis Text Line

• Free, 24/7, confidential support

• 10,500 conversations and 6,000 unique texters since April 2017

• 20 active rescues

• Current year: Number of texts has doubled so far
Mental Health Sponsorships

• Small grants ranging from $500-$3,000 for colleges to plan events for May is Mental Health Month
• 2020 applications open in Winter and collaboration is encouraged
• 2019 Dream Resource Center partnerships helped increase access to resources to Dreamers and their loved ones.
• Sign up for the California Community Colleges Health and Wellness newsletter to receive application announcement
Student Ambassador Program Model

Foundation for California Community Colleges Student Ambassador Programs train students how to conduct peer-to-peer outreach on their campus to promote a variety of holistic resources that help students succeed.

The program model leverages current programs and partnerships and has already attracted new opportunities.
Student Ambassador Program Model

- Reduces stigma by promoting student benefits and resources in a welcoming and relatable manner
- Promotes services and resources through innovative and creative outreach strategies
- Furthers student reach and collaboration across campus and surrounding communities
- Focuses on reaching historically underserved students
- Supports professional development of students through leadership empowerment, networking, career exploration, and deeper connections to campuses and communities
- Improves student outcomes by providing resources and support for student success
History of Peer-to-Peer Outreach at the Foundation

- 2016 – 2017 | Civic Impact Project/Civic Impact Scholars
- 2017-2018 | AmeriCorps Student Ambassador Program
- 2018 – Present | Environmental Equity Ambassadors
- 2018 – Present | Student Wellness Ambassador Program
- Coming 2020 | Cal Fresh Outreach Ambassadors (Sacramento Valley)
- Coming 2020 | Census Outreach Ambassadors
- Coming 2020 | Student Success Ambassadors
California Community College students serve as advocates for the mental health and wellness of their peers.

Ambassadors support the California Community Colleges Health & Wellness Program and are a part of California’s mental health movement, Each Mind Matters.
Ambassador Activities

• Conduct peer-to-peer outreach to raise awareness of mental health and wellness resources and information
• Connect students to on and off campus resources and support systems
• Network and partner with campus resources such as health centers, foster youth liaisons, homeless youth liaisons, wellness centers, food pantries, and mental health counselors
• Organize and deliver campus resource tables and health and wellness fairs on campus
• Coordinate and collaborate with existing on-campus student support programs
• Implement activities on and off campus to increase awareness of student support programs
What do Ambassadors receive?

- Comprehensive training covering:
  - Program content and available resources
  - Best practices and strategies to effectively conduct outreach
- Personal stipend
  - Varies between programs based on requirements and length of position
  - Currently $1,000 for Student Wellness Ambassador Program
- Materials and tool kit of resources to distribute on campus
- Event fund to use for hosting events on campus
  - Typically $500 per Ambassador at each campus
- Opportunities for additional prizes
  - Kognito Challenge
- Ongoing training and professional development
- An on-campus advisor plus support from Foundation staff
Inaugural Cohort:
Spring 2019

17 Ambassadors at 14 Colleges
- Bakersfield College
- College of the Canyons
- College of the Desert
- Cypress College
- Fullerton College
- Long Beach City College
- Moorpark College
- Moreno Valley College
- Rio Hondo College
- Saddleback Community College
- San Bernardino Valley College
- Santa Ana College
- Santa Monica College
- Santiago Canyon College
Second Cohort: 2019-2020

20 Ambassadors at 16 Colleges
- College of the Canyons
- College of the Desert
- Long Beach City College
- Saddleback College
- Moreno Valley College
- San Bernardino Valley College
- Santa Monica College
- Mission College
- Cerritos College
- Cosumnes River College
- Cuyamaca College
- De Anza College
- Glendale Community College
- Golden West College
- Grossmont College
- Sierra College
Ambassador Program Impact

**Spring 2019 Data**
- 20,000+ students reached by Spring 2019 Student Wellness Ambassadors through peer-to-peer outreach, tabling, classroom presentations, materials dissemination, and event attendance.

**Example: The Kognito Challenge**
- Ambassadors promote Kognito online suicide prevention training to encourage students, staff, and faculty to register and complete a training
- **Results:** 500+ in February 2019 and 900+ in October 2019

**Student Interest**
- Spring 2019 cohort received over 50 applications for only 17 available Ambassador positions
- 2019-20 cohort received over 210 applications for only 20 available Ambassador positions
Yuriko Curiel,
Spring 2019 Student Wellness Ambassador

- Student at San Bernardino Valley College
- Psychology Major graduating Spring of 2020
- Former Student Wellness Ambassador
- Mind and Matter – Psychology Club President
- SI – Supplemental Instructor for Psychology Courses
Experience

**Student Wellness Events**
- New Year : New You
- Will You Let Me Vent?
- Kognito Challenge and Presentations
- College Surveys and In-Class Presentations
- Art with Impact + M4MH
- Mental Health Palooza!

**Lessons Learned**
- Students were happy to learn about mental health resources
- Lack of awareness of on and off campus resources with students and staff
- Great turn out and support
- Going the extra mile – it pays off!
- Mental health affects many individuals
- More common than expected: Students, friends, staff
- This is a necessity
Looking Ahead

- Wellness Ambassadors (Fall 2020)
- CalFresh Outreach Ambassadors (Sacramento Valley) Spring 2020
- Census Outreach Ambassadors Spring 2020
- Student Engagement Ambassadors Fall 2020
- Environmental Equity Ambassadors
Questions
Thank you