



WACTC PROMISING PRACTICES WEBINAR: MEETING STUDENT MENTAL HEALTH NEEDS

Grays Harbor College, North Seattle College, Big Bend Community College, Renton Technical College, Lake Washington Institute of Technology & Clover Park Technical College
February 17, 2022

HOUSE KEEPING & GROUND RULES

- Please leave your video off for a more stable session.
- Please remain muted, unless speaking.
- Chat will be monitored for questions.
 - If your question is for a specific panelist or school, include the name with your question.
 - Please send questions to ALL panelists
- We're here for constructive dialogue and exchange. Please be open-minded and courteous.

Slides and recording will be posted on the SBCTC website soon. Watch your email for the link once it is available.



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LABOR ACKNOWLEDGEMENT

We would also like to take this moment to acknowledge that our nation (and our institutions) have benefited and profited from the free enslaved labor of Black people. We recognize the entangled and interconnected histories of the Indigenous peoples who were forcibly removed from their land and the plight of the Black people were forcibly brought to it. We acknowledge the enduring impacts of the African diaspora and lift-up the contributions, talents, and dreams of our Black communities.

We would also like to acknowledge the immigrant labor that has contributed to the building of this country within our labor force, including voluntary, involuntary, trafficked, forced, and undocumented peoples. We recognize and honor their important contributions.

WACTC PROMISING PRACTICES WEBINAR: MEETING STUDENT MENTAL HEALTH NEEDS

- **Grays Harbor College** will share their multi-focused approach to increasing on campus mental health services on a rural campus.
- **Big Bend Community College** will explain how a stress and trauma education model fostered employee connections and helped employees be better equipped to serve students.
- **North Seattle College** will discuss the impact of the pandemic and how enlisting student engagement and collaboration is helping them begin to close equity gaps and increase access.
- **Clover Park Technical College, Lake Washington Institute of Technology and Renton Technical College** will describe how they formed an intercollegiate partnership to support campus mental health counselors.

Increasing Mental Health Services on Campus: The Experience of a Rural Community College in Washington State

CAL ERWIN-SVOBODA
VICE PRESIDENT OF STUDENT SERVICES

MICHAEL MILLER
MENTAL HEALTH COUNSELOR

SHELLY HOFFMAN

ASGHC PRESIDENT, BETA IOTA PRESIDENT, WASEN REGIONAL COORDINATOR (SOUTHWEST)

JO WILDE

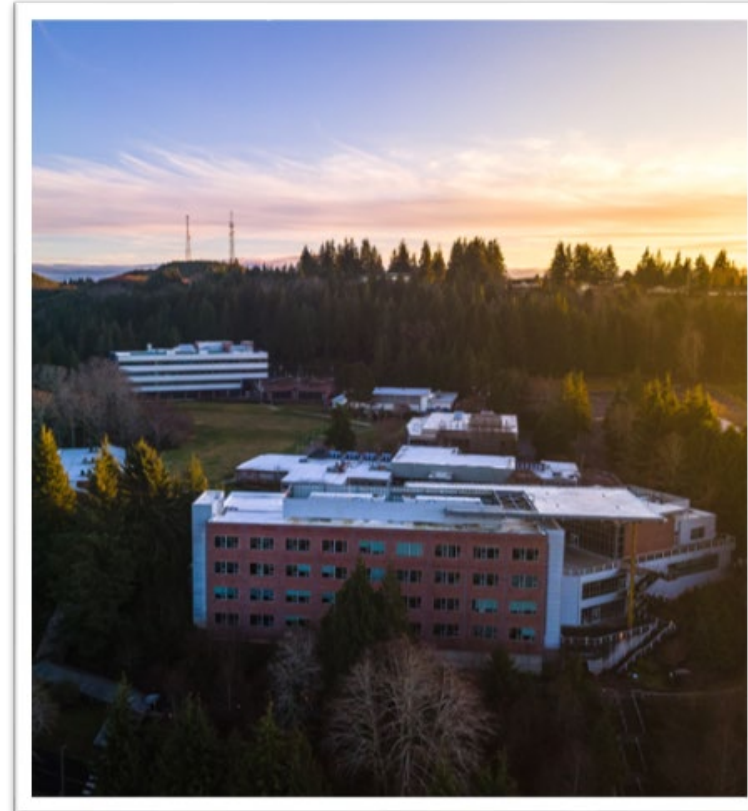
ASGHC VICE PRESIDENT, HOPE SQUAD PRESIDENT, AMERICORP VOLUNTEER



GRAYS HARBOR COLLEGE

About Grays Harbor College

- 2,451 headcount *(2019-2020)*
- Alarming situation: COVID, budget cuts and retirements
- One (1) full-time counselor
- Demand far exceeds the supply
- Mental Health Survey (2017)
 - Lack of mental health information
 - Insufficient campus services
 - Need to find additional resources
- SBCTC mental health pilot program participant (SB 5194)



Our Multi-Level Approach

Individual

- Professional development
- Access to information & resources
- Mental health counseling (students)

Group

- Student engagement & voice
- Faculty buy-in
- Customized training; mental health topics, current topics & best practices

Institution-Wide

- Administrative support
- Community partnerships
- Annual mental health training series

Creating a holistic, student-centered culture



Two Major Initiatives

HOPE SQUAD

- Suicide Prevention Grant - WSAC (2018)
- Peer-to-peer suicide prevention program
- Connecting peers to support and resources
- Engagement with high school chapters
- Suicide prevention/awareness training (QPR)



- 1,200 squads nationwide
- Find out more, www.hopesquad.com

STUDENT CARE TEAM

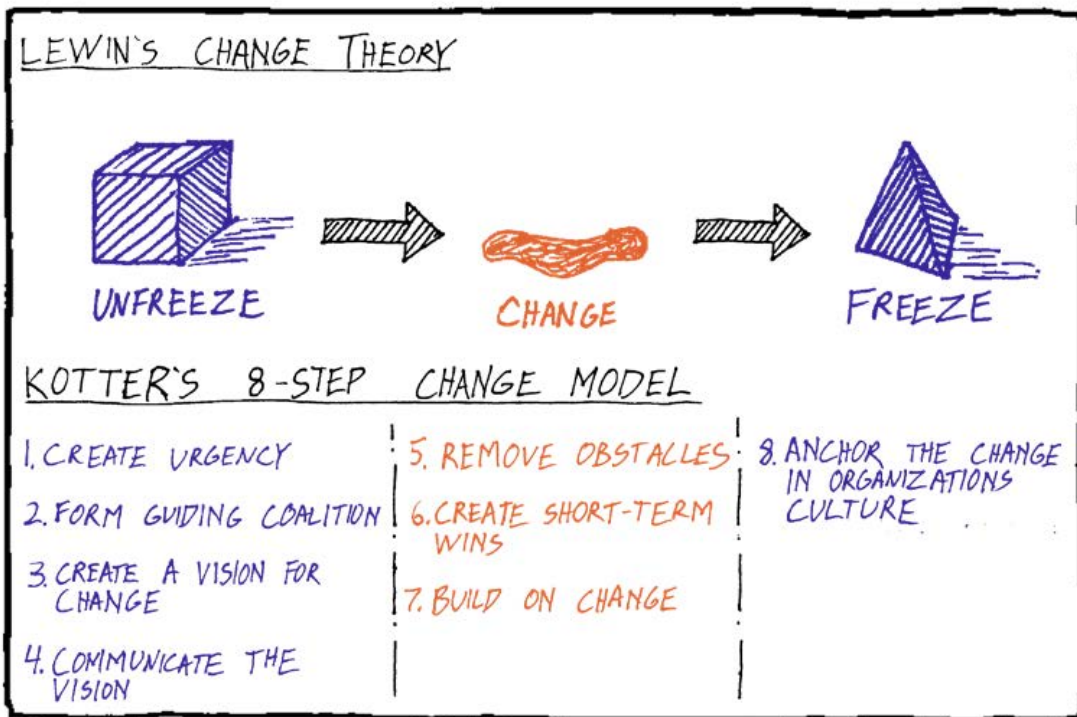
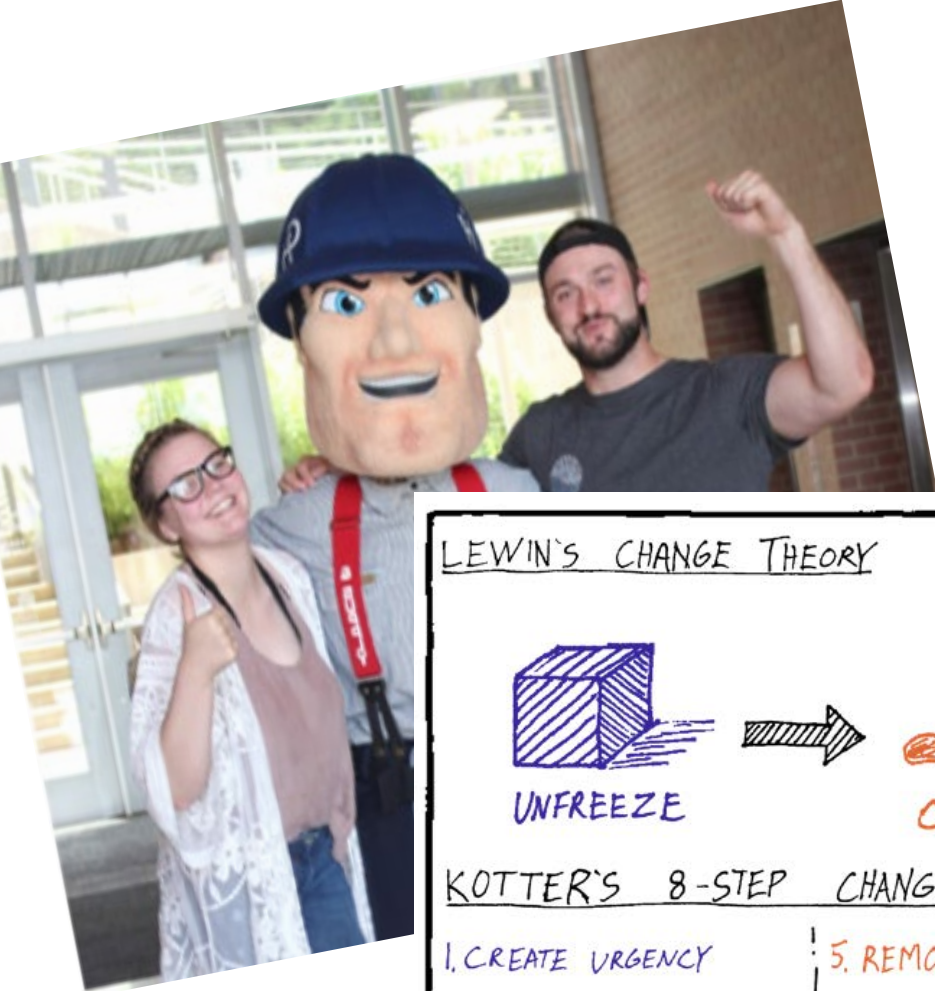
Purpose

- Multidisciplinary team supporting students' success, health, and well-being
- Proactively identify, intervene and respond to students of concern
- Recommend and facilitate interventions
- Ensure continuity of care for students

Resources

- [National Association for Behavioral Intervention and Threat Assessment \(NABITA\)](#)
- [SBCTC – Behavioral Intervention Teams](#)





Lessons Learned

Individual

- ✓ Student voice important
- ✓ Collect and utilize the data
- ✓ Create learning opportunities

Group

- ✓ Relationships are key
- ✓ Experiment and pilot
- ✓ Celebrate the small wins

Institution-Level

- ✓ It's a journey, not a sprint
- ✓ Must include the people and processes of the college



Contact Us

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Big Bend
COMMUNITY COLLEGE

Sponsored by Priority Spokane & Peer WA with support from the WA Health Care Authority, Innovia Foundation, EWU, and the Center for Trauma and Stress Education (CTSE).

Developed by Priority Spokane in partnership with CTSE.

Visit www.PrioritySpokane.org to schedule a training or for more information.

...a step towards unpacking and understanding the events of the last two years.



COVID Stress & Trauma Education Program

...a step towards reducing stress and trauma and building/rebuilding community connections.

THE PURPOSE:

- **LEARNING TOGETHER**
vs. Teaching/Telling
- **PROVIDE** easy-to-understand coping and communication techniques





Big Bend
COMMUNITY COLLEGE

Comments from Big Bend participants:

“Coming together to talk about these topics has helped me feel connected with others I don’t usually work with.”

“I’ve been so isolated and in a dark place, this training has refreshed me and gives me hope.”

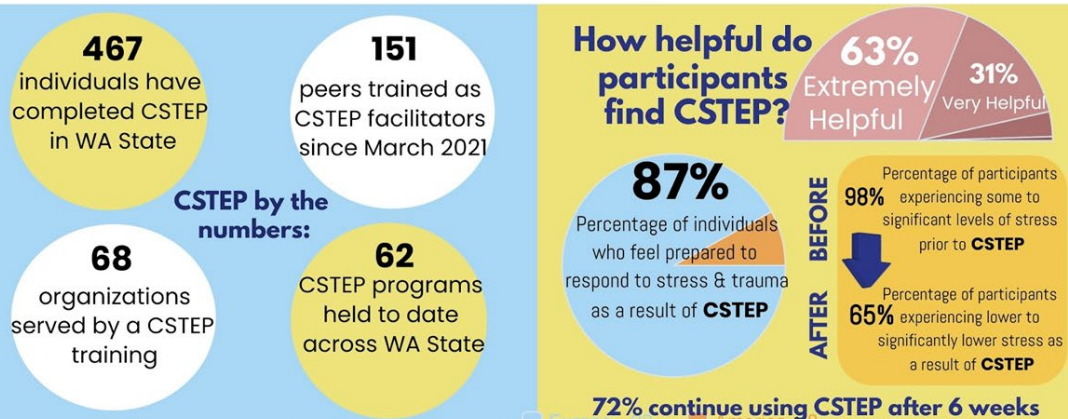


CSTEP

CT SE Center for Trauma & Stress Education

COVID Stress & Trauma Education Program

CSTEP is a FREE six-module virtual training that is peer led. Through activities, video clips, discussion questions, and games, participants learn evidence-based tools for addressing stress and trauma while building/rebuilding community connections.



“CSTEP was a highly relevant training I didn’t know I needed. The tools are easy to remember, and I can both use them myself and share them with patients. Thank you to the geniuses who developed this.” -Brittany, Therapist



What others have said about CSTEP:

“CSTEP was a game changer! What an easy program to follow and connect community members. I’m in a rural community and being able to deliver this on-line will be tremendous. The ability to customize it to our audience is also a great asset.” -Jennifer, Trainer

“CSTEP exceeded my expectations. I’d heard from a colleague that this was amazing, and it lived up to that.” -Tim, Educator

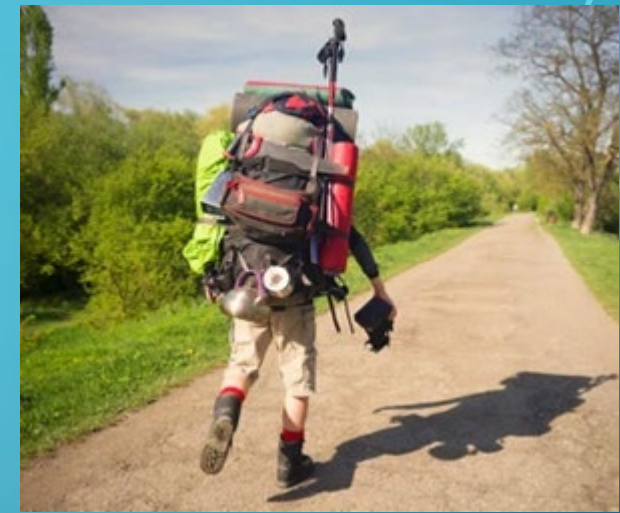


What’s covered by CSTEP?

CSTEP covers trauma & prevention recovery, coping with stress & uncertainty, managing increased work/life/relationship stressors, accurate expression & validation, managing attention & emotion, building connections, understanding grief & loss, reducing suffering through opposite action, & more.

For more information on CSTEP and to register/schedule a training visit www.PrioritySpokane.org and e-mail CSTEPWashington@gmail.com 1/28/2022

ACTIVITY: SELF ASSESSMENT



*What's making your pack heavy?
What's one weight you've carried
through the pandemic?*

Current Burdens-
what are your
roles requiring
you carry?



Current Stress-
when burdens
become too
heavy



Trauma- when
stresses become
overwhelming



GROUP 2: LIVING IN THE DESCRIPTIVE WORLD & LEAVING THE JUDGMENTAL WORLD

Key skill & tool: **Awareness**

- Describe
- Be Nonjudgmental
- Stay in the present moment
- Reduce suffering by allowing emotion to come & go





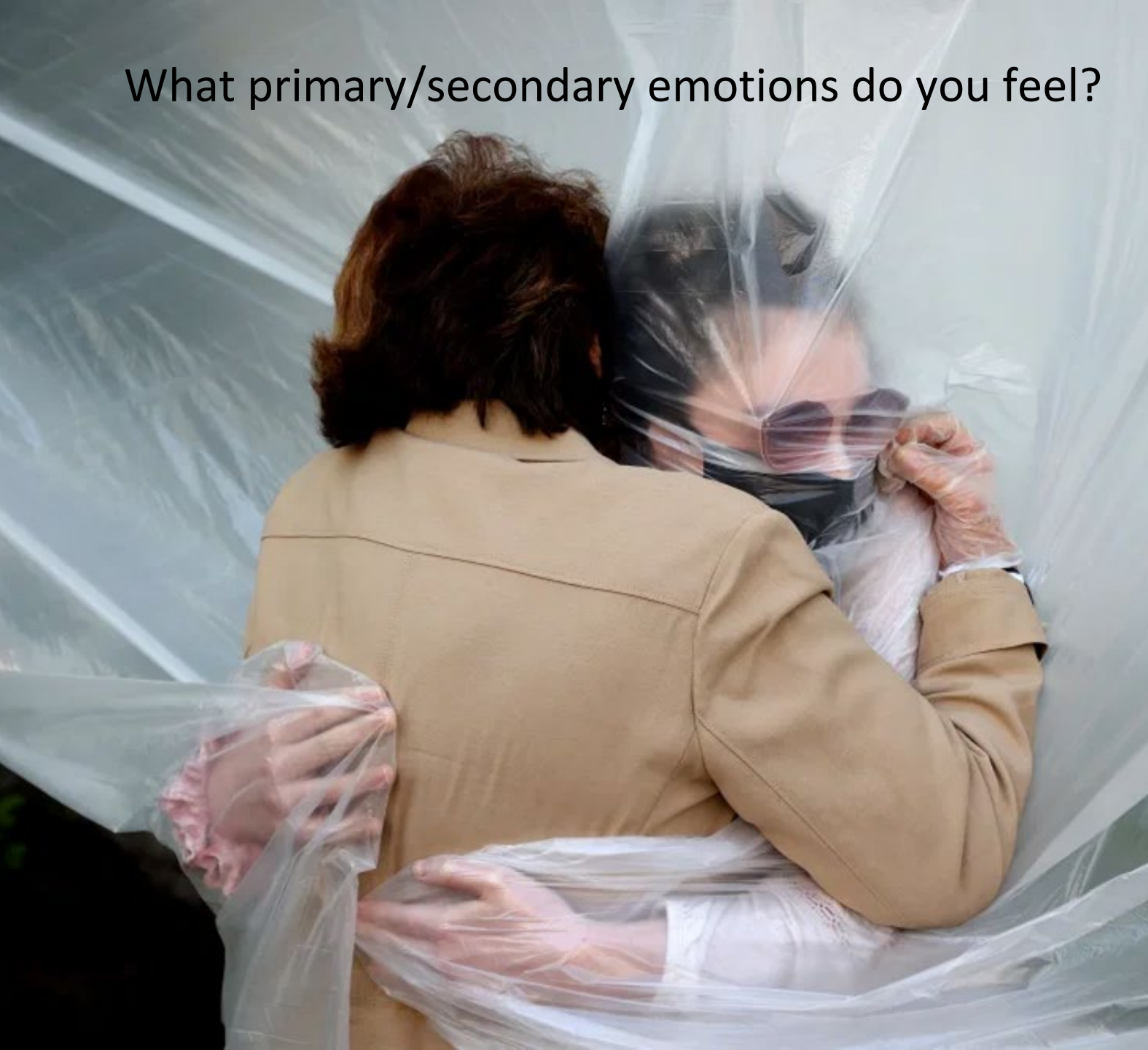
Understand the “emotion wave”

BECOMING AN EMOTION WAVE SURFER

REDUCE EMOTIONAL SUFFERING:
ALLOWING & ACCEPTING

- Awareness
- Acceptance
- Allowance

What primary/secondary emotions do you feel?



REFLECT

Primary Emotions: Fear, Happiness/Joy, Sadness, Anger, Love

Secondary Emotions: Guilt, Shame, Pride, Vulnerability, Regret, Anxiety, Jealousy, Confusion, Lonely, Peace, Resentment, Optimism, Disappointment, Trust, Confidence, Contentment, Hope



GROUP 4: HOW SOCIAL INTERACTION CAN HELP REDUCE EMOTIONAL DISTRESS

- Accurate Expression
- Validating





GROUP 5: UNDERSTANDING GRIEF & LOSS

OPTIONAL VIDEO: [\(169\) 4 SIGNS YOU ARE STILL](#)

[GRIEVING - YOUTUBE](#)

- Cognitive or Thinking System
- Emotion System
- **BOTH** systems are “on” at all times
- **Overthinking** can box out emotion awareness, and emotion overload can overwhelm our cognitive system. Both are problematic.





GROUP 6: MANAGING & REDUCING THE PAIN OF UNCERTAINTY, BUILDING CONNECTIONS, INTENTIONAL PRACTICE

How to Overcome Trauma

[\(169\) How to Overcome Trauma - YouTube](#)





INTENTIONAL PRACTICE

- **What are some of the skills you're going to intentionally practice from this program?**



Sponsored by Priority Spokane & Peer WA with support from the WA Healthy Care Authority, Innovia Foundation, Providence & CTSE.

For more information on C-STEP or to register for a training to lead a group yourself, contact Dr. Ryan Oelrich.

Visit www.PrioritySpokane.org, 509 499-0536,
cstepwashington@gmail.com



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STUDENT ENGAGEMENT AND COLLABORATION TO CLOSE EQUITY GAPS AND INCREASE ACCESS

COUNSELING STAFF: MELISSA ALLEN, M.A., JENNY MAO, PH.D., EMIKO MINATOYA-SHIELDS, M.A.

STUDENT LEADERS: SEMYON KIYAN, MICHELLE YUSUF

TWO INITIATIVES

Pandemic Effect: Paradigm shift in providing counseling services

1. Let's Talk Program
2. Student led Mindfulness Space

LET'S TALK IMPLEMENTATION AND OUTCOMES

- No appointments and no paperwork
- Informal counseling consultations (virtual drop-in)
- Offered M-Th in afternoon and evening
- Ongoing announcement in student bulletin
- Referrals: Advising, International Student Services, Student Learning Center, Disability Services, Counseling, Benefits Hub, and more

LET'S TALK DATA

- **Let's Talk**

- Started Nov 20
- 26 students used the service (8 weeks – 3 hrs/week.)
- Increased to 8 hours with a third counselor
- Include evening hours (4:00 – 5:00 PM M-W)
- 11 BIPOC (42%)
- Gender: 11 Males; 11 Females; 4 (no information)
- Age median: 30, 32

STUDENTS AS THOUGHT LEADERS: MINDFULNESS SPACE

- Creation of student-led development committee to design space, develop culture and programming
- Weekly meetings and Microsoft Teams project management
- Survey distributed to student body and affinity groups to promote incorporating student voices and inclusion.
- Partnering with benefits hub coaches, facilities, wellness center, and arts department
- Virtual mindfulness group

STUDENT LED INITIATIVE – MINDFULNESS SPACE

- Space for students to alleviate stress, anxiety, and whatever else in a safe and comfortable environment for all.
- Transgender & Gender Diverse Support Group/Space.
- Online option for mindfulness practice while the physical space is not in use.
- Panels for Mental Health Awareness (like the recent 'Anxiety Panel').
- Mental Health Mondays / Virtual Mindfulness events



FINAL REMARKS

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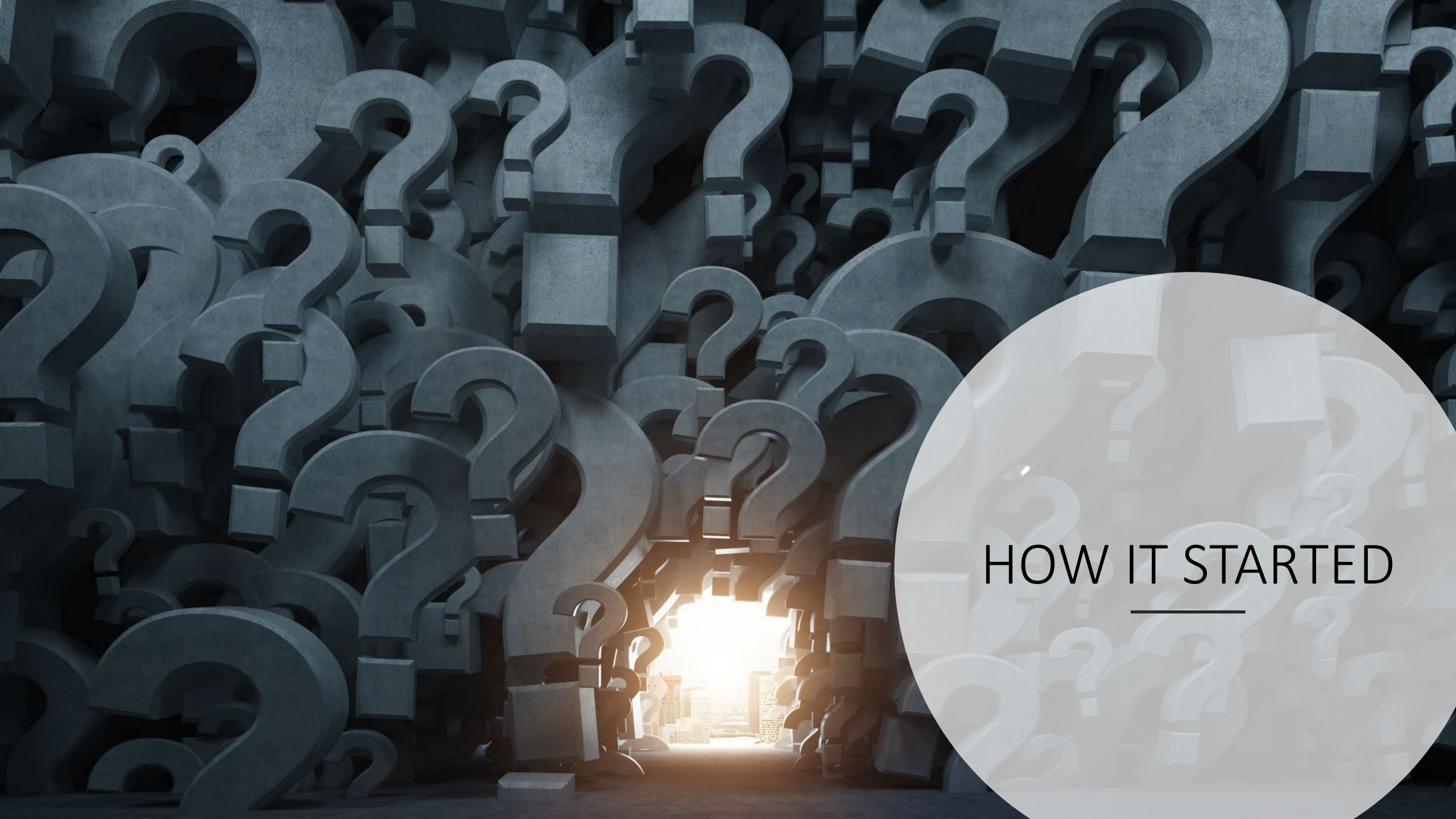


INTERCOLLEGIATE COLLABORATION IN MENTAL HEALTH COUNSELING: SUPPORT FOR THE CAMPUS MENTAL HEALTH COUNSELOR

Renton Technical College: Sarah Hoaglin

Clover Park Technical College: Nora Rye

Lake Washington Institute of Technology: Juliette Blank



HOW IT STARTED



HOW IT STARTED (continued)



New to
CTC

No
overlap

Individual
position



HELP!!

HOW IT'S HELPED



HOW IT'S HELPED (continued)



Pandemic



Opportunity for consult



Connection



WHY WE KEEP
DOING IT



Why We Keep Doing It (continued)

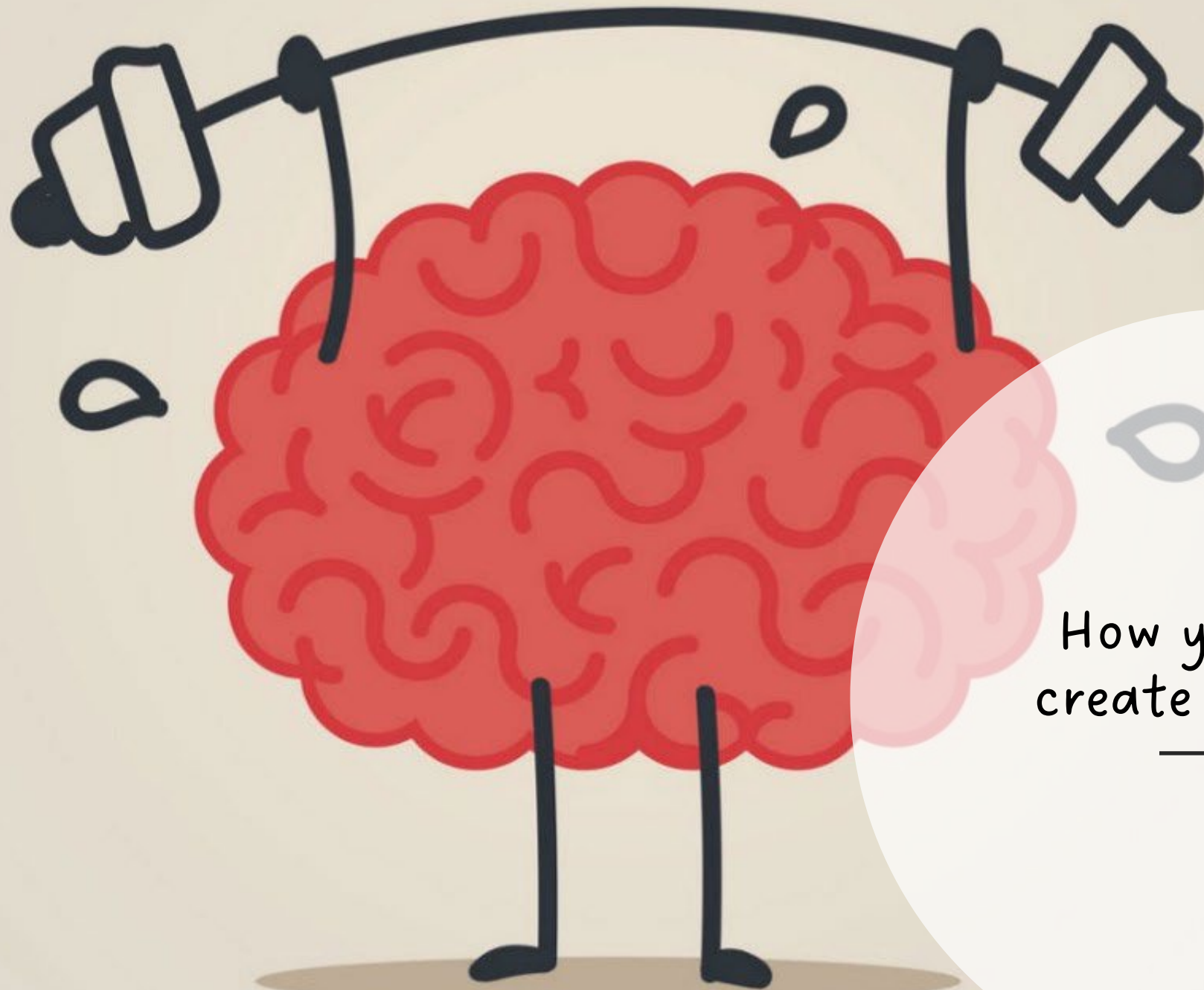


Unique Job

Unique Position w/in the
College

Specialized Skills

Validation & Support



How you can
create a group

How you can create a group

- Informed consent
 - Documented in forms
 - Open discussion with client
- Reach out!
- Join WCTCCA or other organizations within the field:
 - WCTCCA
 - List serv too
 - IACS





Thank you!



COMMUNITY AND TECHNICAL COLLEGES

Washington State Board



UPDATE ON PILOT PROGRAMS

- Grays Harbor College, Lake Washington Institute of Technology, North Seattle College, Wenatchee Valley College selected for the 2021-2023 pilot program
- All colleges have hired an additional full-time licensed mental health counselor
- Have been able to provide expansion of direct services to students
- Focus on data collection and bridging gaps in access



Next Promising Practices Exchange Event:



MEETING STUDENT BASIC NEEDS

**Thursday – April 21, 2022
1:00 – 3:00 PM (PST)**

WACTC/SBCTC PROMISING PRACTICES EXCHANGE

- Do you have a promising practice at your college that is—
 - Advancing racial equity, closing equity gaps?
 - Increasing enrollment, student success, graduation?
 - Re-engaging adult students?
- Please share it! Go to:
<https://www.sbctc.edu/about/task-forces-work-groups/strategic-enrollment/promising-practices.aspx>

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