

Meeting Date: May 9, 2023

Meeting Attendees: Seth Meyers, Haneen Alghita-Aguilar, Lesley Johnson Ryan Yang, Sage Overoye, Robin Cash, Tim Leslie, Candie Marin, Brian Owen, Julia Walker, Randy

1. Welcome and Introductions	Seth: <ul style="list-style-type: none">• Let us take a minute to introduce ourselves and state your role in the committee.
2. Review of Committee Statement and Purpose	Seth: <ul style="list-style-type: none">• This committee is going to have three faculty appointed by the academic senate• Two credit and one non-credit• The agenda has been emailed to every committee member for their reference• Person responsible to maintain committee website is still being determined Haneen: <ul style="list-style-type: none">• The purpose for this committee is to review issues and concerns regarding behavior wellness for students on campus• We are looking to report needs that arise when restructuring the case management services• We will review the mental health case management service needs of the students• Recommendations are based on state holder input and state policies that are affecting community colleges and understanding the best practices that support the various needs of our students
3. Review of Case Management System Overview of Need and Model	Seth: <ul style="list-style-type: none">• We have different types of behavior and wellness support at Mt. SAC• We offer traditional therapy• The BWT has been managing students of concerns and high-risk students• We also have some case managers throughout the campus• We are going to add additional case managers that are embed through the

campus in different programs to help link students to the needs they have.

- Research shows that there was a huge increase during the pandemic of related mental health and wellness concerns
- A major survey found that almost 50% of students in Texas showed moderate to severe signs of depressions
- About 40% showed sever signs of anxiety
- Almost 20% reported suicidal thoughts
- 93% of LatinX undergrad students reported their mental health had been negatively impacted by the pandemic
- Mt. SAC data shows that from 2020-2021 there was almost a 50% increase in mental health conditions reported
- Equity Center reported that their student population has had needs for resources such as: housing referral, legal services, mental health, crisis intervention, substance abuse treatments and basic needs.
- This will be funded by the COVID Block Grant from multiple divisions on campus to provide mental health support for students
- Students can also receive Anger Management support.
- We have a case manager that will have a certification for Anger Management and will teach/offer support to students across campus
- A student can receive 6 sessions with our Anger Management case manager

Haneen:

- With all this information and disclosures in mental health and suicidal thoughts Mt. SAC addressed it by having faculty refer students of concern to our behavior and wellness team to conduct an evaluation and connect the students to resources on and off campus.
- Another way Mt. SAC has assisted with this need is by placing case managers in programs such as: Equity Center, Rising Scholars, Basic Needs, Veteran Center, and the Pride Center.

	<ul style="list-style-type: none"> • We had faced prior challenges because there is no comprehensive or coordinated support delivery system or documentation base • We had several case managers in their own program that had their own procedures, this created silos amongst the case managers in various programs. • This led us to create this new case managing system know as the Behavior and Wellness Team. • BWT (Behavior and Wellness Team) will be the main and new case management system. • All referrals will be funneled through BWT • The referral form will include risk categories. • All referrals especially higher risk member referrals will be reviewed by BWT • We will deploy the cases/referrals to our case managers. • Students can also refer themselves to our case managers in our various centers across campus. • Once a student contacts our case managers the case managers will submit their referral into the BWT system • All case managers will use one data base for clear communication • We have standardized the assessment with a depression questionnaire attached • All case managers will follow the same policies and procedures • All assessments will be shareable within the case managers • Our goal is to look at the students holistically and eliminate silos, multiple referrals, and confusion • Case managers will specialize in resources such as: Basic Needs, Veterans, and BW to help assist specific students
<p>4. Questions & Answers</p>	<p>Seth:</p> <ul style="list-style-type: none"> • Let us open the floor for committee member questions. <p>Questions:</p>

	<p>Tim: You mentioned that this is being funded by the COVID Block Grant. Can you tell us how long the funding will last?</p> <p>Seth: We cannot specifically say or predict how long we will have access to that funding. We may have up to 3 years, but it is possible that, that is subject to change.</p> <p>Lesley: I noticed that Continuing Ed is not one of the centers listed. We have a Basic Needs person who works with the credit side, but it is separate from Continuing Ed.</p> <p>Seth: If you would like we can have a follow up meeting where you can discuss specific needs and resources for Continuing Ed students.</p> <p>Sage: I wanted to mention that that I have referred a lot of student to BWT. We serve a lot of students with disabilities and different sets of challenges that our DHH students face.</p> <p>Haneen: I want to thank you Sage for your referrals. It is important for our students that faculty and staff are identifying students' potential needs that they might have.</p>
<p>5. Goals</p>	<p>Seth:</p> <ul style="list-style-type: none"> • <u>Noncredit students:</u> Further explore the possible mental health supports that can be made available to noncredit students. • <u>Training:</u> Have all Behavior and Wellness case managers complete a suicide prevention training, among other trainings, during the 2023-24 academic year. • Develop new ways to provide mental health or behavioral service supports to Police and Campus Safety staff as they respond to students' needs for mental health or behavioral intervention.
<p>6. Next Meeting</p>	<p>Haneen:</p> <ul style="list-style-type: none"> • This committee will be meeting the second Tuesday of every month. • From 2pm-3:30pm <p>Seth:</p>

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| | <ul style="list-style-type: none">• Due to Summer Intersession our next meeting will be in September |
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