



Division Of
**STUDENT
AFFAIRS**

C H A N N E L
I S L A N D S

CSU/CalMHSA/RAND Higher Education Student and Staff/Faculty Surveys

Presented by:

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History

The CSU Chancellor's Office collaborated with the RAND Corporation (a non-profit research organization based in Santa Monica, CA) and the California Mental Health Services Authority (CalMHSA) to conduct surveys on CSU campuses of students, staff, and faculty.

Purpose

The purpose was to learn more about experiences and attitudes related to student mental health and well-being, and perceptions of overall campus climate toward supporting student mental health.

Purpose

- **Student Level:** The evaluation aimed to assess how individual university approaches to the CalMHSA grant addressed student needs, affected student knowledge, and influenced student use of mental health services
- **Staff and Faculty Level:** The evaluation aimed to capture the perceptions of faculty and staff regarding how effective on-campus CalMHSA programming and trainings were in preparing them to address student mental health concerns, as well as considerations about how the program was locally administered
- **University Level:** The evaluation aimed to understand how CSU campuses selected the CalMHSA activity tracks and the relative success of their implementation, given the history and current context of mental health on campus. Given the limited term of CalMHSA funding, it also aimed to examine sustainability approaches devised by the CSU campuses

Method:

The surveys were:

- Voluntary and confidential
- Online
- Took approximately 10 minutes to complete

Method (cont.)

- Respondents were offered the opportunity to:
 - Participate in a drawing for a cash or equivalent prize provided by RAND and CalMHSA
- RAND protected all data from unauthorized users on a highly secure network
- CI's and RAND's Human Subjects Protection Committee approved all procedures and survey materials

Method (cont.)

- RAND provided materials to help facilitate the recruitment process:
 - Template emails and instructions
- RAND provided the CSU system with data compiled from the surveys
- The information learned from the surveys may:
 - Help identify best practices for preventing and intervening early with student mental health concerns;
 - Improve CSU's ability to provide support and resources students

CI Distribution Plan

- **October 21st**-Survey to students (Via the dolphin e-mail system)
- **October 21st**-Survey to staff and faculty (Via campus global e-mail system)
- **October 28th**-1st reminder sent to students (dolphin e-mail) and staff faculty (campus global)
- **November 4th**-2nd Reminder sent to students (dolphin e-mail) and staff faculty (campus global)
- **November 9th**-Survey closed

Participating Campuses (CI 1 of 9)

1. California State University, Channel Islands
2. Cal State Monterey Bay
3. San Diego State University
4. Humboldt State University
5. California State University, Northridge
6. California Polytechnic State University, San Luis Obispo
7. California Maritime Academy
8. California Polytechnic State University, Pomona
9. California State University, Stanislaus

Participating Campuses

- Survey closed in January of 2014
- Total of 7,210 CSU student surveys submitted
- Campus with the largest participation:
 - California Polytechnic State University, San Luis Obispo
 - 1909 student respondents;
- Campus with the lowest participation:
 - California Maritime Academy
 - 243 student respondents
- **899 CI students took the survey**

CI CalMHSA Summary

- **Activity Tracks**
 - Peer-to-Peer counseling
 - Training faculty and staff in suicide prevention
- **Trainings**
 - Applied Suicide Intervention Skills Training (ASIST)
 - Mental Health First Aid (MHFA)
 - Kognito (3 versions: VA, Faculty Staff, and Student)
- **Peer-to-Peer Activities**
 - Grant Coordinator attended CalMHSA-sponsored Peer Education Meeting to learn more about implementing a peer education program
 - No official peer program started but Grant Coordinator worked with two students on several projects related to suicide prevention

CI CaIMHSA Summary

- **Current Community Partnerships**
 - Mini grant from Pacific Coast College Health Association for suicide prevention week
 - Updates from Ventura County Mental Health (VCMH)
 - Partnership provided opportunity for CI staff/faculty/students to attend MHFA trainings at VCMH
- **Potential Community Partnerships**
 - Ventura County Behavioral Health
 - Health Service Directors Ventura and Moorpark Community Colleges
 - *Casa Pacific
 - *University of California Los Angeles
 - *VA Hospital

(* participated in Suicide Prevention Week last year)

CI CalMHSA Summary

Intra-university Collaboration

- Met with faculty chairs to encourage faculty to complete Kognito
- Veterans Center and the Multicultural Center participated in Suicide Prevention week
- Organizations that participated in Suicide Prevention Week:
 - Veteran's Affairs, Personal Counseling Services, Multi-Cultural Center, Police, Library, Communications and Marketing, and Student Health Services
- ART WITH IMPACT
- Collaboration with Student Housing, Psychology Department, Multi-Cultural Center, Psychology and PSYC HI student organizations
- Eating Disorder Awareness Week with a focus on suicide and suicide prevention
- Assistant Director of Residential Education T4T MHFA
- Coordinator of EOP T4T ASIST

CI CaIMHSA Summary

Resources Developed

- Updated Health Services websites to include more centralized information on suicide prevention and mental health resources
- Created a Facebook page which includes information on suicide prevention
- Student Health 101 includes 6 customized pages and supplemental videos specific to CI students
- Senior student developed a campaign with three key points: 1) It's ok to ask the question, 2) Break the stigma, and 3) Participate in Kognito online

CI CalMHSA Summary

Program Dissemination and Outreach Events

- CalMHSA grant information published in *Wavelength*,
- Student Health 101 delivered to all incoming freshman
- Student Health 101 available through the CI Facebook page and Twitter
- Publicized suicide prevention week through community newspapers, flyers, Facebook, and presentations to the CI campus and community groups
- Suicide prevention week included:
 - Material distribution
 - Increased marketing for Kognito
 - Presentations from guest speakers
- University psychologist presented to six different classes on depression.

CI RAND Sample (N=899)

- 23.2 years
- Female=68.5%
- Male = 30.0%
- Asian=9.9%,
- Black/African American=2.8%
- Latino=61.4%
- Native Pacific Islander=2.3%
- Native American=3.4%
- Transgender=0.2%
- White=76.9%
- Other=0.6%
- LGBTQ=6.0
- First Generation=38.7
- Foster Youth=0.7%
- Student Veterans=1.2%
- Homeless Youth=0.2%
- Students with Disabilities=5.8%
- Students who are Parents=7.7%

Survey Questions

How much do you agree with the following statements about your campus?	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
My school provides adequate counseling and support services for students.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My school provides effective confidential support and referral services for students needing help because of substance use, violence, or other problems (e.g., a Student Assistance Program).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My school emphasizes helping students with their social, emotional, and behavioral problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
People with mental health problems experience high levels of prejudice and discrimination at my school.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Faculty members on my campus are concerned about students' emotional well-being	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My school does a good job of getting the word out to students about the available mental health services on campus for students.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is an emotionally supportive climate on this campus for students with mental health needs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is an emotionally supportive climate on this campus for students with substance abuse problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There is an emotionally supportive climate on this campus for students who have been victims of abuse or other violence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



CI Student Perceptions of Campus Mental Health Climate

Agree or Strongly Agree

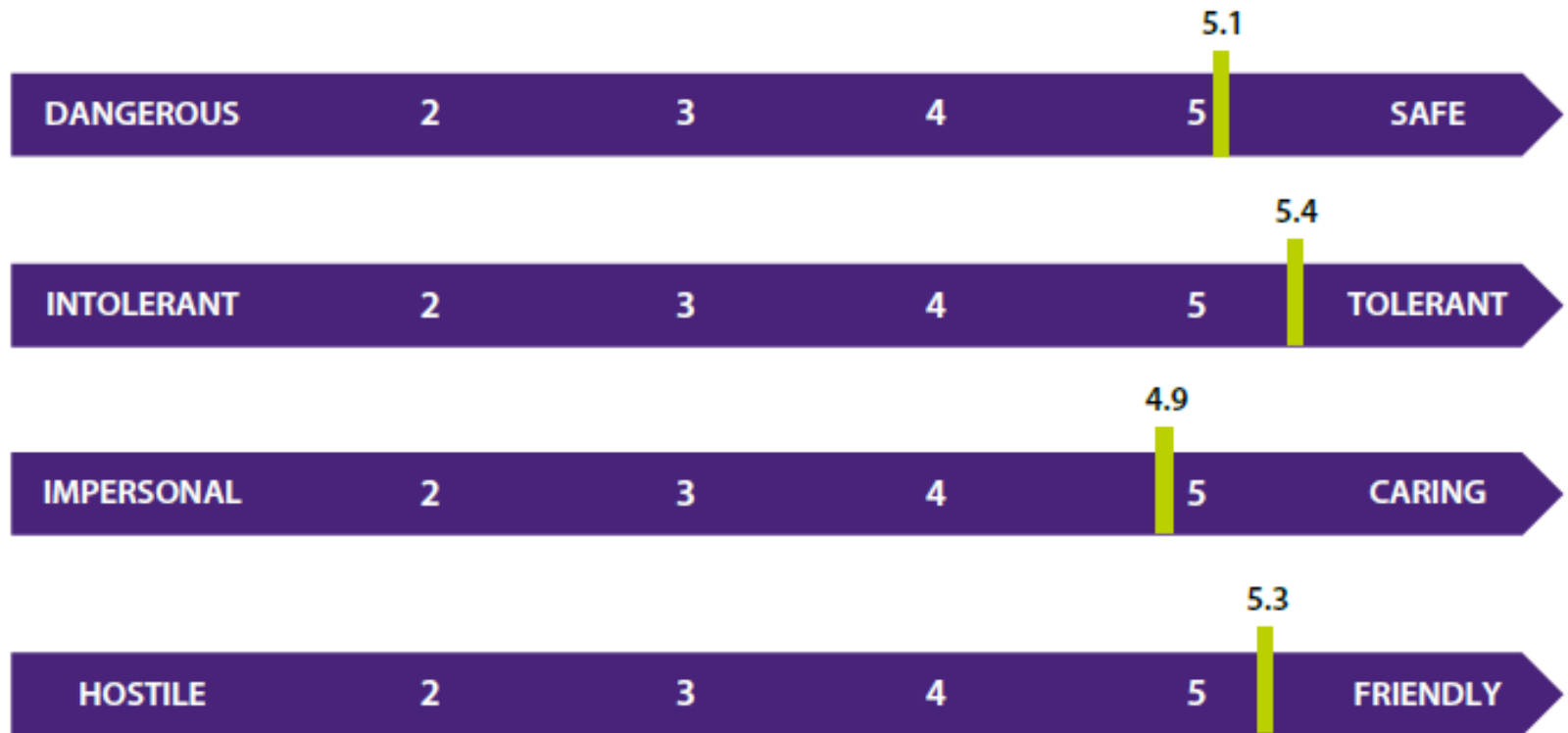
1. My school provides adequate counseling and support services for students. (N=892)	1. 52.1%
2. My school provides confidential support and referral services for students needing help because of substance use, violence or other problems (e.g., a Student Assistance Program). (N=891)	2. 49.4%
3. My school emphasizes helping students with their social, emotional, and behavioral problems. (N=891)	3. 54.0%
4. People with mental health problems experience high levels of prejudice and discrimination at my school. (N=891)	4. 15.8%
5. Faculty members on my campus are concerned about students' emotional well-being. (N=890)	5. 63.4%
6. My school does a good job of getting the word out to students about the available mental health services on campus for students. (N=891)	6. 37.4%
7. There is an emotionally supportive climate on this campus for students with mental health needs. (N=890)	7. 48.3%
8. There is an emotionally supportive climate on this campus for students with substance abuse problems. (N=891)	8. 33.8%
9. There is an emotionally supportive climate on this campus for students who have been victims of abuse or other violence. (N=890)	9. 48.6%

Survey Questions

Based on your experience and observations, rate the general climate for students at your campus along the following dimensions:

	1	2	3	4	5	6	
Hostile	0	0	0	0	0	0	Friendly
Impersonal	0	0	0	0	0	0	Caring
Intolerant	0	0	0	0	0	0	Tolerant of Diversity
Dangerous	0	0	0	0	0	0	Safe

Campus Climate Ratings



Students were asked to rate the climate on campus in four different categories, on a scale from 1-6 (where 1 is the least positive and 6 is the most positive).

An average score for each category was calculated and the results are displayed.

Campus Climate Ratings

Campus	Hostile to Friendly	Impersonal to Caring	Intolerant to Tolerant (Diversity)	Dangerous to Safe
Channel Islands	5.3 (n=891)	4.9 (n=890)	5.4 (n=890)	5.1 (n=890)
Humboldt	5.2 (n=1225)	4.7 (n=1225)	5.2 (n=1225)	5.0 (n=1225)
Maritime	4.0 (n=243)	3.6 (n=243)	3.9 (n=243)	4.6 (n=243)
Monterey	5.0 (n=1013)	4.6 (n=1013)	5.3 (n=1013)	5.1 (n=1012)
Northridge	4.9 (n=517)	4.3 (n=516)	5.3 (n=516)	4.6 (n=516)
Cal Poly Pomona	4.9 (n=269)	4.2 (n=269)	5.2 (n=269)	4.7 (n=269)
Cal Poly San Luis Obispo	5.2 (n=1892)	4.7 (n=1892)	4.4 (n=1892)	5.2 (n=1892)
San Diego	4.6 (n=481)	3.8 (n=481)	4.9 (n=480)	3.6 (n=481)
Stanislaus	5.0 (n=605)	4.4 (n=605)	5.1 (n=605)	5.0 (n=602)

Student Support on Campus

Campus	Emotionally supportive climate for mental health needs	Emotionally supportive climate for substance abuse problems	Emotionally supportive climate for victims of abuse or other violence	High levels of prejudice and discrimination against students with mental health problems
Channel Islands	48.3% (n=890)	33.8% (n=891)	43.6 % (n=890)	15.8% (n=891)
Humboldt	52.1% (n=1220)	34.4% (n=1219)	62.2% (n=1217)	11.4% (n=1220)
Maritime	33.8% (n=240)	26.7% (n=240)	31.1% (n=238)	24.8% (n=238)
Monterey	47.7% (n=1015)	32.5% (n=1013)	45.6% (n=1014)	15.9% (n=1015)
Northridge	47.0% (n=515)	34.7% (n=516)	44.0% (n=518)	15.9% (n=517)
Cal Poly Pomona	41.2% (n=267)	29.6% (n=267)	48.9% (n=266)	15.4% (n=267)
Cal Poly San Luis Obispo	57.8% (n=1887)	41.6% (n=1886)	63.0% (n=1889)	15.8% (n=1889)
San Diego	34.2% (n=480)	30.0% (n=480)	34.2% (n=480)	15.4% (n=479)
Stanislaus	35.3% (n=606)	24.0% (n=604)	31.7% (n=606)	13.9% (n=606)

Resources on Campus

Campus	My school provides adequate mental health counseling and support services for students	My school provides effective confidential support and referral services for students needing help because of substance use, violence or other problems	My school does a good job of getting the word out to the students about the available mental health services on campus for students
Channel Islands	52.1% (n=892)	49.4% (n=891)	37.4 % (n=891)
Humboldt	57.1% (n=1222)	53.6% (n=1217)	49.0% (n=1219)
Maritime	59.8% (n=241)	51.7% (n=240)	54.2% (n=238)
Monterey	55.4% (n=1014)	52.3% (n=1014)	49.7% (n=1014)
Northridge	59.4% (n=517)	56.5% (n=517)	43.4% (n=519)
Cal Poly Pomona	54.1% (n=268)	57.7% (n=267)	43.1% (n=267)
Cal Poly San Luis Obispo	68.7% (n=1893)	66.4% (n=1887)	59.9% (n=1886)
San Diego	53.0% (n=481)	50.7% (n=481)	39.6% (n=477)
Stanislaus	53.4% (n=607)	47.8% (n=607)	38.8% (n=606)



Campus Support

Campus	Faculty members are concerned about students' emotional well-being	My school emphasizes helping students with their social, emotional, and behavioral problems
Channel Islands	63.4% (n=890)	54.0% (n=891)
Humboldt	62.8% (n=1224)	56.5% (n=1218)
Maritime	52.9% (n=240)	44.6% (n=240)
Monterey	60.6% (n=1009)	58.4% (n=1014)
Northridge	55.1% (n=512)	58.3% (n=516)
Cal Poly Pomona	50.4% (n=268)	52.3% (n=266)
Cal Poly San Luis Obispo	60.8% (n=1896)	69.0% (n=1885)
San Diego	44.7% (n=479)	47.3% (n=478)
Stanislaus	52.1% (n=605)	51.1% (n=605)

Discussion

- Key findings?
- How might we use this
- What opportunities to we have to serve the health and wellness needs of CI students?
- Additional data desired?

The Future of WA at CI

Questions?