



# CITY COLLEGE OF SAN FRANCISCO STUDENT HEALTH SERVICES

Mental Health Supports

# MENTAL HEALTH CLINICIANS & SERVICES

- ▶ 8 Mental Health Clinicians (Licensed Clinical Social Workers)
  - ▶ Individuals / Couples Counseling
  - ▶ Group Therapy
  - ▶ Workshops
- ▶ 1 Community Mental Health Consultant
  - ▶ Referrals to long term healthcare services
  - ▶ System navigation support (Applying for CalFresh, Medical, HealthySF)
- ▶ Students pay \$20 Student Health Fee per semester for access to medical & mental health services.

# EASE OF ACCESS DURING REMOTE SERVICES

- ▶ Beginning March 2020, all therapy sessions moved to Zoom / Phone (Depending on student preference)
- ▶ Students can connect with Student Health Services multiple ways.
  - ▶ Virtual Counter, M-F
  - ▶ Phone (415) 329-3110
  - ▶ Email: [Studenthealth@ccsf.edu](mailto:Studenthealth@ccsf.edu)
  - ▶ Website: My Patient Portal
- ▶ My Patient Portal
  - ▶ Newly launched ( Summer 2020)
  - ▶ Students can message their therapists, book appointments

# OUTREACH

- ▶ It is important that students know about our services in this remote environment. Student Health has several methods of outreach:
  - ▶ Classroom Visits /Presentations (including in a virtual environment)
  - ▶ Monthly newsletter to all students
  - ▶ YouTube videos
  - ▶ Instagram
  - ▶ Announcements through Canvas & through Department Chairs

# BY THE NUMBERS

2019 – 2020 Academic Year

- ▶ Total number of students screened for mental health service needs: 5,146
  - ▶ Mental Health screenings take place for any students accessing Student Health Services, both for medical and mental health reasons. Screenings include PHQ (Patient Health Questionnaire- standardized screening for depression), Columbia Suicide Screening (CSSR), and emotional health.
- ▶ Total number of students receiving mental health services (unduplicated): 2,915
  - ▶ Counseling sessions, group therapy or workshops
- ▶ Number of students seen for systems navigation support: 298
- ▶ Number of students successfully linked to services outside of CCSF for long term care: 124

QUESTIONS

