

Session 1



California Community Colleges

From Student to Support Staff: Building Capacity Through Mental Health Internships **Mental Health Action Week Webinar Series**

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May 6th, 2025



Let's keep
connecting...



Add your **name**, **title/role**,
and **college** in the chat.

Welcome & Introductions

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Housekeeping



Chat and Q&A: Please utilize the chat or Q&A function to ask questions throughout.



Closed Captioning (CC): Closed captions are available. Click on the (CC) button to read live captions.



Meeting Materials: Slides and any follow up materials will be provided following the presentation.



Recording: We are recording today's session, and the recording will be made available via email in the coming weeks.



**MORENO
VALLEY
COLLEGE**



**Moreno Valley College
Student Health and
Psychological Services**

Mindful Moment

Pleasurable senses

- Sight- Think of a sight that is pleasurable
- Smell- Think of a smell that is pleasurable
- Sound- Think of a sound that is pleasurable
- Touch- Think of a touch that is pleasurable
- Taste- Think of a taste that is pleasurable





- **Suicide Prevention Lifeline**
 - 988
- **Crisis Text Line**
 - Text "HOPE" to 741-741
- **Trevor Project (LGBTQ+ Youth)**
 - Text "START" to 678-678



Objectives

- Learn about the program structure
- Engage in somatic exercises
- Identify strategies to tailor to your campus



Connecting Students to Wellness

Improve access to readily available services in a culturally and trauma informed manner to enhance personal and academic success.



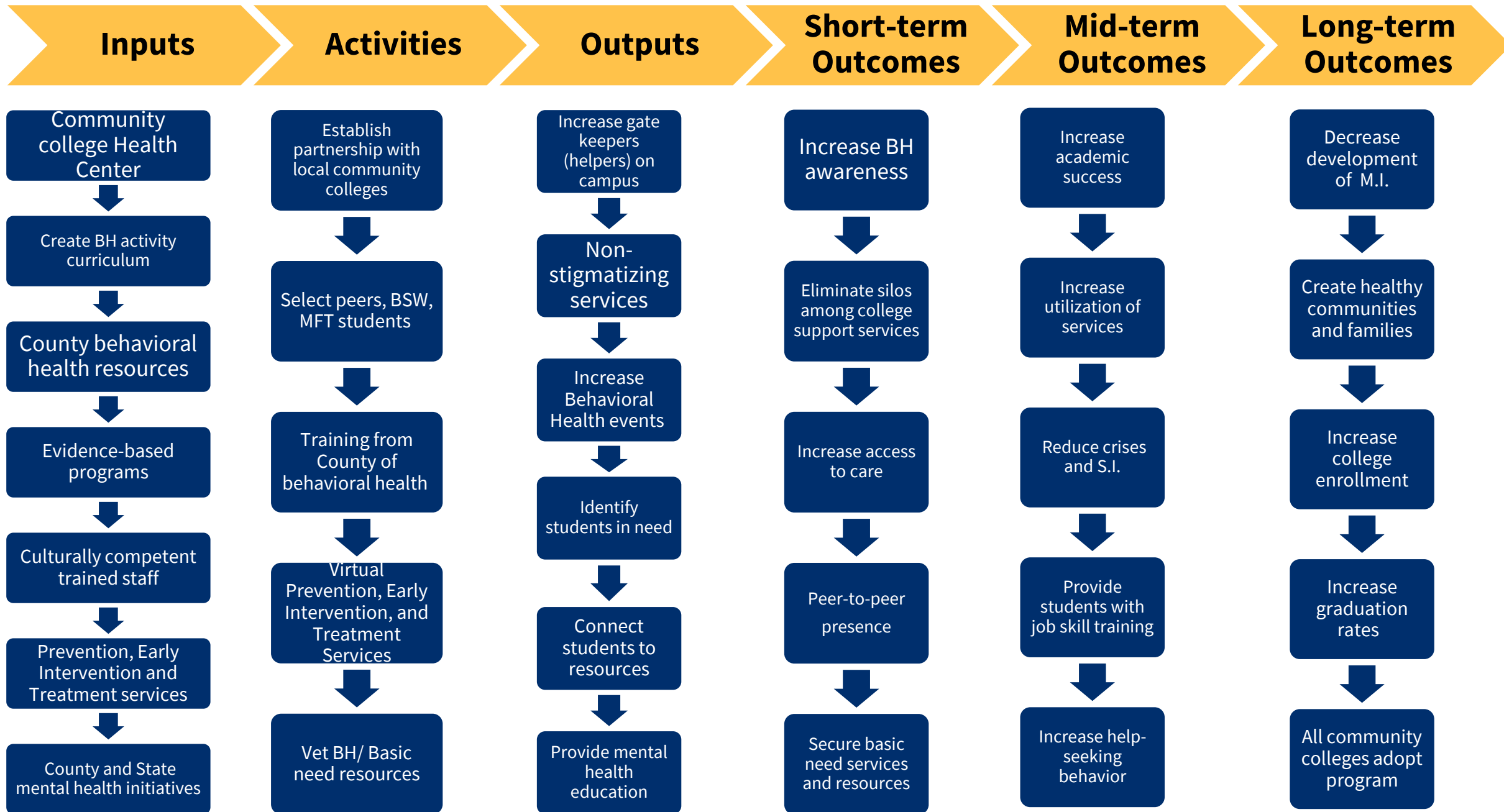
Short-term

- Increase access to care
- Promote Behavioral Health awareness
- Increase help-seeking behavior

Long-term

- Reduce stigma
- Decrease Behavioral Health challenges
- Reduce negative social determinants of health
- Increase academic success





MVC Student Population

Diverse ethnic groups

Various ages of adult learners

LGBTQIA+

DACA (Deferred Action for Childhood Arrivals) students

Working students

Student parents

First generation

First responders



Student Needs and Challenges

Behavioral Health

- Mental Health
- Suicide
- Substance Use
- Trauma experiences

Social Determinants of Student Success

- Housing
- Transportation
- Childcare
- Financial Support
- Food



Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
<ul style="list-style-type: none"> • Employment • Income • Expenses • Debt • Medical Bills • Support 	<ul style="list-style-type: none"> • Housing • Transportation • Safety • Parks • Playgrounds • Walkability 	<ul style="list-style-type: none"> • Literacy • Language • Early childhood education • Vocational Training • Higher Education 	<ul style="list-style-type: none"> • Hunger • Access to Healthy options 	<ul style="list-style-type: none"> • Social integration • Support System • Community Engagements • Discrimination 	<ul style="list-style-type: none"> • Health coverage • Provider Availability/Systems • Provider Linguistic and Cultural Competency • Quality of Care

Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations



8 Dimensions of Wellness



Physical



Emotional



Intellectual



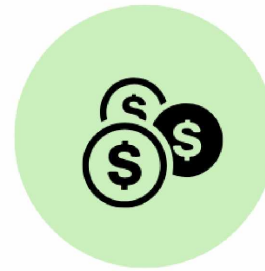
Spiritual



Academic/occupational



Social



Financial



Environmental



Multidisciplinary Team



Physical Health

- Nurse Practitioner
- Registered Nurse

Basic Needs

- Student Peers/workers
- Bachelor of Social Work (care navigator)
- College Corp fellows
- CalFresh Ambassadors

Behavioral Health

- Licensed Mental Health Supervisor
- Associate clinical therapist
- Suicide prevention ambassadors
- Master of Social Work student interns
- Marriage and Family Therapist trainees
- Professional Clinical Counselor interns

Wellness Center Team Scope of Practice

- **Student Suicide Prevention Ambassadors**
 - Promote behavioral health services and co-lead wellness activities
- **MSW interns, PCC interns, and MFT trainees**
 - Provide therapy, offer groups, workshops, and develop behavioral health projects
- **Associate Clinical Social Worker**
 - Suicide prevention trainings, individual therapy, support to interns
- **Mental Health Supervisor**
 - Professional development for team
- **Riverside County Mental Health Associate Social Worker**
 - Link to ongoing care and crisis support



Mental Health Continuum of Care

Promotion and Prevention - Activities that inform and raise awareness

- Outreach events
- Engagement activities
- Wellness events

Early Intervention - Activities that build resilience and educate

- Wellness Groups
- Skill building
- Presentations & Workshops

Treatment - Activities that address specific concerns

- Traditional therapy
- Case management services
- Crisis intervention
- Referral to speciality of care

Suicide Prevention Ambassadors



Increase	Increase knowledge about suicide prevention
Decrease	Decrease stigma related to suicide
Promote	Promote help seeking behaviors

Suicide Prevention Ambassadors Responsibilities and Tasks

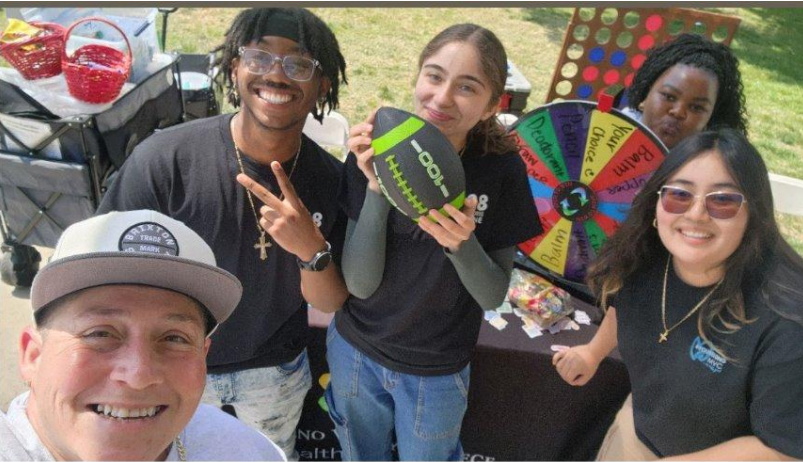
- Attend community meetings
- Attend college committee meetings
- Support the Active Minds club
- Collaborate with other clubs and departments
- Daily outreach or promotora outreach



Suicide Prevention Ambassadors training

- Know The Signs
- Question Persuade Refer (QPR)
- SafeTALK
- Mental Health First Aid
- How to support a student in distress





Suicide Prevention Ambassador Funding

Federal work study

SAMHSA GLS grant funding

College Corp



Suicide Prevention through the Dimensions of Wellness



Emotional - Coping effectively

Physical - Importance of exercise and brain foods

Spiritual - Identifying your sense of purpose

Social - Creating safe connections

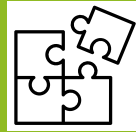
Financial – Securing onsite and offsite resources

Academic – Increasing motivation/ satisfaction

Emotional Wellness: Cope effectively



Focus: Coping effectively with life and creating satisfying relationships



Activity: Jenga



Purpose: learning to manage emotions in a safe way



Protective factor: Practicing daily safe coping skills can help manage suicidal thoughts

Physical: Importance of Physical Activity and Brain Foods

- **Focus:** Recognizing the need for physical activity, diet, sleep, nutrition
- **Activity:** Cornhole, hopscotch, fruit table, and spa water
- **Purpose:** releases endorphins and serotonin
- **Protective factor:** Practicing safe physical hygiene activities can help manage suicidal thoughts



Academic

Wellness : Increasing motivation/satisfaction



Focus: Personal satisfaction and enrichment derived from one's academics/work



Activity: Empowerment board



Purpose: To increase academic motivation - Students with higher grades are less likely to have suicidal thoughts compared to students with lower grades



Protective factor: Satisfaction in academics can help decrease suicidal thoughts

Social Wellness

- **Focus:** Developing a sense of connection, belonging, and a well-developed support system
- **Activity:** Teatime (Let's Teatime) / Snow cone time
 - Get to know our team
 - Popsicles (coping skill) sticks activity
- **Purpose:** making meaningful connections
- **Protective factor:** Identifying safe support systems can help us cope with suicidal thoughts





Mental Health Prevention Strategies



 **MENTAL HEALTH ACTION WEEK**
MAY 5TH-8TH
11AM-12PM 

05 ART IT OUT MONDAY
• ACTIVITY: DECORATE CINCO DE MAYO WINDCHIMES WITH US 

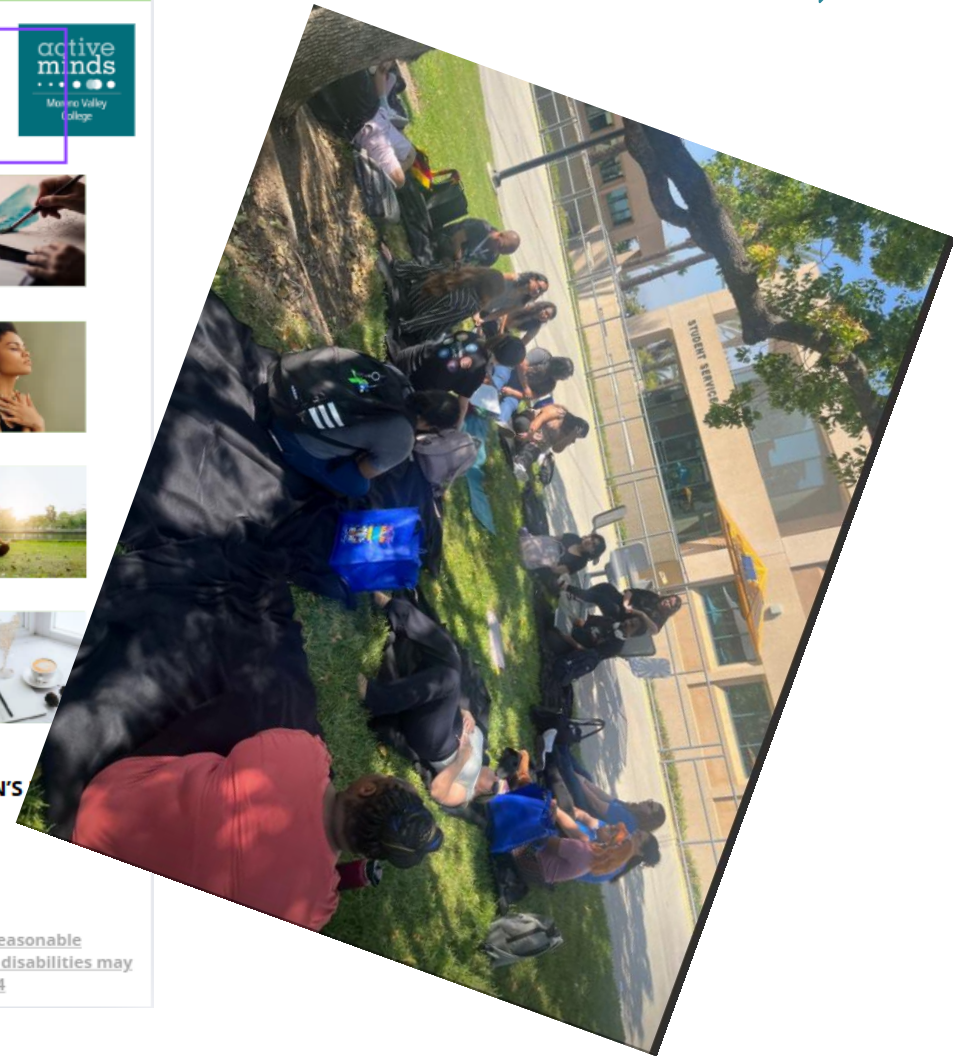
06 TRANQUILITY TUESDAY
• ACTIVITY: JOIN US FOR AFFIRM & REFLECT AND RECEIVE A FREE AFFIRMATION JOURNAL 

07 SELF-CARE WEDNESDAY
• ACTIVITY: UNWIND WITH MINDFULNESS STRETCHING AND RECEIVE A FREE GIVEAWAY 

08 GAME IT ON THURSDAY
• ACTIVITY: OUTDOOR JENGA AND CHECKERS • CONNECTION 

NO REGISTRATION REQUIRED
MEET US UNDER THE WELLNESS TREE (IN FRONT OF THE LION'S)
CONTACT INFORMATION
EMAIL: WELLNESS@MVC.EDU
PHONE NUMBER: 951-571-6103

[Daily wellness activities offered. Visit the wellness center website](#)
Riverside Community College District is committed to providing access and reasonable accommodations to all programs and activities. Accommodations for persons with disabilities may be requested by contacting Disability Student Services, 951-571-6184



Wellness Center Projects



**SPRING 2025
CULTURAL
MENTAL HEALTH
PANEL**

APRIL 30 ARAB AMERICAN HERITAGE MONTH
DAY: WEDNESDAY
TIME: 12PM-1PM
IN PARTNERSHIP WITH: SAHABA INITIATIVE

MAY 7 ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH
DAY: WEDNESDAY
TIME: 12-1PM

THESE CULTURAL MENTAL HEALTH PANELS AIM TO CELEBRATE A DIFFERENT CULTURE WITHIN OUR COMMUNITIES EACH MONTH. LEARN THE IMPORTANCE OF MENTAL HEALTH AS IT RELATES TO VARIOUS CULTURAL GROUPS AND WAYS TO DECREASE MENTAL HEALTH STIGMA IN EACH CULTURE.

REGISTER HERE:

BROUGHT TO YOU BY THE
SPC HIGHER EDUCATION SUBCOMMITTEE

HELPING A STUDENT IN DISTRESS

WHEN A STUDENT COMES TO YOU FOR HELP, OR YOU'VE IDENTIFIED A STUDENT WHO MAY BE IN DISTRESS, REMEMBER V.I.C.K.S

1 VALIDATE

- Be focused and present in the conversation.
- Show you understand and express empathy.
- "You are going through a lot right now. Thank you for sharing."

IDENTIFY

- Notice out loud and express your concern.
- "The noticing these challenges are impacting other parts of your life, like your academics."

2

CARE

- Communicate your care and intentions.
- "I'm here for you and I want to help connect you with appropriate support."

KNOWLEDGE

- Share knowledge of resources.
- "As a student, you have access to the health center. Can we call or walk there together right now?"

4

SUPPORT & SELF-CARE

- Provide the resources and phone numbers listed below and assist the student with contacting one of the numbers.
- Take time to reemerge after helping the student. If you are needing support, please reach out to your Employee Assistance Program.

Cultural Mental Health Support

- Umoja
- Middle College
- First Responder Program
- Next Up
- TRIO



Mental Health Early Intervention Strategies

- Motivation Monday
- Boost your mood Tuesday
- Defeating Anxiety Wednesday
- Improving Sleep Thursday



First Responder Mental Health Support

- SafeTALK training
- Mental Health First Aid training
- Culturally competent therapist
- Suicide Prevention Newsletter
- Mental Health Snack Hour



Student Parent Support Services

- Weekly student peer driven support group
- Weekly mindful parenting class
- Monthly student parent wellness breakfast
- Monthly Family wellness retreat



Student Employee Mental Health Orientation

- 4-hour mental health orientation
- PHQ9 screenings
- Mental health and self-care
- How to support a student in distress
- QPR training



Mindful Moment Break: 5 Senses Activity

- 5- What are 5 things you can see?
- 4- What are 4 things you can touch?
- 3- What are 3 things you can hear?
- 2- What are 2 things you can smell?
- 1- What is 1 thing you can taste?



Capacity Building

- Student Suicide Prevention Ambassadors
 - Federal work study
 - College Corp
 - GLS grant
- Mental Health Interns
 - University partnership
 - California Baptist University and Cal State San Bernardino
- Associate therapist
 - Garrett Lee Smith grant



Onboarding Process

- 5 -day orientation
- Self-pace trainings
- Intern handbook
- Evidence Based trainings
 - Mental Health First Aid
 - SafeTALK
 - Question Persuade Refer (QPR)
 - ASIST (Applied Suicide Intervention Skills Training)



Wellness Program Time Commitment

Suicide Prevention Ambassador support

- 1-2 hours a week

MSW interns , PCC interns, MFT trainees

- For every 5 clients, 1 hour of supervision is needed

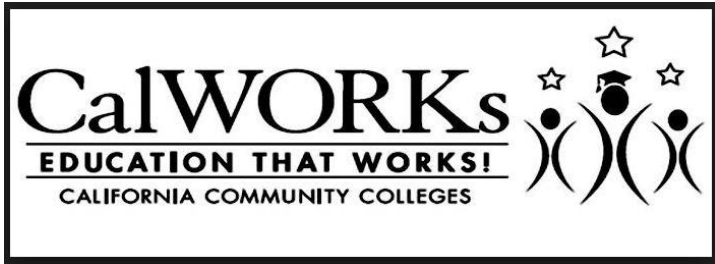
Associate Therapists

- For every 10 clients, 1 hour of supervision is needed

Stakeholder Involvement

- **Health center staff**
- **Riverside County**
 - RUHS- Behavioral Health- Prevention and Early Intervention
 - TAY Center
 - RUHS-Public Health
- **Nonprofits**
 - Wiley Center
 - Operation Safehouse
 - Reach out
- **Active Minds**
- **Support programs**
 - EOPS, CalWORKS, Umoja, Puente, Dental Hygiene, First Responder





Program Sustainment

Volunteer Based

Partnership with Onsite Program

University and County Partnership

Ongoing Training

Health Center Funding



Create Your People Plan



Stakeholders	Relationship to the project	What I need to do	What the project needs from them

Mindful Moment: Mantra Breathing

- Inhale
- Exhale
- I am capable
- I am helpful
- I provide great services to my students
- Inhale
- Exhale



UP NEXT

Session 1

From Student to Support Staff: Building Capacity Through Mental Health Internships
• **Completed!**

Session 2

Making Help Feel Safe: Reducing Stigma and Reaching Students
• **May 7, 2025**

Session 3

Beyond Crisis: Supporting Students with Suicidal Ideation in Everyday Conversations
• **May 8, 2025**



California Community Colleges

Thank you!

For any questions or concerns related to the content of these webinars, please email cccsmh@cars-rp.org

www.cccco.edu