California Community Colleges



Strengthening Campus Mental Health: From Vision to Practice

Presenter: Dr.Bert Epstein, PsyD

September 24, 2026 | 2:00 pm – 3:00 pm PST

Let’s start connecting…



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

What brings you to today's session?

Logistics



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.

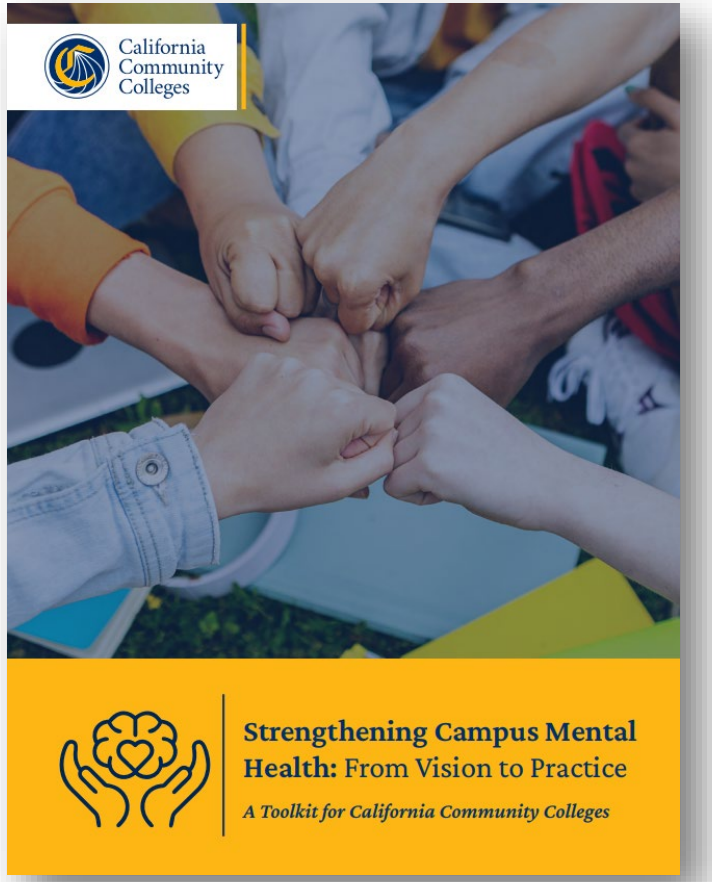


Meeting Materials: Slides and any follow up materials will be provided following the presentation.



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

Strengthening Campus Mental Health: From Vision to Practice Toolkit



This toolkit is designed to help colleges think through building, strengthening, and sustaining a campus mental health program, collaboratively.

It is not a checklist or a comprehensive list of responsibilities for a single Mental Health Coordinator.

This is a robust resource. Use what is helpful now and return to sections over time.

Strengthening Campus Mental Health: From Vision to Practice Toolkit

Thank you!

CCC Chancellor's Office, MHWA, HSA Board Members, CARS staff, and Bert Epstein

For your partnership, expertise, review, and contributions to the development of this toolkit.

Help Us Put the Toolkit Into Practice

Use it. Share it. Critique it. Adapt it.

We invite you to use what is helpful, share it with colleagues, and tell us what could be strengthened as campuses put the guidance into practice.

Strengthening Campus Mental Health: From Vision to Practice Toolkit

Topics Covered

- Understanding the Campus Landscape
- Creating a Campus Network
- Building a Strong Foundation
- Designing Mental Health Services
- Budget and Compliance

Contents

- **Toolkit Tips**
- **Individual / Team Worksheets**
  - Program Readiness and Capacity
  - Exploring Root Causes
  - Priority Planning
- **Reflection Questions / Conversation Guides**
- **Policies and Procedures Manual Checklist**
- **Curated Resource List**
- **Sample Language**
  - Student Health Fee Policy

Today's Facilitator: Dr. Bert Epstein, PsyD



- **Lead Author**, Strengthening Campus Mental Health: From Vision to Practice Toolkit
- **30+ years of experience** in college counseling and student mental health, Licensed Psychologist
- Former **Clinical Director**, Counseling and Psychological Services, Oregon State University
- Former counseling center **Director at Sacramento State** and **Manager of Student Psychological Services at Santa Rosa Junior College**
- **Past President of CCCMHWA** and a private practice clinician since 2011

Chapter 1: Understanding the Campus Landscape

- Understanding campus history, culture, and the pace of change
- Learning from existing data and campus perspectives
- Engaging students, faculty, staff, and other voices
- Understanding the local community and available resources

Poll Question

How well do you feel you understand the current mental health landscape on your campus?

Chapter 2: Create a Campus Network

- Building relationships with campus leadership and student support partners
- Working with Behavioral Intervention Teams and crisis response partners Engaging faculty, staff, Athletics, Student Services, and other everyday connections
- Strengthening the counseling team, including trainees and peer support

Chapter 3: Building a Strong Foundation

- Assessing readiness and capacity before implementing new ideas
- Exploring root causes before finding solutions
- Setting priorities using an Impact-Effort Matrix
- Developing and maintaining a Policies & Procedures Manual

Poll Question

When a new mental health need or idea emerges on your campus, what is usually the biggest challenge to moving it forward?

Chapter 4: Designing Mental Health Services

- Designing clinical services and approaches that improve access
- Planning for crisis response, higher levels of care, and community referrals
- Expanding prevention, outreach, and peer engagement
- Considering technology, treatment records, and clinical infrastructure
- Using program evaluation and data for continuous improvement

Chapter 5: Budget and Compliance

- Understanding and managing the Mental Health Program Allocation
- Planning for spending, carryover, and annual reporting
- Understanding Student Health Fees
- Exploring other funding sources and braided funding
- Planning for long-term sustainability

Poll Question

How confident do you feel navigating the funding that supports mental health services on your campus?

Chapter 6: Supporting the Mental Health Team

- Onboarding and orienting new team members
- Supporting professional growth, staff well-being, and safety
- Understanding clinical and administrative supervision
- Connecting with statewide and national professional resources
- Building structures that support a healthy, sustainable team

Resources and Appendix

Explore additional tools and resources to put the guidance into practice:

- **Curated Resource Library** — statewide and national resources organized by topic
- **Program Readiness & Capacity Worksheet** — assess staffing, infrastructure, partnerships, funding, and sustainability
- **Exploring Root Causes Worksheet** — use the 5 Whys to better understand challenges before selecting a solution
- **Priority Planning Worksheet** — use an Impact-Effort Matrix to identify where to focus
- **Sample Mental Health Referral Pathway** — a framework campuses can adapt for connecting students with support
- **Policies & Procedures Manual Checklist** — review what already exists, what may need updating, and what still needs to be developed
- **Student Health Fee Policy Examples** — three California Community College examples language connecting local fees to maximum amount allowed for the state



Q & A with Bert

Archived Recordings and Resources

- What Works for Improving Mental Health in Higher Education? (**Brief**)
- Listening to Learners 2023: Increasing Belonging on Campus (**Report**)
- Trauma-Informed Guiding Principles for Working With Transition Age Youth: Provider Fact Sheet (**Fact Sheet**)



Post-Survey | Your Feedback Is Important to Us



https://bit.ly/EnhancingYourMentalHealthProgram



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Thank you!

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

www.cccco.edu