

MHICC

Mental Health Improvement through Community Colleges

Practice Improvement Steering Committee

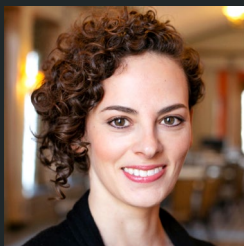
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MHICC

Mission

Mental Health Improvement through Community Colleges (MHICC) aims to improve access to evidence-based mental health treatments for individuals attending community colleges (CCs) across Michigan.

Why Community Colleges?



In Michigan, nearly half of undergraduates attend a CC



Michigan ranks 8th among states in CC enrollment



COVID-19 is expected to increase CC enrollment and magnify mental health problems while reducing state funding and school budgets

Diversity at Community Colleges

In Michigan:

nearly **50%** of CC students are students of color

36% are first-generation college students

67% have family incomes <\$50,000

17% are single parents

63% are part-time students

67% work and study

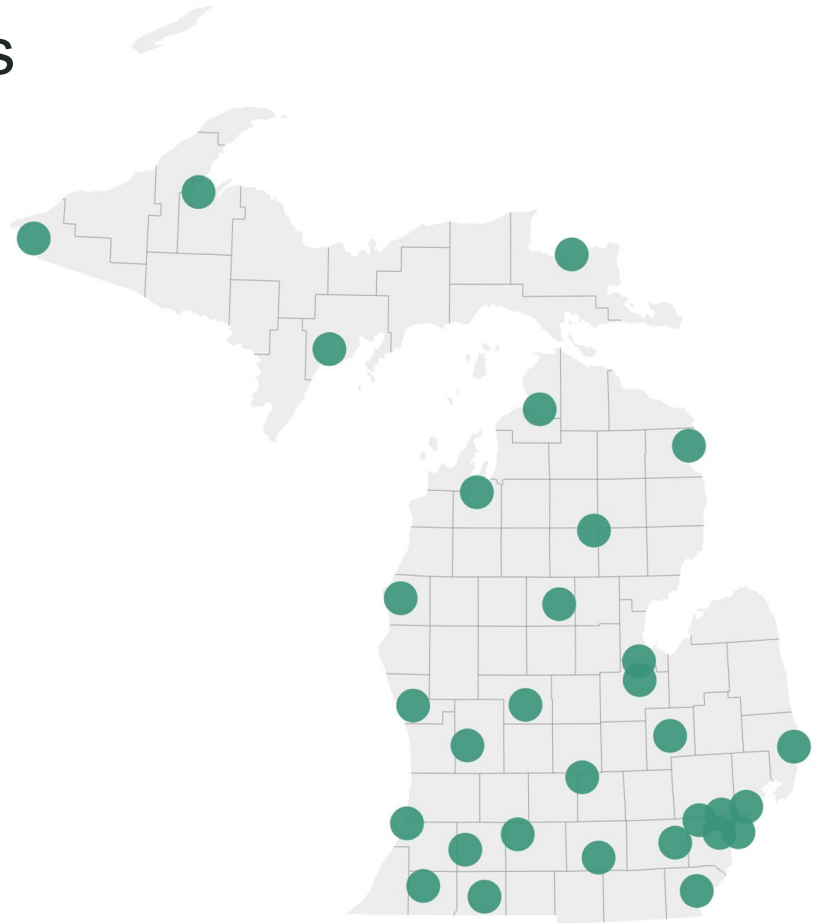
12% have disabilities

36% of CC students are older than 25

Michigan Community Colleges

28 Community Colleges

3 Tribal Colleges



Landscape Analysis

Metrics of Interest

Community College Metrics

- # of mental health providers on campuses
- Offering off campus resources
- Behavioral Intervention Team Presence
- Formal Contracts with off campus mental health providers

Community Metrics

- Services for Community College students
- CMH availability
- Psychiatric Services
- Private Practice

Data Collection

Two methods of data collection:

1. **Finding resources on community college websites**
 - Interpreting ease of accessibility of community college websites
 - Locations where resources were most commonly found (# of 'clicks')
2. **Community Resource web search and CMH survey**



[School Name]

School logo

Executive Summary

This report is intended to shed light on the availability and accessibility of mental health services for students at [School]. Data is presented on the availability of school and county resources and the ease of identifying them via [School]'s website.

According to our searches, [School] (offers limited mental health resources) OR (has xxx mental health providers, offers/does not offer teletherapy/community referrals/BI team), resides in a low/high-resource county in terms of mental health resources, and has an intuitive and easy to navigate/moderately difficult/difficult website to learn about mental health resources.

School Resource Availability

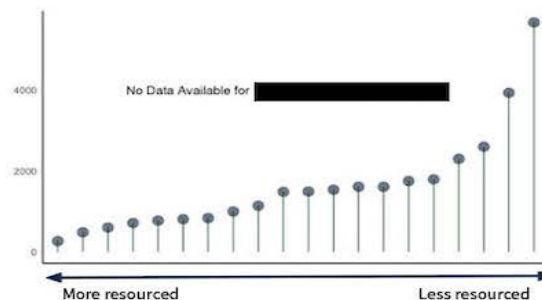
Mental Health (MH) Providers at the Community

College: Of the 27 Michigan community colleges that list the number of MH providers they have at their school, 17 have more than one; this does not include/includes [School], which has xxx MH providers.

Teletherapy: Sixteen of 31 Michigan community colleges list whether they offer teletherapy, and 14 of 16 provide teletherapy; [School] is/is not one of the 14 that offers teletherapy.

Behavioral Intervention Team: [School] is/not one of the twelve schools that has a behavioral intervention team.

Offers Community Referrals to Mental Health Providers: Of the 21 Michigan community colleges that list whether they offer community referrals, 16 do offer community referrals. [School] lists/does not list that they offer community referrals.

Students per Full Time Equivalent Professional Mental Health Staff³

[School] lists information for xxx mental health providers, or xx students per provider. This falls above/within/below the internationally recognized standard for the profession and above/below the statewide community college average of 1616.

[School Name]

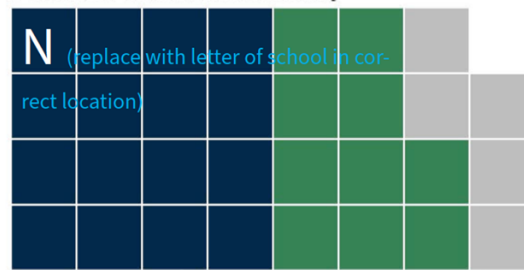
School logo

Perceived Student Access

Website Accessibility: Our research team ranked the ease of accessing mental health information and resources on [School]'s website, with easy websites placing resources on intuitive and easy-to-find pages and/or readily yielded through website searches.

[School]'s website accessibility rating is: [Hard/Medium/Easy]³.

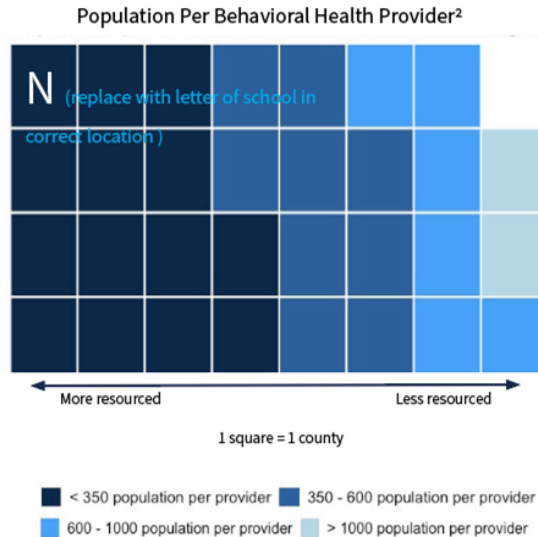
Perceived Website Accessibility³



■ Easy ■ Medium ■ Hard

1 square = 1 school

Community Resource Availability



Based on county-level data, our project team has labeled [School]'s surrounding area as a [high/low] resource county. This is based on several county-level metrics including the existence of behavioral health clinicians and psychiatric subspecialists in the county, the population per behavioral health provider, and the local Community Mental Health center's average number of patients and use of evidence-based practices.

[County] has behavioral health clinicians available [and/but] [does/does not] appear to have psychiatric subspecialists¹. The population per behavioral health provider is xxx, [qualifying/exempting] [County] [from being designated] as a mental health professional shortage area. The statewide average is 450². If applicable: [Local CMH] averages xxx patients a year, compared to a statewide CMH average of 4628. Additionally, [Local CMH] utilizes xx of 19 mental health evidence based practices. The CMH statewide average is 14.

Statewide Findings

***Subject to change with interview confirmation*

- **Number of mental health providers on each campus:**
 - Median = 2 mental health professionals
- **Behavioral intervention team :**
 - 12/31 or 38.7%
- **Off campus referrals :**
 - 16/31 or 51.6%
- **Teletherapy :**
 - 14/31 or 45.2%
- **Community based resources on website:**
 - 21/31 or 67.7%



Missing Data

- Certain metrics for the landscape analysis were unavailable for some CCs/communities
- Still seeking confirmation on landscape analysis metrics from key informants at Michigan community colleges.
- Confirmation needed to ensure accurate representation of the landscape of Michigan community colleges' mental health resource availability and accessibility.

Community College Stakeholder Interviews

Goals of the interviews:

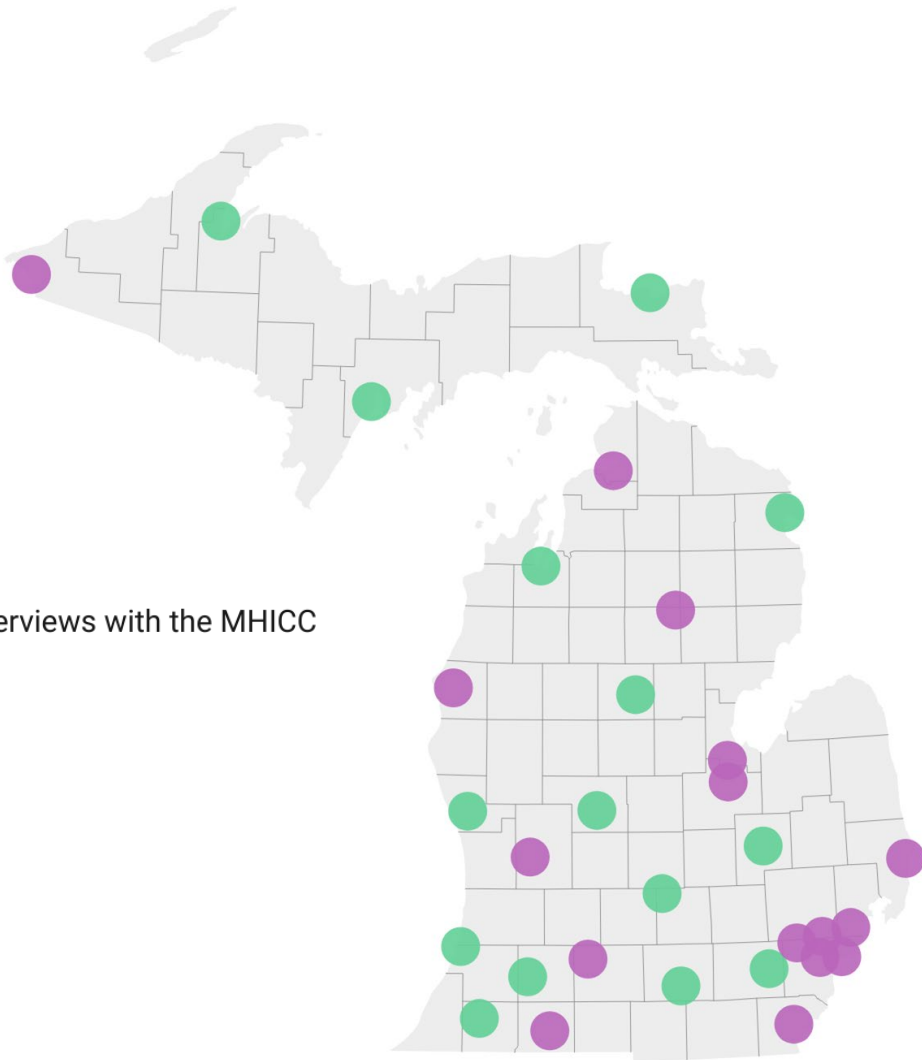
RQ1: What is the **availability** and **accessibility** of evidence-based care for depression/anxiety at Michigan's 31 Community Colleges through **school resources**?

RQ2: What is the **availability** and **accessibility** of evidence-based care for depression/anxiety at Michigan's 31 Community Colleges through **local-county resources**?

RQ3: To what extent is the availability and accessibility of evidence-based care for depression/anxiety **promoted and ascertainable** via school and county websites and electronic resources?

The 31 Community Colleges in Michigan invited to participate in interviews with the MHICC study team.

Complete Pending



Strengths of Community College Mental Health Services

- Availability to students (minimal wait times)
- Appointment numbers
- Administration support
- Faculty collaboration and referrals



“We are fortunate that we can provide students as many appointments as needed, as long as there is a demonstrated need ”

“Our President has been the biggest supporter in improving mental health...by allowing us to offer a full spectrum of services.”

Barriers to Community College Mental Health Access

- Number of Counselors/funding for counseling services
- Overburdened counseling staff
- Raising awareness/advertising mental health services to students
- Physical location of counseling office
- Evidence-based interventions validated for students
- Stigma in seeking care

“An issue is funding. Nobody really wants to fund mental health services at community colleges and we don't have a whole lot of leeway for finding funding from other places.”

“The biggest barrier to our counseling services is students not knowing about it.”

College and Community Integration

- Provider Availability/Long wait lists for community services
- Psychiatric Services
- Transportation issues
- Student insurance status
- Relationships between CCs and community resources

“Transportation is a big big problem for students accessing community resources. The nearest psychiatric services are two counties away. For me, I would have to drive over 75 miles to get there.”

“There may be a plethora of providers in our community, but the ones that [students are] able to access, given their limitations financially or with regard to insurance, is going to paint a really different picture.”

Funding Mental Health at Community Colleges



Funding for mental health services varies across community colleges in Michigan, but is universally the most significant barrier to community colleges delivering on campus mental health care to students.

Funding Mechanism

- **Grants**
 - Title III
 - Strengthening Institutions Program Grant
 - Nonprofits
- **CC Budget Allocation**
 - Limited Government Funding
- **Higher Education Emergency Relief Fund**

Student Focus Groups

Student Recruitment

- CC Stakeholders
- Social Media
 - LinkedIn
 - Instagram
 - Twitter
 - Tiktok?
- Student Mental Health Organizations

HELP US LEARN MORE ABOUT MENTAL HEALTH AT YOUR SCHOOL

Earn \$20 telling our research team about mental health services at your school and what you would like that to look like.

PARTICIPATION

We're looking for Michigan community college students to talk about mental health at your school. Participants will be asked to attend a focus group with 5-7 peers to discuss mental health.

LOCATION: ZOOM
DURATION: 1 HOUR

For any questions or interest in the study, please scan the QR code or visit the link below:



tinyurl.com/MHICCFocusGroup



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Student Focus Groups

- **RQ1:**What kinds of **barriers** make it harder for students to access mental health resources at your school?
- **RQ2:** How has **Covid-19 impacted** the mental health resources at your school?
- **RQ3:** What resources are you aware of that are provided **outside of your school**, if any?
- **RQ4:** What kinds of mental health resources do you **wish** that your school had?

Student Focus Groups

Virtually Hosted via Zoom

due to COVID-19 restrictions on many
CC Campuses



9 focus groups with **19** Community College students were conducted in the Spring 2022 semester

Represented CCs: Mid Michigan College, Lake Michigan College, Kalamazoo Valley CC, Grand Rapids CC, Delta College, North Central Michigan College, Bay College

Preliminary Findings from Student Focus Groups

- Many students are unaware of the mental health resources at their school
- Students believe they would benefit best from a diverse offering of mental health resources offered by diverse providers
- Many students expressed interest in having access to community-based mental health providers, mixed results if they would like to see that relationship facilitated by CCs or not

Next Steps

Healthy Minds Study

- Annual survey of college students regarding mental health and service utilization
- Fielded 550,000 survey participants at 400 colleges and universities since 2007
- Allows colleges to see the current state of mental health on their campus and provide evidence to advocate for mental health services



Next Steps

- **Continue** community college interviews with stakeholders
- **Update** community college landscape analyses
- **Share** student focus group findings
- **Explore** additional mental health interventions for community college students based on student and stakeholder feedback

Long Term MHICC Goals

Funders

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We have no conflicts of interest to disclose.

Thank you!

This work would not be possible without:

- Community College Stakeholders and Students
- MHICC Participants
- Funders
- Study Team

Feedback?
Questions?
Comments?

If you'd like to get involved with
our work :

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