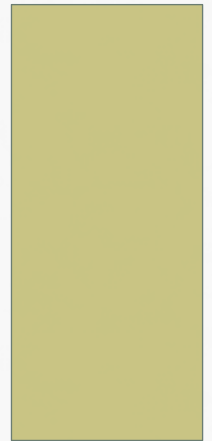


A PICTURE OF MENTAL HEALTH AT CAL MARITIME: FACULTY AND STAFF SURVEY RESULTS, FALL 2013

IAN WALLACE, PHD – COUNSELING &
PSYCHOLOGICAL SERVICES (CAPS) – 11/20/2014



OVERVIEW

- Background and Introduction
- Results
- Summary and Discussion
- Implications
- Questions and Discussion
- Resources

BACKGROUND AND INFORMATION

- California Mental Health Services Authority (CalMHSA) led initiative
 - Created from the voter-approved mental health services act (prop 63)
 - Portion of funding reserved for higher ed systems in CA (CSU, UC and CCC)
- Conducted by the RAND corporation
 - Non-profit research and development corporation
- Organized and advertised at Cal Maritime by me
 - Surveys collected electronically during the last 3 weeks of November 2013

- Purpose: *“to learn more about students’ experiences and attitudes related to mental health and well-being, perceptions of how campuses are serving students’ mental health needs, and perceptions of overall campus climate toward student mental health and well-being”*

Student, Faculty, and Staff Feedback Survey – Complete entry for chance to win \$1000

The California Maritime Academy has partnered with the RAND Corporation, a non-profit research organization based in Santa Monica, CA and the California Mental Health Services Authority (CalMHSA) to conduct a survey to learn more about students', faculty, and staff experiences and attitudes related to mental health and well-being, perceptions of how campuses are serving students' mental health needs, and perceptions of overall campus climate toward student mental health and well-being.

We invite you to participate in our anonymous and confidential survey so that your thoughts and opinions can be heard. The survey should take you approximately 5-10 minutes to complete. As appreciation for your participation and time spent filling out the survey, you will have the opportunity to enter your email address in a CSU-wide lottery for \$1000. Participation in the survey is voluntary and confidential, and you can withdraw at any point.

If you are interested in participating, please follow the appropriate link:

For Students:

<https://www.randsurvey.org/csustudent/>

For Faculty and Staff:

<https://www.randsurvey.org/csustaff/>



Counseling & Psychological Services (CAPS)
200 Maritime Academy Drive | Vallejo, CA 94590
(707) 654-1174 | Fax (707) 654-1171
<http://www.csum.edu/web/health-services/counseling-services>

EMAIL INVITATION

Subject line: **Faculty/Staff Feedback Survey – Sweepstakes to win \$1,000**

Cal Maritime has partnered with the RAND Corporation, a non-profit research organization based in Santa Monica, CA and the California Mental Health Services Authority (CalMHSA) to conduct a survey to learn more about faculty and staff experiences and attitudes related to student mental health and well-being, perceptions of how campuses are serving students' mental health needs, and perceptions of overall campus climate toward student mental health and well-being.

We invite you to participate in our anonymous survey so that your thoughts and opinions can be heard. The survey should take you approximately 5 minutes to complete. Participation in the survey is voluntary and you can withdraw at any point.

In addition, you will have the opportunity to enter your email address into a voluntary sweepstakes in which you could win \$1,000. If you received this invitation in 2013, this is a new sweepstakes drawing. Whether or not you participated previously, we welcome and appreciate your participation for 2014.

If you are interested in participating, please follow this link <https://www.randsurvey.org/csustaff>, where we will provide you with more information about the survey and the sweepstakes.

Thank you!

RESULTS

- Completed surveys of 9 participating CSU campuses: 2842
 - Average surveys completed per campus: 316
 - Participating campuses:
 - CSU Channel Islands
 - Humboldt State University
 - California Maritime Academy
 - CSU Monterey Bay
 - CSU Northridge
 - California State Polytechnic University, Pomona
 - San Diego State University
 - California Polytechnic State University, San Luis Obispo
 - CSU Stanislaus
- Completed surveys at Cal Maritime: 80

RESULTS

- *Note: Data in parentheses are comparative statistics from all CSU campuses*
- Demographics (%):
 - Age: 46.7 (44.0)
 - Gender-F: 51 (67)
 - Hispanic/Latino: 7 (16)
 - First term as faculty/staff: 25 (15)
 - if no, how many years worked?: 8.9 (10.4)

RESULTS

- How much do you agree with the following statements about this campus? (1-strongly disagree, 2-disagree, 3-neither agree or disagree, 4-agree, 5-strongly agree):
 - *This campus provides adequate mental health counseling and support services for students – 3.3 (3.6)*
 - *This campus provides adequate counseling and support services for students with unique needs (e.g., diverse ethnic/language groups, LGBTQ, low income) – 2.7 (3.6)*
 - *This campus provides effective confidential support and referral services for students needing help because of depression stress, substance use, violence or other emotional issues – 3.3 (3.6)*
 - *This campus emphasizes helping students with their social, emotional, and behavioral needs – 3.1 (3.5)*

RESULTS

- To what extent is your campus actively putting into place the following policies or program? (*1-not at all, 2-very little, 3-somewhat, 4-a moderate amount, 5-a great deal*):
 - Programs and resources for students that promote the responsible use of, or abstinence from, alcohol – 3.1 (3.9)
 - Programs and resources for staff and faculty to refer students for help with drug and alcohol problems – 2.7 (3.2)
 - Support, resources, or programs for students with mental health needs – 3.4 (3.9)
 - Support, resources, and programs for staff and faculty to refer students with mental health needs – 3.2 (3.5)

RESULTS

- To what extent is your campus actively putting into place the following policies or program? *(1-not at all, 2-very little, 3-somewhat, 4-a moderate amount, 5-a great deal)*:
 - Training programs to help students recognize and respond to other students with mental health needs – 3.1 (3.2)
 - Training programs to help faculty and staff recognize and respond to students with mental health needs – 2.9 (2.9)
 - Training programs to help students recognize and respond to students at risk for suicide – 3.1 (3.1)
 - Training programs to help faculty and staff recognize and respond to students at risk for suicide – 3.1 (2.9)
 - A social media campaign to reduce stigma and improve awareness of student mental health for the whole campus 2.1 (2.7)

RESULTS

- In the past 6 months, how often have you talked with students at your campus about their mental health problems? (*1-never, 2-once or twice, 3-a few times, 4-many times*):
 - 2.1 (mean unavailable but 41% never)

RESULTS

- Over the past 6 months, have you attended any trainings online or in person to help better support students with mental health problems? 20 (44)
 - If no, Faculty and staff have many reasons why they do not participate in student mental health trainings. Which of these reasons are the most true for you? (check all that apply)
 - Top 5 reasons
 - I didn't know what trainings were offered – 70 (66)
 - My campus does not encourage me to go – 30 (25)
 - I didn't know how to access online trainings – 30 (19)
 - The training is not required – 21 (24)
 - Trainings don't accommodate my schedule – 14 (14)
 - Others
 - I have been too busy to participate – 12 (25)
 - Other – 9 (15)
 - “The training is helpful, but generally lacks conciseness.”
 - “the campus [needs to] respond more appropriately to the challenges of mental health problems on campus, which it does little to address apart from the presence of a skilled psychologist who is often overwhelmed with students.”

RESULTS

- Over the past 6 months, have you accessed information about student mental health online through your university or campus' website?
 - 19 (19)

RESULTS

- Please rate the extent to which you agree with the following statements (*1-strongly disagree, 2-disagree, 3-neither agree or disagree, 4-agree, 5-strongly agree*):
 - The programs on campus send the message to students that help is available for mental health problems – 3.3 (3.5)
 - I can only help a student with mental health needs/distress if they seek assistance – 2.4 (2.9)
 - I have easy access to the educational or resource materials I need to learn about student mental health – 3.1 (3.1)
 - Our college/university has online resources that I can utilize for addressing student mental health – 2.9 (3.2)
 - This campus has an adequate number of resources or people to whom I could refer students with mental health needs/distress – 3.0 (3.2)

RESULTS

- Please rate the extent to which you agree with the following statements (*1-strongly disagree, 2-disagree, 3-neither agree or disagree, 4-agree, 5-strongly agree*):
 - I can identify the people or places where I should refer students with mental health needs/distress – 3.9 (3.6)
 - I feel comfortable discussing mental health issues with all types of students – 3.4 (3.2)
 - I am aware of the early signs of mental disorders – 3.3 (3.1)
 - I don't have the necessary skills to discuss mental health issues with a student – 2.8 (3.0)
 - I am confident in my ability to help students address mental health issues – 3.2 (2.9)
 - I am able to help students in distress get connected to the services they need – 3.6 (3.6)

RESULTS

- In the past 6 months, approximately how many students have you been concerned about due to their psychological distress? (0-none to 5-5+):
 - 1.9 (1.5)
 - CSU-wide: none = 41%
- In the past 6 months, approximately how many students that you have been concerned about due to their psychological distress have you referred for support services? (0-none to 5-5+):
 - 1.2 (1.0)
 - CSU-wide: none = 59%

RESULTS

- Please let us know about other important student, faculty, or staff mental health issues on your campus that weren't addressed in the survey. (please specify):
 - 17 responses
 - Staffing (x3)
 - "Survey is a bit biased for me as I do work in the Student Health Center. However, we do not have enough appointments available for students and currently are scheduling three weeks out for problems - not emergent or urgent but three weeks out seems unnecessary given the mental crises that can develop during that time."
 - "more than one psychologist is need to meet the need of the student population"
 - Squeezed for time
 - "I work 10 - 12 hour days, and I only receive one day off a week (due to other commitments outside of work). There just isn't the time for me to reach out to 'learn'...1. We need more resources (money) so that current staff is not overworked and has the time to 'learn'. 2. Money can be brought about via grants. We could learn plenty from our sister campuses and from the UC system. "
 - Cruise (x4)
 - "Cruise...The studends are crammed into very very small rooms (possible illegal in size) for almost 10 weeks WITHOUT mental health services. This was an administrative decision to NOT bring professional mantal health folks to help deal with the stresses of being away for so long. Instead they opted to bring 4 commandant in charge of maintaining order; which really goes to add to the stress because of the way they treat most students and staff. Is this even legal or morally right?"

RESULTS

- Please let us know about other important student, faculty, or staff mental health issues on your campus that weren't addressed in the survey. (please specify):
 - Need for trainings (x3)
 - "I would like to see more training available to all student, faculty and staff. I would like to see more involvement with mental health issues by all on campus."
 - "With the society we live in these days, perhaps at least a basic class should be required for all faculty and staff to attend once a year."
 - Underserved and vulnerable populations (x2)
 - "we have two major groups on campus, LGBTQ and Veterans, that need more support or a creating of a safer campus environment and little has been done to support these students...the campus community as a whole needs to embrace supporting these students and needs to create resources like groups to assist veterans as they return to campus, hire staff that can help veterans navigate and enforce policies against hate speech and other threats to these groups."

RESULTS

- Please let us know about other important student, faculty, or staff mental health issues on your campus that weren't addressed in the survey. (please specify):
 - Hostile Campus Climate
 - “Contrary to what some administrators may believe this campus has a very deep rooted sexist, racist, homophobic, and all around prejudice feel and tone to it. This creates an environment that has a negative effect on just about anyone's mental health but especially the mental health of women, minorities, and LGBTQ folks. This tone and its effects become especially apparent during the summer training cruise which has zero mental health resources available. As an instructor and shipboard employee I have had to deal with many different situations involving students bullying each other with racist comments and homophobic comments as well as situations that frequently border on sexist treatment of the few female students that we have from other male students as well as from faculty members. I frequently observe my colleagues treat female and minority students differently than white male students by holding them to different standards sometimes in the students favor and sometimes not...I feel that in a unique small school like this environment is extremely important especially on board the training ship during the summer.”

RESULTS

- Please let us know about other important student, faculty, or staff mental health issues on your campus that weren't addressed in the survey. (please specify):
 - Stigma (x3)
 - “The students on the California Maritime Academy feel stigmatized in regards to seeking treatment for mental health issues. This is especially true for licensed-track students who wish to work in the Maritime Industry. Students feel that even the smallest inkling that they feel or have mental health issues will disqualify them from employment. I do not know to what extent this is true, but I do know that the Maritime Industry is a very macho" industry that does not tolerate "weaklings" in any capacity. It is extremely important that students on this campus feel that their privacy rights are highly secure and respected.”
 - “this school has a stigma that if you can't handle your classes, watch, extra duty, inspections, etc., that you will never make it in the industry.” Because of this, I don't think many students want to admit they are having troubles & need help.”

DISCUSSION

- Similar to CSUs:
 - Trainings and support for preventing suicide
 - 1 in 5 access mental health information from the campus website

DISCUSSION

- Different from CSUs
 - Consistently lower scores on
 - availability of supportive services
 - Particularly for unique student groups
 - Programs and policies for mental health and substance use
 - Use of social media to address mental health needs
 - Barriers to attending trainings
 - Not offered, encouraged, or known to faculty/staff
 - But faculty/staff report having more time for trainings than other CSU employees
 - Greater concern for students and more referrals

IMPLICATIONS

- For Students:
 - Support may be less effective due to fewer trainings and resources
 - Underserved groups more vulnerable
- For Faculty and Staff:
 - Continue recognizing signs and providing referrals
 - RED FOLDER
 - Counselors on Cruise?
 - Fight Stigma!
- For CAPS:
 - If you build it they will come
 - Provide more trainings and outreach
 - Ex: 8 staff in attendance at last QPR training
 - (for faculty: Dec 11th at 1100 in peachman)
 - Meet the needs of underrepresented students
 - E.g., Women, Veterans, LGBTQ
 - Increase staffing

QUESTIONS

- Are the results what you expected them to be?
 - How so? How not?
- What conclusions and implications do you draw?
- How do these results impact your work at Cal Maritime? and specifically, your work with students?

CONTACT INFORMATION AND RESOURCES

- Ian Wallace, PhD
 - iwallace@csum.edu
 - Direct: (707) 654-1174
 - Student Health Front Desk: (707) 654-1170
 - Web site: <http://www.csum.edu/web/health-services/counseling-services>
- CAPS Hours: 8-5 M-F
 - Walk in hour (for Crisis/immediate appointments): 2-3pm M-F
- Resources:
 - Solano County Mental Health Crisis Stabilization Unit, (707) 428-1131
 - Campus Police, (707) 654-1111
 - Sutter Solano Medical Center, Vallejo 300 Hospital Drive, (707) 554-4444
 - Vallejo Police Department Emergencies, (707) 552-3285 or Call 911
 - National Suicide Prevention Lifeline, (800) 273-TALK (8255)
 - Rape & Intimate Partner Violence (707) 557-6600

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Student Health Services and Counseling & Psychological Services (CAPS) at The California Maritime Academy introduce for students the...

After Hours Medical and Psychological Assistance Line **Call (707) 654-1170, ext 1**

When Student Health Services and CAPS are closed, call the After Hours Assistance Line to speak directly with a professional who is specialized in the physical and psychological healthcare needs of college students.

- It's free, confidential, and available
- Don't worry, wonder or wait – Call Now



Student Health Services and Counseling & Psychological Services (CAPS)
200 Maritime Academy Drive | Vallejo, CA 94590
(707) 654-1170 | Fax (707) 654-1171
<http://www.csum.edu/web/health-services/>

SUICIDE PREVENTION TRAINING FOR
FACULTY IN 3 WEEKS

- Thursday December 11th at
1100 in Peachman

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