A Holistic Approach to Mental Health in a Community College Setting

Thomas No‘eau Keopuhiwa, Ed.D., Kapi‘olani Community College
Brenda Ivelisse, Ph.D., Kapi‘olani Community College

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Overview

• Introductions

• The Kapi‘olani Community College Experience

• The Student Affairs Division

• Incorporating Mental Health
Outcomes for Session

• GOAL
  – Destigmatizing Mental Health on a College Campus

• Outcomes
  – Purposefully choose a design and space of the Mental Health counselor
  – Effectively communicate the role of the Mental Health counselor to your campus
  – Collaborate with the Title IX Team, BIT and Student Conduct Officer to leverage your program
Introduction

• Kapiʻolani Community College
  – About 14,000 students headcount, 6,000 FTE
  – ANAPSI & ANNH Designation
  – 95% students of color
  – 9 credits enrollment
  – Highest International Student Enrollment
  – Known for STEM & CTE Programs

• University of Hawaiʻi System
  – 7 community colleges
  – 3 Universities
  – Various Centers
Administrative Structure

- Chancellor, Vice Chancellors, Deans, Unit Heads
- 16 units under Student Affairs
- Vice Chancellor for Student Affairs - compliance, enrollment services, Title IX
- Student Affairs Coordinator - retention, assessment & conduct
- Mental Health & Wellness Office, developed in 2015
  - Mental Health Counselor, licensed
  - Wellness Counselor
  - Confidential Space for Title IX
Purpose of the Community College

• Open access education

• Commitment to the community

• Meeting workforce demands

• Reflection of the community
Baggage and Barriers

- Family/Peer Pressure
- Time Management
- Financial Literacy
- Navigating the Higher Education Maze
- Understanding College Culture
- Mental Health
  - Depression
  - Anxiety
  - Schizophrenia
  - Bi-polar
  - Various Addictions
The mission of Student Affairs is to ensure student success by offering comprehensive services through integrative collaborative approaches designed to address the need of our diverse student population by encouraging a climate of self-efficacy and learning.
• Students **do not know** where to go for help

• Students **do not think** they need the help

• Students are **too embarrassed** to seek out services
Care Model

Prevention:
- Pau Violence
- Climate Survey
- Online Training

Intervention:
- BIT
- 1:1
- Wellness

Postvention:
- Follow Through
- Wellness
- Referral
Destigmatizing Resources on Our Campus

• The Office of the Vice Chancellor of Student Affairs
• The Mental Health and Wellness Program
• Title IX Initiatives
  – Address Faculty/Staff/Student concerns with each
  – Open and honest conversations about each
  – Creating space and voice for access to all
  – Building relationships
Creating a Culture of Reporting & Inclusion

• Student of Concern Reporting Link
• Introduction to the campus
  • New Faculty Orientation
  • New Student Orientation
• Presentations
  • Department Meetings
  • Staff Trainings
  • Student Leader Training
• Daily Interaction
Triaging Student Cases

• Processing the reports
  – Vice Chancellor of Students Affairs
  – Mental Health Counselor
  – Student Conduct Officer
  – Wellness Counselor
  – Confidential Advocates

• Classification
  – Title IX
  – Student Conduct
  – Student of concern
  – FYI
Student Conduct and Student Development

• Looking past the behavior

• Understanding the student on and off campus

• Supporting a learning environment

• Creating opportunities, not barriers
Title IX and Student Development

Using TITLE IX to empower and educate both parties,

Mental Health is critical at this point... focus on behavior
Mental Health on a College Campus

- Lessons learned
  - A Native Hawaiian approach to Mental Health
  - The Clash of Cultures
  - Creating a space that is both welcoming and safe
  - Creating awareness across the campus
  - Collaboration Vs. Isolation
  - Building Relationships
Thank you for joining us today!

Please remember to complete your customized online evaluation following the conference.

See you in Philly in 2018!