

Foothill Annual Program Review 2023

Annual Program Review Template 2023

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1. Number of full-time faculty in the program.

3

2. Number of part-time faculty in the program.

1

3. Number of staff in the program.

1

4. Do the above numbers reflect any staffing changes?

no

5. Refer to the most recent Comprehensive Program Review, what were the identified actions for improvement? Identify any current and/or new Strategic Goals.

N/A

6. What actions identified in the Comprehensive Program Review (or most recent Annual Program Review if no Comprehensive Program Review) have you completed this year?

1. Identification of Stressors/Strategies

- We are continuing to collect data as the End of Therapy Survey will be administered beginning Fall 2023 asking students what skills and tools they have learned to overcome stressors

2. Sense of Belonging:

- Wellness Ambassadors Activities for 2022-2023: 18 events; QPR, MH Awareness month, Movies for MH, Healthy U Resource Fair, Pride in MH, Healthy Relationships, in class presentations
- Outreach Activities

3. Stigma Reduction

- We have changed our name from Psychological Services to the Mental Health and Wellness Center
- We successfully connected with Umoja/Puente for introductions and outreach
- International Student Orientations
- New Student Orientation introduction
- Guided Pathways collaboration
- ASFC intro to Psych Services; collaboration with the Mental Health Task Force

7. Explain your implementation timeline and if there have been any changes or updates.

We continue to focus on three areas of program review Fall 2023

1. Identification of Stressors/Strategies: Continue to collect data on End of Therapy Survey
2. Sense of Belonging: Plan to activate Active Minds of Foothill College (Fall 2023); GSA active in promoting mental health, inclusivity, equity, and wellness, Stress Less Fest Fall 2023

3. Stigma Reduction: Collaboration with BIPOC MCC regarding event promotion for BIPOC students (Fall 2023 Moving through the Holidays); Collaboration with Athletics MH Screen (Fall 2023); MH for BIPOC Students through Steve Fund.

8. Explain the evidence the program used to evaluate progress and provide an update on progress.

1. Identification of Stressors/Strategies: Continue to collect data on End of Therapy Survey
2. Sense of Belonging: Outreach Efforts and End of Therapy Survey; surveys following activities
3. Stigma Reduction: Number of collaboration events with BIPOC MCC; Assessment tools developed in collaboration with Athletics MH Screen (Fall 2023); MH for BIPOC Students through Steve Fund, assessment tools being developed.

9. Click the link and follow the instructions to the Disproportionate Impact dataset, then respond to the prompt below.

https://foothilldeanza-my.sharepoint.com/:b:/g/personal/20078222_fhda_edu/EctjgGNEurtMlb1n6ZQ5k3kBNTejiE9G_kGSHMhfM1tsrA?e=yDcC7c

Identify the groups that are experiencing a disproportionate impact in the most recent year (highlighted in orange). In the text box below, provide the percentage point gap and the number of additional successes needed to erase the percentage point gap for each group.

Black -12, 1140

Latin -10, 5789

Native American -1, 13

Pacific Islander -5, 111

Foster Youth -23, 174

Low Income -9, 8178

Veterans -2, 67

10. Use this opportunity to reflect on your responses in this document. Include your closing thoughts.

The Mental Health and Wellness Center continues to provide outstanding individual services to our students. We are expanding services to collaborate with the BIPOC MCC and the Steve Fund (Equity of Mental Health for BIPOC Students) to continue to provide services to the impacted groups above. We have implemented TimelyCare for after hours and crisis support. We also have life coaching provided by tbh (to be honest) which allows students to engage with mental health services in group with a Life Coach. These options provide inclusive and equitable opportunities to the students in the above groups. We will be expanding our services and opening the Mental Health and Wellness Center in the Hearthside Lounge which will allow students a space to address and engage with mental health interventions bringing a variety of equitable interventions to address reduction of stress and identification of stressors, reduce stigma and provide a sense of belonging.

Click on the link below to view the Annual Program Review Rubric.

https://foothilldeanza-my.sharepoint.com/:w:/g/personal/20078222_fhda_edu/Ec2dqPH1B2RHinzFtnIz6sYB7-DOzW9lv1KkGyWdLuZkbg?e=CIfFMU

End of Annual Program Review Template 2023

This form is completed and ready for acceptance.

Rubric Annual Program Review

Criteria

The program's responses...

- align with the program's goals
- align with data
- are informed by data
- are within the control of the program
- have measurable outcomes

Meets Expectations

Needs Improvement

Feedback

Alignment with Program Goals: The expansion of services to collaborate with the BIPOC MCC and the Steve Fund, as well as the implementation of TimelyCare for after-hours and crisis support, align with the center's goal of providing inclusive and equitable mental health services to all students, particularly those from marginalized communities. By partnering with organizations focused on equity in mental health, the center ensures that its services cater to the specific needs of BIPOC students, thus advancing its overarching goal of promoting mental wellness for all students.

Utilization of Data: The decision to expand services and open the Mental Health and Wellness Center in the Hearthside Lounge appears to be informed by data. It is reflected in the analysis of student demographics, and feedback gathered through surveys. From the data, the center identifies areas of need and strategically allocates resources to address them, ensuring that its interventions are responsive to the evolving needs of the student population.

Measurable Outcomes: The review mentions the implementation of life coaching provided by tbh (to be honest) and the utilization of group sessions with a Life Coach. These interventions, along with the expansion of services, aim to reduce stigma, provide a sense of belonging, and address stressors among students. These outcomes are measurable through various means such as pre-and post-intervention surveys assessing stigma reduction, self-reported measures of stress levels, and feedback from participants regarding their sense of belonging. By setting clear outcome metrics, the center can assess the effectiveness of its interventions and make adjustments as needed to improve outcomes over time.

Within Program Control: All of the initiatives mentioned in the program review, including partnerships with external organizations, implementation of new services, and the opening of a new center space, are within the control of the Mental Health and Wellness Center. This demonstrates proactive leadership and a commitment to continuously enhancing the quality and accessibility of mental health services for students.

The program review indicates that the Mental Health and Wellness Center is meeting expectations by aligning its initiatives with program goals, utilizing data to inform decision-making, focusing on measurable outcomes, and maintaining control over program activities.

These practices contribute to the center's effectiveness in providing comprehensive and equitable mental health support to students.

This form is completed and ready for acceptance.