



STUDENTS...

Be Heard!

Take the ACHA-NCHA
HEALTH SURVEY!

Look for an EMAIL
on September 24

MOORPARK COLLEGE

OXNARD COLLEGE

VENTURA COLLEGE

VC EAST CAMPUS



STUDENTS...

Be Heard!

Take the ACHA-NCHA
HEALTH SURVEY!

Look for an EMAIL
on September 24

MOORPARK COLLEGE

OXNARD COLLEGE

VENTURA COLLEGE

VC EAST CAMPUS



ACHA-NCHA
Fall 2019

Moorpark, Oxnard, Ventura Colleges



American College Health Association
National College Health Assessment

ACHA-NCHA



- Comprehensive physical, mental and psychosocial health assessment
- Over 1 million college students in the United States and Canada have taken the survey since 2000.



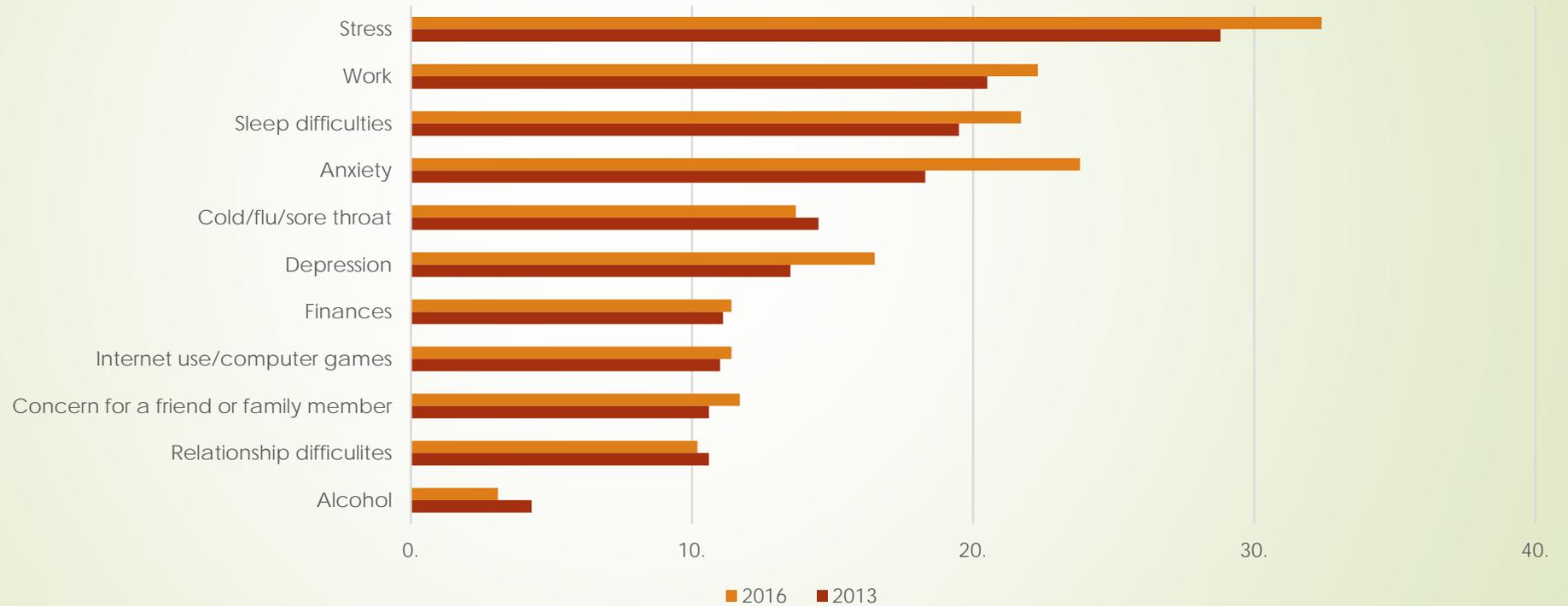
ACHA-NCHA Topics

- Demographics
 - First-gen
- Alcohol, Tobacco, Other Drug Use
- Sexual Health
- Nutrition and Exercise
- General Health
- Safety
- Impediments to Academic Achievement
- Mental health (last 12 months)
 - Hopelessness (46.9%)
 - Very Lonely (50.6%)
 - Very Sad (56.3%)
 - Seriously considered suicide (9.1%)
 - Attempted suicide (2.5%)
 - So depressed it was difficult to function (33.1%)

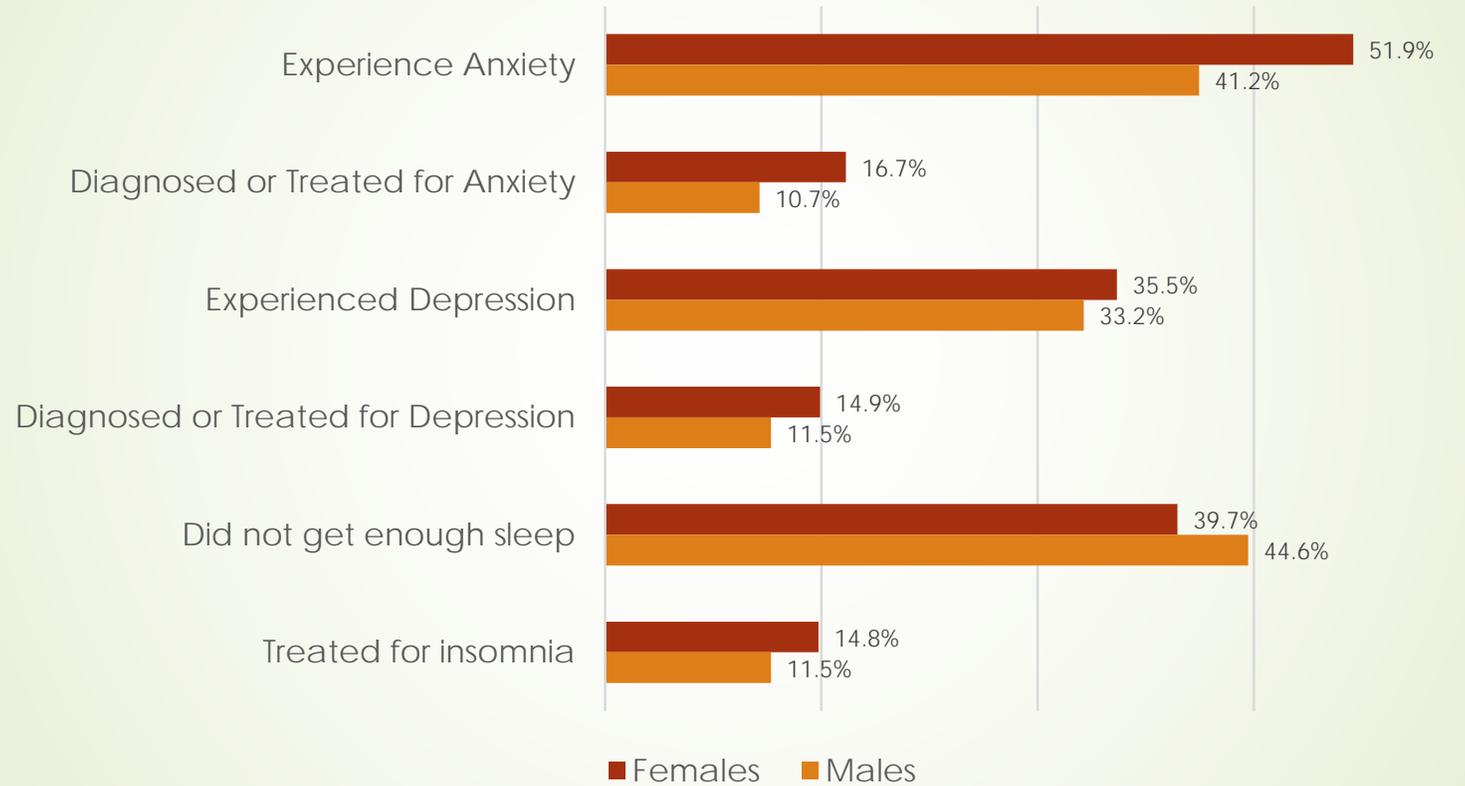
Academic Impediments

CCC Consortium

Comparing 2013-2016



Students Seeking Help





Campus Programs Increase Proportion of California College Students Receiving Mental Health Services, Yielding a Positive Financial Return as More Graduate

Rand Corporation, 2016

- Key findings:

- Receiving mental health treatment increased the likelihood of graduating by **1.38%**
- The societal benefit of increased treatment and decrease in drop-outs was estimated to be as high as **\$56** million dollars
- Estimated net benefit of **\$11.39** for each mental health dollar invested

- https://www.rand.org/pubs/research_reports/RR1370.html



What have we done?

- ❑ Increased mental health counseling hours from 24 to 32 hours per week post survey (2014)
- ❑ Currently at 50 hours per week
- ❑ Mental health visits increased from 12% (2010) of our practice to 22.98% (2018)
- ❑ SafeTalk Suicide Prevention training for students and staff
- ❑ ASSIST 2 day suicide intervention training (Deanna)
- ❑ Classroom presentations (anyone who will let us into their class!)



How can ACHA-NCHA Data be utilized?

- Trends
- Development of Programs
- Health Intervention Strategies: i.e. Stress Management, Suicide Prevention
- Staffing
- Resource Allocation

- Please consider offering extra credit to students who complete the survey**