



Student Health Services - Division Counseling, Student Success & Equity - Student Health Services

## Main

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### Overview

**Academic Year** 2024 - 2025

**Originator** Shook, Ryan

**Division** Division Counseling, Student Success & Equity

**Department** Student Health Services

### Programs

## Co-Contributors

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Questions? Find answers in CurricUNET User Manual. ([http://www.Gavilan.edu/en/employee-services/office-of-instruction/curricunet/program\\_reviews/create\\_pr.html](http://www.Gavilan.edu/en/employee-services/office-of-instruction/curricunet/program_reviews/create_pr.html))

Contributor

- Craig-Marius, Renee
- Espinoza, Diego

## Annual Update

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### 1. Academic Year 2023 - 2024

**Previous Goals** 80% of students surveyed who access mental health services will indicate they were extremely satisfied with the overall usefulness of the mental health services and have noticed improved mental health and wellness.

**Proposed Activity to Achieve Goal:**

Utilize the ACHA-NCHA survey results to determine what types of events and activities student want and need most.

**Responsible Party:**

Supervisor, Student Health Services

**Total Three Year Resource Allocation Request:**

0

**Timeline to Completion Month / Year:**

August/2025

**How Will You Evaluate Whether You Achieved Your Goal:**

Students will be surveyed to assess usefulness of the activities.

**End of Year Goal Status** In Progress

**Please describe your status (No more than 200 words)**

In the 2023-24 AY, 74% of students that responded (n=19) to the mental health services satisfaction survey were very satisfied and 16% were somewhat satisfied. We continue to review and assess the overall usefulness of mental health and wellness services. We are planning to give the satisfaction survey mid-semester as well. We have a very low response rate, less than 15%, so we might be able to gather more responses by sending the survey in the middle of the semester as well as at the end.

We continue to work on ways to expand our services. We are planning the addition of therapy support groups this semester. Students will be able to opt in to attend a group and/or individual therapy. We currently have an addiction recovery support every Wednesday. We have 1-5 students every week.

We hired a FT faculty counselor/therapist, Josh Ramirez. With the addition of a FT therapist, we increased the number of student appointments in Gilroy and Hollister. We had 110 students request services in Fall 2024. In 23-24, we had a total of 140 students requesting services.

**Did you request the same resources the previous year? If so, what was the result? Has there been a significant change since your request?**

Mental Health funds, \$183,970, are allocated from the state. We did not request additional funds from the District. However, this year our mental health counselor is a full-time faculty member, so we have been monitoring the funds and have made adjustments to accommodate the increased labor cost.

**Planning**

We are working with the Steve Fund's Equity in Mental Initiative to assess the level of mental health services and introduce ways to better serve students of color. This is an 18-month process that includes a needs assessment and review of our current data. We will work with Steve Fund to address the gaps and needs of our student of color.

This AY 24/25, we started a Master of Social Work student intern program. We have been able to build capacity in our in-person and Spanish-speaking appointments. This has also helped us to reduce the cost and reliance on Discovery Counseling Center's telehealth support.

**Additional Comments**

**2. Academic Year 2023 - 2024**

**Previous Goals** Identify service gaps in student health and implement plan to fill the gaps.

**Proposed Activity to Achieve Goal:**

Administer the National College Health Assessment to Gavilan student body to gather precise data about our student health habits, behaviors and perceptions.

**Responsible Party:**

Supervisor, Student Health Services

**Total Three Year Resource Allocation Request:**

0

**Timeline to Completion Month / Year:**

August/2025

**How Will You Evaluate Whether You Achieved Your Goal:**

Data gathered from the NCHA survey will be used to identify sustainable staffing and program planning that meets the needs of our students.

**End of Year Goal Status** In Progress

**Please describe your status (No more than 200 words)**

We have completed the ACHA-NCHA Survey and have identified some service area gaps. Students have identified issues with anxiety, procrastination, depression, and microaggressions. We are working to implement mental health and wellness services to assist students afflicted with these issues. We are developing therapy type groups and workshops to assist in these areas. More data collection of the usefulness of these services will need to be assessed.

We are working with the Hollister campus to provide supplies and services that mirror the Gilroy Campus.

**Did you request the same resources the previous year? If so, what was the result? Has there a been a significant change since your request?**

We did not request resources for this goal. However, we will be requesting funding to support to the new initiatives from the state to provide Narcan, fentanyl test strips, drink spike test kits, and period products.

**Planning**

We are working with the Steve Fund-Equity in Mental Health Initiative to facilitate a needs assessment, identify gaps, and develop ways to close those gaps. We have been and continue to add additional resources that follow new state and federal laws. In the last two years, we have been mandated to provide Fentanyl and drink spike test kits. We continue to work with local community agencies to provide Narcan training. Maintaining these services as new laws come into effect will be difficult with the current budget.

**Additional Comments**

**3. Academic Year 2023 - 2024**

**Previous Goals** Increase health services usage by 5%

**Proposed Activity to Achieve Goal:**

Utilize the ACHA-NCHA survey results to determine what types of events and activites student want and need most.

**Responsible Party:**

Supervisor, Student Health Services

**Total Three Year Resource Allocation Request:**

0

**Timeline to Completion Month / Year:**

August/2025

**How Will You Evaluate Whether You Achieved Your Goal:**

Students will be surveyed to assess usefulness of the activities.

**End of Year Goal Status** In Progress

**Please describe your status (No more than 200 words)**

Student Health has added additional events and activities. Student Health collaborated with El Centro to facilitate an additional resource fair in the spring, similar to the health fair. The fair brings local community agencies that provide direct services to our students. In spring 2024, we had approximately thirty community partners attending with more than 250 students receiving information. Student Health has partnered with Stanford Blood Center to host annual blood drives, one in the fall and one in the spring. We have partnered with San Benito County Public Health to facilitate flu clinics and Narcan distribution at both Gilroy and Hollister campuses. We are continuing to search for additional opportunities to partner with local agencies to provide services.

Last year we had 55 students use Recuro Telehealth, that is up 48 students from the previous year. There was a dramatic drop in total student engagements with the Campus Well Online Magazine from the 2022-23 year to the 2023-24 year. There were 6480 engagements in 2023-24 and 9641 engagements in 2022-23. The total engagements decreased by 3161. This is such a dramatic decrease that more information needs to be collected from the vendor.

**Did you request the same resources the previous year? If so, what was the result? Has there a been a significant change since your request?**

No

### **Planning**

Student Health will continue to collect and monitor the number of students attending events and accessing services. We have added additional events and activities. Therefore, the number of students who access services has increased. Marketing and planning will continue to be refined to make sure students are aware of the activities and services available. Student Health will continue to facilitate a resource table the first three days of each semester. Providing information about what health services are available early in the semester is critical to encouraging students to access services.

### **Additional Comments**

4. **Academic Year 2024 - 2025**

**Previous Goals** 80% of students surveyed who attend health services events will identify these activities as helpful.

**Proposed Activity to Achieve Goal:**

Utilize the ACHA-NCHA survey results to determine what types of events and activites student want and need most.

**Responsible Party:**

Supervisor, Student Health Services

**Total Three Year Resource Allocation Request:**

0

**Timeline to Completion Month / Year:**

August/2025

**How Will You Evaluate Whether You Achieved Your Goal:**

Students will be surveyed to assess usefulness of the activities.

**End of Year Goal Status** In Progress

**Please describe your status (No more than 200 words)**

In 2023, ten students responded to the Health Faire satisfaction survey. All respondents indicated that the event was extremely helpful. Satisfaction surveys for each event have been difficult to attain. There is a very low response rate. Students, at times, are unwilling to complete the surveys. It takes additional staffing to make sure students complete the surveys.

**Did you request the same resources the previous year? If so, what was the result? Has there a been a significant change since your request?**

No

### **Planning**

The Counseling, Student Success and Equity division will be working to develop an event planning guide. With the help of the research department, we will create a satisfaction survey that all events and activities will use. This will help everyone who facilitates events understand

the steps and to collect the same data points. This data can then be aggregated and assessed as a whole.

Student Health will use the collaborative survey moving forward. Student Health will need to do better at ensuring the survey is administered at each event. Student Health will create an assessment plan that includes administering the survey.

### **Additional Comments**

## Resource Requests

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### **Click Add Item to Enter a Resource Request**

1. **1. Request Name (short title)** State Mandated Free Items for Students
  2. **Request amount** 10000
  3. **Type of Request** Non Personnel
  4. **Alignment to Goal(s)** Increase health services usage by 5%
  5. **Is this a one-time or ongoing expense.** Ongoing
  6. **Category of Request (Select all that apply).**
    - Non-Instructional Supplies and Materials
- 7. The committee will separate goals with resource requests. Requests will be categorized into two groups: those to be ranked and those not ranked. The requests not ranked include Safety, Compliance, Personnel, and Position.**
- Which of the following best describes your requests?**
- Compliance: Requests that meet necessary regulatory and legal standards, such as Section 508, FERPA, and OSHA. These requests may or may not be related to safety or security issues, but they are required by law or regulation.
- 8. Provide a complete description, justification, or rationale for the requested amount. Describe how it aligns to the selected goal(s) and your responses to the above questions. (300 words)**

The state continues to enact new laws that require higher education institutions to provide students health and wellness supplies, and the student health center has complied.

The most recent laws are listed below.

ED Code: 66027.7 Free Menstrual Products

AB 461 Free Fentanyl test strips along with Narcan

AB 1521 Drink Spike Test Kits

While these new laws are slated to provide services to students, student health has also been providing these items to employees, as needed. In the 23/24 AY, student health spent \$4000 on period products. While we have been able to get Narcan and Fentanyl test strips from the state, we must supply two campuses with these supplies, and there is a limit on the number of Narcan and Fentanyl test strips we may order through the state. Therefore, we may need to purchase these supplies to adequately supply Gilroy and Hollister campuses. Student health recently spent \$1200 on drink spike test kits, and we will need to purchase more for the upcoming AY.

The proposed amount of \$10,000 ongoing funds will help to offset the costs of these free items that are provided to students and employees. Student health has been using student health fees to purchase these items. By law, student health fees are not to be used to provide services to employees. Therefore, student health is requesting the District support the purchase of these items.

## Executive Summary

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**Please provide a brief executive summary regarding program trends and highlights that surfaced in the writing of this report. Summarize, using narrative, your program goals for this year. Your audience will be your Peer Review Team, the program review Committee, President's Cabinet, Dean's Council, ASGC, Academic Senate, Budget Committee and Board of Trustees (300 words or less).**

Student Health and Wellness Services has increased the number of events, activities, and services over the last year. We have worked with other departments to facilitate an additional resource fair, and have added two annual blood drives. Student health and wellness has been keeping up with the new laws that require us to provide critical resources for students. Overtime, these new laws will strain the health and wellness budget. Therefore, we are asking that the District contribute so that we can continue to provide these resources to students and employees. These services are vital to the health and wellness of students and employees.

We have added a FT faculty counselor/therapist and a Spanish-speaking Master of Social Work student intern. With the addition of these individuals, we have been able to increase the number of in-person and Spanish-speaking appointments. We have also increased services in Hollister from one-day to two-days a week. We are continuing to assess the usefulness and impact of these positions and the additional services provided. There has been an increase in requested mental health and wellness services. Last year, there were 140 individual referrals. As of fall 2024, there have been 110 individual referrals. We expect the number of referrals to continue to rise through spring.

Student health and wellness continues to assess the needs of students through surveys and a partnership with the Steve Fund-Equity in Mental Health Initiative. We look forward to reviewing the needs assessment and program recommendations the Steve Fund will provide us in May 2025. Once we have these recommendations, the steering committee will work to implement the suggested services and activities.

## Attach Files

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If there is any additional information regarding your program that you will like to have uploaded, please attach it here.

### Attached File

Mental Health and Wellness Satisfaction Survey Fall 2024.xlsx ([/Form/Module/\\_DownloadFile/489/45138?fileId=461](/Form/Module/_DownloadFile/489/45138?fileId=461))

23\_24 Mental Health and Wellness Satisfaction Survey.xlsx ([/Form/Module/\\_DownloadFile/489/45138?fileId=462](/Form/Module/_DownloadFile/489/45138?fileId=462))

Gavilan College 2023 Heath Faire Satisfaction Survey - Copy.xlsx ([/Form/Module/\\_DownloadFile/489/45138?fileId=463](/Form/Module/_DownloadFile/489/45138?fileId=463))

Health Services 2025 Flyer.pdf ([/Form/Module/\\_DownloadFile/489/45138?fileId=464](/Form/Module/_DownloadFile/489/45138?fileId=464))

23\_24 Recuro Usage Report.pdf ([/Form/Module/\\_DownloadFile/489/45138?fileId=465](/Form/Module/_DownloadFile/489/45138?fileId=465))

23\_24 Student Health 101 Client Portal Engagements.pdf ([/Form/Module/\\_DownloadFile/489/45138?fileId=466](/Form/Module/_DownloadFile/489/45138?fileId=466))