



Call to Action

STUDENT HEALTH SERVICES,
MENTAL HEALTH

Goal

INCREASE THE ACCESSIBILITY TO BLACK IDENTIFIED STUDENTS TO ASK FOR AND RECEIVE MENTAL HEALTH CARE

How we arrived at the goal- We found a

discrepancy in the % of students

- ▶ Percentage of Black students represented on campus.

▶ 6.6 %

- ▶ Percentage of Black students who received student health, mental health care services last year.

▶ 5.92%

Looking to raise the participation in mental health services by 10%

Why is this important?

Mass witnessing of Black persons being murdered on internet & TV. Transparency in videos has further revealed system of unjust violence against persons who are black.

- ▶ Current & historical events can cause the following conditions:
 - ▶ **Acute stress**
 - ▶ **Racially based trauma**
 - ▶ **Post-traumatic stress**

Let's help students leverage/grow resilience!!

Purpose beyond percentage



Strengthen Connection
to Mesa Student Health
Services



Build the collective
network with relevant
community-based
programs



Provide culturally
relevant options for
therapy

Urban Restoration Counseling Center

- ▶ **Established community-based organization in South East San Diego**
- ▶ Will provide 1:1 counseling via Zoom with Black identified therapists.
- ▶ Will provide consultation to help us improve our own programs for Black identified students
- ▶ Will provide campus presentations to students/staff/faculty on Black culture and mental health.

Why?

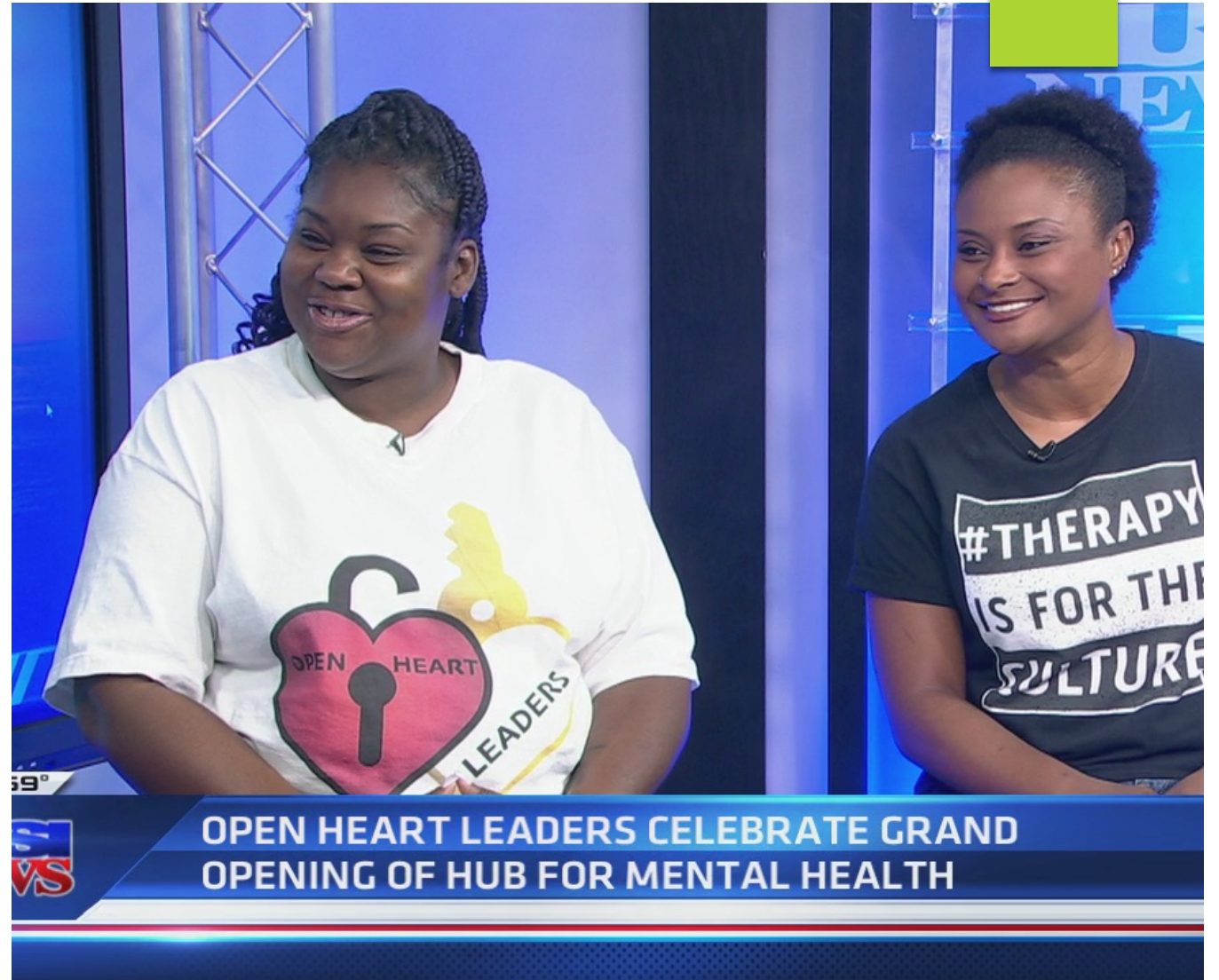
WE ARE RESOLUTE THAT BLACK STUDENTS WOULD FEEL MORE OF A CONNECTION TO A COUNSELING CENTER BASED IN A PREDOMINATELY BLACK COMMUNITY RATHER THAN AT THE INSTITUTION WHERE THEY ARE SEEKING GOOD GRADES

How?

MENTAL HEALTH GRANT WILL PAY FOR THE
SERVICES OF URBAN RESTORATION
COUNSELING CENTER.

Plan includes:

Mesa student's who identify as black will have access to therapists who identify as black.



Have preliminary contract developed with URC.



Submitted paperwork to Business office.



Next steps:

Gain agreement with Risk Management/Legal

Gain agreement with Contracts Department

Progress towards goal



Thank
you!

SUZANNE KHAMBATA, FNP:
DIRECTOR OF STUDENT HEALTH
SERVICES