



The Mindful Space Data Brief 2023/2024

The Mindful Space, in collaboration with our Research Department conducted a mental health survey in October 2023. This survey was used to determine the state of mental health and the unmet needs of housing and food insecurity on the campus of Barstow Community College. There were 76 respondents to the electronic survey that was sent to all students at the college.

Demographics

Of these 76 respondents the age groups consisted of the following: under 18 (9.21%), 18-24 (18.42%), 25-29 (14.47%), 30-34 (11.84%), 35-39 (11.84%), 40-49 (15.79%), and 50+ (18.42%). It is important to note that if a respondent was a minor under the age of 18, they were not permitted to complete the full survey. In addition, the respondents consisted of 75.36% female, 21.74% male, 2.9% non-binary, and 9.21% unknown, per self-report. In addition, the ethnicities of the respondents were White/Caucasian (27.54%), Asian/Pacific Islander (4.35%), Black/African American (26.09%), Hispanic (26.09%), two or more (13.04%), and prefer not to answer (2.9%).

Mental Health

The mental health program through The Mindful Space opened in September 2020 to address the mental health needs of students. During this time the program has expanded services, moved to a larger location on campus, opened a second clinical office at Ft. Irwin, and increased flexible availability of services. Students were surveyed to gain a better understanding of their mental health needs. When surveyed respondents rated their overall mental health as a 2.5/5.0 with approximately 53.8% stating their mental health was poor or fair. When surveyed respondents stated they were feeling some of the following: overwhelmed by stress both personal and school related (81.82%), grief (45.45%), anger (50.91%), anxiety (76.36%), depression (70.91%), addiction (14.55%), and eating disorders (29.09%). Of those responding 69.1% were aware of the services offered by The Mindful Space. In terms of the knowledge about services offered 21.4% never heard of The Mindful Space, 3.57% stated they were currently using services, 10.71% stated they had used the service in the past, 10.71% knew of this support but were unsure how to access it, 17.86% knew the name but were not sure about what it is, and 26.79% knew what The Mindful Space was but did not feel the need to access it. Finally, when asked if they would benefit from a licensed mental health specialist 58.18% stated yes.

Homeless/Housing Insecurity

To assess the overall unmet needs of the student's questions were asked in regard to their knowledge, use of, and need for the Homeless and Housing Insecure Program (HHIP). We already know that this program is a valuable program and is meeting the needs of students based upon the number of students who have already accessed services. However, we wanted to know what the overall need was from the student's perspective.

Of the respondents who answered this question 23.81% stated that they found themselves homeless within the last 6 months. In addition, 25.81% stated they needed support in finding safe housing and 60% of our students who indicated they experienced homelessness, were categorized as housing insecure if they also indicated that they could benefit from assistance finding safe housing. It is important to understand the differences between homelessness and housing insecurity. The definition of homelessness is usually seen as when an individual lacks a fixed, regular, and adequate residence; however, the idea of housing insecurity is seen as someone who may be in temporary housing or may be facing an eviction or other termination of their ability to reside at a residence.

Food Pantry Services

The food pantry service that we provide here at Barstow Community College is an excellent program that services our student community in times of food insecurity. In addition, they do several events around the holidays to provide a holiday meal and other items such as diapers and cold weather items. The community need in Barstow and the surrounding rural areas is high in terms of food insecurity; the colleges program meets some of this community need. The survey asked if students were aware of the food services here on campus. Out of the respondents surveyed 81% stated they were aware; whereas 18.97% stated they were not aware of this program. In addition, 39.66% of respondents were worried about having enough to eat in the last 12 months.

Wellness Center

The Wellness Center provides a place on campus where students can come and enjoy exercise equipment, an indoor walking track, a basketball court, pickleball courts and other amenities aimed at improving physical health. Students can also utilize the open gym feature through the use of the Kina 150 (zero credit) course. This course opens access to the Wellness Center to anyone in the community. When surveyed respondents rated their overall physical health as a 2.6/5.0 with approximately 45% stating their physical health is poor or fair. In addition, only 42.42% of respondents stated they were aware of the Wellness Center and the Kina 150 course offered at Barstow Community College.

Conclusions and Recommendations

If we look at the data sets which have been presented, we can extrapolate certain assumptions about the overall needs of the student body. In terms of mental health, the data shows that although services have been available for approximately three years on campus there is still a level of need that is going unmet when students' overall mental health sits at a 2.5/5.0. This is concerning as it means that there needs to

be more, rather than less, services focused on the mental health needs of students. However, the same can be said of the overall physical health of students which sits at about the same level 2.6/5.0. In addition, most students are unaware of the Wellness Center and how to access that using Kina150. Finally, it is concerning that 45% of students are struggling with poor/fair physical health. There is a question as to what can be done about that issue and how we might involve the coaches and trainers in addressing this on campus.

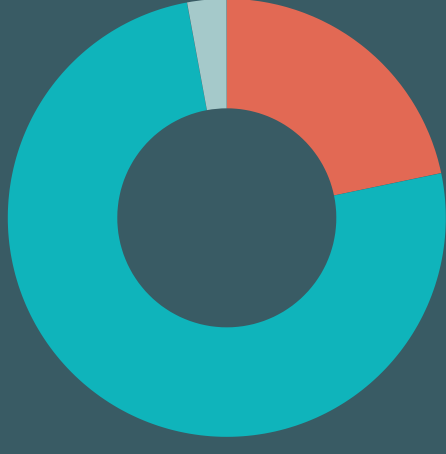
The data shows that students know about The Mindful Space, and this is a positive result of the awareness campaigns and events that are done yearly around mental health related topics. This shows that we are reaching students, and they are accessing services through The Mindful Space when needed. However, students are experiencing high levels of distress and areas that are especially concerning are the levels of stress both personal and school related (81.82%), anger (50.91%), anxiety (76.36%), and depression (70.91%). In addition, there appears to be a higher-than-expected concern around eating disorders. It is felt that some mental health training or campaigns around these specific areas will assist with giving students the knowledge they need to be able to manage how they feel in an academic space. It would also be advisable to bring in community professionals to present on these specific topics as they can connect the student to longer term community-based services. Finally, the majority of students felt like they would benefit from seeing a mental health professional and this shows that we are making a difference in terms of the stigma as it relates to seeking and accessing mental health services.

In terms of unmet needs including housing and food we see some data that can assist us with understanding this dynamic on campus. According to the data approximately a quarter of the student population has or is experiencing homelessness or insecure housing; this was within the last 12-month period. In terms of food services, a vast majority of students (81%) know about pantry services. This coincides with the need and the number of students who actually access these services on campus. This also shows that we are doing well at getting out the information to students about services and how to access them on campus. This highlights the importance of the food pantry program and the need to continue and to expand this program to meet the students where they are. However, it is imperative that we lower the 39.66% of students who are afraid of going hungry each day.

Barstow Community College Mental Health Baseline Survey, Fall 2023 Results

76 students responded to the survey

Gender



Male (21.74%)
Female (75.36%)
Non-binary (2.9%)

Age Group

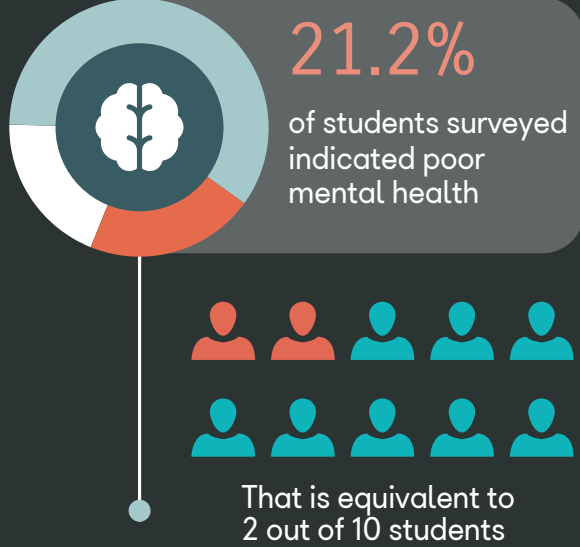


Under 18 (9.21%)
18-24 (18.42%)
25-29 (14.47%)
30-34 (11.84%)
35-39 (11.84%)
40-49 (15.79%)
50+ (18.42%)

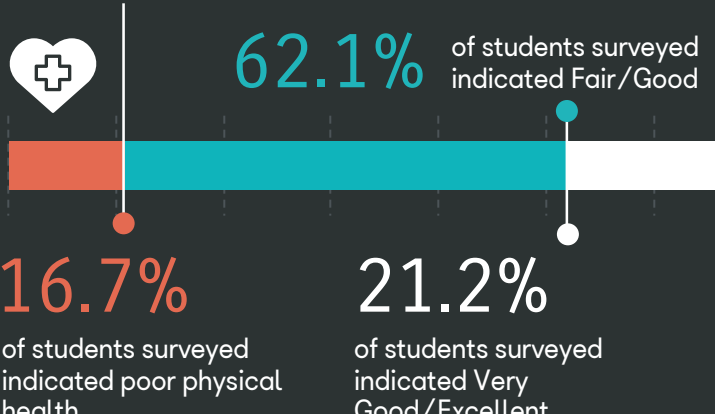
Ethnicity



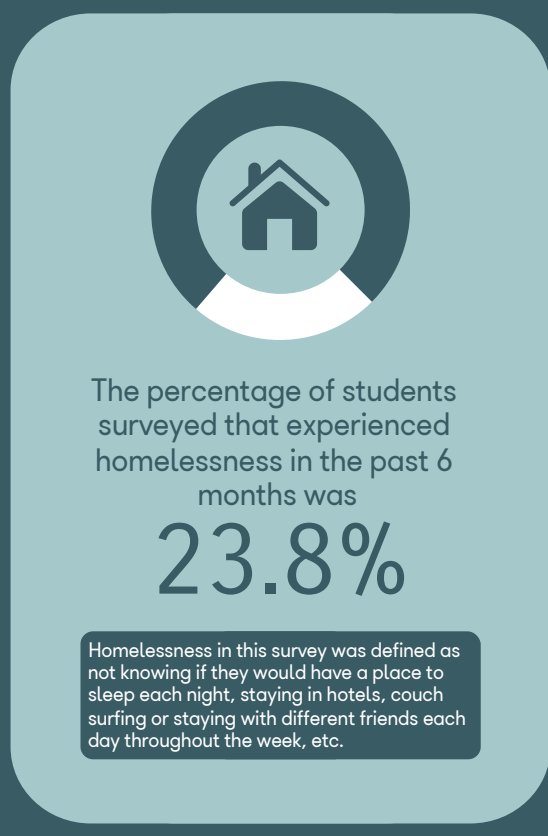
Aisan/ Pacific Islander (4.35%)
Black or African American (26.09%)
Hispanic (26.09%)
White/Caucasian (27.54%)
Two or More (13.04%)
Prefer not to answer (2.9%)



Understanding our students' physical health can help BCC better understand and support the overall health of our students.

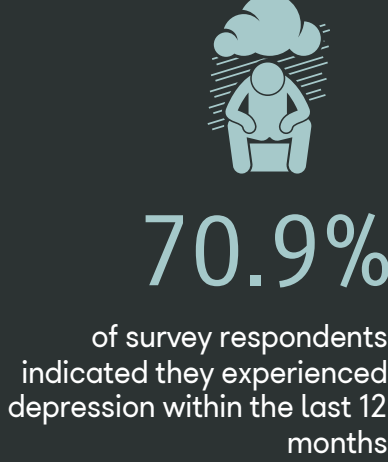
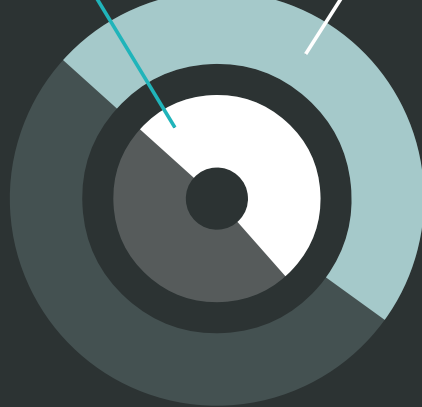
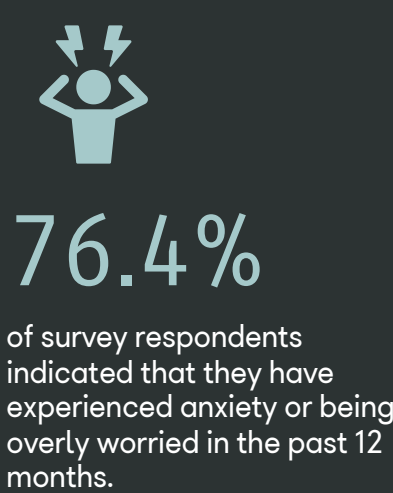


Many BCC students face housing and food insecurity which can be stressful and contribute to poor mental health.

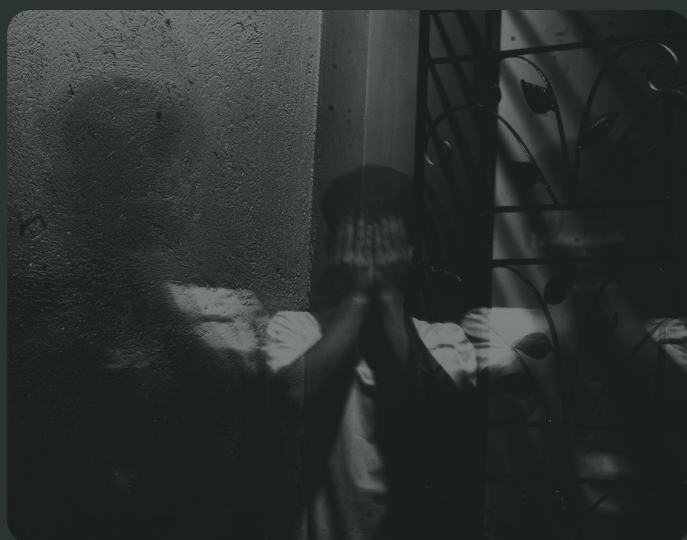


81.8%

of survey respondents indicated they have experienced being overwhelmed by stress in the past 12 months. This could be stress that was personal or school related.



Over half (58.2%) of survey respondents indicated they would benefit from seeing a licensed mental health specialist.



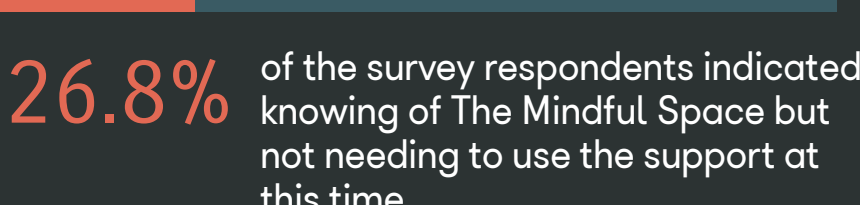
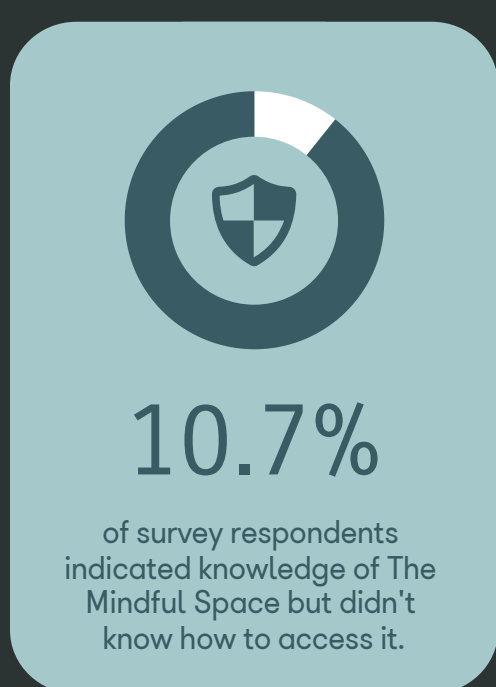
69.1%

of survey respondents indicated awareness of The Mindful Space.



14.3%

of respondents indicated they have actually used or are using this resource.



" BCC is an awesome school. I love being a student there. There are so many resources and every one I have encountered seems to have the students best interest at heart."

" BCC has been an excellent source of education and support resources when my family fell on hard times last year. Words can not express my gratitude and joy for being blessed with this school. I'm thankful and grateful to attend this school."

