

Non-Instructional Program Review- Annual Update Template

Service Area/Administrative Unit

Non-Instructional Program Name: The Mindful Space

Academic Year: 23-24

Name(s) of Submitter(s): Joanna Escalante & Christa Banton

Annual Update #1 #2

**Note: An Annual Update must be submitted each year that a Program Review is not submitted.*

I. Progress on Goals and Outcomes (SAOs/AUOs)

A) List the 2-3 goals and related outcomes for your unit:

(These should be carried forward from your full Program Review, or from your Annual Update #1 if revised since your full Program Review)

1. GOAL #1

Build a mental health program at Fort Irwin.

Expected Service Area Outcome/Administrative Unit Outcome

Increase the number of students receiving mental health services at Fort Irwin.

2. GOAL #2

Increase monthly mental health awareness efforts on campus.

Expected Service Area Outcome/Administrative Unit Outcome

Increase the frequency of events and number of attendees at each event.

3. GOAL #3

Develop an Active Minds chapter (student club) on campus.

Expected Service Area Outcome/Administrative Unit Outcome

Increase mental health awareness and stigma reduction on campus using student voices, experiences, and ideas.

B) Have any goals been completed or discontinued?

If yes, please list the goal and whether it has been completed or discontinued; if discontinued, please explain why.

Yes No

Goal #1: Build a mental health program at Fort Irwin- completed

Goal #2: Increase the frequency of events and number of attendees at each event- completed

Goal #3: Develop an Active Minds chapter (student club) on campus- In Progress

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C) Discuss the actions/strategies related to each goal and your progress on each of these. If you have not begun an(y) action/strategy please list why.

1. GOAL #1 Action/Strategies

Build a mental health program at Fort Irwin- A space has been created at the Fort Irwin location for mental health services. The Mindful Spce has an office, fully furnished and equipped to service students in person and remotely. The mental health counselor is going to the Fort twice a month starting the Fall 2023 semester to increase presence at the Fort. We are also planning to start support groups at the Fort Irwin locations.

Discuss any progress on Action/Strategies.

The Mindful Space continues to advertise services in conjunction with the Fort Irwin department. By offering new support groups at the Fort, we aim to increase usage of the mental health services at Fort Irwin. We have progressed on making our space inviting by furnishing the office. We have increased presence at the Fort by coming out twice a month. Our Mnetal Health Counselor also attended the Fort Irwin Week of Welcome celebrating to showcase a soft “grand opening” of our new office.

Briefly explain how you have been measuring the goal and any notable indicators of forward progress.

Goal is measured by viewing the number of students taking advantage of the appointments available at Fort Irwin. While The Mindful Space’s presence has increased, usage of appointments at the Fort has not appeared to increase.

2. GOAL #2 Action/Strategies

Increase the frequency of events and number of attendees at each event- With the hiring of the mental health coordinator, more time is able to be dedicated to creating and hosting awareness events on campus. In the Spring 2023 semester, Some of the highlights include hosting a series of events in January for human trafficking awareness month, hosting a well-attended mental health fair in April, and a first-time Fatherhood Event in May. Awareness events have increased from year one efforts.

Discuss any progress on Action/Strategies

The mental health coordinator is working on planning events for the entire calendar year to ensure the The Mindful Space is hosting awareness events often. We are utilizing our community partners to present on important topics that are relevant to the Barstow community. We are also pairing with other departments on campus, such as Athletics, the Welcome Center, PIO, and Special Programs to reach additional students. We are increasing the number of classroom presentations we complete at the beginning of each semester to share information about services with students. We are being invited to various outreach events to further share our services with students and the greater community.

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Briefly explain how you have been measuring the goal and any notable indicators of forward progress.

We are measuring this goal by tracking events and attendees on a spreadsheet. This enables us to view the number of events we are hosting each month, semester, and year. The number of events and attendees has increased since year one. We also track classroom presentations, outreach events, and other events that we participate in, on and off campus.

3. GOAL #3 Action/Strategies

Develop an Active Minds chapter (student club) on campus- The Mindful Space has conducted research and completed the necessary paperwork to start recruiting students for the Active Minds Chapter. The first meeting is scheduled for August 22nd. There is much student interest to get involved in mental health efforts on campus, based on the number of sign-ups on our club interest form.

Discuss any progress on Action/Strategies

The Active Minds Club is in the early stages of development. Once we have our first meeting and complete our club activation form, we will be recognized as an official club on campus. We have been promoting the club around campus, online, and at our events. We have garnered interest from 30+ students.

Briefly explain how you have been measuring the goal and any notable indicators of forward progress.

We will measure this goal by confirmation of recognition as a club and by how many students attend the club meeting.

D) List any resources you are requesting for each goal.

1. Goal 1 Goal 2 Goal 3

Please list the resource and how it relates to the goal.

Funds are being requested to support the mental health awareness events that are needed. We currently only utilize free presenters and limit our live events due to budget constraints. We would like to host more on-campus or hybrid events with paid speakers and meals for attendees, as these events gain more interest from attendees and can be more impactful. Funds would enable us to have paid guest speakers and more live events. In addition, we would also need to host some events at Ft. Irwin to increase presence, awareness of mental health, and decrease stigma specifically related to mental health care for military involved students.

2. Goal 1 Goal 2 Goal 3

Please list the resource and how it relates to the goal.

Click or tap here to enter text.

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3. Goal 1 Goal 2 Goal 3

Please list the resource and how it relates to the goal.

Click or tap here to enter text.

II. New Goals (optional)

This section is optional and should be used to replace a completed or discontinued goal OR if a new goal has become necessary for the service area or administrative unit.

A. NEW GOAL #1

Hire at least one volunteer intern to support The Mindful Space, but to also move into mental health professional development.

Expected Service Area Outcome/Administrative Unit Outcome

An intern would greatly expand the reach of the psychotherapy-specific services provided by The Mindful Space. In addition, it would allow for an atmosphere of community growth and professional development for other mental health professionals trying to achieve licensing to practice within the community. Finally, it would provide additional opportunities to address the ongoing mental health needs of the student body.

1. Alignment to BCC Strategic Priority (*Select at least one but choose all that apply*)

Strategic Priority 1: Innovate to Achieve Equitable Student Success

Strategic Priority 3: Build Community

Choose an item.

Choose an item.

2. Relationship to Guided Pathways

- Clarify the Path
- Entering the Path
- Staying on the Path
- Support Learning

3. Please list actions/strategies for achieving this goal/outcome.

1. Identify possible interns who are interested in interning at The Mindful Space, 2) hire at least 1 intern to start working with students in the office at The Mindful Space, 3) The Mental Health counselor will complete at least 12 hours of supervisor training, 4) schedule intern hours and supervision meetings with interns to ensure practice and

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supervision to offer services.

4. Briefly explain how you will measure the goal/outcome.
The goal will be measured by the number of hours achieved by the intern, the number of face to face sessions provided, and the number of hours with the supervisor (Mental Health Counselor)
 5. Please list resources (if any) that will be needed to achieve the goal/outcome.
This goal will require laptops for the interns as well as office space and furniture.
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B. NEW GOAL #2

Move to a bigger location on campus to be able to provide additional services and supports for students.

Expected Service Area Outcome/Administrative Unit Outcome

The Mindful Space will move to a larger office so that the clinic can expand. This will help with ADA concerns as well as to increase service delivery in a neutral and more confidential area.

6. Alignment to BCC Strategic Priority (*Select at least one but choose all that apply*)

Strategic Priority 1: Innovate to Achieve Equitable Student Success

Strategic Priority 3: Build Community

Choose an item.

Choose an item.

7. Relationship to Guided Pathways

- Clarify the Path
- Entering the Path
- Staying on the Path
- Support Learning

8. Please list actions/strategies for achieving this goal/outcome.
The Mindful Space has identified a space on campus at the old Academic Affairs office in the Administrative building that is available on campus. The space has been assessed for changes needed to provide additional confidentiality, safety, and supports. M & O is building a new wall to close off the space, will move the furniture into the correct space, and then move The Mindful Space into that location. In addition, signs and public information will be posted to notify students of the location move.

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9. Briefly explain how you will measure the goal/outcome.
Once we are fully moved into the new space this goal will be met

 10. Please list resources (if any) that will be needed to achieve the goal/outcome.
A wall needed to be rebuilt and office supplies will need to be moved. In addition, time will be needed to complete this goal.
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III. Resource Requests:

What does the area need to meet its goals and objectives?

List all resources from Sections I.D and II.10 below.

If there was no room on the template to list all resources being requested for a single goal/objective, you may list additional resource requests here. Also list any resources required to implement planned improvements.

IMPORTANT: A BUDGET ALLOCATION PROPOSAL must be completed and submitted for **EACH** new resource requested.

Goal/ Outcome #	Resource Required	Estimated Cost	BAP Required? Yes or No	If no, indicate funding source
#1	Laptop	\$1,000.00	Click or tap here to enter text.	Click or tap here to enter text.
#1	Desk chair, small couch, 2 small end tables	\$2,000.00	Click or tap here to enter text.	Click or tap here to enter text.
#2	Storage cabinets for office supplies	\$800.00	Click or tap here to enter text.	Click or tap here to enter text.
Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.	Click or tap here to enter text.
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