

Barstow College - 2024-2025 Mental Health Allocations Plan (2024-25)

**Barstow College
2024-25 Q4**

Submitted by Shannon Delzell

Approved by Cuauhtemoc Carboni Ph.D.

Approved

Object Code	Project to Date (PTD) Expenditure
1000 - Instructional Salaries	\$0
2000 - Non-Instructional Salaries	\$64,561
3000 - Employee Benefits	\$38,429
4000 - Supplies and Materials	\$2,944
5000 - Other Operating Expenses and Services	\$71,396
6000 - Capital Outlay	\$2,523
7000 - Other Outgo	\$0
Indirect Costs	\$0
Totals	\$179,853
Allocation Total	\$257,610
Total Remaining	\$77,757

2024-2025 Mental Health Year End Report (July 1, 2024 to June 30, 2025) v.1

1. Campus-Based Trainings and Activities for Early Identification, Intervention, and Stigma Reduction *

1.1 Has your campus implemented PHQ-9 or other universal screening at all intake points?

Yes

1.2 Has your campus installed screening kiosks to connect students to appropriate services and supports?

No

1.3 Does your campus offer enhanced access to information, services, and accommodations for students who have a mental health disability?

Yes

1.4 Does your campus hold mental health outreach and education trainings to promote existing resources during student orientation?

Yes

1.5 Does your campus advertise centralized accessible information about campus and community resources on your college website?

Yes

1.5.1 (Yes) Provide a link to your website. *

<https://www.barstow.edu/student-services/mindful-space>

1.6 Does your campus operate a peer program to facilitate mental health and wellness activities?

Yes

1.7 Does your campus offer services or support for the following: *

Select all that apply.

- Behavioral intervention
- Crisis response or referrals
- Domestic violence
- Mental health awareness
- Sexual assault awareness
- Stigma reduction activities
- Substance use prevention and intervention
- Suicide prevention and intervention

1.8 What is the total number of activities completed in the fiscal year? *

49

1.9 What is the total number of student participants? *

615

1.10 Does your campus have an Active Minds Chapter?

Yes

1.11 Does your campus have a mental health related student club?

Yes

2. Partnerships with Local Behavioral Health Departments and Community-Based Organizations *

2.1 Has your campus established partnerships with local and county drop-in centers and/or county services for students with complex behavioral health needs?

No

2.2 Has your campus developed referral pathways to community-based organizations for individuals with complex behavioral health needs?

Yes

2.3 Does your campus have existing partnerships that offer support in the following areas: *

Select all that apply.

- Community -based organizations
- County Department of Mental Health
- Crisis response units/services
- Domestic violence support and/or shelters
- Family services
- Healthcare agencies/hospitals
- Sexual assault services
- Substance abuse services (county or community-based)

2.4 Does your campus work with an external partner to have co-located services on your campus?

No

2.5 Please report the total number of formal external partnerships (MOUs) established between your college and external partners. *

3

2.6 Please report the total number of informal external partnerships between your college and external partners. *

37

2.7 What is the total number of external referrals made in the fiscal year? *

75

3. Culturally Competent Mental Health Services and Activities to Reduce Racial Disparities *

3.1 Does your campus provide culturally competent mental health services to ethnically diverse and special student populations? *

Select all that apply.

- African American
- Asian American and Pacific Islander
- Latinx
- LGBTQIA+
- Foster Youth
- Veterans
- Other student populations identified in equity related Legislation

3.2 Do you collaborate with campus programs and clubs serving diverse students (e.g., Puente, Umoja) to integrate culturally appropriate mental health outreach?

Yes

3.3 Does your college offer integrated training regarding mental health needs, access, and services during professional development days?

Yes

3.4 What is the total number of events and trainings completed? *

53

3.5 What is the total number of faculty/staff participants? *

Estimated information can be included if you do not have precise numbers.

358

3.6 Does your college provide services and referral materials in other languages? *

- Outreach/program services materials
- Webinars
- Therapy

4. General Program Services *

4.1 Does your campus have a mental health center?

Yes

4.2 How many staff members are working in your Mental Health Center? *

Respond in FTEs.

3

4.3 Has your college established a one-stop-shop or an integrated application that connects students to all student services available (including mental health, basic needs, and financial aid)?

Yes

4.4 When offering services to students, do you ask students if their basic needs are met? (e.g., food, housing security)

Yes

4.5 Do you provide referrals for basic needs resources/services?

Yes

4.6 Does your campus offer one-on-one mental health sessions for students?

Yes

4.6.1 (Yes) Are the appointments in-person?

Yes

4.6.2 (Yes) What is the average number of campus mental health counseling appointments per student? *

*

Use headcount for your response.

6

4.7 If your campus offers one-on-one mental health sessions for students (as indicated in question 4.6), is there a limit, per semester, to the total number of mental health sessions a student can schedule?

No

4.8 Does your campus offer telehealth appointments?

Yes

4.9 Does your campus offer mental health services via phone appointments?

Yes

4.10 What is the student mental health counselor-to-student ratio? *

Use headcount for your response. Also, write your response as follows X:X

2:131

4.11 What is the average wait time for initial routine counseling appointments? *

Write your response in weeks.

1

4.12 What is the total number of students receiving mental health services (unduplicated) disaggregated by gender? *

	Total Number of Students
Femal	91
Male	35
Non-Binary	2
Unknown	3

4.13 What is the total number of students receiving mental health services (unduplicated) disaggregated by ethnicity? *

	Total Number of Students
Hispanic	19
White	23
Asian	1
African-American	39
Unknown	1
	Total Number of Students
Multi-Ethnicity	46
Filipino	0
Pacific Islander	1
Native American	1

4.14 What is the total number of students receiving mental health services (unduplicated) disaggregated by age group? *

	Total Number of Students
≤ 20	24
21-24	16
25-39	18
40 and over	36

4.15 Does your campus offer group mental health counseling sessions?

Yes

4.16 Check the three most in-demand services provided by your mental health center. *

Select only the top three services provided.

- Crisis response or referrals
- Mental health therapy/counseling
- Mental health workshops

4.17 Does your campus bill Medi-Cal for reimbursements for services provided to students?

No

4.17.1 (No) If you do not bill Medi-Cal for eligible services, please select the biggest barrier to doing so.

Limited staff and resources

4.18 Does your campus have a crisis response team?

Yes

4.19 Does someone other than campus or local police respond to emergency calls?

Yes

4.20 How does your campus make referrals for students in need of support services? *

Students in need of support can be referred through multiple accessible channels. The Mindful Space provides a “Refer a Student” form on its website, enabling students, staff, and faculty to initiate referrals for mental health and wellness services. Referrals are also accepted via phone, email, and in-person communication. In addition, referrals are received through our PIVOT Team—Promoting Inclusion, Voice, Opportunities, and Thriving. This team plays a vital role in reviewing cases and coordinating targeted interventions for at-risk students. The PIVOT Team ensures that all students, especially those facing behavioral, emotional, or academic challenges, are connected to the resources and support they need to thrive within the campus community.

4.21 If software is used to track referrals to mental health services, what software does your campus use? *

Care Solace

4.22 Does your college currently use an Electronic Health Record (EHR) system to manage and store student mental health or health-related data? *

- Yes

4.22.1 (Yes) If yes, what company do you use? *

Simple Practice

4.23 How do you collect your Mental Health Year-End Report data? *

- Manual process

4.24 Is your college experiencing barriers when trying to hire additional staff to support your mental health program?

Yes

4.24.1 (Yes) If yes, please explain . *

Financial constraints and limited physical space continue to pose challenges to expanding staff and services at The Mindful Space (TMS). Despite these barriers, we have made progress by hiring a part-time bilingual Mental Health Counselor, increasing our capacity to support students' emotional and psychological needs. To further expand our services, TMS applied for a federal Rural Mental Health Grant to fund the addition of an Addiction Counselor and an Outreach Specialist. Although our initial application was denied due to shifts in federal priorities, we have reapplied this year and remain hopeful for approval. These efforts underscore our continued

commitment to addressing the evolving mental health needs of our students, particularly those in underserved and marginalized communities.

4.25 Does your college have a mental health internship program?

No

5. Training and Best Practices Needs Assessment *

5.1 Which systemwide trainings would be most beneficial for you? *

Select only three topics.

- Peer-to-Peer Programs
- Supporting Veteran Students
- Crisis Intervention Training

5.2 Are there any innovative ideas or best practices you would like to share? *

As part of our commitment to innovation and accessibility, The Mindful Space has implemented daily wellness hours—a proactive approach that provides students with consistent opportunities to engage in self-care activities while promoting emotional resilience and reducing barriers to support. To encourage attendance, students are invited to participate in calming art activities available in the lobby, fostering creativity and emotional expression in a welcoming environment. Complimentary drinks and snacks are placed throughout our Community Corner, which features a variety of health and wellness resources designed to support students in prioritizing their well-being.

In addition to these preventative offerings, The Mindful Space recognizes the importance of responsive care through our mental health drop-in crisis hours. These dedicated hours provide students with immediate, in-person access to licensed mental health professionals for urgent emotional support, without the need for prior appointments. This model ensures that students experiencing acute distress—such as panic attacks, grief, or overwhelming anxiety—can receive timely intervention in a safe and compassionate setting. By integrating crisis support into our daily operations, we reduce stigma around seeking help and create a culture of openness and trust. Staff are trained in trauma-informed care and de-escalation techniques, ensuring that every student is met with empathy, respect, and professional guidance.

This layered approach—combining wellness promotion with crisis response—reflects best practices in student mental health services. It empowers students to seek help when they need it most, while also encouraging ongoing engagement with their emotional well-being.

Additional Comments

Not Entered



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