



**Do More with Less: Using
a Prevention-Focused,
Trauma-Informed Lens
for Community College
Mental Health**

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Agenda

- 01** Introduction
- 02** Heterogeneity of Community College Students
- 03** Contributing Factors
- 04** Trauma Overview
- 05** Prevention Science + Higher Education
- 06** RCSJ's Three-Prong Approach
- 07** Q + A

Learning Objectives

Objective 1

Recognize the contributing factors to student mental health.

Objective 2

Define what it means to be trauma-informed.

Objective 3

Understand how Prevention Science intersects with Higher Education student success initiatives.

Heterogeneity of Community College Students

- Challenges of emerging adulthood
- Challenges of adult learners
- Basic needs insecurity
- Experiences with trauma



Contributing Factors

01

Pre-existing mental health issues

02

Financial stress

03

Parenting/caretaking

04

First generation

05

Immigration status

06

Trauma

Trauma + ACEs

Adverse Childhood Experiences

- Domestic violence
- Divorce
- Emotional & sexual abuse
- Maternal depression
- Physical & emotional neglect
- Substance abuse
- Incarceration
- Mental illness
- Homelessness

Adverse Community Experiences

- Poverty & violence
- Poor housing quality & affordability
- Discrimination
- Lack of opportunity, economic mobility, and/or social capital

Adverse Environment Experiences

- Wildfires
- Droughts
- Climate change
- Environmental injustice
- Hurricanes
- Floods
- Pollution
- COVID-19

Adverse Cultural Experiences

- Genocide
- Slavery
- Colonization
- Forced family separation
- Segregation
- Harmful social norms

Trauma Aware

- Emphasis in this stage is on building knowledge and beginning to change attitudes
- Individuals are trained in the basics of trauma and are familiar with the values and terminology of trauma-informed care
- Leadership, faculty, and staff understand how trauma impacts students and peers

Trauma Sensitive

- Emphasis in this stage is continued knowledge building and creating readiness for change
- Individuals begin to see those with whom they interact through a trauma lens
- Institutions promote training and professional development for all employees

Trauma Responsive

- Emphasis in this stage is continued knowledge building and promoting cultural shift towards trauma-informed care
- The individual begins to integrate trauma-informed principles into behavior and practice

Trauma Informed

- Emphasis in this stage is on continuous improvement and monitoring of trauma-informed knowledge, skills, and attitudes throughout personal and professional endeavors
- The institution has fomented a cultural shift towards a trauma-informed approach to education



**Prevention
Science**

**Higher
Education**

Spectrum of Prevention



Influencing Policy & Legislation



Changing Organizational Practices



Fostering Coalitions & Networks



Educating Providers



Promoting Community Education



Strengthening Individual Knowledge & Skills

Three-Prong Approach

Center for Wellness & Support

Utilizes a holistic case management model

Uwill

State-funded teletherapy platform

Acenda Integrated Health

RCSJ's Premier Partner for clinical services and behavioral science educational pathways

Learning Objectives, revisited

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Thank you!

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