



The California Mental Health Service Authority Survey

LACCD Results, Fall 2016

The Los Angeles Community College District (LACCD) conducted a voluntary and confidential web-based mental health survey in Fall 2016 in order to assess the mental health needs of LACCD students. The survey used was the California Mental Health Services Authority (CalMHSA) Survey, developed by the RAND Corporation in collaboration with the CalMHSA program higher education partners using questions from standardized and valid measures of student mental health.

Our Students

- A total of 2,754 students completed the survey
- The majority of the students were under 25 years of age (59%), female (70%), and Hispanic (55%)
- Many students identified with at least one special population (most often as a first generation college student or as an ethnic minority)
- Most students attended school full time (57%) and had the goal to transfer to a 4-year college (60%)

Campus Climate

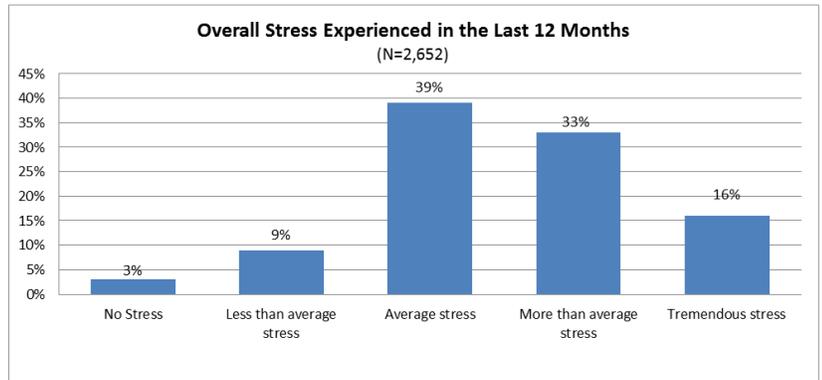
- Students rated their campus as having a positive climate and indicated they felt their campus was friendly, caring, tolerant of diversity, and safe
- 23% of students did not feel that their college did a good job of getting the word out to students about the available mental health services on campus
- 56% said that they had never heard about campus hosting an outreach event focused on mental health awareness

Recommendations

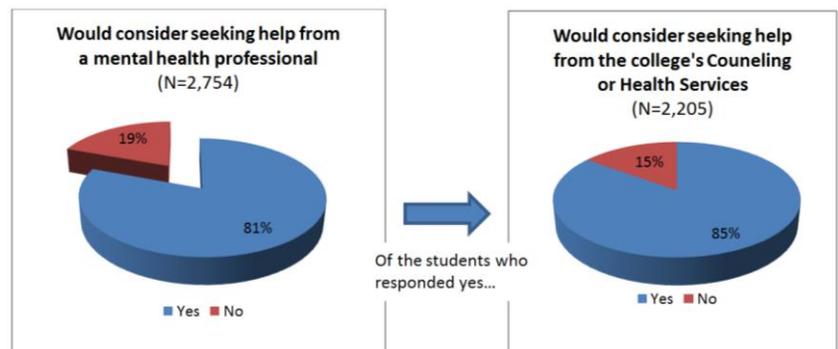
- Assess resources and capacity to serve students' mental health needs
- Provide and disseminate information to students, faculty, and staff about mental health and wellness
- Increase awareness of mental health services (through social media, college and district websites, campus events, etc.)
- Expand current mental health services or partner with local organizations
- Create awareness of the prevalence of mental health problems

Key Findings

- The CalMHSA Survey found that nearly half of students surveyed (**49%**) reported experiencing more than average to tremendous stress levels, which was persistent over time.



- Students also reported that their mental health affected their academic performance. More than half of students (**52%**) stated that stress was a factor in them either receiving a lower exam or course grade, dropping a class, or by causing a significant disruption that resulted in a leave of absence.
 - In addition, students often reported that feelings of depression and anxiety also affected their performance in school
 - The proportion of students whose academic performance is affected by anxiety, depression, or stress is significantly higher if they identify as belonging to the following groups: LGBTQ, first generation college students, foster care youth, ethnic minority, homeless youth, or students with disabilities
- 14% of students stated that they did not know where to go for help with a personal problem
- 31% were unaware at all where to go on campus if they needed mental health, or other similar, services



- Although many students do not use mental health services on campus, the majority (81%) indicated that they would consider seeking help from a mental health care professional, and **85% of the students who are open to receiving services would consider seeking help from the colleges' Counseling or Health Services programs.**
- The results from the CalMHSA Survey suggest many students who could benefit from campus services may not know what services are available or how to access them. There may be a need for more mental health awareness activities on campus and through social media.