Partnering with Local Mental Health Providers to Support Foster Youth in College

February 4, 2021

Information to Participate

• Meeting is being recorded, close caption available (if needed)
• To call in to the meeting:
  – Dial 1-669-900-6833
  – Use Meeting ID: 955 8137 0763
• Access live polling at menti.com or click on the links in the chat box
• Submit questions in Q&A
Today’s Purpose

- Linking Medi-Cal-eligible students to mental health services in the community, leveraging existing funding, and developing systems to co-locate services on campus
- Replicating practices identified in the Toolkit to serve students with involvement in the foster care system, and other vulnerable student groups
- Providing 2-3 strategies and takeaways for student service providers to adapt or adopt for their campuses

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Getting to Know YOU!

Go to Menti.com and use the code 40 85 0

64% of former college students reported they are no longer attending college because of a mental health related reason.

Foster youth transitioning to adulthood have a greater likelihood of experiencing physical and mental health problems than their non-foster peers.

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Background & History

Special thanks to:
Cerritos College, Child and Family Center, College of the Canyons, Crittenton Services for Children and Families, Exceptional Children’s Foundation, Los Angeles City College, Mt. San Antonio College, Pasadena City College, Rio Hondo College, and Santa Monica College.

Overview of the Model

1. Determine the need
2. Identify local county-contracted providers with funding
3. Enter into an agreement, which may include a MOU, with an agreed upon referral process
4. Refer students for on-campus or off-campus mental health services
5. Maintain communication
School-based vs. School-linked

- **School-based services** are provided on campus at a fixed-site that maintains clients records and requires Medi-Cal certification.

- **School-linked services** are provided in the community, which can include a college campus.

For the Los Angeles County project, all the colleges engaged in “school-linked services” in which student health records were not stored.

The Benefits

- No extra cost for the college, provider, or County
- Easier access to services
- Overcomes stigma barrier
The Impact of COVID-19

Continuation of services through:

• Telehealth
• Virtual group meetings and workshops
• Remote student outreach and engagement

Key Players
Planning Steps
Identify Student Needs & Interests

1. Identify student needs.
2. Determine student interests.
3. Engage on-campus partners.
4. Meet with provider(s).
5. Engage the county.
6. Figure out what resources you will need.

Planning Steps
Solidifying Your Partnership with an MOU

Step 1: Determine if your college already has an MOU in place with the provider.

Step 2: Get the MOU approved by leadership on both sides.

Step 3: Continue to check-in.

Step 4: Make revisions, as needed.

Step 5: Renew in a timely manner, as needed.
Establishing the Referral Process

- Who will create referrals?
- What will staff need to make the referral?
- How will staff know how to create referrals?
- Where will staff send referrals?
- How will referrals be tracked?
Connect Students to Care

- **Step 1:** Outreach to Students
- **Step 2:** Meet with the Student
- **Step 3:** Send the Referral to the Provider
- **Step 4:** Track Referrals

Maintain the Partnership

**BE INTENTIONAL WITH...**

- Selecting the provider
- Integrating the provider into campus culture
- Training new staff
- Continuing the relationship, formally and informally
- Making changes collaboratively

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Tools for Success

Toolkit can be found at bit.ly/ccc-foster-mh or www.jbay.org/mental-health-toolkit/

Appendix includes the following templates and samples:
• MOU
• Referral Form
• Authorization to Release Information
• Referral Tracking Log
• Mental Health and Wellness Services Checklist
• Identifying Potential Partners Worksheet
• Partnership Question
• Sample Student Survey

MENTI Poll
What opportunities do you see to connect this to your program or campus?

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Panel Discussion

Glenn Heap  
Rio Hondo College

Marisela Saenz  
Rio Hondo College

Larry Schallert  
College of the Canyons

Building Rapport with a Mental Health Agency

After MOU:

- Meet with their supervisor at least weekly to troubleshoot and build trust.
- Make a referral form that works for agency, in our case, Crittenton, and college.
- Help students, faculty, and staff see Crittenton therapists as Rio therapists.
- Include Crittenton therapists as presenters in workshops and classroom visits.
- Include Crittenton therapists in support groups.
- Expand groups to meet students’ needs.
- Participate in retreats and field trips to build trust and rapport with students.
Collaboration, it’s the relationship

- Trust
- Responsivity
- Expertise
- Support
- Mutual benefit
- Authenticity
- Giving time
- Flexibility
- Awareness of partner’s fiscal concerns
CI20 Could we focus on the collaboration and capacity building? Could you potentially talk about collaboration first and then go into depth about how this collaboration helped you with your capacity building for mental health resources?
Cho, Irene, 4/5/2017

SL13 will discuss some key aspects of collaboration and who we would be talking about, and how that has led to the conclusions we drew and results we have had?
Schallert, Larry, 4/6/2017
Agreements and Paperwork

- MOU
  - Admin, Boards, Indemnification, parameters, referral criteria, space, communication, cross training, fiscal commitments, special populations e.g. Foster/Rise Program)
- Authorization to Release Information
- Referral Form
- Student Logs
- Referral Protocols
  - e.g. algorithm
- Surveys to Establish Need

Keep it simple and minimal

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MENTI Poll

Are there other tips or strategies that you might want to offer to your peers?

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9 Tips for Making It Work

1. Communication, collaboration, and collegiality are key.
2. No cost for the college to provide these services.
3. MOUs don’t need to be complicated.
4. Be clear about shared expectations.
5. Keep paperwork minimal.
6. Ask students what services they want.
7. Make it easy and comfortable for students to understand.
8. Develop multiple partnerships with different providers.
9. Make it mutually beneficial.

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MENTI Poll

What is one strategy or tip you are going to take with you or follow up on after today?

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Questions?

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