News from Saddleback College
For Immediate Release
February 26, 2013

Contact: Jennie McCue (jmccue@saddleback.edu) (949) 582-4320
Amy Stevens (astevens@saddleback.edu) (949) 582-4897

Saddleback College Mental Health Services

Mission Viejo, CA – At Monday’s meeting of the South Orange County Community College District Board of Trustees, Saddleback College staff and faculty presented a report about the mental health resources that are available to college students, faculty, staff, and administration. Saddleback College faculty and staff have always worked collaboratively to address student mental health needs and, as the student population grows, continue to update the education, training, intervention, and follow-up of mental health services.

The following services are available for students, most of which are covered by the student health fee ($18 per semester). Enrolled students are entitled to free on-campus psychotherapy at the Student Health Center.

- **Crisis Intervention Counseling** – These services involve intense intervention to identify the student’s problems, create solutions, and provide both on- and off-campus referrals.
- **Individual, Couple and Family Psychotherapy** – When possible, students are treated with short-term psychotherapy but may be referred to low-cost agencies if more help is needed.
- **Psychological Evaluation** – The Student Health Center works in collaboration with Disabled Students Programs and Services and veterans services to identify, evaluate, and provide therapy and resources to students.
- **Referrals to Community Providers** – Saddleback maintains strong relationships with outside agencies and organizations.
- **Initiation of an Involuntary Hold (5150)** – Licensed medical physicians, registered nurses, and/or campus police may institute a 5150 if a student presents a danger to himself or others, or is gravely disabled.
- **Academic Coursework** – The Counseling Services Division offers two Applied Psychology courses to students seeking to learn about careers in the helping professions. Both courses include psychological course content that can have a major personal impact on the students enrolled.

The following is a list of measures to identify, assist, and educate employees working with at-risk students

- **Kognito At-Risk Gate Keeper Training** – Kognito is an online training program that uses virtual role-play to help identify and assist at-risk students.
- **Responding to Distressed, Disruptive or Threatening Students** – Information on how to respond to these students and how to refer them to the Student Health Center for evaluation and treatment is available to faculty.
• **Faculty and Classified Staff In-Service Training** – The Student Health Center staff and counseling services provide training about mental health issues and how to handle a student who may require assistance.

• **Student Health Center Website** – The site offers advice and guidance on how to aid emotionally distressed students and how to refer them for on-campus help.

• **Counseling Services Website and Crisis Intervention Team Brochures** – Brochures about psychological crisis, steps to assist someone in crisis and services are available to faculty, staff, and students.

• **Classroom Outreach Visits** – Student Health Center staff visit classrooms to let students and faculty know about available services.

• **Student Misconduct Referrals** – The Student Health Center staff works closely with the vice president for student services to reach out to students who are referred for disciplinary concerns.

• **Individual Consultation to Faculty** – Faculty members are encouraged to seek consultation when psychological or behavioral concerns arise.

• **Referrals from Instructors to Crisis Intervention Team** – Referrals are made when a student is acting out in class, acting strangely or is not able to connect with the class and subject matter.

• **Student Self Referrals** – Students often visit counselors, faculty, and/or the Student Health Center to discuss issues, through these sessions, referrals to appropriate providers are made.

• **Implementation of the Drug and Alcohol Prevention Intervention Advisory Committee** – This committee began in fall 2012 and includes physicians, clinical psychologists, behavioral health faculty, Orange County Department of Health, nursing faculty, and students.

For more information about the services available, visit [http://www.saddleback.edu/shc/](http://www.saddleback.edu/shc/) and [http://www.saddleback.edu/counseling/](http://www.saddleback.edu/counseling/).

The college’s Mental Health Program is a member of the Southern California Internship Consortium and is accredited by the Association for Psychology Postdoctoral and Internship Center (APPIC).

Located in Mission Viejo, Saddleback College provides quality higher education and training to the greater south Orange County community. Having served more than 500,000 students since 1968, Saddleback College offers more than 300 degree and certificate programs to help students reach their personal, career, and educational goals. For more information, please visit [www.saddleback.edu](http://www.saddleback.edu).

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