



Mental Health Services
Year 4 - Quarter 1 Report

October 1- December 31

Key Strategy 10: Expand and adapt mental health services in both English and Spanish to more optimally serve Hispanic and low-income students.	Year 4: Refine new mental health services, based on success of work in previous year, serving the target population;
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Actuals: During this time period of 10/1/23-12/31/23, Brijit did:

Outreach/events – 93

of students – 1698

Individual therapy – 20 students for 53 sessions.

Flyers are attached:

Attached the Polly O’Meara PDF of the PPT slide she uses when there.

Attached the PDF of the PPT used for Cub Catalyst Leadership presentation in the ICC.

Lanzamiento video she created: <https://www.youtube.com/watch?v=ryUI1ns9Udk>

Lanzamiento quarterly report: 10/1/2023 – 12/31/2023

10/1/2023 – 12/18/2023

Outreach/events – 93

of students – 1698

Individual therapy – 70

October 2023:

Outreach/events – 29

of students – 696

Individual therapy - 27

10/2/2023 – Healing Circle: 60+ students (outreach)

10/2/2023 – Guided Pathways w/ESL Moves: 5 students (outreach)

Week of 10/2/2023 – 8 individual therapy and 5 informal consults at Polly O’Meara Housing outreach)

Week of 10/2/2023 – approx. 50 informal contacts navigating campus (student lounge & ICC outreach)

10/9/2023 – Indigenous Peoples’ Day: 300+ students/community (outreach)

- Spanish translation of flyer with ESL Moves support (5 students)

Week of 10/9/2023 – 7 individual therapy and 7 informal consults at Polly O’Meara Housing outreach)

Week of 10/9/2023 – approx. 50 informal contacts navigating campus (student lounge & ICC outreach)

10/13/2023 – Club Catalyst presentation (ICC): 30+ students (outreach)

10/13/2023 – Latinx Carpa & ESL Moves Club: 100+ students/community (outreach)

10/16/2023 – Students for Recovery Club: 10 students (outreach)

10/17/2023 – Undocu week: “Circulo de Sanación” at SRJC Roseland: 1 and 3 informal consults (event)

10/18/2023 – Undocu week: “Healing Circle” 1 individual therapy (event)

Week of 10/16/2023 – 3 individual therapy and 5 informal consults at Polly O’Meara Housing outreach)

Week of 10/16/2023 – approx. 20 informal contacts navigating campus (student lounge & ICC outreach)

Week of 10/30/2023 – 8 individual therapy and 5 informal consults at Polly O’Meara Housing outreach)

Week of 10/30/2023 – approx. 40 informal contacts navigating campus (student lounge & ICC outreach)

November 2023:

Outreach/events – 20

of students – 208 plus Lanzamiento classrooms with SPS video

Individual therapy - 23

Week of 11/6/2023 – 9 individual therapy and 3 informal consults at Polly O’Meara Housing outreach)

Lanzamiento quarterly report: 10/1/2023 – 12/31/2023

Week of 11/6/2023 – approx. 50 informal contacts navigating campus (student lounge & ICC outreach)

11/8/2023 - Students for Recovery Club: 10 students (outreach)

11/8/2023 – “Understanding Harm Reduction” at Finley Center: 5 students (Students for Recovery Club) event

Week of 11/13/2023 – 4 individual therapy and (5 informal consults at Polly O’Meara Housing outreach)

Week of 11/13/2023 – approx. 30 informal contacts navigating campus (student lounge & ICC outreach)

11/20/2023 – Lanzamiento video: video provided to Laura Larque re: Student Health Services and dispersed to all Lanzamiento faculty for their classroom and Canvas portal (outreach) <https://www.youtube.com/watch?v=ryUI1ns9Udk>

Week of 11/27/2023 – 10 individual therapy and (5 informal consults at Polly O’Meara Housing outreach)

Week of 11/27/2023 – approx. 50 informal contacts navigating campus (student lounge & ICC outreach)

11/29/2023 – Inter Club Day: approx. 50 informal contacts (outreach)

December 2023:

Outreach/events – 20

of students – 794

Individual therapy - 20

Week of 12/4/2023 – 14 individual therapy and (5 informal consults at Polly O’Meara Housing outreach)

Week of 12/4/2023 – approx. 50 informal contacts navigating campus (student lounge & ICC outreach)

12/6/2023 – InterClub Council with ESL Moves: 40+ students event

12/6/2023 – Students for Recovery: 15 students (outreach)

12/6/2023 – MeCha Posada: 250+ students/community (event)

12/8/2023 – Winter Drag Ball: 200+ students/community (event)

Week of 12/11/2023 – 6 individual therapy and (5 informal consults at Polly O’Meara Housing outreach)

Week of 12/11/2023 – approx. 50 informal contacts navigating campus (student lounge & ICC outreach)

12/13/2023 – HEP & ESL Moves Posada: 75+ students/community (event)

12/14/2023 – ESL Moves end of term celebration @ SRJC Culinary: 8 students event

12/14/2023 – Celebration of Life: Delashay: 75+students/community (event)

12/15/2023 – Second Chance end of term celebration: 20+ students (event)

12/18/2023 – student support: Welcome Center, Academic Counseling/Second Chance/Student Services: 1 student outreach

***note: outreach/informal contacts on campus average 10 students/day 5 days/week; SPS meets in Polly Hall 1x/week**

Healing Circle: People Coming Together



Monday, October 2nd
11-12:30pm - Bertolini 4608
Student Activities Center

Brijida "Brijit" Alemán
Psychotherapist, Bilingual
Native American & Latina Clinician



With special thanks to the Robert C. Kelley Literary Works Endowment.

WOLM (Fall 2023 and Spring 2024) is funded by a grant from the Santa Rosa Junior College Foundation-Randolph Newman Cultural Enrichment Endowment.

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SRJC INDIGENOUS PEOPLES' DAY



MONDAY, OCTOBER 9, 2023
11:00am - 3:00pm

Burbank Outdoor Stage Area, Santa Rosa Campus
Native Speakers, Vendors, Food, Drumming and Dancing



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Os JU 10



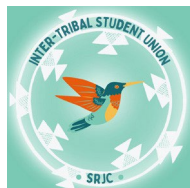
SANTA ROSA
JUNIOR COLLEGE

Dia de los Pueblos Indígenas en SRJC



LUNES, 9 DE OCTOBER, 2023
11:00am - 3:00pm

**Se llevará a cabo en el área de escenario al aire libre
cerca del edificio Burbank, en el campus de Santa Rosa
Habrá hablantes nativos, vendedores, comida, tambores y bailes**



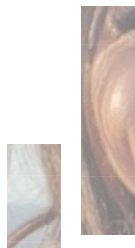
**SANTA ROSA
JUNIOR COLLEGE**

Círculo de sanación

17 de octubre de 6pm a 8pm

SRJC Roseland salon 107

El Círculo de Sanación es un espacio para sanar, aprender, escuchar y compartir entre comunidad. Este espacio será guiado por nuestra psicoterapeuta bilingüe, **Brijida "Brijit" Aleman, M.A.**



Undocumented
Student Action Week
OCTOBER 16-20, 2023

for Undocumented Students

California Community Colleges



SRJC

Círculo de sanación

18 de octubre, de 6pm a 8pm

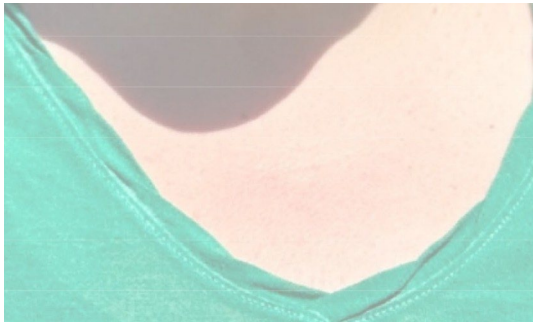
Santa Rosa - Bertolini salon 4608
Student Activity Center



El Círculo de Sanación es un espacio para sanar, aprender, escuchar y compartir entre comunidad. Este espacio será guiado por nuestra psicoterapeuta

bilingüe,

Brijida "Bijita" Martínez, M.A.



AJ Undocumented Student Action Week
OCTOBER 16-20, 2023

11 California Community Colleges

IMAGINE
OCTOBER 11-Y
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SRJC

IN LOVING MEMORY

*Celebration of Life
Community Event*



LOCATION: S RJC BERTOLINI STUDENT
ACTIVITIES CENTER

ADDRESS: 1501 MENDOCINO AVE. SANTA ROSA,
CA 95401-4395

DATE 12/11/23 8-11 AM

COME OUT AND SUPPORT THIS COMMUNITY GATHERING FOR THE
BENSON FAMILY, ENJOY COMMUNITY, REFRESHMENTS/FOOD FROM
LOCAL VENDORS, AND SPEND TIME TOGETHER IN REMEMBRANCE.

Delashay I Carmona Benson

REST IN POWER: 1969 2023



Student Health Services

Bertolini Bldg. 3rd floor

Brijida “Brijit” Alemán
Psychotherapist

AMFT and APCC

Bilingual Multicultural

Student Health Services

Student Health and Wellness: FREE to all enrolled students

Services Provided:

- ▶ Doctor & Nurse Practitioner Visits
- ▶ Mental Health Counseling
- ▶ Pregnancy Tests & Emergency Contraception
- ▶ Tuberculosis Screening & Immunizations
- ▶ Health Promotion & Education
- ▶ Referrals for Healthcare in the Community
- ▶ Health Coverage Information & Enrollment



Over the Counter Items:

Band-Aids, Condoms, Pain Relief Medication, Cough Drops, Pads, Tampons and more

Reproductive Services:

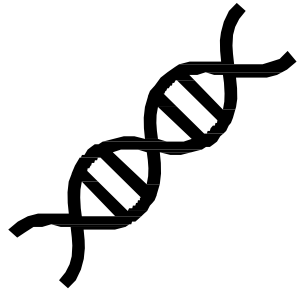
Birth Control, Testing & Treatment of Sexually Transmitted Infections, and more



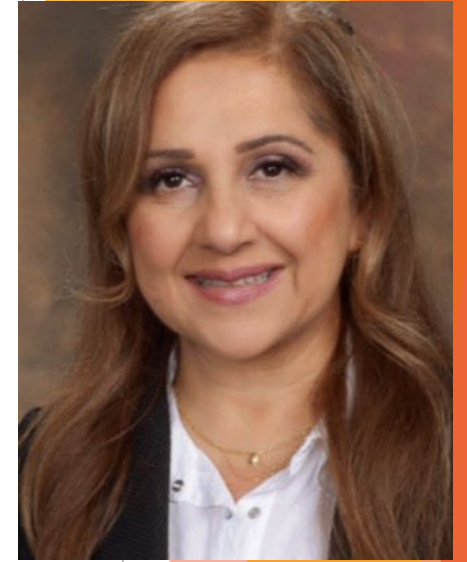
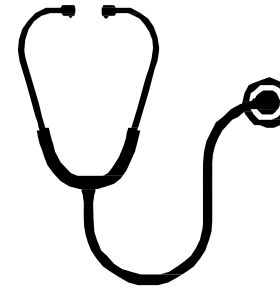
THE SRJC'S CLINICAL PROVIDERS



Genesis Callejas-Mir (NP)



Director of
Student Health Services
Rebecca Norwick (NP)



Shohreh Semati (NP)



Ty Affleck (MD)



Steve Wolf (MD)

Student Health Services

Student Psychological Services: FREE to all enrolled students

Having difficulties affecting your academic performance?

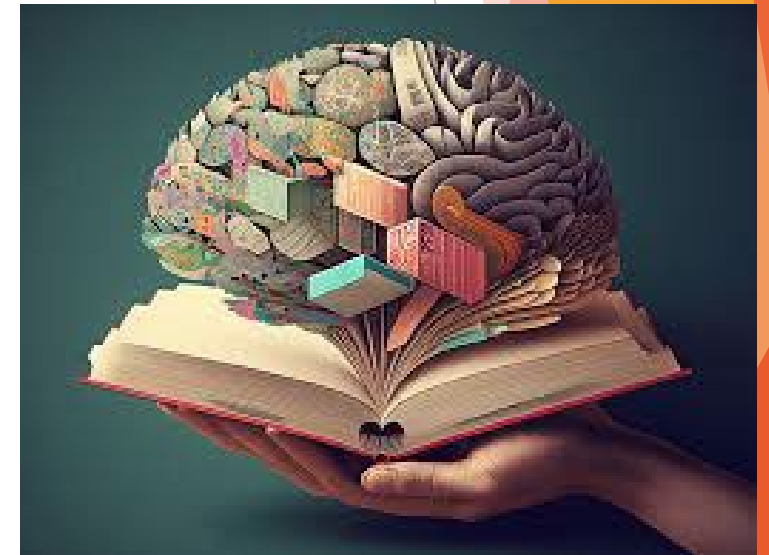
Affecting your ability to function effectively in the following settings?

- ▶ *Socially*
- ▶ *Academically*
- ▶ *Work*

What are you experiencing?

- ▶ *Stress*
- ▶ *Overwhelmed*
- ▶ *Sadness, loneliness, no longer interested in pleasurable activities*
- ▶ *Emotional difficulties*
- ▶ *Not able to sleep or sleeping too much*

FREE YOUR MIND



988 SUICIDE & CRISIS
LIFELINE

Student Psychological Services

Student Psychological Services:

- ▶ Short term therapy
- ▶ Referrals
- ▶ Individual and couples therapy
- ▶ Group therapy/talking circles
- ▶ Student Health Promotions/programing:



Clinicians: *culturally humble professionals* <https://shs.santarosa.edu/shs-staff>

- ▶ Latinx
- ▶ Native American
- ▶ Languages: Spanish



MEET YOUR STUDENT PEERS!



Natalia Vazquez



Katie Brenninger



Jay Herrera



Valeria Corona



Qiaobing Han



**CALENDER OF
EVENTS**



@SRJCPEERS

MEET YOUR THERAPISTS!



ANNIE GRAHAM



NOEMIE CLOUTIER



**SARAH
VAN DE WEERT**



ALLISON FERRARI



ELYSE SHIRES



CHELSEA WORRELL
Sports focused



MARIA PEÑA



JEN EMMETT

Latinx bilingual Staff



Brijida "Brijit" Alemán

Therapist - serving marginalized populations: bilingual/monolingual Spanish speakers, Latinx, Native American, undocumented, different abled bodied, and formerly incarcerated students



Maria Peña

PsyD Trainee: focused on treating trauma, mood disorders and anxiety disorder



Genesis Callejas-Mir

Nurse practitioner: has worked with underserved populations and has provided services to monolingual adults and children



Create Community & Connect

▶ **Inter-Cultural Center: learning communities (Pioneer Hall)**

<https://intercultural.santarosa.edu/>

- ▶ PUENTE
- ▶ Sawubona Center
- ▶ QUEER Resource Center
- ▶ Native American Center
- ▶ APASS

▶ **Clubs and Programs:**

<https://studentlife.santarosa.edu/club-list>

- ▶ Students for Recovery, Second Chance, M.e.Ch.a, ESL Moves, Native American clubs
- ▶ Lanzamiento, Avanzando, EOPS, CalWorks, Foster Youth, LGBTQ+ advisory committee

▶ **Events**

<https://intercultural.santarosa.edu/events>

- ▶ Intercultural Center
- ▶ **Housing** – Polly O’Meara Hall
- ▶ **Basic Needs**

<https://resources.santarosa.edu/>

- ▶ Food pantry: Tu/Thu 10-4pm and Wed 10-6pm near the football field



Student Health Services: Clinical & Mental Health Services

3rd floor Bertolini Building - *Santa Rosa Campus*

TUESDAYS: Polly 2-4pm

Drop in: Mon-Thurs 2pm and Fri 11am

Office hours 8:30am-5pm (Mon-Thurs) Fri 8:30am-12:30pm

610 Call Building – *Petaluma Campus*

Wednesday only 9am – 4pm

Call for appointments (707) 527-4445

In-person and online services available

Email: studenthealthservices@santarosa.edu

Website: <https://shs.santarosa.edu/student-psychological-services>



988 SUICIDE & CRISIS
LIFELINE

Student Psychological Services:

**TUESDAYS: Polly 2-4pm drop in
informal consults & therapy**

3rd floor Bertolini Building - **Santa Rosa Campus**

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