

DeAnza College



CAS Standards Self-Evaluation Presentation

**Mental Health and Wellness Center
(previously Psychological Services)**

Highlights from Self-Assessment

- Physical space is inadequate and not conducive to providing confidential mental health counseling services to students.
- Inadequate amount of staffing (e.g., very low provider to student ratio)
 - Although we have TimelyCare to supplement services on campus, we still need adequate staffing
- Very diverse set of providers, including interns and staff with a breadth of work experience and interests.



The Mental Health and Wellness Center core faculty and staff with De Anza College's President Holmes at their Name Change Welcome event.

Objectives and Key Results (OKRs) for 2023

- Objective: Review and develop elements of student learning outcomes in line with the college's mission statement and institutional core competencies
 - Key result: Develop process for assessing SLOs

Example SLO: Students will learn to utilize stress reduction and coping strategies to address anxiety and depression

- Method of assessment: CCAPS-32



The Mental Health and Wellness team at the 2023 Denim Day Event.

- Objective: Update mission statement
 - Key result: updated mission statement

Current mission statement: To be a viable support service to De Anza students to help them achieve success in their academic career as well as to develop their character and abilities to become socially responsible members of our community.



The Mental Health and Wellness team and De Anza College's Plant Buddy Project discuss the use of plant parenting as a coping strategy for anxiety, depression and stress.



Thank you!