In Spring 2015, City College, Mesa College, Miramar College, and Continuing Education were among 10 community colleges who participated in a national study (*Healthy Minds*) focusing on:

- Financial hardships
- Emotional challenges
- Food and housing needs

4,000 students were surveyed each from City College, Mesa College, Miramar College, and Continuing Education

- 2,400 students responded
  - City: 666
  - Mesa: 611
  - Miramar: 614
  - Continuing Education: 509
• The study found that a growing number of low income students experience food and housing challenges, even with work and financial aid

  o Half of the respondents indicated they experienced food and/or housing insecurities
    ▪ 20% are hungry; 13% are homeless

  o Food insecurities included:
    ▪ Lack of nutritional food; and inability to acquire nutritional food in socially acceptable ways

  o Housing insecurities included:
    ▪ Homelessness; unaffordable housing; poor quality housing
SUMMARY DATA FOR CITY, MESA, MIRAMAR AND CONTINUING EDUCATION
Survey Responses
Student Financial Status

SDCCD

Which of the following ways do you pay for the expenses associated with attending college?

- I get financial aid: 50.5%
- I get help from family or friends: 41.8%
- I use credit card(s): 28.0%
- I use savings: 39.9%
- I work: 62.7%
- My employer pays: 6.2%

Percent of Total Frequency
Survey Responses
Difficulty Paying for Food

San Diego City College
Survey Responses
Difficulty Paying for Food

San Diego Mesa College
Survey Responses
Difficulty Paying for Food

San Diego Miramar College
Survey Responses
Difficulty Paying for Food

San Diego Continuing Education *

* May not be representative of Continuing Education since only those students with email addresses were surveyed.
In the past year, did you do any of the following because there was not enough money?

- Difficulty Paying Utilities: 37.1%
- Not pay full rent/mortgage: 29.2%
- Stay at a shelter: 7.2%
- Stay in other temp housing: 1.4%
- Evicted from home: 2.3%
In the past year, did you do any of the following because there was not enough money:

- Difficulty Paying Utilities: 30.5%
- Not pay full rent/mortgage: 27.1%
- Stay at a shelter: 1.3%
- Stay in other temp housing: 8.0%
- Evicted from home: 5.6%
In the past year, did you do any of the following because there was not enough money

- Difficulty Paying Utilities: 37.3%
- Not pay full rent/mortgage: 26.8%
- Stay at a shelter: 8.7%
- Stay in other temp housing: 3.0%
- Evicted from home: 3.6%
In the past year, did you do any of the following because there was not enough money:

- Difficulty Paying Utilities: 30.2%
- Not pay full rent/mortgage: 29.3%
- Stay at a shelter: 3.0%
- Stay in other temp housing: 5.9%
- Evicted from home: 3.3%
San Diego City College

Survey Responses
Mental Health

In the past year, did you make a plan for attempting suicide?

Yes: N = 28
No: N = 43

In the past year, did you attempt suicide?

Yes: N = 28
No: N = 28

Of those who reported suicidal thoughts (N=71)

Have you ever been diagnosed with any of the following conditions by a health professional?

- Anxiety: 21.7%
- Attention disorder or learning disability: 8.2%
- Depression or other mood disorders: 22.7%
- Don't know: 8.4%
- Eating disorder: 3.0%
- Personality disorder: 1.4%
- Psychosis: 0.9%
- Substance abuse disorder: 5.7%
- No, none of these: 37.4%

Chart showing the frequency of conditions reported by students.
San Diego Mesa College

Survey Responses
Mental Health

Have you ever been diagnosed with any of the following conditions by a health professional?

- Anxiety: 22.0%
- Attention disorder or learning disability: 10.2%
- Depression or other mood disorders: 20.8%
- Don't know: 7.8%
- Eating disorder: 2.5%
- No, none of these: 58.8%
- Personality disorder: 1.8%
- Psychosis: 0.4%
- Substance abuse disorder: 2.6%

In the past year, did you make a plan for attempting suicide?

- Yes: 20 people (N = 20)
- No: 41 people (N = 41)

In the past year, did you attempt suicide?

- Yes: 6 people (N = 6)
- No: 55 people (N = 55)
Survey Responses
Mental Health

San Diego Miramar College

Have you ever been diagnosed with any of the following conditions by a health professional?

- Anxiety: 20.5%
- Attention disorder or learning disability: 10.1%
- Depression or other mood disorders: 20.6%
- Don't know: 7.8%
- Eating disorder: 1.6%
- Personality disorder: 1.6%
- Psychosis: 0.5%
- Substance abuse disorder: 3.2%
- No, none of these: 61.9%

Percent of Total Frequency

Of those who reported suicidal thoughts (N=59)

In the past year, did you make a plan for attempting suicide?

- Yes: 25 (N = 25)
- No: 34 (N = 34)

In the past year, did you attempt suicide?

- Yes: 6 (N = 6)
- No: 53 (N = 53)
Survey Responses
Mental Health

San Diego Continuing Education

Of those who reported suicidal thoughts (N=27)

In the past year, did you make a plan for attempting suicide?

- Yes: N = 8
- No: N = 19

In the past year, did you attempt suicide?

- Yes: N = 4
- No: N = 23
## Survey Responses
#### Key Findings

<table>
<thead>
<tr>
<th>Students who have...</th>
<th>%</th>
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<tbody>
<tr>
<td>Life Satisfaction (Completely or Very Satisfied)</td>
<td>43.2%</td>
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<tr>
<td>Any Depression</td>
<td>36.3%</td>
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<tr>
<td>Severe Depression</td>
<td>22.7%</td>
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<tr>
<td>Any Anxiety</td>
<td>30.8%</td>
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<td>Life Satisfaction (Completely or Very Satisfied)</td>
<td>45.9%</td>
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<tr>
<td>Any Depression</td>
<td>35.3%</td>
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<td>Severe Depression</td>
<td>17.5%</td>
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<td>26.7%</td>
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<tr>
<td>Major Anxiety</td>
<td>11.1%</td>
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<td>32.0%</td>
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<td>Severe Anxiety</td>
<td>16.1%</td>
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EFFORTS TO ADDRESS HUNGER AND HOUSING
City College

- **Emergency Food Pantry**
  - Supports enrolled students in need by providing pre-packaged items suitable for an on-campus lunch or meal

- **Fantastique Apparel Program**
  - Student-run clothing resale store
  - Gently used clothing suitable for interviews, work, or school is for sale at very low prices
  - Provides free clothing for homeless students

- Referrals to Father Joe’s Villages/St. Vincent De Paul and the Housing Opportunities Collaborative

- **Food Drives**
  - EOPS Food Drive
  - Classified Employees Food Drive
  - City Athletics Food Drive – Competition among teams
  - President’s Holiday Celebration – Collects items for *Food Pantry*
Associated Student Government (ASG) hosts:
  - **Food Drives** each semester
    - Donations available to hungry students throughout semester
  - **Annual Thanksgiving Feast** for hungry/homeless students

Mesa Foundation
  - **Payroll Deduction Campaign** to support hungry students
  - **Fun Run Fundraiser** for hungry and homeless students

The following support services provide food and food cards to hungry/homeless students:
  - Student Equity
  - Mesa Foundation
  - EOPS
  - Student Health Services
  - Associated Student Government
  - Financial Aid (in particular for Foster Youth)
• Club **Coordinate** sponsors food and clothing drives for the homeless twice each year

• EOPS/CARE program administers a food bank that provides an emergency food supply for hungry students
  - Pre-bagged lunch and breakfast
  - Funded by donations
  - Includes information on nutrition, healthy living and community resources

• Housing Assistance is currently under development with Student Affairs and Career/Placement offices
Continuing Education

• Counselors provide referral support to a number of hungry and homeless students throughout Continuing Education

• Routinely refer students to a various agencies including:
  o Claremont Service Center
  o American Red Cross
  o San Diego Food Bank
  o Feeding America San Diego
  o Various Churches
Mental Health Support Services

• **City**
  - On campus Mental Health Training program provides 100 hours of clinical counseling each week
  - Suicide Prevention Grant focusing on awareness and prevention
  - Referrals to long-term and crisis care via community partners
  - Peer Mentor Program

• **Mesa**
  - Mental Health Counseling
  - Workshop and classroom visits
  - Suicide prevention awareness and outreach
  - Crisis referrals to community organizations

• **Miramar**
  - Mental Health Counseling
  - Behavioral Intervention Team – led by Mental Health Counselor
  - Awareness workshops and classroom presentations
  - Referrals to community agencies

• **Continuing Education**
  - Referrals to community agencies
QUESTIONS