The California Community Colleges Student Mental Health Program (CCC SMHP) is a statewide effort focusing on prevention and early intervention strategies which address the mental health needs of California Community College students. As a partnership between the California Community Colleges Chancellor’s Office and the Foundation for California Community Colleges, it is funded through the voter-approved Mental Health Services Act (Prop 63) and administered by the California Mental Health Services Authority (CalMHSA).

In an effort to support CCC SMHP initiatives and promote academic success in our students

Porterville College 12 month academic year plan for mental health

CCC SMHP Initiatives:

1. Promote Mental Health
   * + Each Mind Matters
     + Engage local NAMI affiliates On Campus School Clubs
       - Mental Health 101 educational presentations
       - Active Minds
       - Love is Louder
       - Run For Mental Health
   * Community Collaborations
     + Mental Health Conference
     + Lisa Project
     + Trevor Project
     + Art Project (Faculty collaboration)/ Getty/ LACMA
2. Reduce Stigma and Discrimination
   * Monthly workshops
   * PC Movie night
   * STAMP OUT STIGMA
   * Lunch & Learn
3. Prevent Suicide
   * Identifying and referring at-risk students
     + College*Response*
     + Speak In, Speak Up! (Kognito)
     + Send Silence Packing Exhibit (depending on funding)
   * Monthly Workshop
   * PC Movie
   * Question Persuade Refer (QPR) Online
   * Assist

* July
  + Minority Mental Health Awareness
    - Kognito Training onboarding
    - Pirate Movie
    - College*Response* startup
    - CAPED Research
    - Workshop Development
* August
  + Adult ADHD Awareness
    - Kognito Training
      * + August 3oth 3:00pm – 5:00pm LIB 449
        + August 31st 10:00am- 12:00pm LRC 513
    - Pirate movie
      * + August 28th 1:00 pm- 4:00pm CA-4
    - College*Response* 
      * + August 1st
    - CAPED
    - Workshop
    - Mental Health Conference Planning Committee
* September
  + Suicide Prevention & Awareness
    - Kognito Training
      * + September 14th 10:00am – 12:00pm LRC 513
        + September 18th 3:00pm – 5:00pm LIB 449
    - Pirate movie
      * + September 25th 1:00pm – 4:00pm CA-4
    - College*Response*
      * + September 4th
    - CAPED
    - Workshops
      * + September 5th 12:00pm – 1:00pm SCCR
        + September 11th 5:00pm – 6:00pm SCCR
    - Mental Health Program Planning Committee
    - Mental Health Fitness
* October
  + Substance Abuse Prevention Awareness
    - Kognito Training
      * + October 16th 3:00pm – 5:00pm LIB 449
    - Pirate Movie
      * + October 30th 1:00pm – 4:00pm CA-4
    - College*Response*
      * + October 1st
    - CAPED Conference
      * + October 18th – 22nd
    - Workshops
      * + October 10th 12:00pm – 1:00pm SCCR
        + October 30th 5:00pm – 6:00pm SCCR
    - Mental Health Program Planning Committee
    - Mental Health Fitness
* November
  + Homelessness Awareness/ Veteran Focus
    - Kognito Training
      * + November 9th 10:00am – 12:00pm LRC 513
        + November 20th 3:00pm – 5:00pm LIB 449
    - Pirate Movie
      * + November 27th 1:00pm – 4:00 pm CA-4
    - College*Response*
      * + November 5th
    - Workshops:
      * + November 7th 12:00pm – 1:00pm SCCR
        + November 26th 12:00pm – 1:00pm Commons A
        + November 28th 12:00pm – 1:00pm SCCR
    - Mental Health Program Planning Committee
    - Mental Health Fitness
* December
  + Depression Awareness
    - Kognito Training
    - Pirate Movie
      * + December 4th 1:00pm – 4:00pm CA-4
    - College*Response*
      * + December 3rd
    - Workshops
      * + December 5th 12:00pm – 1:00pm SCCR
        + December 5th 5:00pm – 6:00pm SCCR
    - Mental Health Program Planning Committee
    - Mental Health Fitness
* January
  + Mental Health in Prison Awareness
    - Kognito Training
    - Pirate Movie
    - College*Response*
      * + January 7th
    - Workshops
      * + January 29th 5:00pm – 6:00pm SCCR
    - Mental Health Program Planning Committee
    - Mental Health Fitness
* February
  + Eating Disorder Awareness
    - Kognito Training
    - Pirate Movie
    - College*Response*
      * + February 4th
    - Workshops
      * + February 5th 5:00pm – 6:00pm SCCR
        + February 13th 12:00pm – 1:00pm SCCR
    - Mental Health Program Planning Committee
    - Mental Health Fitness
* March
  + Self-Injury Awareness
    - Kognito Training
    - Pirate Movie
    - College*Response*
      * + March 4th
    - Workshops
      * + March 12th 5:00pm – 6:00pm SCCR
        + March 27th 12:00pm – 1:00pm SCCR
    - Mental Health Program Planning Committee
    - Mental Health Fitness
* April
  + Anxiety Disorder Awareness
    - Kognito Training
    - Pirate Movie
    - College*Response*
      * + April 1st
    - Workshops
      * + April 9th 5:00pm – 6:00pm SCCR
    - Mental Health Program Planning
    - Mental Health Fitness
  + **Lisa Project - April 29th, 30th & May 2nd 8:00am-4:00pm**
* May
  + Personality Disorders Awareness
    - Kognito Training
    - Pirate Movie
    - College*Response*
      * + May 6th
    - Workshops
    - Menta Health Conference
      * + May 1st 11:00am – 5:00pm CA-4
  + **Lisa Project - May 2nd 8:00am-4:00pm**
* June
  + Post-Traumatic Stress Disorder (PTSD) Awareness
    - Kognito Training
    - Pirate movie
    - College*Response*
    - CAPED Research
    - Workshop Development
    - Mental Health Program Planning