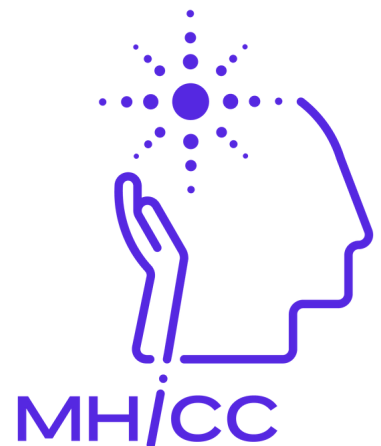
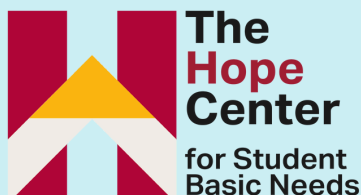


2024

**MENTAL HEALTH
LANDSCAPE REPORT**

for **ST. CLAIR COUNTY
COMMUNITY
COLLEGE**

Mental Health
Improvement through
Community Colleges



MHICC MISSION STATEMENT

The Mental Health Improvement through Community Colleges (MHICC) team works in partnership with Michigan community colleges to improve the availability, accessibility, and equitable distribution of mental health resources for community college students across Michigan.

FUNDING DISCLAIMER

The MHICC initiative is supported by funds from the Center of Medicare and Medicaid Services through the Michigan Department of Health and Human Services, the Blue Cross Blue Shield Foundation of Michigan, the John G. Searle professorship, the IMPACT Center at the University of Washington, and the Michigan Health Endowment Fund.

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Note: This report was first published June 2025. In August 2025, the year displayed throughout this report was changed from 2025 to 2024 to reflect when the data was collected rather than when it was published.

BACKGROUND

Community college (CC) students often face unique mental health challenges, with over half of community college students experiencing clinically significant mental health challenges.¹ Despite this, community colleges often have fewer resources, funding, and infrastructure to support student mental health than 4 year colleges and universities, creating disparities in treatment access for students. The MHICC team works in partnership with Michigan community colleges to close this treatment gap through research, advocacy, partnership, and innovation.

OBJECTIVE OF THIS REPORT

This report seeks to shed light on the availability and accessibility of mental health services for students at **St. Clair County Community College (SC4)**. The goal of this report is to support SC4 faculty, staff, and administrators in their efforts to expand student access to evidence-based mental health care by highlighting how SC4 compares to other Michigan community colleges.

Our research highlights significant variation in how Michigan's community colleges approach student mental health, as well as the many barriers that institutions face in trying to enhance support. We hope this report helps address some of those barriers by providing key data points to inform decision-making and strengthen advocacy efforts.

DATA SOURCE

The data presented in this report were collected from the 2024 Michigan Mental Health Landscape Survey, an annual survey fielded to professionals at each of Michigan's 31 community colleges. Representatives from 23 colleges completed the survey in 2024. For more information, see the Methodology section on page 7 of this report.

KEY FINDINGS

Our research finds that SC4:

- Provides students with community referrals to local mental health providers, but does not currently offer any in-house counseling services to students.
- Utilizes a Digital Mental Health Intervention (DMHI) to support student mental health.
- Leverages a formal partnership with local mental health providers to expand students' access to mental health care.

For more information and resources, visit mentalhealthcc.org.

MENTAL HEALTH SERVICES AVAILABLE

Students’ access to mental health support varies widely across Michigan CCs. While some colleges offer a range of in-house services, others provide none at all.

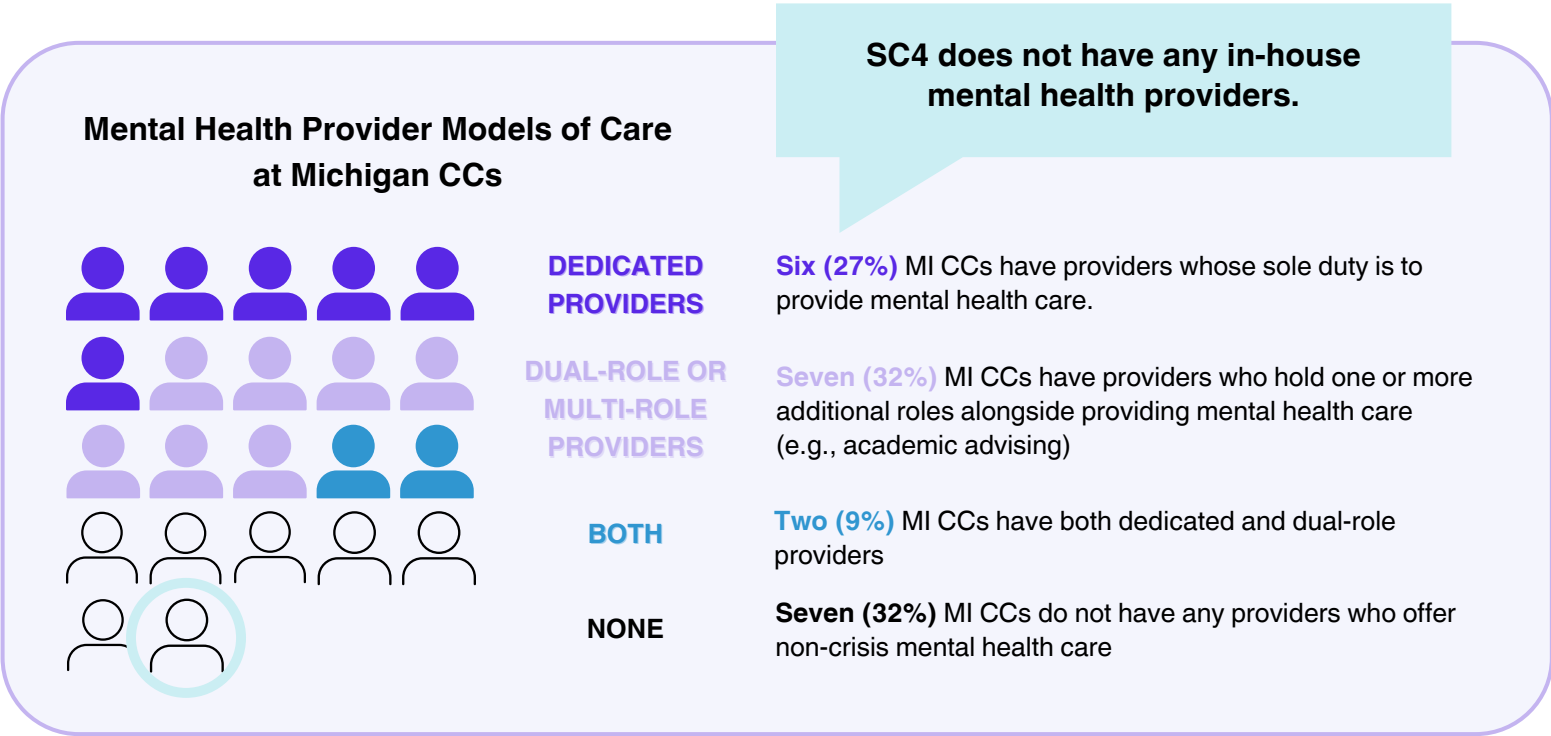
Our data show that SC4 offers the following in-house mental health services:

INDIVIDUAL COUNSELING	GROUP COUNSELING	TELEHEALTH COUNSELING	CRISIS SERVICES	BEHAVIORAL INTERVENTION TEAM	COMMUNITY REFERRALS
					
70% of MI CCs provide individual counseling to students	35% of MI CCs provide group counseling to students	65% of MI CCs provide telehealth counseling to students	74% of MI CCs provide crisis services to students	61% of MI CCs have a Behavioral Intervention Team	87% of MI CCs provide community referrals to students

Note: “In-house” services are those provided by a college through either college staff or contracted mental health providers.

MENTAL HEALTH PROVIDER STAFFING

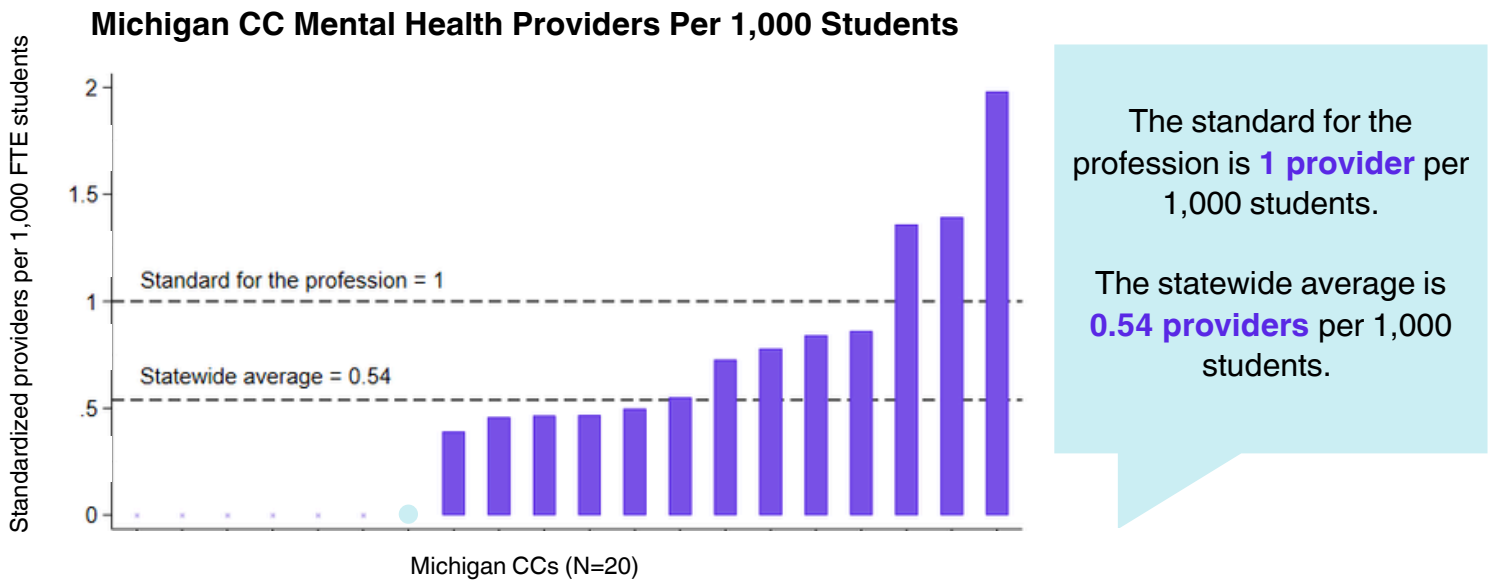
Among colleges that offer non-crisis mental health care (i.e., individual counseling) staffing models can look very different. The chart below highlights the range of care models used to support students.



MENTAL HEALTH PROVIDER CAPACITY

The International Accreditation of Counseling Services recommends a ratio of 1 full-time mental health provider to every 1,000 students, often known as the standard for the profession within college counseling.²

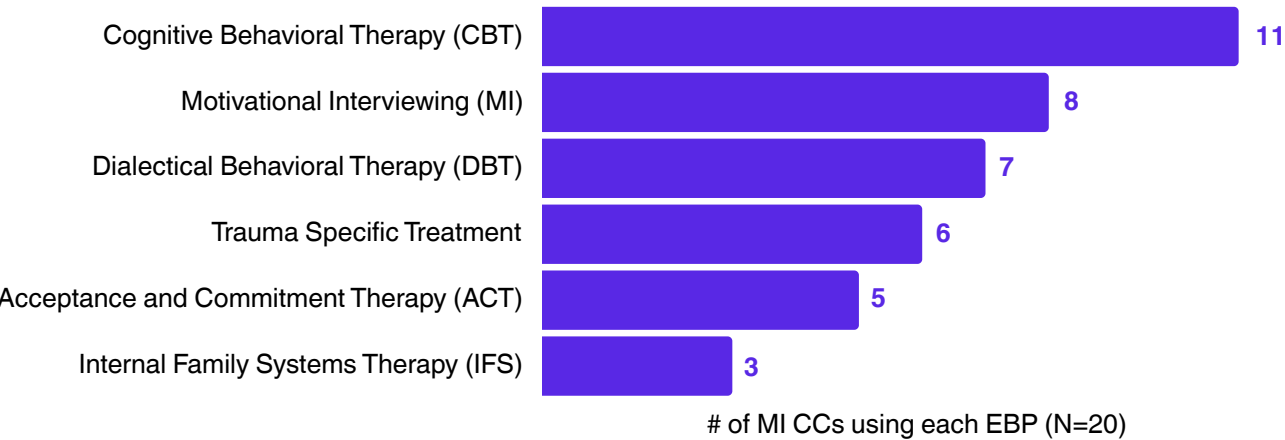
With no mental health providers (a ratio of 0 providers per 1,000 students), SC4 falls below this standard. The graph below shows how this counseling capacity compares to other Michigan CCs.



Note: This data represents colleges' total clinical capacity to provide individual counseling. One standardized counselor represents a 24-hour block of clinical hours per week, assuming a counselor working 40 hours per week would have 24 clinical hours per week. For more information on this measure, see the Methodology section on page 7.

EVIDENCE-BASED PRACTICE USE

Different colleges utilize different approaches to supporting students' mental health. The chart below highlights different evidence-based practices used by Michigan community colleges that offer individual counseling to students. While SC4 currently does not offer any counseling services, SC4 might consider utilizing these practices in the future.

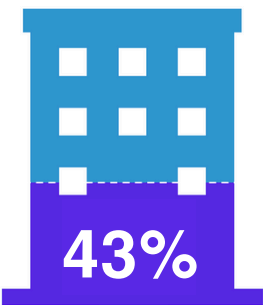


Note: Trauma Specific Treatment is used here as an umbrella for various therapeutic modalities that are specific to the treatment of trauma.

EXTERNAL PARTNERSHIPS

Partnerships with Local Mental Health Providers

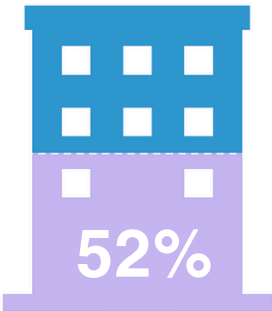
Many Michigan community colleges partner with local agencies and organizations to expand students' access to comprehensive mental health services. These partnerships range from informal personal connections to formal agreements where a Memoranda of Understanding or other contract is in place.



of MI CCs report having at least one **formal partnership** with a local mental health provider

SC4 *does* have a **formal partnership** with local providers.

SC4 *does not* have an **informal partnership** or referral pathway with any local providers.



of MI CCs report having at least one **informal partnership** with a local mental health provider

Local partnerships can be especially useful for colleges with limited in-house counseling services, and can also allow colleges to connect students with specialized providers and higher levels of care.

Digital Mental Health Interventions (DMHIs)

Some colleges are using third-party mobile apps and/or web-based resources, often referred to as **Digital Mental Health Interventions (DMHIs)**, to increase students' access to mental health support.



41% of MI CCs offer a DMHI to their students.



The most commonly used DMHI among MI CCs is UWill.

SC4 offers **BetterMynd** to students.

DMHIs don't replace on-campus counseling. Instead, they're an innovative way to offer additional support to students who can't access traditional services due to factors such as long wait times, scheduling difficulties, or discomfort with meeting with a counselor.

NEXT STEPS & ADDITIONAL OPPORTUNITIES

Additional data and tailored resources related to mental health service provision are available at [MiTRENDS.org](https://mitrends.org), our newly launched technical assistance platform. MiTRENDS features specialized toolkits and curated external resources to further support colleges in expanding their capacity to support student mental health.

The next round of the Michigan Mental Health Landscape Survey will launch in Fall 2025. This survey will assess for changes in the information presented throughout this report and more, allowing your college to update the information listed on the Michigan Mental Health Resource Navigator ([MiNav.org](https://minav.org)). Following this, updated landscape reports will be provided for each participating college to reflect the 2025 data.

If you have questions or concerns about any of the data presented in this report, please contact the MHICC team at mhiccteam@umich.edu.

METHODOLOGY

Representatives from all 31 of Michigan's community and tribal colleges were invited to participate in the Michigan Mental Health Landscape Survey in May 2024. The survey was distributed via Qualtrics to MHICC's established contacts at each institution. It remained open from May through December 2024, with targeted reminder messages sent periodically throughout the survey window. Representatives from 23 of the 31 colleges completed the survey, resulting in a 74% response rate. Respondents held a range of roles across institutions: 35% held counseling roles, 48% held administrative roles, and 17% worked in student support staff roles. All respondents confirmed that they were moderately (22%) or very (78%) familiar with mental health services available at their college.

Given that responses to survey questions were voluntary, some colleges left occasional data fields blank, while two respondents submitted partial survey responses. When compiling the survey data, colleges that were missing data for a metric were omitted from the corresponding percentages shown throughout this report.

Standardized Counselors per 1000 Students Metric: This metric was developed based on the Center for Collegiate Mental Health's (CCMH) Clinical Load Index (CLI), which assesses counselor workload and student utilization. Due to limited data on the number of students seen, our team developed a ratio of standardized counselors, defined as 24 clinical hours per week, to 1,000 students. This approach aligns with the International Accreditation of Counseling Services (IACS) recommendation of one counselor per 1,000 students. Enrollment figures for each institution were obtained from the National Center for Education Statistics (NCES), using the Full-Time Equivalent (FTE) enrollment data for the 2022–2023 academic year.

REFERENCES

- (1) International Accreditation of Counseling Services. Staff to student ratios. *International Accreditation of Counseling Services*. Accessed May 16, 2025. <https://iacsinc.org/staff-to-student-ratios/>.
- (2) Public Policy Associates. Increasing dual enrollment access and success. *Michigan Community College Association*. Accessed May 15, 2025. https://www.mcca.org/uploads/ckeditor/files/MCCA_Dual-Enrollment-Recommendations_Full-Report_Updated-9-04-24.pdf.

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