



San Bernardino

Valley College

Voices of Wellness: **The Mental Health Call to Action**

Based on the Healthy Minds Study (Spring 2022)

In the 2023-24 academic year,

64.2%

**of Valley students
persisted from Fall to Spring.**



**Why are some students persisting,
whereas others are not?**

The Healthy Minds Study examined:

Mental health

Campus climate

Campus
belonging

Feelings of being
valued by others

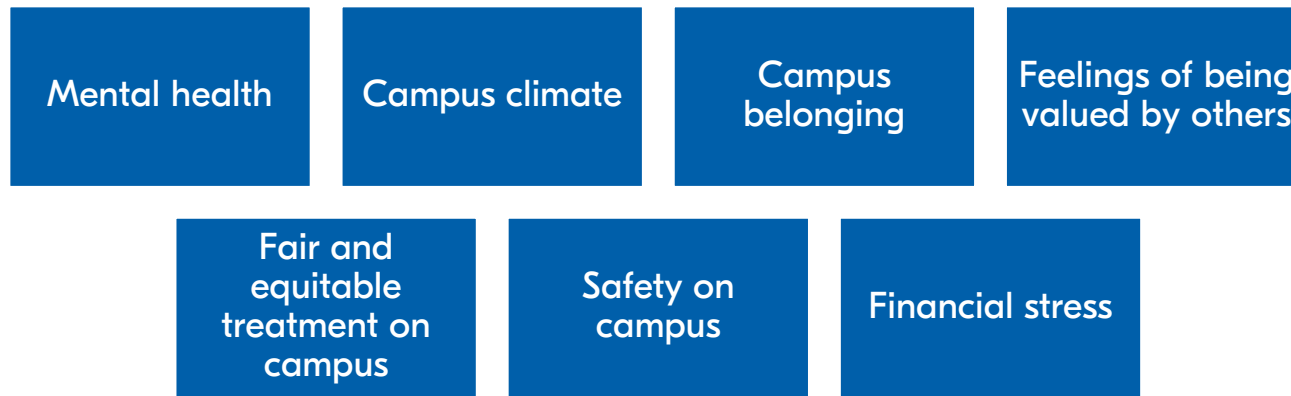
Fair and
equitable
treatment on
campus

Safety on
campus

Financial stress

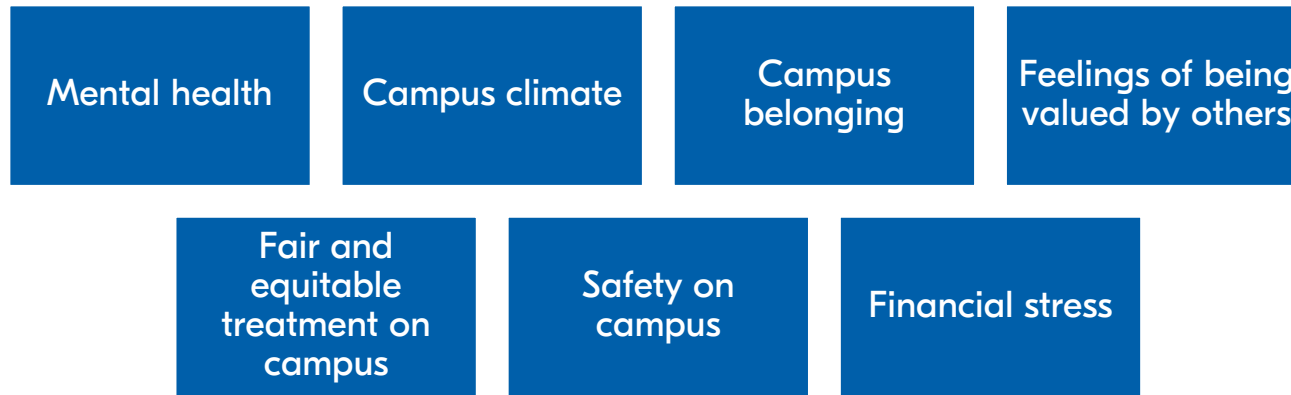
How are these student factors related to perceived persistence and overall satisfaction?

Student Factors



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Student Factors



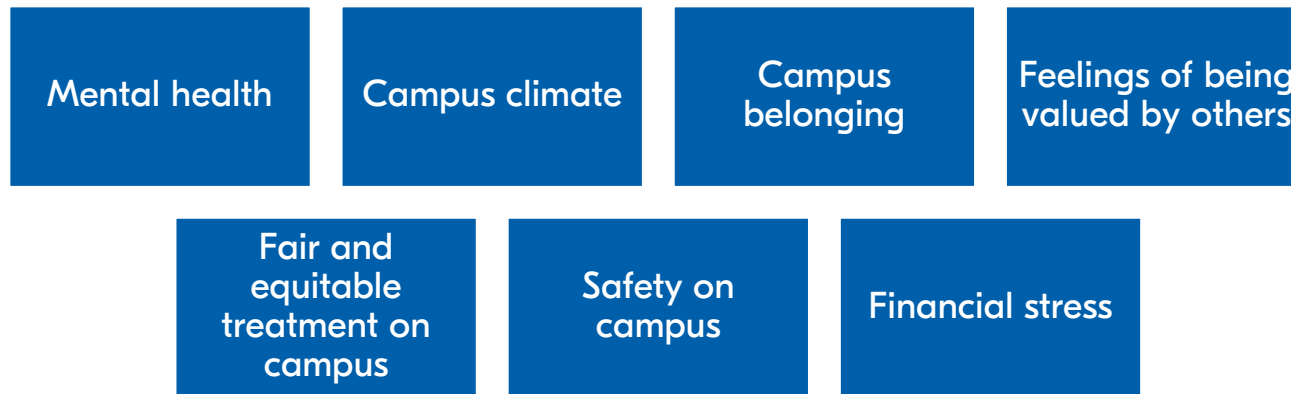
Perceived persistence

Measured on a 6-point agree/disagree scale

“I am confident that I will be able to finish my degree no matter what challenges I may face.)

How are these student factors related to perceived persistence and overall satisfaction?

Student Factors



Measured on a 6-point satisfied/dissatisfied scale

“How satisfied are you with your overall experience at your school?”

Overall satisfaction

All these student factors are independently related to both perceived persistence and overall satisfaction.

Student Factors



Analyzed using correlations

**...but how do these student factors
altogether affect perceived persistence
and overall satisfaction?**

Student Factors

Mental health

Campus climate

Campus
belonging

Feelings of being
valued by others

Fair and
equitable
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**Perceived
persistence**

**Overall
satisfaction**

Analyzed using multiple linear regressions

First, we looked at perceived persistence.

Student Factors

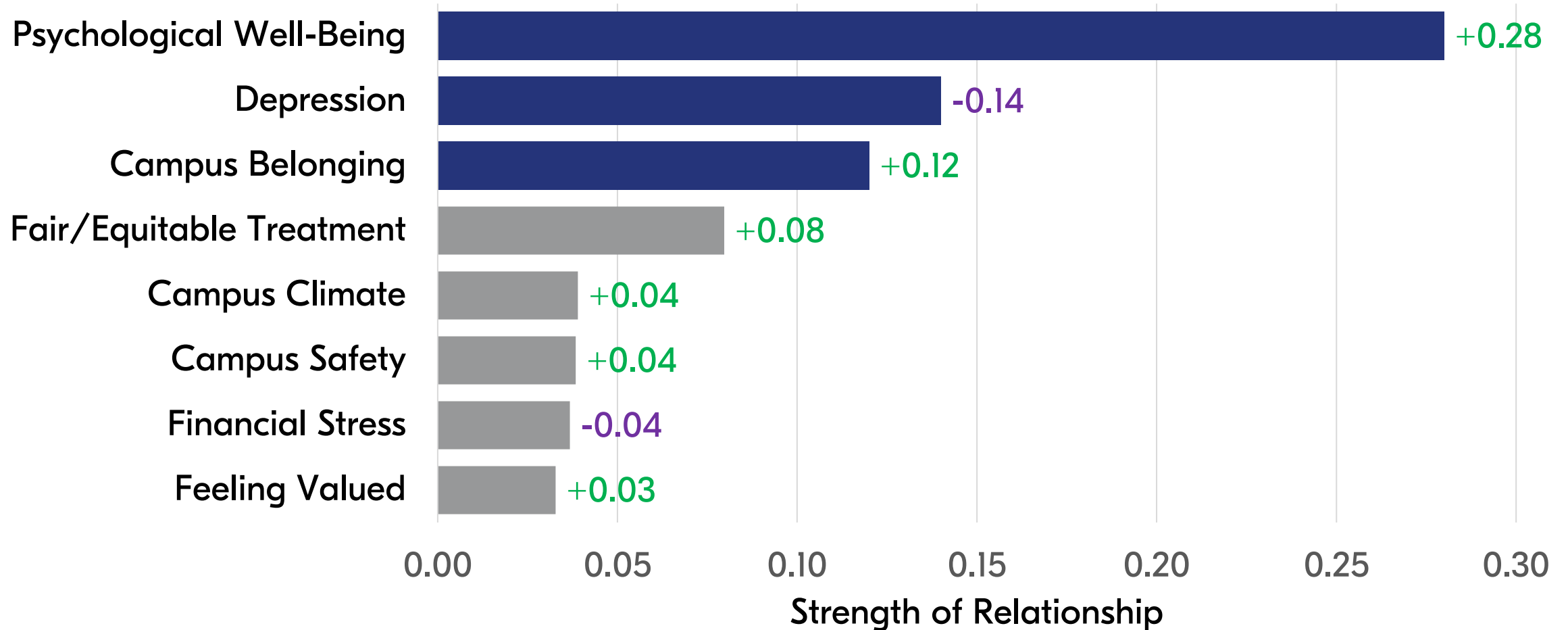


Mental health and campus belonging better explain students' perceived persistence.

Student Factors



Psychological well-being is especially related to students' perceived persistence.

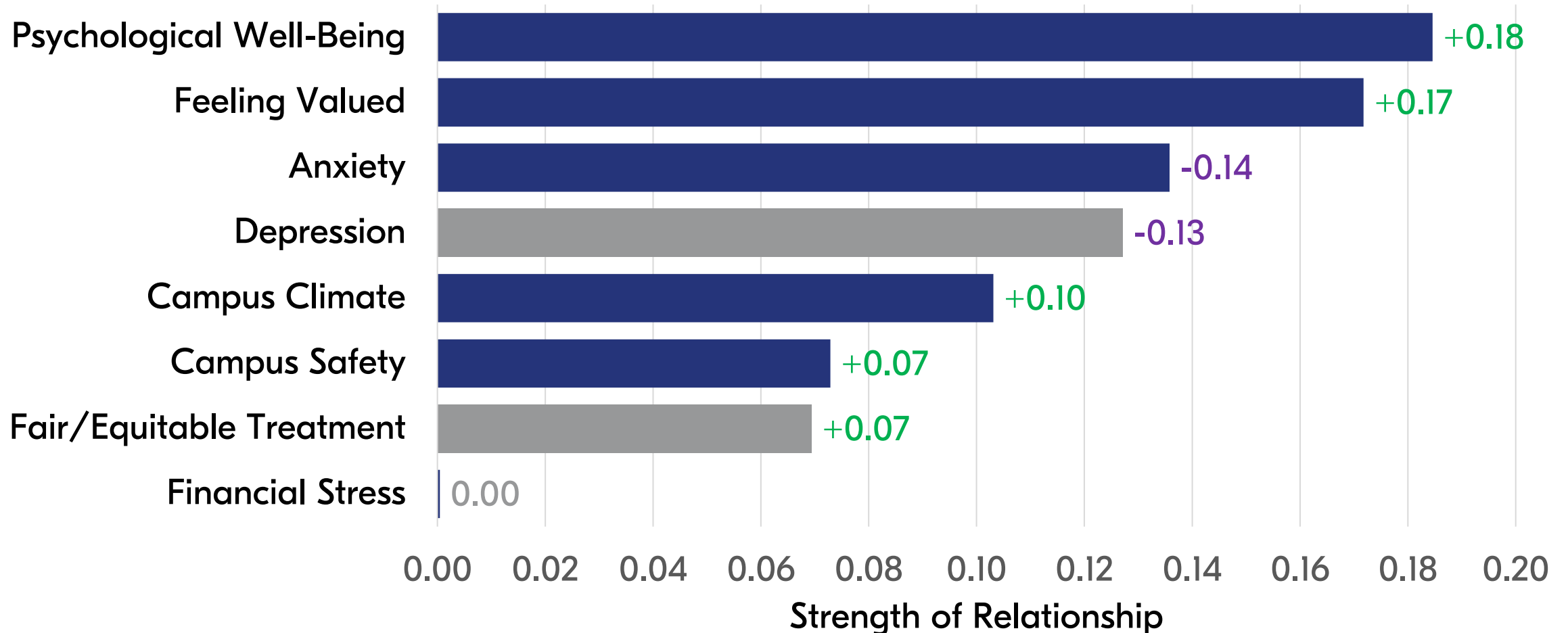


Mental health, campus climate, campus belonging, feelings of being valued, and safety on campus better explain students' overall satisfaction.

Student Factors



Although factors affecting overall satisfaction are more nuanced, psychological well-being is still particularly influential.



Prevalence of Mental Health Issues

For every 100 students...



Moderate
to severe
depression



Moderate
to severe
anxiety



At risk of
**eating
disorder**



Non-suicidal
**self-injury
behaviors**



Had
**suicidal
ideation**

When measuring psychological well-being,

64%

of Valley students are
not flourishing.

Call to Action

01

Enhance mental health support.

02

Foster a more positive campus climate.

03

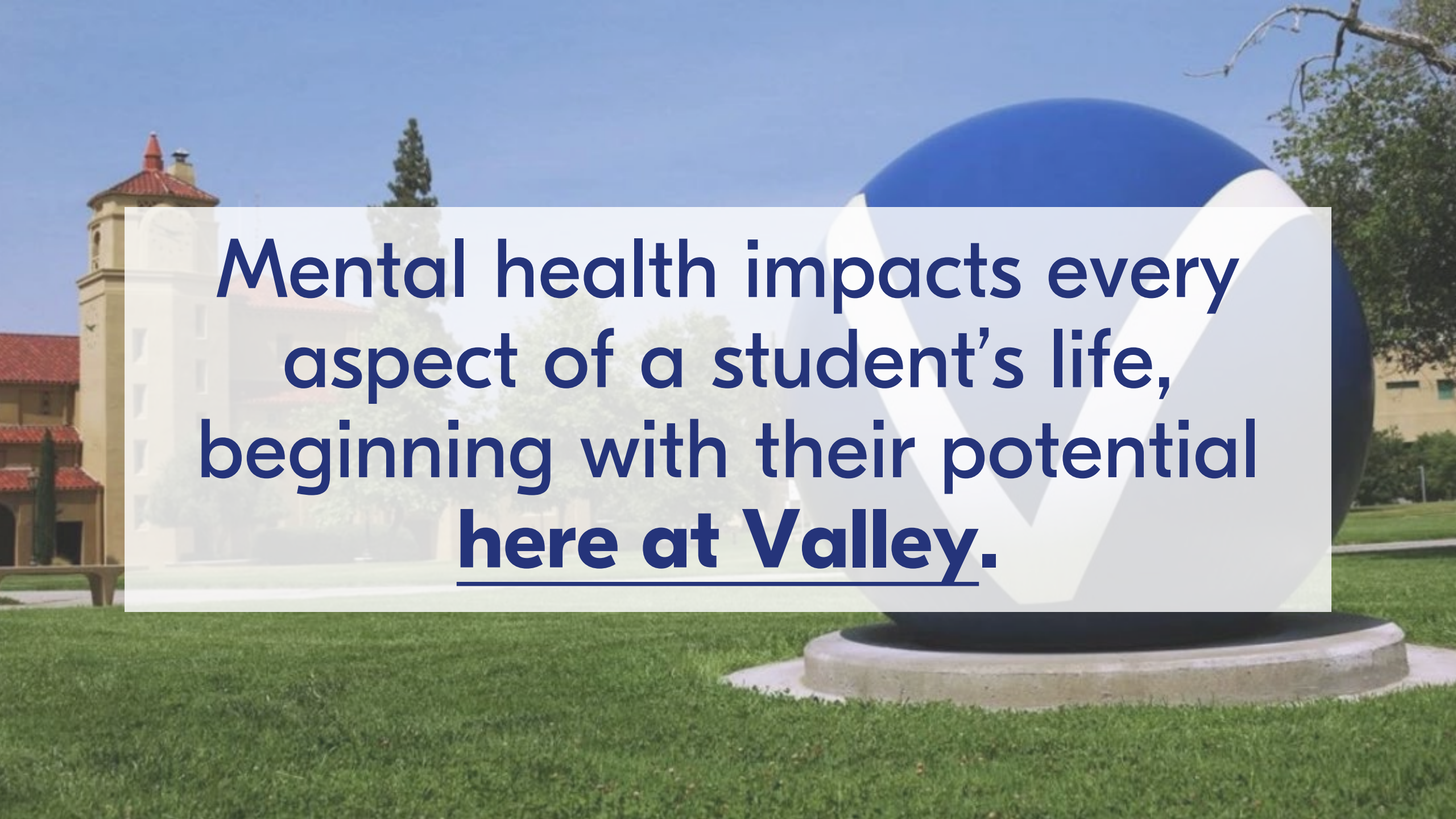
Implement more transparent and equitable practices.

04

Alleviate financial stress.

Specific groups of students may need targeted support.

	Greater depression or anxiety	Lower belonging	Lower perceived persistence	Lower overall satisfaction
LGBQ+	X	X	X	X
Lower Income	X	X	X	X
Non-cisgender	X	X	X	
Younger	X	X		
Disability	X		X	
Non-white	X			X
Black	(included)	X		(included)
Asian	(included)	X		(included)

A large blue and white sphere with a white 'V' logo is the central focus, resting on a concrete base on a green lawn. In the background, a building with a red-tiled roof and a tower is visible under a clear blue sky.

**Mental health impacts every
aspect of a student's life,
beginning with their potential
here at Valley.**