



# **Bridging Campus and Community: Advancing Mental Health Access through Michigan Community Colleges**

January 22nd, 2026



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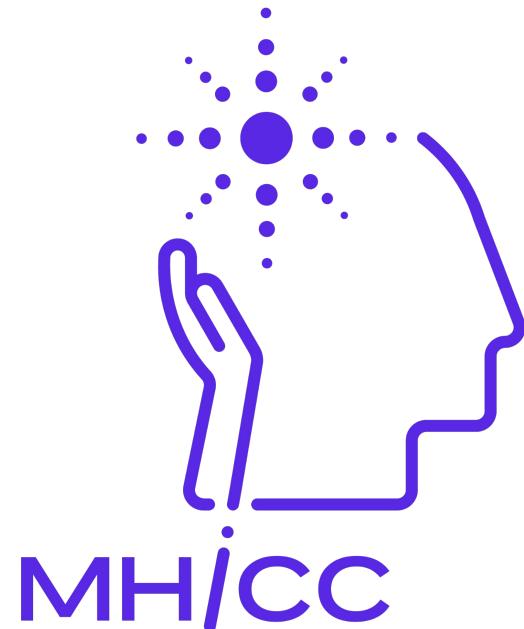
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**The Mental Health Improvement through Community Colleges initiative (MHICC) works in partnership with Michigan community colleges to improve the availability, accessibility, and equitable distribution of mental health resources for students across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

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

**We have no conflicts of interest to disclose.**

# Learning Objectives



Recognize community colleges (CCs) as institutions **uniquely positioned** to support community well-being by **enhancing access** to mental health care.



Understand the **heterogeneous landscape** of mental health service provision across Michigan CCs and what approaches **leading CCs** are deploying to support student mental health.



Identify innovative, actionable, and **tailored strategies** for expanding student access to mental health services on community college campuses.



01

# Why Community Colleges?

Understanding the role that community colleges play and the unique mental health challenges faced by community college students.

# **Michigan Community Colleges**

**28**  
**Community**  
**Colleges**

**3**  
**Tribal**  
**Colleges**



# The Role of Community Colleges

Community colleges play a critical role in:



**Building the local workforce**



**Bolstering local economies**



**Fostering social mobility and  
combating socioeconomic inequity**

# Michigan Community College Students

Michigan ranks 8th among states in CC enrollment.

## In Michigan...

**32%** of CC students are students of color

**32%** of CC students are first-generation college students

**38%** of CC students are older than 25 years

**67%** have family incomes <\$50,000

**13%** are single parents

**75%** are part-time students

**23%** have disabilities

Source: [MCCA Fast Facts](#), [Mischooldata.org](#), [Michigan College Access Network](#)

## More than half

of MI community college students are experiencing symptoms of a diagnosable mental health disorder

... yet ***more than a third of these students*** are NOT receiving any mental health services.

Source: MHICC Healthy Minds Study Data from 8 MI CCs, 2022 - 2025

# 53,510

The number of CC students across MI  
who are ***not receiving mental health  
care*** despite meeting criteria for a  
diagnosable mental health condition.

Source: [Michigan Community College Association Fast Facts](#) /  
MHICC Healthy Minds Study Data from 8 MI CCs, 2022 - 2025

**42%**

of MI CC students  
meet criteria for  
moderate to severe  
**depression**

**36%**

of MI CC students  
meet criteria for  
moderate to severe  
**anxiety**

Source: MHICC Healthy Minds Study Data from 8 MI CCs, 2022 - 2025

# Suicidality

Among MI CC students:

**14%**

experienced  
**suicidal ideation**  
in the past year

**6%**

have made a  
**suicidal plan**  
in the past year

**2%**

**attempted  
suicide**  
in the past year

Source: MHICC Healthy Minds Study Data from 8 MI CCs, 2022 - 2025

# 39,263

The number of CC students across  
MI who are **experiencing suicidal  
thoughts or behaviors**

Source: [Michigan Community College Association Fast Facts](#) /  
MHICC Healthy Minds Study Data from 8 MI CCs, 2022 - 2025

# Barriers to Students Receiving Mental Health Care



Availability of Resources



Awareness of Resources



Basic Needs Barriers



Stigma

Source: MHICC Healthy Minds Study Data from 8 MI CCs, 2022 - 2025



# Takeaway

Community colleges play **critical roles** in their community while **serving students** with diverse and often heightened mental health needs.

As such, community colleges offer a **key opportunity for intervention** to improve community wellbeing and prevent suicide.



02

# **Community College Mental Health Service Provision**

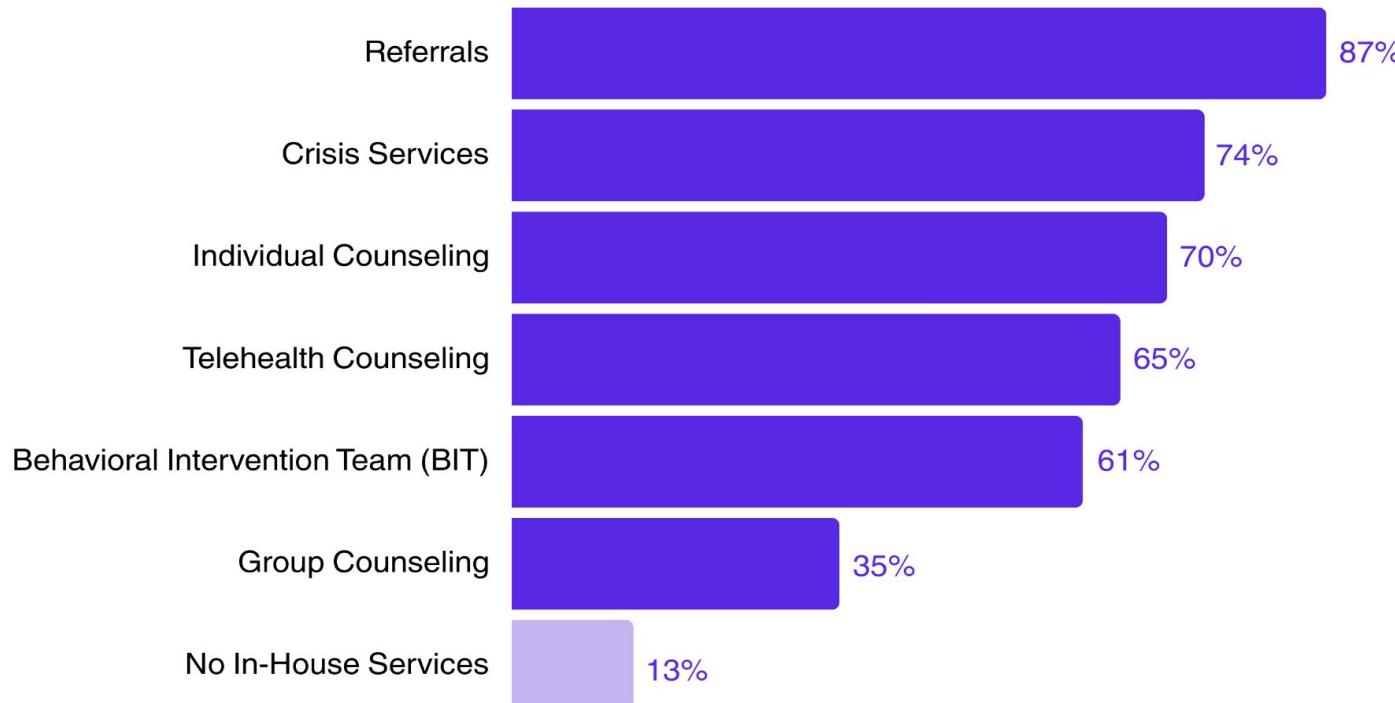
# **The Michigan Mental Health Landscape Survey**

MHICC's annual survey tracking changes over time to the landscape of mental health services across Michigan's 31 community and tribal colleges.

Our 2024 survey received responses from 23 colleges.

2025 survey data coming soon!

# Mental Health Services Provided In-House by MI CCs



# Mental Health Models of Care at MI CCs

Among the 70% of MI CCs that provide in-house individual counseling:

**40%**

have

**Dedicated  
Providers**

Providers whose sole role at the college is to provide mental health care

**47%**

have

**Dual Role  
Providers**

Providers who hold one or more additional roles alongside providing mental health care (e.g., academic advising)

**13%**

have

**Both**

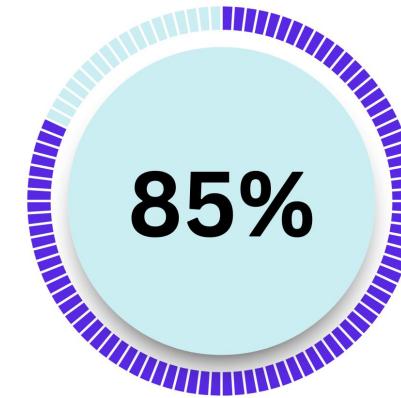
Dedicated and dual role providers

***Note: 30% of MI CCs do not have mental health providers offering in-house individual counseling.***

# College Capacity for Mental Health Care

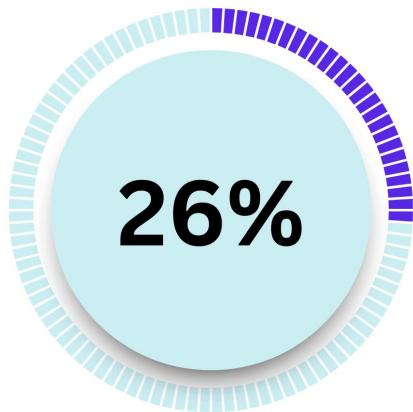


of MI CCs **do not offer in-house individual counseling services**

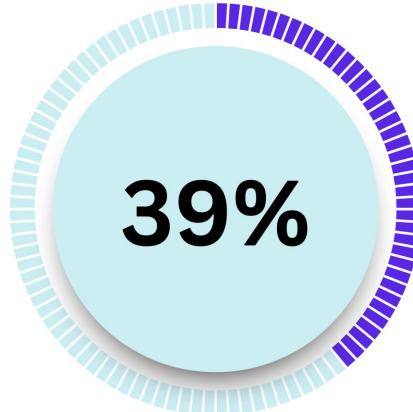


of MI CCs **fall below the recommended full-time counselor to student ratio** of 1 counselor to 1,000 students, the standard for the counseling profession set by the IACS.

# Gaps in Crisis Support



of MI CCs **do not offer  
in-house crisis services**



of MI CCs **do not have  
a Behavioral Intervention Team  
(BIT)**

# Supporting Dual Enrolled Students

Nearly **1 in 5** MI CC students are dual enrolled

...yet not all dual enrolled students are able to receive counseling services at their college

# Top Reported Barriers to Expanding Mental Health Services



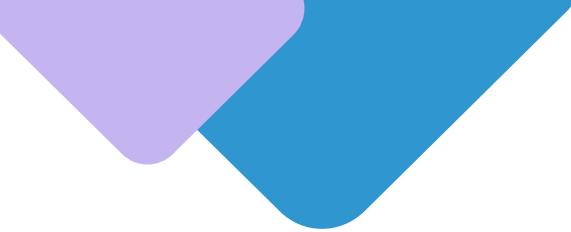
**Lack of funding**



**Competing priorities**



**Lack of counseling staff time**



# Takeaway

Although many Michigan CCs recognize mental health as a key priority, colleges often face **limited capacity and funding** to support student mental health, contributing to **disparities in student access** to mental health care.

# Reflection

How do the data shared resonate with your own experiences with student mental health?

How can you work to support CC student mental health within your role or organization?



03

# Strategies and Opportunities for Change

# MHICC Projects



## MiNav: The Michigan Mental Health Resource Navigator

An online platform to connect CC students with the available mental health resources at their college and local community.



## MHICC Capacity Building Partnership Program

Involves closely partnering with CCs to identify and implement innovative opportunities for expanding student access to mental health care based on colleges' unique needs.



## The MiTRENDS Mental Health Hub

A curated online hub of resources and data to support CCs in expanding their support for student mental health.



## MHICC Learning Collaborative

An opportunity to connect with CC mental health professionals across the state to share innovative approaches, collectively strategize, and problem solve shared challenges.

# Michigan Data Available on MiTRENDS

## 2024 MICHIGAN MENTAL HEALTH LANDSCAPE REPORT

Mental Health  
Improvement through  
Community Colleges



View each college's individual  
mental health landscape report:



# MiTRENDS Resource Guides Available



## Developing Memoranda of Understanding:

*A "How-To" Guide  
for Creating Formal Partnerships with  
Local Mental Health Providers*



Mental Health Improvement  
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The Hope Center  
for Student Basic Needs



## Expanding Mental Health Services Through Graduate Student Field Interns:

*Best Practices and Key  
Considerations for Colleges*



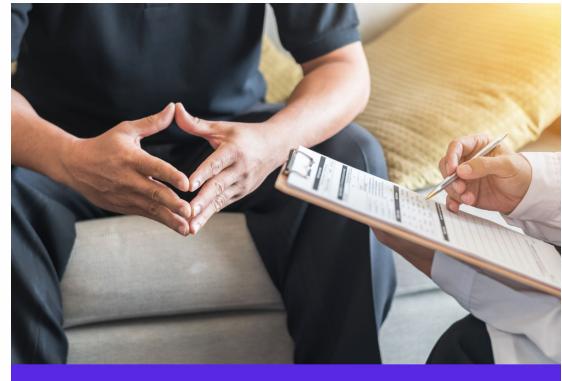
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## Mental Health Screening:

*Strategies and Best Practices  
for Community Colleges*



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# MiTRENDS Resource Guides Available



## Digital Approaches to Supporting Student Mental Health:

*Key Considerations for Michigan  
Community Colleges*



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COMING SOON!

**Mental Health Needs  
of Michigan  
Community College  
Students:  
Findings from the  
Healthy Minds Study**



COMING SOON!

**Supporting Minds,  
Strengthening  
Communities:  
The Case for Investing  
in Community College  
Student Mental Health**



# Opportunities for Action

## If you're a K-12 educator:

- Ensure dual enrolled students are aware of services available at their college (MiNav!)
- Promote help seeking and normalize receiving mental health support

## If you're a clinician or mental health organization:

- Explore referral pathways with your local CC and other avenues for partnership

## If you're a policy maker:

- Advocate for funding and resource allocation for CC student mental health

## If you're a researcher:

- We'd love to explore ways to collaborate!

# Thank you!

Partner with

us:



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