

Application for Sabbatical, Academic Year 2024-25

Full name as it appears on your work records Della Newlow

Number of years of continuous full-time service at VCCCD: 15

Number of years of continuous full-time service at OC: 15

Have you ever had a sabbatical at VCCCD? yes_ (type yes or no)

How many years ago was your last sabbatical? 7

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Project Description:

As a faculty member at Oxnard College, I propose a one-year sabbatical starting from August 2024 until May 2025. This sabbatical's focus is to enhance my mental health first response skills and knowledge, specifically in relation to students with disabilities in learning skills classes and assigning related accommodations to students with disabilities. During this year I will earn a Mental Health First Response Certificate from the University of San Diego.

Project Objectives:

1. Gain expertise in mental health first response through the University of San Diego Mental Health First Response Certificate program.
2. Apply acquired knowledge to develop effective strategies for supporting students with mental health difficulties and disabilities in learning skills classes.
3. Enhance understanding of the intersection between mental health and learning disabilities.

Project Methodology:

1. Enroll in the University of San Diego Mental Health First Response Certificate program.
2. Participate in coursework, workshops, and practical exercises to develop practical skills.
3. Conduct research and literature review on mental health and learning disabilities as coursework through University of San Diego requires.
4. Collaborate with experts in the field as course requires to gain insights and guidance.

1. August 2024: Begin the University of San Diego Mental Health First Response Certificate program.

2. August 2024 - May 2025: Begin the University of San Diego Mental Health First Response Certificate program: complete coursework, workshops, and practical exercises.

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students with mental health concerns receive appropriate accommodations and resources. My hope is to participate on the Behavior Intervention Team with the unique knowledge of understanding learning disabilities combined with mental health.

Lastly, earning a mental health certificate elevates the reputation and credibility of the community college's mental health support services. By demonstrating a commitment to holistic student well-being, the college showcases its dedication to providing comprehensive support. As a certified mental health first response professor, I can serve as a valuable resource for both students and faculty, offering guidance and support in navigating mental health challenges. Moreover, staying updated with the latest research and best practices in the field through the certificate program enables me to provide evidence-based interventions and advocate for students with mental health concerns effectively. It enhances my ability to understand and address mental health issues, contributes to a more robust support system within the college, and elevates the reputation of the mental health services provided. This certification empowers me to make a positive and lasting impact on the lives of students, ensuring their holistic well-being and academic success. In conclusion, considering the increasing number of students with mental health concerns at the EAC, it is crucial to have a mental health first response certified faculty member. By earning a mental health first response certificate, the learning disability specialist would be well-prepared to address the evolving needs of students, contribute to the development of support systems, and provide comprehensive assistance to promote student well-being.