

Research on the Path of Local Colleges and Universities Participating in the Construction of Community Mental Health Service System Under the Background of Healthy China

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ABSTRACT

With the great development of productive forces and the enrichment of material life, people's standards of spiritual life and mental health are also improving day by day. At present, many cities provide mental health services in the community. Although they are in the stage of active exploration, they still expose some problems, such as imperfect system, unprofessional personnel, insufficient activities and so on. Local colleges and universities close to the community can integrate and use their own resources and participate in the construction of mental health service system in the local community, so as to realize a good situation of benefiting teachers and students, serving the society and win-win cooperation. Based on the macro background of healthy China, this paper analyzes the path of how local colleges and universities should better participate in the construction of community mental health service system.

Keywords: Local universities; community; Mental health service system

1. INTRODUCTION

From the 18th National Congress of the Communist Party of China, it was proposed to "pay attention to humanistic care and psychological counseling, and cultivate a social mentality of self-esteem, self-confidence, rationality, peace and positive progress", which was officially written into the outline of the 12th Five Year Plan for national economic and social development, which clearly pointed out that we should promote the construction of a healthy China, advocate a healthy lifestyle, strengthen mental health services, improve the social psychological service system and counseling mechanism Crisis intervention mechanism [1]. Establishing a systematic psychological service system is a huge process. We should not only implement the spirit and content of the outline of the "healthy China 2030" plan, but also establish educational content suitable for the growth needs of college students according to China's basic education system and educational development types.

The public community adjacent to local colleges and universities is considered to be an important place and space for local people to communicate and live in their work and daily life. Strengthening the psychological construction of public communities is an important part of promoting the construction of "healthy China" and puts forward more significance and necessary favorable ways to improve the physical and psychological health of local residents and the psychological quality of all social members. The school should not be a strong cultural island in the community. It should take the initiative to build various bridges with the community and devote itself to solving community problems. It is incumbent on local colleges and universities that rely on local resources to actively participate in community psychological construction [2]. Therefore, based on the background of healthy China, this paper studies the path of local colleges and Universities Participating in the construction of community mental health service system.

2. RESEARCH OBJECTS AND METHODS

By issuing the self-made questionnaire "cognition of the current situation of community mental health service", the current situation of community mental health service and residents' cognition of community mental health service were investigated. 300 community workers and 350 community residents from 15 communities in D City were randomly selected as survey samples. 526 valid questionnaires were collected, including 260 community workers and 326 community residents. 43% of men and 57% of women.

3. ANALYSIS ON THE CURRENT SITUATION OF COMMUNITY MENTAL HEALTH SERVICE IN D CITY

3.1. Current situation of community mental health service in D City

Through the investigation, it is found that the work of community mental health service is mainly reflected in: Publicizing the relevant knowledge of mental health education to community residents by holding regular teaching courses and lectures, distributing newspapers and periodicals, and running magazine columns; The mental health status of residents in the community was surveyed, but there was a lack of professional diagnosis for serious mental diseases such as serious mental illness and neurosis in the jurisdiction; A few communities are equipped with special psychological counseling service staff, but the number is relatively small, and some personnel do not have relevant professional qualifications; Residents' awareness and demand for mental health services in the community are constantly increasing. The vast majority of community residents hope that the community has special mental health service institutions; Residents' recognition of community psychological service is not high, they think that the content is too simple and repetitive, there is a lack of independent psychological counseling place, and the professionalism and technical level of staff are low; Residents have many concerns about service time, charges, privacy, timeliness and other aspects.

3.2. Problems in community mental health service in D City

3.2.1 The community mental health service system is still being explored, which is difficult to realize people's demands

The survey results show that most residents prefer that the community should have a perfect mental health service system in order to provide practical assistance, and most residents have basic needs for mental health services, but most community mental services have

problems of small scale, less content and low frequency, so it is difficult to realize the actual demands of residents for mental health services.

3.2.2 The community lacks competent and professional service personnel, which cannot meet the work expectations

Mental health service personnel are an important part of building the community mental health service system, but at present, most of the personnel engaged in community mental health service do not have professionalism and technology, and are part-time, and there are few full-time personnel. There are few formal and professional psychological skills training in the community. Many service personnel work through self-study or short-term training, which makes it difficult for the community mental health service system to achieve the expected effect.

3.2.3 Community mental health education activities lack the main front and can not form a good service atmosphere

Community mental health education activities have the problems of small scale, less content and low frequency, and these problems become more difficult to solve due to human, material, financial and other reasons, so that most community mental health education activities have no main position, only heard of the activities in a year and a half, and rely too much on the community bulletin board in the publicity of the activities, It is difficult to undertake activities that residents are willing to participate in and a series of lectures on mental health education with quality and quantity guaranteed, so as to form a good mental health service atmosphere.

It can be seen from table 1 that most residents believe that it is meaningful to establish a mental health service system in the community, and the development of mental health services is conducive to their own physical and mental health. However, some residents still have weak mental health awareness and fail to establish a scientific attitude, confusing the standards of "normal situation" and "abnormal situation", as well as the service population and boundary of mental health work. Thus, it is very necessary to establish a mental health service system in the community. However, due to the limitations of the community's own conditions, it is difficult to stand alone. Therefore, it is a channel worth exploring to introduce high-quality resources of local colleges and universities to participate in the construction of community mental health service system.

Table 1 Residents' cognitive statistics on the construction of community mental health service system

| subject | Specific options | Selection ratio |
|---|--|-----------------|
| How to treat seeking mental health services? | Normal condition | 82% |
| | Abnormal condition | 8% |
| | exceptional case | 6% |
| | I don't know | 4% |
| How to treat community mental health service? | Conducive to the physical and mental health of residents | 78% |
| | For people with serious psychological problems | 11% |
| | For people with mild psychological problems | 8% |
| | Just chatting with residents | 3% |
| What is the first person to talk to when feeling psychological problems? | family | 37% |
| | friend | 30% |
| | Solve it yourself | 27% |
| | psychological counseling | 6% |
| Is it meaningful to establish a mental health service system in the community | Very meaningful | 69% |
| | More meaningful | 22% |
| | No meaning | 2% |
| | indifferent | 7% |

4. RESOURCE ANALYSIS OF LOCAL COLLEGES AND UNIVERSITIES PARTICIPATING IN THE CONSTRUCTION OF COMMUNITY MENTAL HEALTH SERVICE SYSTEM

4.1. The mental health service system in Colleges and universities is perfect

With the development and construction of college education system, the importance of mental health education curriculum has long changed from "elective" to "compulsory". Whether it is teaching and practice in the classroom, or consultation and general survey outside the classroom, colleges and universities have formed their own distinctive systems for mental health work and mental education activities, and with the improvement of their own mental health service system.

4.2. The mental health team in Colleges and universities is professional

In the opinions on accelerating the construction of the ideological and political work system in Colleges and universities issued by the Ministry of education, it is proposed to incorporate the mental health education curriculum into the overall teaching plan, allocate professional teachers according to the teacher-student ratio of no less than 1:4000, and allocate at least 2 teachers to each school [3]. At present, most colleges and universities have equipped full-time mental health teachers with certain qualifications and academic qualifications according to the proportion of teachers and students in the school, and gradually established a teaching team with the combination of full-time psychological teachers and part-time teachers.

4.3. College mental health service experience is rich

Many colleges and universities have incorporated college students' mental health courses into compulsory courses, and set up a variety of psychology elective courses. Some schools have even set up dozens of relevant elective courses. In terms of mental health education activities, colleges and universities organize and carry out mental health education activities with various forms and rich contents, such as 5.25 special activities of College Students' mental health education, psychological situational drama competition, psychological essay solicitation, psychological sand dragon activities, etc. The forms are extremely diverse, and teachers and students have a strong sense of participation.

4.4. Psychological counseling and crisis intervention in Colleges and universities are mature

Most colleges and universities have built a relatively perfect working system for serious mental and psychological crisis events such as suicide or attempted suicide, and provide psychological evaluation, individual counseling and group psychological counseling. Some colleges and universities have already expanded their service objects from students to all teachers and students, and even provide out of school social psychological services.

4.5. The hardware and software facilities of mental health education in Colleges and universities are complete

Colleges and universities have special psychological counseling centers, which include psychological counseling room, music relaxation room, sand table room, catharsis room, group psychological counseling room,

etc., and are equipped with professional psychological measurement scales, such as SCL-90, UPI and other mental health scales, 16PF, EPQ and other personality test scales, social adaptability scales, etc.

5. THE PATH OF LOCAL COLLEGES AND UNIVERSITIES PARTICIPATING IN THE CONSTRUCTION OF COMMUNITY MENTAL HEALTH SERVICE SYSTEM

5.1. Policies support the two-way flow of resources between colleges and communities

Colleges and communities should formulate practical policies to support colleges and universities to participate in the construction of community mental health service system. Establish the coordination and linkage mechanism of psychological services between colleges and communities, and focus on the division between work scope and post responsibilities. In the process of actively participating in community psychological services, college teachers first need the necessary policy support. Colleges and universities can give corresponding reward and preferential treatment policies to students and teachers serving the community, such as professional title promotion or employment salary performance. There should be strict standards and regulations on the scope of the community that the teaching staff of colleges and universities can radiate. In the division of job responsibilities, colleges and universities should cultivate a group of professional psychological service talents and teams for the community, and the community will provide appropriate venues and funds for the faculty and team of colleges and universities.

5.2. Working mode to broaden the universality of community mental health services

Carry out community mental health survey, establish community residents' psychological files, refer to the working practices of psychological survey in Colleges and universities, and use online scales to create residents' files, so as to monitor the mental health indicators of community residents in real time. At the same time, timely feedback according to the results, form a list of key residents in the community, track and pay attention to key groups, and provide a strong basis for further psychological intervention.

Make use of the resources of teachers and students in Colleges and universities to assist various community organizations to carry out various publicity and education activities, such as community mental health culture festival, community psychological classroom, community psychological knowledge publicity tour exhibition, community psychological road report and so on, enrich and expand the forms of mental health

education activities of community residents, and improve the participation of community residents, so as to widely popularize and publicize mental health knowledge, The goal of promoting the physical and mental health of community residents.

Carry out individual counseling and group counseling, and employ psychological teachers from colleges and universities as part-time psychological counselors in the community. On the one hand, they can provide one-to-one psychological counseling for community residents; On the other hand, according to the needs of community residents, group psychological counseling on the topics of parent-child relationship, psychological decompression, marital relationship and family education can be set up.

5.3. Systematic training to improve the professionalism of community mental health services

In the linkage mechanism of college and community psychological service, fully combined with the actual situation of the community, establish a more professional talent team, including teachers and graduates of psychology related majors and cadres with many years of experience in the management of practical activities of mental health education. By understanding the main characteristics of community mental health service, this paper puts forward targeted working methods, so as to formulate a mental health service plan suitable for community residents, and continuously improve the specialization and timeliness of community mental health service.

With reference to the implementation plan of psychological professional training in Colleges and universities, combined with the characteristics of community mental health service, and using the advantages of college teachers, carry out systematic psychological training for community mental health service workers, such as basic knowledge of psychology such as general psychology, social psychology and personality psychology; Health psychology, management psychology, marriage and family psychology and other related courses in the field of public service and community management; Narrative therapy, short-term focus and other psychological counseling and education courses [5].

Many college teachers are registered psychologists and supervisors of the Chinese Psychological Society. Colleges and universities usually regularly carry out case supervision activities of full-time and part-time psychological counselors. Community psychological workers can not only participate in peer psychological supervision activities in Colleges and universities, but also accept one-to-one psychological supervision to improve their own psychological counseling service level.

5.4. Scientific research to promote the pertinence of community mental health services

Universities and communities can jointly apply for scientific research projects with the theme of the construction of community mental health service system, on the one hand, promote the construction of community mental health service and effectively solve the problems of community mental health service [6]. On the other hand, promote the actual conversion rate of University Teachers' scientific research projects, improve the evaluation system, multi-dimensional evaluation of scientific research results, and further promote and improve the scientific research results.

6. CONCLUSION

The community mental health service system in D city is still being explored, which is difficult to realize people's demands; The community lacks competent and professional service personnel, which cannot meet the work expectations; Community mental health education activities lack the main position and cannot form a good service atmosphere.

The resources of local colleges and Universities Participating in the construction of community mental health service system mainly include college mental health team specialty; Improve the mental health service system in Colleges and universities; Rich experience in mental health service in Colleges and universities; College psychological counseling and crisis intervention are mature; The hardware and software facilities of mental health education in Colleges and universities are complete.

The two-way flow of psychological resources in Colleges and universities and the construction of local community health service system; The working mode broadens the universality of community mental health services; Community health professional training; Scientific research promotes the pertinence of community mental health services.

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