Student Mental Health Services

CSU Board of Trustees
Committee on Educational Policy—Item 2
November 13-14, 2018
Basic Needs Initiative

- SB 85 funds allocated on campuses
- Developing allocation plan for additional $1.5 million
- Enhancing partnerships
- Student Wellness Week
National College Health Assessment

- Administered on CSU campuses
- Most comprehensive picture of CSU student health and well-being
- Results show that demand for mental health services has increased since 2016
- Results are consistent with the national reference group

Campus Investment in Hiring Additional Counselors

Percent Change from Fall 2010 to Fall 2018

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<tr>
<th>STUDENT HEADCOUNT</th>
<th>COUNSELOR FULL-TIME EQUIVALENCIES</th>
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<td>14.3%</td>
<td>36.8%</td>
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Student Mental Health Services

- Counseling
- Suicide and Violence Services
- Emergency Crisis
- Outreach
- Consultation
- Referral Resources

Campus Outreach Effort

Crisis Visit

Walk-in/Phone Call

Faculty/Staff Referral

Peer to Peer

Intake/Initial Consultation

First Visit/Treatment Plan

Individual/Couples Counseling

Group Counseling

Community Referral

Consultation

Review/Rewrite Treatment Plan

Individual/Couples Counseling

Group Counseling

Community Referral

Peer to Peer Counseling

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The California State University

Counseling & Psychological Services
Examples of Campus Programs

- Mental Health First Aid
- Suicide Prevention
- Targeted Support
- Student-Veterans Support
- Let’s Talk
- Active Minds

California State University San Marcos

Armando Zaragoza
President,
CSU San Marcos Active Minds
California State University, San Bernardino

Beth Jaworski
Assistant Vice President, Student Services

Systemwide Efforts

- Expanding the Well-being Ambassador Training
- Developing County Partnerships
- Ongoing Data Collection
- Scaling Campus Best Practices
In Summary

- Demand for mental health services has increased
- Mental health providers in the CSU has increased
- Campus programs and services are abundant and tailored
- Enhanced partnerships are critical to closing service gaps
National College Health Assessment

Diagnosed or treated by a professional for a mental health condition

- Anxiety:
  - 2016 CSU Results: 14%
  - 2018 CSU Results: 17%
  - 2018 National Reference Group: 22%

- Depression:
  - 2016 CSU Results: 12%
  - 2018 CSU Results: 14%
  - 2018 National Reference Group: 18%