



March 10, 2017

**Resolution in favor of more mental health resources in all CSUs**

**WHEREAS**, the California State Student Association (CSSA) is the single recognized voice of the 470,000 students in the California State University (CSU); and

**WHEREAS**, the purpose of CSSA is to represent all students of the CSU system and advocate for them on issues of higher education pertaining to access, affordability, quality, and the student experience; and

**WHEREAS**, the mission of the CSU system is to prepare significant numbers of educated, responsible people, to contribute to California's schools, economy, culture, and success; and

**WHEREAS**, to prepare significant numbers of educated students mental health resources should be of high priority; and

**WHEREAS**, the 2010 National Survey Counseling Center Directors respondents reported that 44 percent of their clients had severe psychological problems, a sharp increase from 16 percent in 2001<sup>1</sup>, and

**WHEREAS**, the National Society of Mental Illness states that one in four students has a diagnosable mental illness and 40 percent of students do not seek mental health services when they need it<sup>2</sup>, and

**WHEREAS**, 19 percent rate of psychological distress reported by California public college students was substantially higher than the 3.5 percent rate commonly reported for the general population<sup>3</sup>, and

**WHEREAS**, one in 10 college students has considered suicide and suicide is the second leading cause of death among college students, claiming more than 1,100 lives every year nationally<sup>4</sup>, and

**WHEREAS**, 10% of CSU students reported not accessing student counseling services because they had never heard of it<sup>2</sup>, and

**WHEREAS**, some studies have found that an important factor is stigma surrounding mental health. This stigma can result in stereotyping, discrimination, and ultimately the alienation of students who are already struggling<sup>5</sup>, and

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<sup>1</sup> <http://www.apa.org/about/gr/education/news/2011/college-campuses.aspx>

<sup>2</sup> <http://www.nami.org/Learn-More/Fact-Sheet-Library>

<sup>3</sup> 2013 Join UC, CSU, CCC CalMHSA Report

<sup>4</sup> <http://www.activeminds.org/issues-a-resources/the-issue>

<sup>5</sup> Turner, James C., and Adrienne Keller. Leading Causes of Mortality among American College Students at 4-year Institutions. Charlottesville, VA: University of Virginia & American College Health Association, 2 Nov. 2011. Ppt.



**WHEREAS**, in 2004 California Proposition 63, the Mental Health Services Act, was passed, allowing the California Department of Mental Health (DMH) to provide increased funding, personnel and other resources to support county mental health programs<sup>6</sup>, and

**WHEREAS**, the International Association of Counseling Services' Standards for University and College Counseling Services recommends strong relationships between campus and community medical services and with community mental health services<sup>7</sup>, and

**WHEREAS**, the International Association of Counseling Services states that Every effort should be made to maintain minimum staffing ratios in the range of one F.T.E. professional staff member (excluding trainees) to every 1,000 to 1,500 students, depending on services offered and other campus mental health agencies<sup>8</sup>, and

**WHEREAS**, the Graduation Initiative 2025 states that the CSU is committed to retaining and graduating students<sup>9</sup>, and WHEREAS, among college students who had dropped out with less than a 3.0 GPA, 25% screened positive for at least one mental illness, such as depression or generalized anxiety disorder<sup>10</sup>, and

**WHEREAS**, depressed and anxious students are also more likely to be absent, take semesters off, and/or dropout of school<sup>11</sup>, and

**WHEREAS**, mild to severe depression leads to an average -0.2 change in GPA the semester of onset, and if there is co-occurring anxiety, that figure becomes -0.4<sup>12</sup>, and

**WHEREAS**, quality of life is the most cited reason for choosing to drop out of school and students who participate in campus counseling services generally report improvement in their mental health or attendance problem, and they report higher satisfaction with their quality of life<sup>13</sup>, and

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<sup>6</sup> [http://www.dhcs.ca.gov/services/mh/Pages/MH\\_Prop63.aspx](http://www.dhcs.ca.gov/services/mh/Pages/MH_Prop63.aspx)

<sup>7</sup> [http://0201.nccdn.net/4\\_2/000/000/057/fca/IACS-STANDARDS-amended-10-22-2016.pdf](http://0201.nccdn.net/4_2/000/000/057/fca/IACS-STANDARDS-amended-10-22-2016.pdf)

<sup>8</sup> <http://www.iacsinc.org/staff-to-student-ratios.html>

<sup>9</sup> <https://www2.calstate.edu/csu-system/why-the-csu-matters/Documents/2016-student-success-symposium.pdf>

<sup>10</sup> Douce, Louise A., Richard P. Keeling, American Council on Education, American Psychological Association, and Student Affairs Administrators in Higher Education. A Strategic Primer on College Student Mental Health. Rep. Washington, DC: American Council on Education, 2014.

<sup>11</sup> Eisenberg, Daniel. Connections between Mental Health and Academic Outcomes. Ann Arbor, MI: University of Michigan, 13 Mar. 2014. Pdf.

<sup>12</sup> Eisenberg, Daniel, & Sarah Lipson. Data from the Healthy Minds Network: The Economic Case for Student Health Services. Ann Arbor, MI: University of Michigan, 13 Mar. 2014. Pdf.

<sup>13</sup> "Crisis on Campus: The Untold Story of Student Suicides." College Degree Search. College Degree Search, 2012. Web. 09 Feb. 2015.



**WHEREAS**, 2016-17 Governor's Budget projects \$2.051 billion will be invested into the Mental Health Services Fund for FY 2016-17<sup>14</sup>, and

**WHEREAS**, research shows that for each dollar invested in student prevention and early intervention mental health services, California will see a return of at least \$6 and up to \$11 as a result of more students graduating, therefore<sup>15</sup>, let it be

**RESOLVED**, that the CSSA Governing Board will have a special presentation regarding mental health every Fall semester to educate themselves on the importance of mental health and how to share resources to their constituents, and let it be further

**RESOLVED**, that CSSA will continue to seek and advocate for legislation similar to AB 2017 to find more adequate funding for mental health resources on college campuses, and let it be further

**RESOLVED**, that CSSA will create a social media mental health awareness campaign that will address the stigma of accessing mental health resources on college campuses, and let it be further

**RESOLVED**, that CSSA encourages each campus' Associated Students and Division of Student Affairs to share and distribute information to students about community mental health resources while creating relationships to help students, and let it be further

**RESOLVED**, that CSSA encourages each Associated Students to look into the feasibility of creating an Early Alert System for their students to report someone who they fear might be going through a mental health crisis, and let it be further

**RESOLVED**, that CSSA urges the Chancellor's Office to examine the wait times of each CSU for mental health resources and find appropriate ways to reduce such times, and let it be further

**RESOLVED**, that CSSA also urges the Chancellor's Office to self-assess current CSU's mental health trainings for faculty, staff and administrators and encourage them to review the training before the start of each semester

**RESOLVED**, that CSSA urges CSU Presidents to take initiative in starting mental health peer mentor groups and workshops to alleviate stress and college transitions, and let it be further

**RESOLVED**, that this resolution be distributed widely, including, but not limited to the California State Legislature, the CSU Board of Trustees, Chancellor Timothy P. White, the CSU Statewide Academic Senate, statewide student associations, and campus Associated Students.

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<sup>14</sup>[http://www.dhcs.ca.gov/formsandpubs/Documents/Legislative%20Reports/Mental%20Health/MHSAExpend\\_Report\\_Jan2016](http://www.dhcs.ca.gov/formsandpubs/Documents/Legislative%20Reports/Mental%20Health/MHSAExpend_Report_Jan2016)

<sup>15</sup>[http://www.rand.org/content/dam/rand/pubs/research\\_reports/RR1300/RR1370/RAND\\_RR1370.pdf](http://www.rand.org/content/dam/rand/pubs/research_reports/RR1300/RR1370/RAND_RR1370.pdf)