Systemwide and Campus-wide Student Mental Health Services

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Board of Trustees, Committee on Educational Policy
Ephraim P. Smith, Executive Vice Chancellor & Chief Academic Officer
Benjamin F. Quillian, Executive Vice Chancellor & Chief Financial Officer
Ray Murillo, Associate Director, Student Programs
Nathan Johnson, Chief Law Enforcement Officer
Purpose of the Presentation

• Review mental health services provided to facilitate student success and
• Provide an overview of collaborative efforts among campus departments
Introduction

- In 2009, a Select Committee on Mental Health Services was charged to study the following:
  - Appropriate level of mental health services to address student needs
  - To review and identify the resources necessary to provide those services
Introduction

- In May 2010, the Select Committee issued a report with several recommendations that include:
  - Develop a systemwide policy on student mental health
  - Establish a Student Mental Health Services Advisory Committee
  - Coordinate systemwide data collection
  - Identify adequate resources for basic services
Progress

- Executive Order No. 1053, Policy on Student Mental Health, issued December 6, 2010
- Funding for basic services is addressed in Executive Order No. 1053
  - State appropriations
  - Authorized to establish a mandatory campus-based fee or increase the existing student health services fee
Progress

- Student Mental Health Services Advisory Committee (SMHSAC) formally established in Fall 2011
  - SMHSAC is currently developing and administering a systemwide student mental health services survey
CSU Policy on Student Mental Health

- **Purpose**
  - This policy governs the provision of mental health services to matriculated students in the California State University (CSU) System. Student mental health services shall be established and maintained to enhance the academic performance of matriculated students and to facilitate their retention in state-supported programs of the university.
CSU Policy on Student Mental Health

- Basic Services
  - Counseling/Psychotherapy
  - Suicide and Personal Violence Services
  - Emergency/Crisis Services
  - Outreach
  - Mental Health Consultation
  - Referral Resources
CSU Policy on Services for Students with Disabilities

- Coded Memoranda AA-2009-27
- Related Non-Physical Disability Categories
  - Learning disabilities
  - Attention Deficit/Hyperactivity Disorder (AD/HD)
  - Acquired Brain Injury
  - Psychological or Psychiatric Disability
  - Autism Spectrum Disorder
California Mental Health Services Authority (CalMHSA) Grant

- State Senator Darrell Steinberg
  - Set aside for the Student Mental Health Initiative
- Grant funded by the Mental Health Services Act (Proposition 63)
- CSU received a $6.9 million grant from CalMHSA
  - Grant period: July 2011 through June 2014
California Mental Health Services Authority (CaIMHSA) Grant

- Overview
  - The grant focuses on preventative measures that address the mental health needs of CSU students
  - All CSU campuses participate in and contribute to the three main strategic directions:
    - Curriculum development and training
    - Peer-to-peer support programs
    - Suicide prevention
California Mental Health Services Authority (CalMHSA) Grant

- Systemwide Initiatives
  - Training for Faculty, Staff and Students
    - Mental Health First Aid
    - Applied Suicide Intervention Skills Training
  - Suicide Prevention and Awareness
    - Student Health 101
California Mental Health Services Authority (CalMHSA) Grant

- Supplemental CalMHSA Grant
  - CSU received an additional supplemental grant for $212,000
  - The grant will fund two initiatives
    - Two additional Mental Health First Aid trainings
    - Interactive Video Simulation Training (IVST) for campus police officers
Collaborations with Public Safety

- Crisis Intervention Teams
- Police Officer Trainings
  - Interactive Video Simulation Training
  - Applied Suicide Intervention Skills Training
  - California Peace Officers Standards and Training (POST)
Conclusion

- Student Mental Health Services Advisory Committee will continue its work
  - To ensure implementation of EO-1053
  - To Implement a comprehensive data collection process

- Promote a wellness model
  - Focus on prevention and education
  - Reach constituents that may not seek mental health services