



DATE: May 3rd, 2022

TO: Talia Bettcher, Chair
Academic Senate

FROM: *T Ford-Baxter/RC*
Tiffanie Ford-Baxter, Chair
Student Policy Committee

CC: O. Villalpando, R. Chavez

SUBJECT: **New Policy for Chapter III of the Faculty Handbook: Student Mental Health Policy**

The Student Policy Committee (SPC) believes there is an urgent need to establish a mental health services policy for Cal State LA. Over a decade has passed since California State University (CSU) Executive Order 1053, Policy on Student Mental Health, articulated the importance of mental health services in relation to students' academic performance. However, recent conversations in the Academic Senate and the approved CAPS (Counseling and Psychological Services) Transparency and Mental Health Services at California State University, Los Angeles Resolution demonstrate that students' mental health services needs are not being consistently met.

During Spring 2022, the committee reviewed the CAPS resolution and then met with relevant parties, including the Director of the Student Health Center, the Director of CAPS, and the Director of the Office for Students with Disabilities. Throughout those conversations, the committee identified issues that were outside of the scope of the committee, already resolved, and ongoing. In instances where issues were outside of the scope of the committee, recommendations were made to the appropriate group to improve services for students. In this discovery phase, the committee learned of a new Community Care Advocates service led by the Director of CAPS. The committee believes this service will help reduce the number of instances where University Police are involved in non-violent mental health crisis. SPC also confirmed that the requirement to attend a workshop before one-on-one therapy has been removed.

The number of faculty counselors has increased in the past year to ten, however, that number is still below the current recommendation 1:1500 students. As such, SPC has drafted a new Mental Health Services Policy which encourages the University to meet the International Association of Counseling Services (IACS) recommended ratio of CAPS counselors and emphasizes the importance of individual and group sessions with Collective Bargaining Unit 3 counselors. Additionally, the policy recommends that the University provide a public plan that outlines alternative procedures to calling the police.

1 STUDENT MENTAL HEALTH POLICY

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3 THE CALIFORNIA STATE UNIVERSITY (CSU) EXECUTIVE ORDER (EO) 1053, POLICY ON
4 STUDENT MENTAL HEALTH, STATES: “STUDENT MENTAL HEALTH SERVICES SHALL BE
5 ESTABLISHED AND MAINTAINED TO ENHANCE THE ACADEMIC PERFORMANCE OF
6 MATRICULATED STUDENTS AND TO FACILITATE THEIR RETENTION IN STATE-
7 SUPPORTED PROGRAMS OF THE UNIVERSITY. THESE SERVICES SHALL INCLUDE
8 ACCESSIBLE, PROFESSIONAL MENTAL HEALTH CARE; COUNSELING, OUTREACH AND
9 CONSULTATION PROGRAMS; AND EDUCATIONAL PROGRAMS AND SERVICES.”

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11 STUDENTS HAVE THE RIGHT TO TIMELY MENTAL HEALTH SERVICES THROUGH
12 COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS). TO SUPPORT TIMELY ACCESS TO
13 CAPS SERVICE, IT IS RECOMMENDED THAT THE UNIVERSITY MAINTAIN OR EXCEED THE
14 RECOMMENDED RATIO OF CAPS COUNSELORS TO STUDENTS BY THE INTERNATIONAL
15 ASSOCIATION OF COUNSELING SERVICES (IACS). AUXILIARY MENTAL HEALTH
16 PROGRAMS SHOULD COMPLEMENT BUT NOT REPLACE INDIVIDUAL AND GROUP
17 THERAPY SERVICES PROVIDED BY COLLECTIVE BARGAINING UNIT 3 COUNSELORS.

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19 REDUCING BIAS AND THE STIGMA AROUND MENTAL HEALTH IS A UNIVERSITY-WIDE
20 EFFORT. FACULTY AND STAFF ARE ENCOURAGED TO REVIEW CURRENT CAPS SERVICES
21 AND TO PARTICIPATE IN MENTAL HEALTH FIRST AID TRAINING TO LEARN HOW TO TALK
22 TO A PERSON EXPERIENCING A MENTAL HEALTH PROBLEM. IT IS RECOMMENDED THAT
23 PUBLIC SAFETY PARTICIPATE IN TRAINING, SUCH AS MAB-508, THAT ENCOURAGES DE-
24 ESCALATION OF PHYSICAL CONFRONTATION DURING PSYCHOLOGICAL CRISISES.
25 ADDITIONALLY, A PUBLIC PLAN SHOULD BE MADE AVAILABLE BY THE UNIVERSITY
26 THAT OUTLINES ALTERNATIVE PROCEDURES TO CALLING THE POLICE WHEN STUDENTS
27 EXPERIENCE PSYCHOLOGICAL CRISIS.