



DATE: April 6, 2023

TO: Kriz Bezdecny, 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 Mental Health Policy, Faculty Handbook, Chapter III*, was returned unsigned by President Covino with recommended modifications. As a result of the President’s recommendations, more prescriptive language regarding police training programs and counselor ratios was removed. Further, it was recommended that the policy link to the Community Care and CAPS websites.

Student Policy Committee (SPC) strongly believes there is an urgent need to establish a mental health services policy at 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, ongoing 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.

The Proposed Policy:

- Line 1 Proposed policy name
- Lines 2-6 Describes mental health services as a student right and describes where to find the recommended ratio of CAPS therapists to students.
- Lines 6-8 It is emphasized here that therapy services should not be replaced by other mental health programs.
- Lines 9-12 This section explains how faculty and staff can support student mental health by participating in training.
- Lines 13-15 The policy recommends that public safety de-escalate mental health crisis situations and participate in appropriate training to do so.
- Lines 16-19 Links are provided to the Community Care and CAPS websites.

1 MENTAL HEALTH SERVICES POLICY

2 STUDENTS HAVE THE RIGHT TO TIMELY MENTAL HEALTH SERVICES THROUGH THE
3 COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS). TO SUPPORT TIMELY
4 ACCESS TO CAPS SERVICE, IT IS RECOMMENDED THAT THE UNIVERSITY MAINTAIN
5 OR EXCEED THE RECOMMENDED RATIO OF CAPS THERAPISTS TO STUDENTS, AS
6 RECOMMENDED BY THE APPROPRIATE ACCREDITATION BODY. AUXILIARY
7 MENTAL HEALTH PROGRAMS SHOULD COMPLEMENT BUT NOT REPLACE
8 INDIVIDUAL AND GROUP THERAPY SERVICES.

9 REDUCING BIAS AND THE STIGMA AROUND MENTAL HEALTH IS A UNIVERSITY-
10 WIDE EFFORT. FACULTY AND STAFF ARE ENCOURAGED TO REVIEW CURRENT
11 CAPS SERVICES AND TO PARTICIPATE IN MENTAL HEALTH FIRST AID TRAINING TO
12 LEARN HOW TO TALK TO A PERSON EXPERIENCING A MENTAL HEALTH PROBLEM.
13 IT IS RECOMMENDED THAT PUBLIC SAFETY PARTICIPATE IN TRAINING THAT
14 ENCOURAGES THE DE-ESCALATION OF PHYSICAL CONFRONTATION DURING
15 PSYCHOLOGICAL CRISES CAN BE FOUND AT THE FOLLOWING:

16 COMMUNITY CARE WEBSITE:

17 [HTTPS://WWW.CALSTATELA.EDU/COMMUNITYCARE](https://www.calstatela.edu/communitycare)

18 CAPS WEBSITE

19 [HTTPS://WWW.CALSTATELA.EDU/STUDENTHEALTHCENTER/CAPS](https://www.calstatela.edu/studenthealthcenter/caps)