

**ACADEMIC SENATE  
OF  
THE CALIFORNIA STATE UNIVERSITY**

AS-3317-18/FA/AA (Rev)  
January 25-26, 2018

**COUNSELING SUPPORT SERVICES AND STUDENT SUCCESS**

- RESOLVED: That the Academic Senate of the California State University (ASCSU) recognize that student mental health and well-being are critical components for student success and a healthy and safe learning environment; and be it further
- RESOLVED: That the ASCSU underscore the urgent need for increased mental health and counseling services on our campuses, especially given mounting challenges to public health and safety emerging nationwide on college campuses today; and be it further
- RESOLVED: That the ASCSU affirm the critical value of in-person, face-to-face counseling, with consistency of staffing and availability of in-person, on-site services on all campuses; and be it further
- RESOLVED: That the ASCSU urge the Chancellor and the Board of Trustees (BOT) to secure sufficient funding for this purpose from the Legislature to ensure that such mental health services are available on all campuses; and be it further
- RESOLVED: That the ASCSU urge the Chancellor's Office to include counselor-to-student ratios in the Academic Planning Database (APDB); and be it further
- RESOLVED That the ASCSU urge the Chancellor, campus Presidents, campus Vice Presidents for Student Affairs, and relevant campus administrators to increase support for student mental health services, and specifically, for increased staffing levels of full-time tenure-line Counselors, and for ongoing and sustainable budgetary support beyond student fees; and be it further
- RESOLVED: That the ASCSU distribute this resolution to the CSU Board of Trustees, CSU Chancellor, CSU campus Presidents, CSU campus Senate Chairs, CSU Provosts/Vice Presidents of Academic Affairs, CSU Vice Presidents for Student Affairs, CSU Campus Student Health and Counseling Services, the California Faculty Association (CFA), California State Student Association (CSSA), CSU Emeritus and Retired Faculty Association (ERFA), and The Mental Health Advisory Committee

***RATIONALE:** Students face anxiety, depression, and stress as they confront challenges of campus life. Suicide is the second leading cause of death among college students, claiming more than 1,100 lives every year nationally<sup>1</sup>. Twenty-six percent of Americans over the age of 18 (including students) have a*

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<sup>1</sup> <http://www.collegedegreeseearch.net/student-suicides>

*diagnosable mental illness, and 40% of students do not seek mental health services when they need it.<sup>2</sup>*

*Almost one third of all college students report having felt so depressed that they had trouble functioning.<sup>3</sup> Mental health issues in the college student population, such as depression, anxiety, and eating disorders, are associated with lower GPA and higher probability of dropping out of college<sup>4</sup>.*

*Among the many benefits of mental health counseling are lower college dropout rates, improved academic performance, and reduced legal liability for campuses. Adequate mental health services provide critical and cost-effective support for the systemwide goal of timely graduation and is cost-effective for the system*

*The California State University System is woefully understaffed with mental health counselors to address the needs of the students on our campuses. Most trained counselors have advanced degrees and many perform research and data analysis on the changing needs of our student population. Counselors also contribute actively to the national research literature on student mental health. While counselors do provide clinical services, in their capacity as faculty, they also perform vital research into best practice models for student mental health, in ways that staff and/or clinicians generally do not.*

*Given its size, location, and the population it educates, the California State University system is uniquely poised to take a national leadership role in ensuring student mental health and campus safety. Currently, the system enrolls large numbers of returning veterans transitioning back to civilian life. Many of them do so while struggling with Post Traumatic Stress Disorders. Beyond the immediate need to treat students directly, the California State University has the opportunity to conduct large-scale research to increase the public's understanding of mental health. Thus, it would be a wise investment for the State of California to adequately fund tenure-line positions to attract practitioner-scholars specializing in counseling and mental health research.*

*For further references, note the rationale for [AS-3123-13/AA \(Rev\)](#).*

**Approved Unanimously – March 15-16, 2018**

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<sup>2</sup> Kessler RC, Chui WT, Demler O, Walters EE. Prevalence, severity, and comorbidity of twelve-month DSM-IV disorders in the National Comorbidity Survey Replication (NCS-R). *Archives of General Psychiatry*, 2005 Jun;62(6):617-27

<sup>3</sup> American College Health Association. *American College Health Association-National College Health Assessment II: Reference Group Executive Summary Spring 2013*. Linthicum, MD: American College Health Association; 2013

<sup>4</sup> Eisenberg, Daniel; Golberstein, Ezra; and Hunt, Justin B. (2009) "Mental Health and Academic Success in College," *The B.E. Journal of Economic Analysis & Policy*: Vol. 9 : Iss. 1 (Contributions), Article 40)