



DATE: April 6, 2023

TO: Kriz Bezdecny, Chair  
Academic Senate

FROM: Tiffanie 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.

## MENTAL HEALTH SERVICES POLICY

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

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

COMMUNITY CARE WEBSITE:

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

CAPS WEBSITE


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



# CAL STATE LA

CALIFORNIA STATE UNIVERSITY, LOS ANGELES

## MEMO

DATE: January 30, 2023  
FROM: William A. Covino, President   
TO: Kris Bezdezny, Chair, Academic Senate

SUBJECT: **Proposed New Policy: Student Mental Health Policy, Faculty Handbook, Chapter III**

I am returning the above titled proposed policy unsigned. I would endorse the policy with the following changes below:

I. Lines #II-17 replaced as follows:

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

2. Lines #19-25 replaced with the following:

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

COMMUNITY CARE WEBSITE:

<https://www.calstatela.edu/communitycare>

CAPS WEBSITE:

<https://www.calstatela.edu/studenthealthcenter/caps>

Rationale:

Counselor-student ratios in CAPS are informed by its accreditation body. Mental health services provided by CAPS include emergency after-hours hotline, qualified and supervised graduate interns, and other services designed to maintain broad access by students. Public Safety Officers will continue to participate in a range of regional and State-wide trainings on ways of recognizing and de-escalating psychological crises. Student Life and CAPS continue to engage in coordinated planning and inform members of the University community of the many resources available to respond to students in potential crises, including the CAPS hotline, Community care Advocates, Dean of Students Office, and other resources across the University.

1 STUDENT MENTAL HEALTH POLICY

2  
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."

10  
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.

18  
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.