

A Resolution to Expand Mental Health Resources for Students on Campus
Sponsor: Veronica Kdeiss and Joaquín Caro

WHEREAS, The Associated Students, Incorporated (ASI) is a 501(c)(3) nonprofit organization that operates as an auxiliary organization of California State University, Fullerton; and

WHEREAS, ASI is governed by ASI Board of Directors, who set policy for the organization, approve all funding allocations to programs and services, and advocate on behalf of student interests on committees and boards; and

WHEREAS, In 2010, the CSU chancellor issued Executive Order No. 1053 mandating that all CSU campuses meet or exceed relevant professional mental-health service standards for students;¹ and

WHEREAS, the American Psychiatric Association defines mental illnesses as health conditions involving changes in thinking, emotion or behavior (or a combination of these);² and

WHEREAS, Mental illnesses are frequently associated with distress and/or problems functioning in social, work or family activities;² and

WHEREAS, the American Psychology Association defines anxiety as an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure;³ and

WHEREAS, people with anxiety may avoid certain situations out of worry and may experience recurring intrusive thoughts or concerns, physical symptoms such as sweating, trembling, dizziness or a rapid heartbeat;³ and

WHEREAS, the American Psychology Association defines depression as a common and serious medical illness that negatively affects how you feel, the way you think and how you act;⁴ and

WHEREAS, people with depression may experience a lack of interest and pleasure in daily activities, significant weight loss or gain, insomnia or excessive sleeping, lack of energy, inability to concentrate, feelings of worthlessness or excessive guilt and recurrent thoughts of death or suicide;⁵ and

¹<http://www.calstate.edu/eo/eo-1053.pdf>

²<https://www.psychiatry.org/patients-families/what-is-mental-illness>

³<http://www.apa.org/topics/anxiety/index.aspx>

⁴<http://www.apa.org/topics/depression/index.aspx>

⁵<https://www.psychiatry.org/patients-families/depression/what-is-depression>

WHEREAS, 41.6% of college students suffer from anxiety and 36.4% of college students suffer from depression;⁶ and

WHEREAS, Suicide is the second leading cause of death among college students;⁷ and

WHEREAS, 45% of college students who have dropped out stopped attending college due to mental health related reasons;⁸ and

WHEREAS, 11% of California public college and university students reported that mental health problems substantially affected their academic success;⁹ and

WHEREAS, the International Association of Counseling Services (IACS) requires a counselor to student ratio of 1:1500;¹⁰ and

WHEREAS, the current counselor to student ratio at CSU Fullerton is 1 counselor per 2,424 students; and

WHEREAS, the Student Wellness division at CSU Fullerton currently has 16 ½ counselors, 1 Case-Manager, one part-time Psychiatrist, and one Full-Time Psychiatric Nurse Practitioner; and

WHEREAS, the average wait time for an appointment with Counseling and Psychological Services (CAPS) at CSU Fullerton is approximately three weeks; and

WHEREAS, Disability Support Services (DSS) at CSU Fullerton has approximately 13 providers while serving over 1,600 students; and

WHEREAS, budget limitations are currently creating challenges at CSU Fullerton, as outlined in the points above, the need to prioritize mental health support is paramount; therefore let it be

RESOLVED, ASI requests Student Wellness expand their staff by hiring psychologists, specialists, and other professionals to lessen wait time for counseling appointments and meet the IACS counselor to student ratio; and let it be further

RESOLVED, ASI urges the University, faculty, and staff to develop systems of support for students with mental health illnesses who may need greater accommodations with academic success, including, but not limited to recording lectures, class attendance, and course withdrawal; and let it be further

⁶<http://www.apa.org/monitor/2013/06/college-students.aspx>

⁷<http://www.apa.org/monitor/2011/09/crisis-campus.aspx>

⁸<https://www.nami.org/getattachment/About-NAMI/Publications-Reports/Survey-Reports/College-Students-Speak-A-Survey-Report-on-Mental-Health-NAMI-2012.pdf>

⁹<http://ps.psychiatryonline.org/doi/pdf/10.1176/appi.ps.201500307>

¹⁰<http://www.iacsinc.org/staff-to-student-ratios.html>

RESOLVED, ASI requests that the university increases awareness of mental health disabilities through social media, campus marketing, educational opportunities, and an annual mental health resource fair to provide students, faculty, and staff with knowledge, resources, and assurance; and let it be further

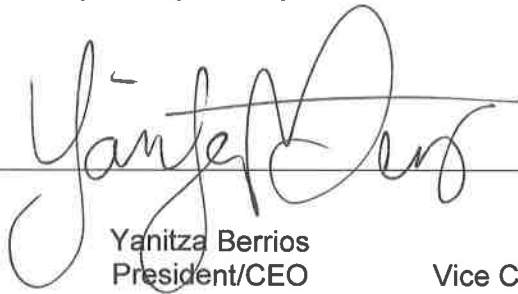
RESOLVED, that in order to ensure that adequate progress is made on the expectations outlined in this resolution, the ASI President, in collaboration with the University, shall provide one status update to the ASI Board of Directors semesterly beginning Fall 2017 and continuing therefore after until no further action is required; and let it be finally

RESOLVED, that this resolution be distributed to the following campus departments, divisions, and/or entities for their support and consideration: Office of the President, the President's Cabinet, the President's Advisory Board, Office of the Provost, Office of the Vice President for Student Affairs, Office of the Vice President of Administration and Finance, Office of the Dean of Students, Division of Human Resources, Diversity and Inclusion, Office of Government and Community Relations, Office of Student Life and Leadership, the Academic Senate, Student Wellness, Counseling and Psychological Services, Disability Support Services, Titan Well.

Adopted by the Board of Directors of the Associated Students, California State University, Fullerton, Inc., on the ninth day of May in the year two thousand and seventeen.



Kayleigh Bates
Chair, Board of Directors



Yanitza Berrios
President/CEO



Veronica Kdeiss
Vice Chair, Board of Directors