

Office of the President

TO MEMBERS OF THE COMMITTEE ON EDUCATIONAL POLICY:

DISCUSSION ITEM

For Meeting of March 23, 2016

MENTAL HEALTH STAFFING AT STUDENT HEALTH CENTERS – IMPACT OF THE NEW MENTAL HEALTH FUNDS

BACKGROUND

In September of 2014, Dr. Regina Fleming, Medical Director of UC's Student Health Insurance Program and Dr. Liz Gong-Guy (prior Director of UCLA Counseling and Psychological Services) presented information to the Regents regarding student mental health trends – both nationally and at UC campuses. Data from a variety of credible sources clearly showed that more college students are reporting stress, anxiety and depression each year, and that their needs have overwhelmed the student health centers' ability to provide care for these students on campus. Drs. Fleming and Gong-Guy cited the 2013 National College Health Assessment, which reported an overall increase in suicidal thinking and behavior. Furthermore, there has been a proliferation of campus violence which hit close to home with the violence at UCSB in 2013 and on the UC Merced campus this past year.

The Student Mental Health Services workgroup, comprised of Counseling Center and Student Health directors from across the system, gathered data to quantify and describe the need for improved access to services on campus, and developed recommendations to address these needs. Initially, the group focused on creating a comprehensive plan for well-being that included staffing to provide outreach and prevention, at a cost of approximately \$145 per student per year. Since this amount vastly exceeded projected student fee increases, the funding goals were revised to include only critical mental health provider full-time equivalent positions (FTEs).

Dr. Fleming updated the Regents in January 2015 on the financial impact of their decision to increase the Student Services Fee by five percent per year and the decision by President Napolitano to designate 50 percent of this increase to support mental health services. Dr. Fleming's presentation to the Regents provided a context for understanding what resources are presently available, how they compare to national benchmarks, and how the incremental revenue from the Student Services Fee will enhance the provision of student mental health services.

At the March 2016 meeting Dr. Fleming will present:

- A summary of numbers and types of mental health staff FTEs to be hired at each campus, and the anticipated timeline for adding staff
- Goals for recruitment of diverse mental health providers with cultural competency and special skills sets to care for vulnerable populations
- Presentation of baseline mental health data, including service utilization, wait times, diagnoses, and select clinical indicators, with plans to reassess annually for analysis of staffing impact on these key indicators
- Information about innovative mental health care delivery strategies and programs being deployed across the system
- A discussion of next steps

Key to Acronyms

FTEs	full-time equivalent positions
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