



ASI Student Advocacy Committee Minutes 22-03

December 3, 2021 at 2:30pm

Zoom: <https://csusm.zoom.us/j/82151989475> and/or in person in USU 2310

This meeting is being facilitated through a hybrid format, consistent AB361

ASI Student Advocacy Committee
21/22

Julia Glorioso
VP of Student & University Affairs
& Chair

Tam Phan
CoBA Representative

Patricio Argiles
CoBA Representative

Cesar Parra-Bustamante
CHABSS Representative

Ernest Cisneros
CHABSS Representative
& Vice Chair

Vacant
CEHHS Representative

Vacant
CEHHS Representative

Stephania Rey
CSTEM Representative

Jesus Campos
CSTEM Representative

Codie Sterner
Student at Large Representative for
Sustainability

Lavonne Davis
Student at Large Representative for
Diversity & Inclusion

Vacant
Student at Large Representative for
Diversity & Inclusion

Richard Carpenter
Veterans Student Representative

Joseph Aguirre
CSUSM Temecula Campus Student
Representative

Juliana Bellamy
Residence Hall Council
Representative

Mariano Santana
Greek Leadership Council
Representative

Amya Mahmoud
Student Athlete Advisory Council
Representative

Advisors

Jason Schreiber
Dean of Students

Ashley Fennell
Associate Director of
Government Affairs & Initiatives

ITEM	SUBJECT	PRESENTER
01	Call to Order The meeting was called to order at 2:34pm	Julia Glorioso Chair
02	Roll Call Present: Julia, Tam, Pat, Ernest, Jesus, Codie, Lavonne, Richard, Joseph, Juliana, Mariano, Anya, Jason, Ashley Absent: Stephania	Julia Glorioso Chair
03	Recognition of Guests Zoom registration will be used for guest list online, Dylan Crivello, and Austin Ortiz attended in person	Julia Glorioso Chair
04 Action	Approval of Agenda At the will of the chair, title for information item 7 was changed to Student Health and Counseling Services Update Agenda was approved by consent vote None opposed Motion Carries	Julia Glorioso Chair
05 Action	Approval of Minutes At the will of the chair, Minutes were approved by consent vote None opposed Motion Carries	Julia Glorioso Chair
06 Information	Open Forum* None	Julia Glorioso Chair
07 Information	Student Health and Counseling Services Mental Health Funds Update Description: Update on the mental health funds that were allocated to CSUSM. Fiscal Impact: None See presentation attached Presenter reviewed attached presentation. Overview included review of feeds and funding that include new hires to better serve the CSUSM student population.	Bridget Blanshan Associate VP for Student Affairs / Title IX Coordinator
08 Action	Resolution to Support the Expansion of Mental Health Resources for CSUSM Description: Committee will review ASI resolution on expansion of mental health resources. Fiscal Impact: None See document attached Presenter reviewed attached documentation. Presenter reviewed history of resolution creation as well as research into the topic. Julia reviewed need on campus and access to resources. She also discussed need for peer-to-peer support as well as professional support on campus. Richard motioned to approve the resolution to support the expansion of mental health resources for CSUSM Codie-2 nd None opposed Motion Carries	Julia Glorioso Chair Tam Phan CoBA Representative

<p>09 Information</p>	<p>Lobby Corps Report Description: Lobby Corps Member will provide update on the recent activities of Lobby Corps. Fiscal Impact: None Presenter reviewed recent lobby corps meeting as well as focus of team agenda items.</p>	<p>Austin Ortiz Lobby Corps Member</p>
<p>10 Information</p>	<p>November CSSA Plenary Report Description: Chair will overview recent CSSA meeting. Fiscal Impact: None Julia reviewed concerns CSSA would be focusing on including mental health, parking, housing, and transportation. She mentioned CSSA in January will be taking place in person in Long Beach. At the upcoming meeting they will be reviewing virtual or in person formats for plenary meetings. The schedule is planned to be in person and virtual switching off. The decision was made due to sustainability and budgets. Julia also mentioned upcoming discussions about transfer student requirements for the UC/CSU. She also mentioned CalGrant assembly bill was vetoed.</p>	<p>Julia Glorioso Chair</p>
<p>11 Discussion</p>	<p>RoundTable Discussion Description: Student representatives discuss student issues & concerns Fiscal Impact: None Richard reviewed a pop-up event he had hosted to gather feedback about modality of classes. Out of 34 students 2/3 wants in person, 1/3 wanted hybrid, and none said fully virtual. They mentioned that virtual decrease the student experience. They most requested live and online option so students can attend in person or online if they want, based on their needs. Discussion focused on data from students in person and not asking those that are virtual. Others mentioned confusion of the hybrid option for classes. Cesar mentioned student questions and concerns about number of tickets for graduates at commencement. Codie mentioned concerns about elective and recommended consolidating block schedule. Tam mentioned for CoBA online preferences. Now there are concerns about access. He mentioned hybrid scheduling conflicts. He also mentioned decrease of number of classes being offered. Richard mentioned concerns about parking and travel to campus. He asked about options for half day parking permits. Ashley shared parking options for campus. Jason mentioned housing on-campus availability as well as off campus price increase causing concerns.</p>	<p>Julia Glorioso Chair</p>
<p>12 Information</p>	<p>Announcements Codie- SPF Meeting Joseph – Criminology group doing adopt a family for the holidays. Richard - Destress events – stress ball making and succulent making</p>	<p>Julia Glorioso Chair</p>


ASSOCIATED STUDENTS, INC. OF CALIFORNIA STATE UNIVERSITY SAN MARCOS
333 S. Twin Oaks Valley Road, USU 3700, San Marcos, CA, 92096
asi@csusm.edu | www.csusm.edu/asi | Phone: 760.750.4990 | Fax: 760.750.3149



13 Action	Adjournment At the will of the chair, the meeting was adjourned at 3:49 pm	Julia Glorioso Chair
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* Public comment will be limited to a maximum of 5 minutes per guest. Chair will determine allocated amount per meeting.

I, Julia Glorioso ASI Vice President of Student & University Affairs, hereby certify that the above minutes were approved by Student Advocacy Committee of Associated Students, Inc., at a regularly scheduled meeting held on 4/1/22

 4/1/22

Julia Glorioso Date

CSUSM Mental Health Funding

Counseling & Psychological Services (CAPS)
At Student Health & Counseling Services (SHCS)





Funded by Student Fees

Across the CSU System

At CSUSM:

❖ Health Fee	\$75
❖ Mental Health Fee	\$93
❖ Health Facilities	<u>\$20</u>
❖ Total Per Term	\$188

Student Fee Advisory Committee Role



CAPS – Fall 2021

- Six licensed psychologists
- Four pre-doctoral interns (APA accredited program)
- One psychiatrist
- One clinical case manager (LCSW)
- Two MSW interns
- Two health educators, one with a mental health focus
- CAPS Director, licensed psychologist
- Learn more csusm.edu/shcs



New Funding for CAPS

- California designated state funding for student mental health and basic needs
- CSUSM mental health funds for 2.5 Counselors
 - Diverse Student Specialist
 - Counselor focusing on students living in housing
 - Full-time counselor split funded by state allocation and student fees



Is it enough?

- “Enough” staff depends on lots of variables
 - Student need
 - Demand for services and need assessments
 - Availability of services in the nearby community
 - Other campus support services outside of CAPS
 - Cougar CARE Network
 - Specialized programs



A Note about RATIOS

- **IACS recommends 1 counselor : 1500 students**
- **CSUSM Ratio with New Funding**
 - Headcount 1 : 1612
 - Full Time Equivalent Students 1 : 1381

This ratio doesn't include all mental health personnel

- **NINE licensed psychologists**
 - Four pre-doctoral interns (APA accredited program)
 - One psychiatrist
 - One clinical case manager (LCSW)
 - Two MSW interns

- Stress
- Anxiety
- Sleep Difficulties
- Depression



GET YOUR INITIAL Consultation



Group Therapy





Resolution to: Support the Expansion of Mental Health Resources for CSUSM
Resolution 2022- 01

Authored By: Julia Glorioso & Tam Phan

Whereas, the Associated Students, Inc. of the California State University San Marcos (ASI) Board of Directors is the official governing body of the students of CSUSM; and

Whereas, ASI at California State University San Marcos (CSUSM) is the primary advocate for students at CSUSM and is dedicated to providing services designed to create and enhance a learning-focused campus environment; and

Whereas, it is ASI's mission to serve, engage, and empower students, ASI has the responsibility to inform CSUSM students about issues that affect our student population; and

Whereas, ASI strives to enhance mental wellness both in CSUSM and the California State University System (CSU) in order to improve student balance within academic, financial, social, and health-related demands; and

Whereas, CSUSM Student Affairs strategic priorities for 2018-2021 [AF1] states to enhance student life, foster holistic wellness, engage students, and build community^[1]; and

Whereas, A pillar of the CSU Graduation Initiative 2025 is Student Engagement and Well-Being [AF2] which highlights that the CSU is committed to "Developing strategies for leveraging technology to reinforce a sense of belonging and to build meaningful social connections across campus"^[2]; and

Whereas, student mental health and wellbeing is integral to fostering a sense of belongingness and community, factors that greatly impact student academic success; and

Whereas, the California State Student Association (CSSA) 2020/2021 COVID-19 Policy Agenda emphasizes the need for mental health resources by stating that their number one priority is to "ensure access to housing, food, financial, wellness resources, and technology resources for all CSU students"^[3]; and

Whereas, the California State Student Association (CSSA) 2021/2022 Policy Agenda outlines priority number two as "Ensure student health and safety are prioritized to enable belongingness on campuses"; and

Whereas, students experiencing high levels of stress, anxiety, and other psychological distresses are less academically successful, leading to lower retention rates as stated by the California Community Colleges Student Mental Health Program (CCC SMHP)^[4] ; and

Whereas, CSUSM Student Health and Counseling Services has six licensed psychologists , for over 17,000 students; and

Whereas, the recommended ratio is 1 counselor to every 1,000-1,500 students according to the International Accreditation of Counseling Services (IACS)^[5] ; and

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Whereas, according to the IACS, there are several consequences when the counselor to student ratio increases beyond the upper limits which include: an increase in the waiting list, difficulty in providing services to students with increasingly severe psychological issues, liability risks increase for the counseling center, and university, the support for academic success decreases, and counseling centers are less available to help support the campus community^[6]; and

Whereas, students are limited to the number of times they can utilize the university's counseling services due to the limited number of counselors available, which ultimately limits the help a student seeking one on one counseling can receive [AF3]; and

Whereas, students' mental health has been greatly impacted due to the COVID-19 pandemic increasing isolation, loss of income, fear, and anxieties; and

Whereas, IACS Standards for University and College Counseling Services highlights the importance of “hiring staff members who demonstrate cultural competency in working with students from diverse backgrounds and identities”^[7]; and

Resolved, ASI proposes the University allocate funding towards CSUSM mental health services through grants and university funding in order to better support Student Health and Counseling Services; and

Resolved, that ASI proposes the University allocate additional funds towards the salary wages and benefits of counselors in order to incentivize counselors to stay and to be hired by the university; and

Resolved, ASI requests that the university make a commitment to increasing access to mental health services; and

Resolved, that ASI believes that more student outreach and education regarding the variety of options and resources available for mental health should be executed by ASI, Student Health and Counseling Services, and other campus entities; and

Resolved, that ASI is aware of group counseling being an effective means of receiving mental health support and will find ways to inform the student body on the ways to receive help beyond individual counseling; and

Resolved, that ASI will partner with Student Health and Counseling Services and other campus entities through collaborative efforts in order to educate the student body on available mental health resources and any ongoing or future efforts to expand such resources; and

Resolved, that ASI supports telehealth and the use of virtual counseling services and believes that these services should continue to be offered in an online format even post -pandemic to better accommodate student needs, especially those students who commute, live far away from campus, require more flexible hours of service, or attend the Temecula campus; and

Resolved, that ASI supports the additional implementation of student run support groups to aid in peer-to-peer counseling as a collaboration between ASI and Student Health and Counseling Services; and

91 Resolved, that ASI urges the hiring of Queer, Trans, Black, Indigenous, People of Color (QTBIPOC) counselors as
92 having diverse representation aids in inclusion and student well-being; and

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94 Resolved, that ASI will continue to prioritize mental health and well-being through our student outreach and
95 initiatives; and

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97 Resolved, that ASI plans to foster student well-being in the Wellness and Recreation Building through
98 recreational activities and spaces, social spaces, and lounge spaces; and

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100 Resolved, ASI is committed to breaking down stigmas around mental health and increasing access on our
101 campus; and

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103 Resolved, that Associated Students, Inc. of CSUSM forwards this resolution to the CSUSM Office of the
104 President, the CSUSM Academic Senate, the Cougar Chronicle Newspaper, all CSUSM Student Organizations,
105 the California State Student Association, Chancellor Joseph Castro, and the California State University Board of
106 Trustees.

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109 ^[1] <https://www.csusm.edu/sa/planning/plans/index.html>

110 ^[2] <https://www2.calstate.edu/csu-system/news/Documents/GI2025-Fact-Sheet-2021.pdf>

111 ^[3] <https://drive.google.com/file/d/1cqerFgLDX774b3CRI-8LRhLcmLhrdscE/view>

112 ^[4] <http://www.cccstudentmentalhealth.org/docs/StudentSuccess.pdf>

113 ^[5] <https://iacsinc.org/staff-to-student-ratios/#:~:text=Since%20the%20standard%20ratio%20of>

114 ^[6] <https://iacsinc.org/staff-to-student-ratios/#:~:text=Since%20the%20standard%20ratio%20of>

115 ^[7] <https://iacsinc.org/wp-content/uploads/2021/02/IACS-2020-STANDARDS.pdf>