



**ASSOCIATED STUDENTS, INC.  
CAL STATE SAN MARCOS**

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 states to enhance student life, foster holistic wellness, engage students, and build community <sup>[1]</sup>; and

Whereas, A pillar of the CSU Graduation Initiative 2025 is Student Engagement and Well-Being 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" <sup>[2]</sup>; 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"<sup>[3]</sup>; 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) <sup>[4]</sup>; 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) <sup>[5]</sup>; and

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<sup>[6]</sup>; 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; 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” <sup>[7]</sup>; and

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

Resolved, that 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, that ASI supports the increase in tenured counseling staff for Student Health and Counseling Services to improve the ability to hire and retain more specialized staff; 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

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

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

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

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

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

---

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

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

<sup>[3]</sup> <https://drive.google.com/file/d/1cqeRFgLDX774b3CRI-8LRhLcmLhrdscE/view>

<sup>[4]</sup> <http://www.ccstudentmentalhealth.org/docs/StudentSuccess.pdf>

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

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

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

---

I, Dylan Crivello, 21/22 ASI President, hereby certify that the above resolution was approved by the Board of Directors of Associated Students, Inc., at a regularly scheduled meeting held on December 10, 2021



01/14/2022

---

Dylan Crivello

Date