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CSU Legislative Reports Website
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March 2, 2023

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RE: Student Mental Health and Basic Needs Initiative Report

This annual report outlines the use of ongoing funding to increase student mental health resources and sustain and expand the California State University (CSU) Basic Needs Initiative as first provided by the Budget Act of 2021.

The following report summarizes the impact this funding has made, and continues to make, in the lives of CSU students across 23 universities. From personnel hiring in the areas of counseling and basic needs coordination to the development of innovative and holistic student health services hubs and centers, these services have helped students facing challenges in key areas such as mental health and food and housing insecurity.

CSU Campuses
Bakersfield
Channel Islands
Chico
Dominguez Hills
East Bay

Fresno
Fullerton
Humboldt
Long Beach
Los Angeles
Maritime Academy

Monterey Bay
Northridge
Pomona
Sacramento
San Bernardino
San Diego

San Francisco
San José
San Luis Obispo
San Marcos
Sonoma
Stanislaus

CSU Report: Student Mental Health and Basic Needs Initiative


March 2, 2023

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This report is required by Provision 2.1 of Item 6610-001-0001 of the Budget Act of 2022 (AB 178), which provides that the Office of the Chancellor of the CSU prepare an annual systemwide report on student mental health and basic needs initiatives. The full report has been posted to <https://www.calstate.edu/legislativereports/>.

Should you have any questions about this report, please contact Nathan Dietrich, Assistant Vice Chancellor, Advocacy and State Relations at (916) 445-5983.

Sincerely,


[Steve Relyea \(Mar 2, 2023 16:12 PST\)](#)

Steve Relyea
Executive Vice Chancellor and
Chief Financial Officer

SR:dr

Full report posted to <https://www.calstate.edu/impact-of-the-csu/government/Advocacy-and-State-Relations/Pages/legislative-reports.aspx>

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Student Basic Needs and Mental Health Initiatives Report March 2023

BACKGROUND

In 2015, the California State University (CSU) launched Graduation Initiative 2025. One of the six foundational pillars of this initiative, Student Engagement and Well-Being, is focused on a holistic approach to student success that includes well-being both inside and outside of the classroom. To bolster CSU student success, CSUs provide extensive support by offering mental health resources and comprehensive basic needs services that address food and housing insecurity as well as financial literacy programs and tools to close the digital divide.

The Budget Act of 2021 included ongoing appropriations to the CSU of \$15,000,000 to increase student mental health resources and \$15,000,000 to sustain and expand the CSU Basic Needs Initiative. Funds were used to offer a wide range of services, including telepsychiatry, CalFresh application assistance, and emergency housing for students in need.

This act requires the CSU to provide an annual report on the use of these funds. Below is an overview of each campus's spending on basic needs and mental health resources as well as a summation of each campus's expanded offerings, which were made possible by these appropriations.

UNIVERSITY BASIC NEEDS AND MENTAL HEALTH EXPENDITURES

California State University, Bakersfield

Fund Distributions:

Basic Needs Initiatives	<u>\$446,000</u>	Mental Health Resources	<u>\$446,000</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, the on-campus garden, on- and off-campus emergency housing, programming, professional development and professional and student staffing. Philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional and student staffing, professional development and center operating expenses. Student fees and external grants supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

CSU Bakersfield utilized these recurring funds to hire a permanent Basic Needs Case Manager, which has allowed for enhanced student support, including wrap-around services for students experiencing housing insecurity and an expansion of CalFresh application assistance. In addition to this case

management position, the counseling center was able to hire two new counselors and an additional case manager to support students of concern as well as the campus Caring Advocates and Responsive Engagement (CARE) Team. In addition to these personnel additions, this funding has allowed for year-round emergency housing support, the upcoming construction of a basic needs hub and a long-term commitment to the campus Edible Garden project.

California State University, Channel Islands

Fund Distributions:

Basic Needs Initiatives	<u>\$260,480</u>	Mental Health Resources	<u>\$260,480</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, the on-campus farmer’s markets, on- and off-campus emergency housing, outreach and promotion and professional and student staffing. Philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, professional development, outreach and promotion, center operating expenses and mental health facility improvements. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

Recurring funds enabled basic needs and campus mental health services to hire student-facing staff that have had an immediate positive impact on student outcomes. For instance, the number of CalFresh applications submitted by CSU Channel Islands students more than doubled after a Basic Needs Case Manager was hired. Also, the Basic Needs Case Manager facilitated the distribution of the childcare grant, a popular program supporting student parents which will continue into spring 2023. An Associate Director position hired with recurring funds has secured additional funding for emergency housing and is seeking additional funding to support a rapid rehousing and homelessness prevention program on campus. These positions increase the capacity for basic needs to support even more students annually.

CSU Channel Islands also has expanded the safety net for the increasing mental health needs of students with the addition of clinical staff and programming support. For example, the Mental Health Peer Program has provided opportunities for students to talk with trained peers on an informal basis to learn about and access resources.

Finally, a Counseling and Psychological Services Clinical Case Manager has allowed for the provision of more focused support for students in the continuum of care needed for emotional well-being and academic success. Funding has enabled this to be a permanent position.

California State University, Chico

Fund Distributions:

Basic Needs Initiatives	<u>\$513,000</u>	Mental Health Resources	<u>\$513,000</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on-campus emergency housing, outreach and promotion and professional and student staffing. Philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, professional development, outreach and promotion and center operating expenses. Recurring funds were also used to support telepsychiatry. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

As a result of this funding, Chico State has been able to increase housing initiatives including emergency housing, transitional housing, rental assistance and supporting students through navigating housing options. Chico State has also been able to increase benefits assistance, food and nutrition assistance, financial literacy programming and student parent assistance. The funds have provided for vision screening, emergency grants and increased wellness programming. The funds also have supported a climate trauma research and intervention program that has resulted in an ecotherapy program, a program that has garnered national attention through a [Washington Post](#) story.

California State University, Dominguez Hills

Fund Distributions:

Basic Needs Initiatives	<u>\$620,760</u>	Mental Health Resources	<u>\$620,760</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, off-campus emergency housing, broadband and technology support, outreach and promotion, basic needs assessment and basic needs facility improvements. Philanthropic funds and external grants supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, after-hours mental health support, broadband and technology support, outreach and promotion, mental health programming, mental health facility improvements and center operating expenses. Recurring funds were also used to support telepsychiatry. External grants supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

As a result of these recurring funds, CSU Dominguez Hills has been able to expand mental health services to students. The university has been able to hire two new mental health clinicians, and there are plans to add a third additional provider. In addition, funds have allowed for the significant expansion of mental health outreach programming and education including the expansion of Mental Health First Aid, peer education and wide-scale educational events.

Additionally, peer programs have been expanded and now are able to reach more students. The CSUDH Peer Mental Health Education Program started with two to three peer mental health educators and has now expanded to 10 peer mental health educators. The Student Mental Health Advisory Committee continues to

be a success by recruiting an additional 10 members resulting in a total of 14 participating students. This advisory committee serves as liaison between the students and health and mental health services ensuring the student perspective is included when developing programs and services. In spring 2023, the university initiated its first cohort (eight students) of Student Mental Health Ambassadors.

The basic needs team developed and maintained several partnerships with local farmer’s markets, campus dining, foundations, corporations and community stakeholders to support students. In addition to donations, the recurring funds supported holiday food distribution events and the Basic Needs department was able to purchase refrigerated lockers for students to store their food pantry supplies and other food items while attending classes.

The basic needs team also cultivated partnerships and grants with local homeless-serving agencies and hotels to support students’ success and offset housing fees. These relationships have given the department the opportunity to expand on their resources and provide unique services for students. The Basic Needs program partnered with Sanctuary of Hope to serve transitional age youth, connected with the City of Carson’s Homeless Committee, re-established a strong relationship with People Assisting the Homeless (PATH) and advocated for a building in University Housing for emergency housing up to 30 days.

California State University, East Bay

Fund Distributions:

Basic Needs Initiatives	<u>\$453,750</u>	Mental Health Resources	<u>\$450,000</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on-campus emergency housing, broadband and technology support, professional staff, and basic needs facility improvements. Philanthropic funds and external grants supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing and mental health facility improvements. External grants and student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

At Cal State East Bay, these recurring funds have helped to support the students with highest needs. Food insecurity is supported through an on-campus pantry, a meal sharing program within campus dining, CalFresh application assistance and monthly Farmer’s Markets. Cal State East Bay also provides on-campus emergency housing and assistance in obtaining off-campus housing for students with dependents. Emergency financial aid is also available. Additionally, these funds supported the purchase of eight cell phone charging lockers for buildings across campus. This project arose from student feedback on the importance of access to cell phones/technology and the inability to find safe charging spaces across campus. These funds have also been utilized to support staffing in both basic needs and mental health services.

The prioritization of basic needs and mental health services from the state provides administrative validation that these services are critical to the success of students. The funds have provided a springboard for conversations about basic needs between student affairs and campus finance, as well as the need to strategize resources for the long term success of services beyond donor/grant funding.

California State University, Fresno

Fund Distributions:

Basic Needs Initiatives	<u>\$575,500</u>	Mental Health Resources	<u>\$591,000</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry and off-campus emergency housing. External grants supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, mental health programming and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

Basic needs funding has allowed Fresno State to provide resources such as food and emergency housing to help students in need. As a result, thousands of students have been assisted with this additional funding. A relationship with Extended Stay America has been established to provide safe, temporary housing that includes a kitchen for preparing meals. This funding also supports providing transportation to students as well as gift cards for meals and toiletries. In addition to ongoing mental health support through individual, group and crisis counseling, counseling center staff offer several outreach and prevention events throughout the year to support students. A partnership with the Fresno County Department of Behavioral Health also has increased the level of mental health support the university is able to provide to students.

California State University, Fullerton

Fund Distributions:

Basic Needs Initiatives	<u>\$1,248,000</u>	Mental Health Resources	<u>\$1,235,520</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry and basic needs facility improvements. Philanthropic funds and external grants supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, outreach and promotion, mental health facility improvements and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

Cal State Fullerton offers robust programming to support student basic needs. This includes a Healthy Eating Series, a Financial Literacy Series, a Basic Needs Ambassador Seminar and Training for students and faculty and Hunger and Homelessness Awareness Week programs. All these efforts work to increase awareness and reduce stigma around basic needs as well as increase access to services.

One of Cal State Fullerton’s greatest successes was the grand opening of the Wellness Room. At this event, Counseling and Psychological Services was able to showcase a new space for students to take care of their mental health. Another highlight is the launch of the Mental Health Ally Training because it provides needed education to faculty and staff on the importance of reducing the stigma surrounding mental health. It also trains them on how to work with students in distress, which is critical in the retention of students.

California State Polytechnic University, Humboldt

Fund Distributions:

Basic Needs Initiatives	<u>\$246,620</u>	Mental Health Resources	<u>\$246,620</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on- and off-campus emergency housing, professional and student staff and student emergency grants. Philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

The Cal Poly Humboldt Basic Needs staff has worked with Housing and Residence on-campus to implement a housing access grant program and has entered into a partnership with Comfort Inn that provides for housing at a reduced cost for students.

Counseling and Psychological Services was able to add a LatinX-focused therapist to the team through this funding as well. This therapist developed liaison relationships with our Cultural Centers for Academic Excellence and worked particularly closely with El Centro, which serves the Cal Poly Humboldt LatinX community on campus. Historically, this had been one of Cal Poly Humboldt’s more underserved populations (in terms of seeking and continuing mental health services/support). Programs are also being developed to provide training and education to the entire campus community on supporting students with trauma-informed responses.

California State University, Long Beach

Fund Distributions:

Basic Needs Initiatives	<u>\$1,200,000</u>	Mental Health Resources	<u>\$1,900,000</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support on- and off-campus emergency housing, student emergency grants and assessment efforts. Philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing and center operating expenses. Philanthropic funds, external grants and student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

One of the most significant additions to services at Cal State Long Beach has been the creation of the Campus Assessment & Stabilization Team (CAST). This team is a mobile mental health team that aids students experiencing urgent mental health concerns. This team partners with campus law enforcement to respond to crises and urgent needs with a humanistic and trauma-informed approach. CAST aims to reduce psychiatric hospitalizations and link students with the necessary on- or off-campus supports to address the crisis or the underlying concerns.

Students experiencing food insecurity are supported through a campus pantry, a weekly Farmer’s Market and participation by on-campus vendors in the Restaurant Meal Program. The basic needs office is also able to support students with emergency on- and off-campus housing through residence hall stays or hotel vouchers. Students also receive one-on-one case management to help them find more permanent solutions to housing challenges.

As a result of this funding, Cal State Long Beach has also been able to increase the number of mental health counselors available which has created more capacity and has increased the diversity of the counseling staff to better reflect the student population.

California State University, Los Angeles

Fund Distributions:

Basic Needs Initiatives	<u>\$1,044,890</u>	Mental Health Resources	<u>\$1,044,890</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support professional staff, on-campus emergency housing, student emergency grants and assessment efforts. External grants and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, psychiatry services, outreach and promotion and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

As a result of the recurring funding, Cal State LA is expanding programs and services that will institutionalize and normalize Basic Needs Initiatives programs and services. Two full-time case manager

positions have been added to the basic needs team, and professional development opportunities for coordinators, case managers and the CARE Team have been offered. A gift card program is in place to support students with grocery and personal hygiene products, and bookstore vouchers have been made available for textbook and supplies purchases. Food and housing insecurity is being supported through on-campus and off-campus emergency housing, increased financial support for rental deposits, access to meals on campus and participation in a Restaurant Meal Program.

As a result of the recurring funding for mental health services, Cal State LA plans to expand programs and services by adding mental health counselors, adding a Clinical Coordinator to the Counseling and Psychological Services team, and continuing ongoing outreach, prevention and advocacy services across campus. Additionally, telehealth services for mental health support will be expanded, including increased psychiatry services.

California State University, Maritime Academy

Fund Distributions:

Basic Needs Initiatives	<u>\$17,000</u>	Mental Health Resources	<u>\$16,600</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support on-campus housing, the on-campus food pantry, student uniform assistance, professional and student staff, professional development and basic needs facility improvements. External grants supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, outreach and promotion and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

At Cal Maritime, funding has been used to increase the capacity of Counseling and Psychological Services counselors, and this has provided opportunities for additional community outreach beyond individual counseling. To support students’ basic needs, additional resources have been committed to the pop-up pantry – Greens on Morrow Cove, the Cal Maritime uniform and professional wear closet and the pop-up basic needs personal care and hygiene product events. The Cal Maritime campus is in an area that is not easily accessible to local grocery or convenience stores, so having these items on campus and easily accessible is important for students.

California State University, Monterey Bay

Fund Distributions:

Basic Needs Initiatives	<u>\$229,000</u>	Mental Health Resources	<u>\$226,380</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, broadband and technology support for students, outreach and promotion and professional staff. External grants supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, outreach and promotion, mental health programming and mental health facility improvements. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

The recurring funds have helped CSU Monterey Bay in sustaining the necessary infrastructure to support students. Funds have been utilized for both student and professional staff positions to maintain daily operations and increase services. Multiple resources are available to address food insecurity including a campus pantry, Farmer’s Markets and food sharing programs. The campus also offers emergency housing to students and case management support to help the students find more permanent housing solutions. The basic needs team has also developed and executed multiple educational events and programming for students on topics such as healthy eating and financial literacy.

Additionally, the Personal Growth and Counseling Center (PGCC) has been able to support students by hiring additional counselors and supporting a training program for counselors-in-training. PGCC has also increased services, outreach and awareness programming aimed at supporting student populations that do not historically seek counseling services, such as undocumented students and students of color.

California State University, Northridge

Fund Distributions:

Basic Needs Initiatives	<u>\$1,364,000</u>	Mental Health Resources	<u>\$1,364,000</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on- and off-campus emergency housing, emergency financial support, operating expenses and professional and student staff. Philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, outreach and promotion, and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

As a result of recurring funding, CSUN can continue providing students with emergency housing accommodations and support, including food aid. Additionally, students will have increased access to newly hired basic needs care coordinators, and University Counseling Services counselors, interns and peer educators who work directly with students to help them create and make progress towards their longer-term stability and wellness goals. Recurring General Fund support is critical to ensuring that

CSUN students have continued and consistent access to caring, professional staff who can guide, empower and assist students as they navigate complex processes/resources/services both on and off campus. CSUN also knows the demand to support student’s basic needs remains critically high even with the return to more “pre-pandemic” instructional environments on-campus. Recurring, permanent basic needs funding will ensure that gains made during the past year – including expanded service hours, emergency accommodations and dedicated staff support with expertise in serving diverse students’ needs in this space – are sustainable moving forward. New care coordinator positions have been created, basic needs program services have been centralized, emergency housing has been expanded and wellness workshop offerings have been increased.

California State Polytechnic University, Pomona

Fund Distributions:

Basic Needs Initiatives	<u>\$875,270</u>	Mental Health Resources	<u>\$875,270</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support on- and off-campus emergency housing, emergency financial support, operating expenses, basic needs facility improvements and professional and student staff. Student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

Cal Poly Pomona has a multi-year plan that will fully utilize state funding. It is important to note the importance of recruiting and hiring staff to serve the increased number of students requesting support. These funds support a centralized service that combines basic needs and mental health as one service. Cal Poly Pomona has established a comprehensive, centralized Care Center that maintains a holistic approach to meeting students’ needs while continuing to evolve to meet the needs of students over time. The Care Center has utilized a complementary approach, first utilizing funds to ensure that immediate housing and food security needs are met for students who access the Care Center, and then employing case management practices and educational programs to transition students to a sustainable path that helps provide longer-term food security and housing placements.

California State University, Sacramento

Fund Distributions:

Basic Needs Initiatives	<u>\$1,100,000</u>	Mental Health Resources	<u>\$1,100,000</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on- and off-campus emergency housing, emergency financial support, transportation support, broadband and technology support, operating expenses, professional and student staff and professional development. Philanthropic funds and external grants supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, professional development, psychological testing/evaluation for students and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

This funding has allowed Sacramento State to add staff and create partnerships to support the mental health needs of students. The ability to provide mental and emotional health services is directly related to student success. Student mental health needs are increasing. This funding will be used to continue to expand and enhance support.

Emerging from the COVID-19 pandemic and facing a period of increasing housing costs and record inflation, the needs of students as they relate to mental health and basic needs have increased. The recurring funding has supported many students in achieving academic success. Students struggling with housing insecurity have been transitioned from living in cars to stable housing and students have been provided funds to repair automobiles to ensure safe transportation. Programs to address food instability include an on-campus food pantry, food sharing programs like “Swipe Out Hunger” and a food alert system through a phone app that informs students of food availability after catered events on campus.

California State University, San Bernardino

Fund Distributions:

Basic Needs Initiatives	<u>\$765,000</u>	Mental Health Resources	<u>\$765,000</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on- and off-campus emergency housing, emergency financial support, outreach and promotion, professional and student staff and basic needs facility improvements. Philanthropic funds and external grants supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, psychiatric services, professional development, mental health programming and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

These funds have helped to build infrastructure within basic needs services at Cal State San Bernardino. A Director of Basic Needs position was created and filled. This individual is positioned to manage all basic needs resources as well as collaborate with both on-campus and off-campus partners to provide the highest level of support possible to students. Hiring of a second Campus Assessment, Response and Education

(CARE) Team Case Management Specialist has broadened the reach of mental health and other supports to students. As students continue to struggle with food insecurity, housing instability, mental health stigma and other barriers to academic achievement, outreach by this position has garnered increased engagement with students as well as promotes a holistic approach to assisting students who often experience multi-faceted challenges. Faculty and staff are also trained to refer students to the CARE Team Office. The case management approach among the CARE Team Office, Counseling & Psychological Services, the Student Health Center, Academic Advising, Basic Needs and other departments has improved outcomes for students.

The mental health funding has allowed the campus to increase the availability of psychiatry services and has provided for ongoing professional development training for all mental health staff. With this ongoing training, counseling center providers acquire additional skills and knowledge in working with students from various identity groups and backgrounds as well as the advancements in the treatment of trauma and other mental health conditions common in the college student population.

San Diego State University

Fund Distributions:

Basic Needs Initiatives	<u>\$700,000</u>	Mental Health Resources	<u>\$700,000</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, cooking demonstrations, on- and off-campus emergency housing, emergency financial support, transportation support, outreach and promotion, operating expenses, basic needs facility improvements and professional and student staff. Philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, outreach and promotion, mental health programming and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

In the Basic Needs Center at San Diego State, the Basic Needs Resource Room is a new and innovative resource that will expand how the university serves students by providing a low barrier, accessible way to have students come forward to address their basic needs. Knowing that likely most San Diego State students experience a basic needs insecurity, the resource room serves as a service, but also an outreach tool to let students know there is support available to them to reduce their expenses and access support in other areas of basic needs like food security. It will be a responsive service, providing students with opportunities to request essential items they need that may not be currently stocked.

This funding has provided San Diego State with support for the Financial Peer Education Program which provides students with needed support to learn to manage their finances. While direct funding is vital to helping students with their basic needs, providing them with the education and skills to manage and be responsible for their financial well-being is just as critical. Similarly, this funding provides San Diego State with the ability to host cooking demonstrations within the Basic Needs Center. While providing food directly to students through other means helps address food insecurity, creating spaces for learning to cook is also helpful in sustaining healthy practices.

Overall, the funding has allowed Counseling and Psychological Services (C&PS) to increase student access to mental health care both in terms of types of services offered as well as service location. Drop-in sessions are now offered in various locations on campus and in areas that are accessible by communities who historically do not access mental health services. C&PS has also developed liaisons to work with several of these campus groups. This funding has also allowed the department to recruit therapists with the goal of building a team more racially/ethnically reflective of the student population at San Diego State, a federally designated Hispanic Serving Institution. C&PS has successes of collaborations with campus partners. One of C&PS' most well-attended groups is *En Confianza*, a support space for Latinx-identified students which is conducted in "Spanglish." Other successful collaborations include the Guardian Scholars Program, serving San Diego State students who are former foster youth, the Educational Opportunity Program and the Athletic Department.

San Francisco State University

Fund Distributions:

Basic Needs Initiatives	<u>\$776,490</u>	Mental Health Resources	<u>\$776,490</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on- and off-campus emergency housing, emergency financial support, outreach and promotion, operating expenses, basic needs facility improvements and professional and student staff. Philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, outreach and promotion, mental health programming and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

In 2021-22, San Francisco State's basic needs programs reached 4,011 students with outreach or direct service. These funds have provided the basic needs programs with financial and programmatic stability and sustainability. It has allowed San Francisco State to hire staff and move forward to meet the rising demands of student need and utilization of programs without concern over scarcity or running out of resources. Being able to invest in staff positions results in increased program capacity and direct student service versus purely transactional programs. This also allows for both standard and innovative prevention programs, so that crises and challenges can be prevented for students. It has also provided for placement of innovative positions in departments like the Office of Diversity, Student Equity and Interfaith Programs and Financial Aid, addressing the root causes of economic instability for students.

This recurring funding has resulted in the hiring of two key staff that support students in new ways. These staff include the Off Campus Housing Coordinator (OCHC) and Health Communications Specialist. The OCHC will allow the university to be truly preventative in student homelessness, helping students find and maintain stable off-campus housing to avoid housing crises.

These funds will also allow San Francisco State to launch and maintain a United Way Bay Area SparkPoint Center. SparkPoint Centers work with families to provide for basic needs, increase income, financially plan,

build their credit and achieve their financial goals. Once our SparkPoint Center is launched, San Francisco State will be the first four-year college to launch a SparkPoint Center in California.

The positions created to support students' mental health provide new access points after-hours, create a mental health case manager that works closely with University Police to support and follow up, and create an open and welcoming Latinx Student Center with a new Latinx Director as a part of the Equity and Community Inclusion unit. These positions will serve in recognized areas of need for students that would not typically have had access to such resources.

San José State University

Fund Distributions:

Basic Needs Initiatives	<u>\$752,290</u>	Mental Health Resources	<u>\$752,920</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on- and off-campus emergency housing, emergency financial support, outreach and promotion, operating expenses, basic needs facility improvements and professional and student staff. Philanthropic funds and external grants supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional and student staffing, psychiatry and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

San José State University recently created a Mental Health Promotion Coordinator position, a new role within Wellness and Health Promotion. This role is tasked with advancing student education and prevention programming, including individual coaching for stress management and broader campus-wide outreach. Two student assistants help to further expand the reach of this work.

San José State recently rehired one directly employed psychiatrist (after an extended vacancy and recruitment process). There are plans to hire a second psychiatrist in the coming months. During the role vacancy, San José State established a partnership for contracted psychiatric services, which added the capacity of two part-time providers.

San José State also created four new counselor positions and clinical case management positions to support targeted mental health service capacity for athletics and other key subpopulations.

The university has a robust on-campus food pantry which offers unlimited produce to students. The pantry offers a variety of produce, most grown in the organic Campus Community Garden. San José State also provides extensive CalFresh application support to students as well as on-campus emergency housing. The university also maintains a rapid rehousing project.

California Polytechnic State University, San Luis Obispo

Fund Distributions:

Basic Needs Initiatives	<u>\$236,000</u>	Mental Health Resources	<u>\$242,000</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on- and off-campus emergency housing, emergency financial support, outreach and promotion, basic needs facility improvements and operating expenses. Philanthropic funds and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, mental health programming and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

Cal Poly San Luis Obispo hired a 12-month counselor to increase access to care in the summer in addition to current academic year roles. Cal Poly San Luis Obispo also is pursuing a contract with a mental health app to provide evidence-based self-help resources to students 24/7. The university will be conducting a student survey to determine preferences regarding expanded counseling service availability.

As a result of recurring funds, Cal Poly San Luis Obispo has been able to provide co-housed office space, welcoming CalFresh and thus creating a “basic needs/food hub.” The university has had increases in hiring for care positions within the Dean of Students Office and a Food Pantry Coordinator in Wellbeing. The food pantry has been able to support food cabinets across the campus, increasing awareness of food resources for students who might not seek out the basic needs/food hub due to basic needs stigma. In addition, the food pantry has seen a 236% increase in usage this last year, and it continues to grow. This funding allows Cal Poly San Luis Obispo to continue to serve student needs.

California State University, San Marcos

Fund Distributions:

Basic Needs Initiatives	<u>\$476,000</u>	Mental Health Resources	<u>\$476,000</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on- and off-campus emergency housing, emergency financial support, transportation support, professional and student staff, and operating expenses. Philanthropic funds, external grants, and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing and center operating expenses. Student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

Through these recurring funds, CSU San Marcos has been able to continue supporting the Health Assistance Fund scholarships, which started in 2020. The university was able to support 98 students with their medical,

mental health and wellness needs which includes: optometry, dental, psychological testing, immunizations, prescription medications, outpatient services in the community and/or hospital care. Due to these scholarships, students have said that the program significantly reduced the financial stress of accessing health-related services and their emotional wellbeing has improved as a result. In addition, their academics have stabilized or improved due to services they were able to access through the program.

The Cougar Care Network plays a role in supporting students at CSU San Marcos. Removing basic need barriers to student success allows students to focus on their academic and personal goals thereby improving their persistence, retention and graduation. Because basic needs are funneled through the Cougar Care Network, the staff provides holistic support including any needed academic, financial or mental health resources.

The students seeking emergency housing who were housed on or near campus with food and other needs provided were able to focus on their academics and receive academic support services. Fifteen of the 17 students who were provided with emergency housing are still in school or have graduated.

Sonoma State University

Fund Distributions:

Basic Needs Initiatives	<u>\$200,640</u>	Mental Health Resources	<u>\$200,640</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on- and off-campus emergency housing, emergency financial support and professional and student staff. Philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, mental health programming, mental health facility improvements and center operating expenses. External grants and student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

This funding allowed the Sonoma State Basic Needs Team to successfully operate a food pantry, giving students weekly access to perishable and nonperishable food and hygiene products. To further reduce food insecurity, students who visited the pantry were provided information on how to obtain additional food resources at the local food bank and other pantries near campus. Furthermore, students received information on how to apply for CalFresh benefits with the support of a CalFresh advisor. To reduce housing insecurity among students, funds provided transitional housing (both on-campus and off-campus) for up to two weeks. Sonoma State has also developed partnerships with local organizations that can provide housing to homeless students through the Sonoma County Coordinated Entry System. Lastly, the Emergency Grant Program reduced living expenses for students experiencing hardship. In many instances, funds helped students maintain their housing.

Funds also supported the hiring of additional mental health counselors.

California State University, Stanislaus

Fund Distributions:

Basic Needs Initiatives	<u>\$415,140</u>	Mental Health Resources	<u>\$415,140</u>
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Programmatic Budget Summary:

Basic Needs: Recurring funds were utilized to support the on-campus food pantry, on- and off-campus emergency housing, emergency financial support, outreach and promotion and professional and student staff. Philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Mental Health: Recurring funds were utilized to support professional staffing, mental health programming and center operating expenses. External grants and student fees supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

This funding allowed Basic Needs to fulfill the university's commitment to integrating more student support services at the Stanislaus State Stockton Campus. Basic Needs expanded the infrastructure and reach at the Stockton campus by providing equitable support and resources to the Stockton campus's student population. This resulted in the allocation of onsite space for a consultation office, renovation of room for a permanent Warrior Food Pantry and funding to support a full-time staff person dedicated to helping students' basic needs in Stockton. In addition, Basic Needs continued to seek ways to address students' food and housing insecurity and increased the number of students served during the fiscal year 2021-22. Seventeen percent of all students utilized one of the Basic Needs programs (i.e., Warrior Food Pantry, Food Distribution, CalFresh or Campus Cares). The Warrior Food Pantry was accessed 7,334 times and served 1,432 unique students. The Stockton Campus Pop-Up Warrior Food Pantry was accessed 126 times by 46 unique students. The Food Distribution program distributed 1,355 boxes of food to 648 unique students. These Basic Needs initiatives support students' persistence, degree completion and time to degree, and decrease the equity gap.

Basic Needs was also able to build staffing infrastructure to respond to the increased utilization of services, which resulted in the development of four full-time staff positions dedicated to addressing students' food and housing insecurity. The positions include: a Stockton Care Lead that implements all Basic Needs initiatives at the Stockton Campus; a Turlock Care Lead to provide housing navigation support and non-clinical case management to students; an Administrative Analyst/Specialist to oversee contracts, grants, budgets and student staffing; and a Basic Needs Office Lead to serve as the first point of contact when students visit the department for services.

The hiring of two new full-time mental health counselors is a success worth highlighting. One of the counselors was specifically hired for the Stockton Campus, which has been a longtime goal of Student Affairs. The other counselor is a conjoint position with the Student Health Center, specifically focusing on clinical case management and community outreach. In addition, the counselor is a certified drug and alcohol counselor. The funds expanded the clinical expertise and enhanced services for the student population at both campus locations.

Below is a systemwide overview of specific programs utilized by our campuses to meet students' needs and an analysis of campuses' utilization of state and local resources.

EMERGENCY HOUSING AND LONG-TERM HOUSING ASSISTANCE

UTILIZATION OF STATE AND LOCAL RESOURCES

CalFresh

One of the most significant supports all 23 CSUs provide to students is assistance with the CalFresh application process. This is supported through our partnership with the Center for Healthy Communities, which is housed at Chico State University. University staff across the system are trained on the CalFresh program to be able to complete eligibility screenings, assist in application and reapplication completion, and to help students navigate the process with their local county agency. These staff members also help students with documentation requirements and troubleshooting challenges. Across the system, staff have worked to identify any campus programs or employment opportunities that would qualify as a Local Program that Increases Employability (LPIE) to ensure that students who meet these eligibility requirements are provided the appropriate information and documentation to support CalFresh applications. To date, approximately 650 CSU programs have been approved by the California Department of Social Services and added to the statewide LPIE list. Potentially 35,000 students will be impacted by this new CalFresh eligibility pathway.

CalFresh on Campus: Electronic Benefit Transfer

There are currently eight CSUs that accept CalFresh/Electronic Benefit Transfer (EBT) on campus. The locations span campus dining venues, on-campus fast food restaurants, campus-based markets and convenience stores, and farmer's market events. An additional four universities are currently working with campus-based food vendors and the U.S.D.A. to bring this option to their campuses.

Universities Currently Accepting EBT

1. California State University, Chico
2. California State University, Long Beach
3. California State University, Monterey Bay
4. California State University, Northridge
5. Cal Poly Pomona
6. San Diego State University
7. San Francisco State University
8. Cal Poly San Luis Obispo

Universities Working Toward Accepting EBT

1. California State University, Channel Islands
2. California State University, Dominguez Hills
3. California State University, San Marcos
4. California State University, Stanislaus

CalFresh Restaurant Meals Program

There are currently five CSUs that participate in the CalFresh Restaurant Meals Program (RMP), and three additional universities are working toward participation. This program allows CalFresh participants to use their benefits to purchase hot, prepared meals from restaurants. One challenge a few of the universities have encountered in attempting to participate in RMP is that the county in which the

university is located does not participate in the program; therefore, the university is unable to pursue this option.

Universities Currently Participating in CalFresh RMP

1. California State University, Fullerton
2. California State University, Long Beach
3. California State University, Northridge
4. Cal Poly Pomona
5. San Francisco State University

Universities Working Toward Participating in CalFresh RMP

1. California State University, Los Angeles
2. California State University, Monterey Bay
3. San Diego State University

Food Banks and Food Distribution Programs

Community partnerships have been important to the CSU's work to address food insecurity. Currently, 14 CSUs have established relationships with local agencies. These range from food banks to agencies that provide fresh fruits and vegetables. Of note, Cal State LA has partnered with Student LunchBox. This a charitable food distributor that builds partnerships with local businesses and other partners to donate safe and nutritious foods that would otherwise be disposed of, thereby supporting environmental sustainability and reducing waste.

Housing Support

In addition to the eight CSUs participating in the College Focused Rapid Rehousing project, 10 CSUs have formed relationships with community partners to support students experiencing housing insecurity. The support offered by these wide-ranging community partners includes hotel gift cards, grants, short-term housing support and assistance with long-term housing solutions. A few partnerships also provide specialized housing support to populations such as veterans and former foster youth.

Emergency Housing

All 23 CSUs offer emergency on-campus housing, and 15 universities additionally offer off-campus emergency housing. Off-campus emergency housing is typically offered when on-campus emergency housing is at capacity, or when a student has circumstances that would not be appropriate for the residence halls, such as a spouse, children and/or pets, etc. The length of stay in emergency housing ranges from 14 days to one semester, and extensions are offered based upon individual circumstances. Ten universities also offer a residence hall meal plan to those staying in on-campus emergency housing. Approximately 2,300 CSU students were supported with emergency housing in the 2021-22 fiscal year.

Universities with On-Campus Emergency Housing

1. California State University, Bakersfield
2. California State University, Channel Islands
3. California State University, Chico
4. California State University, Dominguez Hills
5. California State University, East Bay
6. Fresno State University
7. California State University, Fullerton
8. Cal Poly Humboldt
9. California State University, Long Beach
10. California State University, Los Angeles
11. California State University, Maritime Academy
12. California State University, Monterey Bay

Universities with Additional Off-Campus Emergency Housing

1. California State University, Channel Islands
2. California State University, Chico
3. California State University, Dominguez Hills
4. Fresno State University
5. California State University, Long Beach
6. California State University, Northridge
7. Cal Poly Pomona
8. Sacramento State University
9. California State University, San Bernardino
10. San Diego State University
11. San Francisco State University
12. Cal Poly San Luis Obispo

13. California State University, Northridge
14. Cal Poly Pomona
15. Sacramento State University
16. California State University, San Bernardino
17. San Diego State University
18. San Francisco State University
19. San José State University
20. Cal Poly San Luis Obispo
21. California State University, San Marcos
22. Sonoma State University
23. California State University, Stanislaus

13. California State University, San Marcos
14. Sonoma State University
15. California State University, Stanislaus

Long-Term Housing Assistance

Long-term housing assistance is offered by 10 CSUs. Several of these universities offer one-time financial assistance for security deposits, rent supplements, utilities, etc. Also offered is ongoing case management support and connection to community referrals. In addition to these types of assistance, eight CSUs participate in the College Focused Rapid Rehousing program in which CSU students receive subsidized rental support and ongoing case management. This program is founded on community partnerships with local housing agencies.

Universities with Long-Term Housing Assistance

1. California State University, Chico
2. California State University, Dominguez Hills
3. Fresno State University
4. Cal Poly Humboldt
5. California State University, Long Beach
6. California State University, Monterey Bay
7. Sacramento State University
8. San Diego State University
9. San Francisco State University
10. Cal Poly San Luis Obispo

Universities with College Focused Rapid Rehousing Projects

1. California State University, Chico
2. California State University, Long Beach
3. California State University, Northridge
4. Cal Poly Pomona
5. Sacramento State University
6. San Diego State University
7. San Francisco State University
8. San José State University

Mental Health

Community partnerships allow for the CSUs to increase the breadth and scope of mental health services available to students. Currently, 22 CSUs have formal partnerships with private, public or non-profit mental health agencies. These partners often provide specialized services for specific populations such as transgender students, veterans and foster youth, or for specific concerns, such as substance abuse, sexual violence, ADHD and acute mental health crises. Several CSUs have partnerships that provide training opportunities for mental health counselors and psychiatric residents. These trainees become valuable team members in CSU counseling centers and health centers and often bring with them specialized knowledge and skills. These partnerships also often provide crucial links for students to crisis response teams and crisis stabilization units.

Additional Partnerships

In addition to the support areas listed above, CSUs have also formed partnerships to assist students with transportation, obtaining health insurance, supporting students with chronic medical conditions and finding paid work opportunities.

IMPACT ANALYSIS

Numerous studies have illustrated the connection between food and housing security and academic success. Students who are academically successful are more likely to persist and complete their degrees in a timely manner. Nearly 50% of students in the CSU are Pell Grant-eligible, and approximately 45% report they experience some level of food or housing insecurity. Additionally, 50% of CSU students are underserved students of color and nearly one-third are the first in their families to attend college. The impact of the pandemic, inflation and the high cost of living throughout California is experienced greatly by CSU students. The recurring funding for basic needs and mental health has mitigated some of the challenges students face by enhancing food, housing and mental health supports, which are critical to success. Research on CSU students shows that the persistence rate (retention and graduation) for students who receive emergency housing assistance is 82.1%, and the persistence rate for students who are supported by an on-campus food pantry is 90.1%. Students frequently report in satisfaction surveys that the basic needs and mental health support they have received has increased their sense of belonging on campus and has been integral to their academic success and retention.

CONCLUSION

As this report illustrates, the addition of these recurring funds for basic needs and mental health services have already made an impact on students within the CSU system. When projects with lengthy implementation timelines - such as hiring staff and modifying buildings - have been completed, it is anticipated that these positive impacts will grow as the 23 universities continue to develop and sustain these innovative and critical student support initiatives. Leadership and staff on all 23 CSUs are looking forward to the continued development of the programs and services which this recurring funding will support. As the CSU strives to meet the goals outlined in the robust Graduation 2025 Initiative, there is a keen awareness of the impact these services have in supporting students in their academic success, their path toward graduation, and ultimately, with CSU graduates representing one in 10 employees in California, their contribution to the success of their communities and the state.