

401 Golden Shore, 5th Floor  
Long Beach, CA 90802-4210

**CSU Legislative Reports Website**  
<https://www.calstate.edu/legislativereports/>

**Steve Relyea**  
Executive Vice Chancellor  
and Chief Financial Officer

562-951-4600  
srelyea@calstate.edu

April 2, 2020

Honorable Holly Mitchell, Chair  
Joint Legislative Budget Committee  
State Capitol, Room 5080  
Sacramento, CA 95814

Gabriel Petek  
Legislative Analyst Office  
925 L Street, #1000  
Sacramento, CA 95814

Keely Bosler, Director  
Department of Finance  
State Capitol, Room 1145  
Sacramento, CA 95814

Erika Contreras  
Secretary of the Senate  
State Capitol, Room 3044  
Sacramento, CA 95814

Diane Boyer-Vine  
Legislative Counsel  
State Capitol, Room 3021  
Sacramento, CA 95814

Sue Parker  
Chief Clerk of the Assembly  
State Capitol, Room 3196  
Sacramento, CA 95814

## **RE: CSU Mental Health Partnerships Report**

The enclosed report highlights efforts to address students' mental health needs within the California State University system (CSU). Through the amended Budget Act of 2019 (Senate Bill 109), the California State University received \$3 million to support student mental health programs. Known as "Mental Health Partnerships" funding, these one-time resources were allocated to campuses for the purpose of developing and enhancing mental health programs for students with a specific focus on expanding external partnerships.

Pursuant to SB 109, this report provides an update on the use of these resources as of April 1, 2020. Should you have any questions about this report, please contact Nichole Munoz-Murillo, Assistant Vice Chancellor, Advocacy and State Relations at (916) 445-5983 or Luoluo Hong, Associate Vice Chancellor for Student Affairs and Enrollment Management at (562) 951-4732.

---

**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: Mental Health Partnerships**

April 2, 2020

Page 2

Sincerely,

  
Steven Relyea (April 6, 2020)

Steve Relyea  
Executive Vice Chancellor and  
Chief Financial Officer

SR:ne

Full report posted to <https://www.calstate.edu/legislativereports/>

- c: Members, California State Legislature  
Members, Joint Legislative Budget Committee  
Paul Steenhausen, Principal Analyst, Legislative Analyst Office  
Timothy P. White, Chancellor, California State University  
Loren J. Blanchard, Executive Vice Chancellor, Academic and Student Affairs  
Garrett Ashley, Vice Chancellor, University Relations and Advancement  
Nichole Muñoz-Murillo, Assistant Vice Chancellor, Advocacy and State Relations  
Ryan Storm, Assistant Vice Chancellor for Budget  
Kara Perkins, Executive Budget Director  
Luoluo Hong, Associate Vice Chancellor, Student Affairs and Enrollment Management  
Lea Jarnagin, Interim Systemwide Director, Student Wellness & Basic Needs Initiatives

**California State University  
Mental Health Partnerships Funding  
A Report Pursuant to the Budget Act of 2019 (SB 109)  
April 1, 2020**

**Summary**

This report highlights efforts to address students' mental health needs within the California State University system (CSU). All 23 campuses were invited to participate in a competitive application process in fall 2019 for \$3 million made available through the Amended Budget Act of 2019 (SB 109). Known as "Mental Health Partnerships" funding, these one-time resources were allocated to campuses for the purpose of developing and enhancing mental health programs for students with a specific focus on expanding external partnerships.

**Background and Overview**

The success of college students can be derailed when they face mental health challenges and lack sufficient support to address them. One of the six guiding pillars of the CSU's multi-year effort to improve student success, known as Graduation Initiative 2025, is promoting student wellness and engagement. This pillar includes such efforts as implementing out-of-classroom services to increase access to mental health resources, normalization of the use of these resources, bias mitigation, efficient methods of student communication and sustainability of services to support student success holistically. The CSU has leveraged the funding allocated via SB 109 to support campus efforts through proactive and innovative external partnerships that extend the reach of the system, promote sustainability of our efforts and meaningfully impact students' lives.

In compliance with SB 109 requirements, the CSU has prepared the following systemwide report.

**Funding Criteria and Requirements**

A competitive systemwide Request for Proposals (RFP) process was issued in mid-fall 2019 with an application due date of mid-November. The RFP highlighted the Mental Health Partnerships program goals, some of which were required and others which were encouraged. In addition, the RFP delineated parameters for a pilot "Mental Health Innovation Award" for up to \$25,000 per campus in funding to test an original, innovative approach to support college student mental health. Awardees were chosen based on one of four areas: Concept Model, Scalability, Sustainability or Impact. The proposal must be relatively new, an upgrade to efficiency and demonstrate effectiveness.

Required mental health support activities for each participating campus included a formalized mental health partnership with the local county Department of Behavioral Health or other external partner; a peer-to-peer mental health education program; and on-going faculty and staff training opportunities. Required activities for consideration of Mental Health Partnerships funding are supplemented with a minimum of three suggested activities including: a mental health resources website; facilities renovations;

participation in the systemwide Basic Needs Campus Taskforce; technology and/or digital mental health services integration; and a social media and marketing campaign to promote awareness of services and destigmatize seeking help for mental health needs. Finally, campuses were provided the opportunity to apply for five Innovation Awards designed to encourage the pursuit of “outside the box” strategies to address students’ mental health.

**Allocation Process**

Applications were evaluated via a peer review process and rated on a 1-5 scale for each funding category. Twenty-two of the 23 campuses submitted a funding proposal. The total amount of funds distributed to campuses was \$2,750,000. The remaining \$125,000 was allocated for mental health-related technology expenditures as well as systemwide administration of the Mental Health Partnerships fund. Campus-based allocations are listed below:

<b>Campus</b>	<b>Funding Amount</b>
California State University, Bakersfield	<b>\$ 125,000</b>
California State University, Channel Islands	<b>\$ 125,000</b>
California State University, Chico	<b>\$ 125,000</b>
California State University, East Bay	<b>\$ 125,000</b>
California State University, Fresno	<b>\$ 125,000</b>
California State University, Fullerton	<b>\$ 125,000</b>
Humboldt State University	<b>\$ 150,000</b>
California State University, Long Beach	<b>\$ 150,000</b>
California State University, Los Angeles	<b>\$ 150,000</b>
California State University, Maritime Academy	<b>\$ 125,000</b>
California State University, Monterey Bay	<b>\$ 125,000</b>
California State University, Northridge	<b>\$ 125,000</b>
California State Polytechnic University, Pomona	<b>\$ 125,000</b>
California State University, Sacramento	<b>\$ 150,000</b>
California State University, San Bernardino	<b>\$ 150,000</b>
San Diego State University	<b>\$ 125,000</b>
San Francisco State University	<b>\$ 125,000</b>
San José State University	<b>\$ 125,000</b>
California Polytechnic State University, San Luis Obispo	<b>\$ 125,000</b>
California State University, San Marcos	<b>\$ 125,000</b>
Sonoma State University	<b>\$ 125,000</b>
California State University, Stanislaus	<b>\$ 125,000</b>

A number of proposals illustrated innovative and creative strategies, including development of new external partnerships, to promote student wellbeing. The following highlights activities planned at six CSU campuses to support student mental health needs:

- Channel Islands: Establish a contractual agreement with “Uber Health” to provide transportation for students to and from off-campus mental health appointments.
- Fullerton: Partner with a local ambulance company to transport students to the hospital and ensure their immediate safety during an individual crisis event. Record public health educational videos on mental health topics for distribution to students via direct and social media channels.
- San Bernardino: Purchase biofeedback equipment for the Wellness Center (measures muscle stress or tension, breathing or brain waves, etc.). Biofeedback is utilized to help a student understand how stress affects their physiological self, thereby increasing capacity to self-regulate.
- San Luis Obispo: Implement the *Sky Campus Happiness Program*, an evidenced-based mindfulness program facilitated by peer educators.
- Humboldt: Develop a comprehensive and standardized clinical program for the treatment of high-risk (e.g., suicidal) clients.
- Sacramento: Provide a tele-counseling relaxation pod in a residence hall to provide students with increased access to counseling services directly in their living environment.

Detailed information on the types of programs in which each campus invested, including programmatic budgets summarizing how the funds were expended, will be included in future Mental Health Partnerships funding reports. An analysis describing how funds enhanced access to mental health services, including how funds impacted student outcomes, if feasible, will be provided along with additional relevant findings and recommendations for future uses of one-time or ongoing state funding.