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March 11, 2024

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RE: Student Mental Health and Basic Needs Initiatives Report


This annual report outlines the use of ongoing funding to increase student mental health resources and to sustain and expand the California State University (CSU) Basic Needs Initiative as first provided by the Budget Act of 2022.

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 food and housing insecurity and mental health.

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.

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

Sincerely,


Steven Relyea (Mar 11, 2024 17:06 PDT)

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 to the Department of Finance and the Legislature, Pursuant to the Budget Act of 2022 (SB 154)

BACKGROUND

One element of the mission of the California State University (CSU) is assisting individuals with collegiate promise who are facing any number of barriers to advance to the highest educational levels they can reach. In 2015, the 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. In alignment with the CSU's mission and with Graduation Initiative 2025, all 23 CSUs provide extensive support to students 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. Providing these resources and services supports the CSU's goals of improving graduation rates, reducing the number of students who drop out before degree completion and making college more accessible to more Californians.

In the Budget Act of 2022, appropriations to the CSU included \$15 million to increase student mental health resources and \$25 million to sustain and expand the CSU Basic Needs Initiative. 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 summary of each campus's expanded offerings, which were made possible by these appropriations. Beginning on page 25 is a systemwide summary of programs and services.

UNIVERSITY BASIC NEEDS AND MENTAL HEALTH EXPENDITURES

California State University, Bakersfield

Fund Distribution:

Basic Needs Initiatives: \$766,773 Mental Health Resources: \$446,000

Programmatic Budget Summary:

Basic Needs: Recurring funds have been utilized to support the on-campus food pantry, the purchase of a food distribution van, the on-campus edible garden, on-campus emergency housing, emergency grants, 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 have been utilized to support professional and student staffing, professional development, campuswide mental health programming and center operating expenses. Student fees and external grants supplemented the General Fund for mental health expenditures.

Services, Programs and Activities Summary:

CSU Bakersfield works in partnership with their Associated Students and their campus food vendor to provide food assistance to students. The university has a one-acre garden that grows fresh produce and raises chickens to provide eggs to the food pantry. This garden also serves as a community garden for nearly 6,000 local community members. Funding has supported much-needed renovations and improvements in the edible garden, which allowed increased production and expanded educational opportunities. Additionally, funds were used to maintain the position of a full-time garden coordinator/farm supervisor, which allows the university to provide approximately 7,000 pounds of free produce to students via a weekly farm stand and the food pantry. The campus also works with a local food bank to procure food for the campus pantry. As per the contract with CSU Bakersfield's on-campus food vendor, 50 percent of the remaining meal plan balances are carried forward to support students with inadequate meal plan balances and students in emergency on-campus housing. Students with high need can also obtain grocery store gift cards. The food pantry experienced exponential growth in AY 22-23, seeing more than 11,000 total visits (50 percent more than in previous year) and nearly 1,200 new users.

Emergency on-campus housing is available, and the campus is working with Airbnb to establish a program to provide emergency housing to students with dependents. Funds were used to secure emergency housing in the residence halls with meal plans included. The food pantry also offers diapers and baby food to parenting students, and the Campus Children's Center supports students in applying for grants for free childcare for low-income students. The campus provides emergency grants to students facing an unexpected financial crisis, and also offers a financial literacy program.

As a result of this funding, CSU Bakersfield's mental health program is currently renovating a new facility that will allow the counselors to have their own offices dedicated to supporting the needs of their students. This facility will include a dedicated group counseling room, a conference room, a crisis space, and meditation room. In addition to the new facility and much-needed new furniture, hiring two new counselors to serve the students has been a remarkably helpful use of the recurring funds. The wait times for seeing a counselor have been reduced and the diversity of the counselors has increased, which provides students with more choices. CSU Bakersfield has also hired a Caring Advocates and Responsive Engagement (CARE) Case Manager who works closely with the Counseling Center by supporting the Center's services and referring students who desire counseling.

California State University, Channel Islands

Fund Distributions:

Basic Needs Initiatives: \$405,480 Mental Health Resources: \$260,000

Programmatic Budget Summary:

Basic Needs: Recurring funds have been utilized to support the on-campus food pantry, the on-campus farmers' 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 have been 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 and retain student-facing staff that have had remarkably positive impact on student outcomes. For instance, the entire CSU Channel Islands (CSUCI) Basic Needs staff, including student assistants, are trained in all elements of CalFresh outreach and application assistance. This significantly increases the capacity of the team to support students in receiving CalFresh benefits. Additionally, with nearly a quarter of the CSUCI student population visiting the food pantry at least once per month—and many of them visiting two to three times per month—there has been an increased need for more food and thus, more space to store that food. With the support of these funds, the pantry will move to a larger space in spring 2024 that will be stocked daily due to the Basic Needs Coordinator’s efforts in establishing community partnerships for pantry development and expansion. In addition to groceries the pantry stocks supplies for parenting students such as diapers, hygiene products and baby food.

The Associate Director, 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 additional funds are obtained through avenues such as their partnership with the Ventura County Continuum of Care, which aims to address student homelessness and engages in homelessness prevention efforts throughout the county. The Ventura County Continuum of Care awarded CSUCI two four-year grants to provide resources to students facing housing insecurity. These positions and partnerships have increased the capacity for Basic Needs staff to support even more students each year.

CSUCI also expanded the safety net for students’ increasing mental health needs 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. Additionally, CSUCI Counseling and Psychological Services offers a voluntary mental health training program— Recognize and Refer: How to Help Students in Distress—for faculty, staff and students via faculty orientation, Resident Advisor trainings, peer mentor trainings, library staff trainings and campus police trainings. The training is also available to classes and other groups upon request.

Finally, the hiring of a Counseling and Psychological Services Clinical Case Manager has provided 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: \$788,000 Mental Health Resources: \$513,000

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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:

More than 7,000 students were served by the Chico State Basic Needs team in the 2022-23 academic year. The team shared that ongoing assessments indicate a high level of program satisfaction, with the vast majority of students reporting a positive impact on retention and on their health and wellness. The retention rate of the Chico State Basic Needs Rapid Re-Housing program is significant, as currently 80 percent of the students receiving case-managed housing services persist academically or graduate because of their participation in the program. The food pantry distributes enough food to make more than 160,000 healthy meals annually, with an estimated value to students of \$722,000. Food partners include Feeding America, North State Food Bank, non-profit organizations, local pantries, student organizations, farmers, businesses, and individuals. The pantry contracts three acres at the University Farm for organic produce production through the Organic Vegetable Project.

As a result of this funding, Chico State has increased its student housing initiatives including emergency housing, transitional housing, rental assistance, and support for students in navigating their housing options.

The WellCat Counseling Center (WCCC) conducts a Mental Health Symposium annually to address current needs and themes among students and staff. The WCCC also facilitates workshops and engages in outreach to educate and support the campus community. The funds have also provided for vision screening, CalFresh and Medi-Cal application assistance, a peer-led parenting support group, the provision of parenting supplies in the pantry, emergency grants and increased wellness programming. The WCCC has contracted with diverse providers to help increase mental health awareness and to supply the resources needed to help staff better support students.

California State University, Dominguez Hills

Fund Distributions:

| | | | |
|--------------------------|------------------|--------------------------|------------------|
| Basic Needs Initiatives: | <u>\$710,608</u> | Mental Health Resources: | <u>\$503,005</u> |
|--------------------------|------------------|--------------------------|------------------|

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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:

With the help of the Basic Needs baseline funding, the CSU Dominguez Hills (CSUDH) Basic Needs team has hired three new staff members. The team has developed and maintained several partnerships with local farmers' markets, campus dining, foundations, corporations, and community stakeholders to support students. The CalFresh program partners with the farmers' market every Tuesday in a market-match system for people using CalFresh benefits. CSUDH has utilized recurring Basic Needs funding to hire a CalFresh

coordinator and student assistants; together they have assisted more than 1,000 students to complete CalFresh applications in the last academic year. Additionally, the funding has allowed the Basic Needs team to create and implement CSUDH's first food pantry, Teddy's Pantry, and to finalize its first permanent location.

The Basic Needs team also maintained 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 their resources and provide unique services for students, including students with dependents. The Basic Needs program has partnered with Sanctuary of Hope to serve transitional-age youth, has connected with the City of Carson's Homeless Committee, has re-established a strong relationship with People Assisting the Homeless (PATH) and has advocated for a building in University Housing to provide students with emergency housing for up to 30 days.

As a result of these recurring funds, CSUDH has expanded mental health services for students. They have created two full-time counselor-faculty positions and retained two counselor-faculty positions to aid in this expansion. Funds have allowed for the significant advancement of mental health outreach programming and education, including the expansion of the Mental Health First Aid program, which offers peer education and wide-scale educational events twice each semester for groups of up to 30 people. The Mental Health Service Office offers many outreach and prevention programs throughout the semester and employs counselors who do targeted outreach and prevention programming for a variety of student identity-based communities. Additionally, CSUDH hosts a Mental Health and Wellness Fair every fall and spring semester where community agencies share information with students about the services they provide.

California State University, East Bay

Fund Distributions:

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|--------------------------|------------------|--------------------------|------------------|
| Basic Needs Initiatives: | <u>\$907,500</u> | Mental Health Resources: | <u>\$449,570</u> |
|--------------------------|------------------|--------------------------|------------------|

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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:

In summer 2023, CSU East Bay (CSUEB) combined Pioneers for H.O.P.E. and Wellness Services into a new department called Student Wellbeing Services that brings staff and students together into one united team to address the basic needs and wellness of their campus community. Food security is supported through an on-campus pantry, a meal-sharing program within Campus Dining and farmers' markets as a partnership between Campus Dining, Basic Needs and Wellness Services. CSUEB has a full-time CalFresh Outreach Coordinator and two student ambassadors who work directly with students to gather paperwork and submit their CalFresh applications through virtual and in-person appointments. The

funding also augments the CalFresh Healthy Living Grant, which supports nutrition education for students.

CSUEB also provides on-campus emergency housing and assistance in obtaining off-campus housing for students with dependents. Emergency financial aid is also available.

With the availability of the funds, the Basic Needs team was able to provide personal hygiene and menstrual products across campus in offices such as the Educational Opportunity Program, the Diversity Inclusion Center and the Recreation and Wellness Center. Students working with the Basic Needs team formed a group called Peer Advocates for Wellbeing to provide education support, outreach, and education through a training model in which student advocates are trained on basic needs and wellness topics to support their peers. The recurring baseline funding also supports technology access for students to obtain laptops.

Using the recurring baseline funding, CSUEB has established a Wellness Ambassador program led by the Director of Counseling Services, Counseling staff, the Confidential Advocate and Student Wellbeing staff. This program offers workshops to individuals across campus, including Helping Students in Distress, Trauma-Informed Teaching and Care, Supporting Survivors of Sexual Violence, and several other groups. Additionally, this funding supports the Case Management Coordinator and the Confidential Campus Advocate to remain permanent positions. These roles are embedded in the departments of Housing and Student Equity and Success, where they make mental health services more visible to new populations and increase access to counselor services.

California State University, Fresno

Fund Distributions:

Basic Needs Initiatives: \$926,000 Mental Health Resources: \$591,000

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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 essential resources such as food, a computer and electronics lending program and emergency housing to help students in need. As a result, thousands of students have been assisted with this additional funding. The campus food pantry and other food-distribution programming alone supported 3,628 Fresno State students. Wraparound services served more than 4,250 students and approximately 7,500 Fresno State students were supported with CalFresh application assistance in the 2022-23 fiscal year. The collected data shows a higher than 85 percent retention rate when students utilize the essential needs resources supplemented by the recurring funds.

Fresno State’s housing security programming is comprehensive; its intensive case-management services assist students with securing employment, finding housing within their budget, providing move-in deposit assistance, and making sure they are connected with appropriate community agencies. They also use the recurring funding to help subsidize rent payments for students in emergency housing. 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: \$2,024,520 Mental Health Resources: \$1,250,000

Programmatic Budget Summary:

Basic Needs: Recurring funds have been utilized to support the on-campus food pantry, on- and off-campus emergency housing and Basic Needs facility improvements. Philanthropic funds and external grants supplemented the General Fund for Basic Needs expenditures.

Mental Health: Recurring funds have been 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:

CSU Fullerton (CSUF) offers robust programming to support students’ basic needs. Approximately 2,252 students have been reached and supported by the food pantry and other food security programs in the 2022-23 year, with nearly 700 students visiting each week. CSUF’s food security programs include its meal-sharing program, CalFresh drop-in hours for application assistance and CalFresh Outreach and Enrollment Days. Its Basic Needs programming also 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. Additionally, CSUF’s partnerships with the Orange County Food Bank and the Associated Students (ASI) Children’s Center allows the pantry to run the ASI Diaper Program, which provides free diapers for student parents. The program has distributed over 25,000 diapers since its inception. Basic Needs Services’ new location in the busy Titan Student Union, as well as its partnerships with organizations such as the County of Orange Social Services Agency, HomeShare Orange County and Orange County United Way, increases awareness and reduces stigma around basic needs as well as increasing access to services.

The CSUF Basic Needs Services team, in partnership with Housing and Residential Engagement, provides temporary housing in on-campus apartments with access to the dining hall and a temporary parking permit provided for the duration of a student’s placement. There are also off-campus emergency housing options available. The team can support students with their search for long-term housing, providing them with resources for connecting with on- and off-campus partners that offer comprehensive guidance as they figure out their next steps.

CSUF has established helpful partnerships with community providers such as the Be Well OC crisis stabilization center. The Mental Health Ally Program from Counseling and Psychological Services (CAPS) professional staff has been immensely successful, with a nearly 30 percent increase in attendee awareness around available resources for students through YOU@Fullerton. Participants develop their understanding of the impact of stigma on mental health and learn about ways to support students in distress. The CAPS Liaison Program also provides tailored support for identity-based student organizations.

California State Polytechnic University, Humboldt

Fund Distributions:

Basic Needs Initiatives: \$387,009 Mental Health Resources: \$246,620

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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 Humboldt Basic Needs hosts a peer-to-peer program called OhSNAP Student Food Program in which student staff aid with CalFresh applications at the food pantry and at campus events. The program serves approximately 1,500 students per semester (about 25 percent of the total student population) and approximately 3,053 students were supported by Humboldt’s food-security programs in the 2022-23 academic year. Basic Needs also partners with a local farmer from Earthly Edibles to provide fresh produce for students.

The Cal Poly Humboldt Basic Needs staff has worked with Housing and Residence Life to implement a housing access grant program and has an established partnership with Comfort Inn that provides housing to students at a reduced cost. Basic Needs has also partnered with several community-based organizations, including the Betty Kwan Chinn Center, Youth Services Bureau, and Rent College Pads, to provide other housing solutions for students.

Counseling and Psychological Services faculty counselors continue to serve as liaisons to various campus departments to collaborate on outreach programming, with two Latinx-identified counselors – a Latinx Focus position and a Liaison to Cultural Centers position – specifically focused on outreach to the BIPOC community. These roles include creative modes of serving students of color, including “Let’s Talk” sessions and working on outreach through the Cultural Centers for Academic Excellence.

California State University, Long Beach

Fund Distributions:

Basic Needs Initiatives: \$2,913,550 Mental Health Resources: \$2,500,000

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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:

The CSU Long Beach (CSULB) Basic Needs team reached nearly 15,000 students through outreach, promotion, and marketing efforts in the 2022-23 academic year, and served approximately 5,315 students. The team partners with Food Finders to bring in fresh produce to the food pantry regularly, alongside a weekly farmers' market. Students can also use their EBT cards at the on-campus El Pollo Loco location. Additionally, 1,495 students were supported with CalFresh assistance in the 2022-23 academic year through CalFresh Outreach tabling, workshops, presentations, and one-on-one application assistance. The team also collaborated with Beauty2thastreetz, an off-campus agency that comes to campus to provide students with free food, hygiene, and beauty products. More than 1,300 students were served by this program in 2022-23. The space and parking permits for the organization's truck were only made possible by the available recurring funds.

Using the funding, the CSULB team built out their outreach team and expanded support to include CalFresh, CalWORKs, rent subsidies and community partnerships. They have expanded their visibility on campus with their outreach work with the hope of decreasing the stigma around Basic Needs resources. In 2022-23, the Basic Needs team won the President's Award, the highest and most prestigious award for a group to receive on campus, due to the overwhelmingly positive impact of Basic Needs resources on the CSULB campus.

The Basic Needs team also supports students with emergency on- and off-campus housing through residence hall stays and hotel vouchers. Students receive one-on-one case management to help them find more permanent solutions to housing challenges.

As a result of this funding, CSULB has also been able to increase the number of mental health counselors, which has created more capacity and has increased the diversity of the counseling staff to better reflect the student population. The Counseling and Psychological Services department also hired an outreach position that raises campus awareness of mental health resources.

California State University, Los Angeles

Fund Distributions:

Basic Needs Initiatives: \$1,789,890 Mental Health Resources: \$1,044,890

Programmatic Budget Summary:

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

Services, Programs and Activities Summary:

During the 2022-23 academic year, Cal State LA continued to address students' basic needs by expanding its previous programs and creating new student-centered initiatives designed to fill gaps and ultimately support student academic success. Food and housing insecurity is being supported through on-campus emergency housing, increased financial support for rental deposits and CalFresh Advocates' peer-to-peer application assistance. The Technology Loan Program gives students access to rentable laptops and hotspots during their time at Cal State LA. There were 235 participants in the Cal State LA Restaurant Meals Program called Eddie Eats, which was designed to provide the food pantry's most frequent users with monetary disbursements in Eagle Dollars on their student ID cards for use at on-campus vendors. There is a weekly market hosted on campus in partnership with the Eastmont Community Center. They also offer Golden Eagle Fresh, which is a voucher program for students who are not eligible for CalFresh but are experiencing food insecurity. Cal State LA also partners with Student Lunchbox to source and deliver more than half of its pantry inventory. More than 1,000 students were reached and supported by the food security programming in the 2022-23 academic year, and nearly 5,000 students have been supported through wraparound basic needs programming.

The Cal State LA Emergency Housing Program is a transitional resource that provides a 14-day stay in campus housing for students experiencing homelessness or housing insecurity. Students receive advice on creating a post-program plan and are connected to external housing resources. Thirty-eight students were successfully placed in this program.

As a result of the recurring funding for mental health services, Cal State LA has expanded programs and services by continuing ongoing outreach, prevention, and advocacy services across campus. The campus has adopted Mental Health First Aid (MHFA), a nationally recognized and peer-reviewed mental health training program developed by the National Council for Mental Wellbeing. The training provides participants with the knowledge and tools to intervene when a person is experiencing a mental health challenge and guides them to appropriate campus resources. Additionally, partnerships have been forged interdepartmentally to increase awareness of available mental health services, such as the Counseling and Psychological Services (CAPS) partnership with the Student Veteran Center (SVC) to offer drop-in spaces and a support group for student veterans. With the help of the recurring funds, Cal State LA has created innovative programs such as the Cross-Cultural Center's "Walk and Talks" where students walk around campus with campus staff partners who offer resources to students (e.g., a CAPS faculty-counselor, a Cross-Cultural Center advisor) and share about those programs as they walk.

California State University, Maritime Academy

Fund Distributions:

| | | | |
|--------------------------|-----------------|--------------------------|-----------------|
| Basic Needs Initiatives: | <u>\$25,610</u> | Mental Health Resources: | <u>\$16,610</u> |
|--------------------------|-----------------|--------------------------|-----------------|

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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:

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 pop-up 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. Additionally, Cal Maritime has a representative from the County Food Bank who visits once each month to provide information about resources such as CalFresh and helps students with their applications. Cal Maritime has a staff person who works directly with students to guide them through their CalFresh application and advise them on the process.

With the help of recurring funds for housing security support, Cal Maritime can help provide a deposit and first month's rent for eligible students. It also offers part-time job assistance, either on- or off-campus, as well as guidance for connecting with off-campus food and housing resources.

At Cal Maritime, funding has been used to increase the capacity of Counseling and Psychological Services (CAPS) counselors, and this has provided opportunities for additional community outreach beyond individual counseling. CAPS has also offered trainings for faculty, staff and students to provide valuable insight and context on mental health so members of the community can support one another.

California State University, Monterey Bay

Fund Distributions:

| | | | |
|--------------------------|------------------|--------------------------|------------------|
| Basic Needs Initiatives: | <u>\$365,000</u> | Mental Health Resources: | <u>\$441,290</u> |
|--------------------------|------------------|--------------------------|------------------|

Programmatic Budget Summary:

Basic Needs: Recurring funds have been utilized to support the on-campus food pantry, on-campus emergency housing, 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 have been 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 (CSUMB) 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. The Basic Needs team has also developed and executed multiple educational and programming events for students on topics such as healthy eating and financial literacy.

Multiple resources are available to address food insecurity including a campus pantry, twice-per-month farmers' markets and food-sharing programs. Hands-on assistance is provided for students applying for CalFresh by both student staff and Basic Needs professional staff. Approximately 2,469 students were reached and supported by CSUMB's food security programming in the 2022-23 academic year.

The campus offers on-campus emergency housing to students and case-management support to help students find more permanent housing solutions. A new partnership was also established with an agency called Home Stay which facilitates private individuals hosting college students. Although originally intended for international students, the agency has successfully placed domestic students who needed a short-term solution.

With its increased capacity following the hiring of two additional counselors in the 2021-22 academic year, the Personal Growth and Counseling Center (PGCC) has increased services, as well as outreach and awareness programming aimed at supporting student populations that do not historically seek counseling services, such as undocumented students and students of color. Also, Mental Health First Aid and Question, Persuade and Refer training are provided to students, staff, and faculty. The Clinical and Outreach Lead collaborates with the Health Promotion and Education department to provide training throughout the semester. In the 2022-23 academic year, Counseling collaborated with campus departments to reinstate the Let's Talk program. Counselors provided services at strategic locations to target student populations that are less likely to utilize mental health services, such as first-generation college students, Black, Indigenous, and people of color (BIPOC) students and students with disabilities. Campus partners included College Support Programs, the Cooperative Learning Center, the Otter Cross Cultural Center, and the university's satellite campus.

California State University, Northridge

Fund Distributions:

| | | | |
|--------------------------|--------------------|--------------------------|--------------------|
| Basic Needs Initiatives: | <u>\$2,584,000</u> | Mental Health Resources: | <u>\$1,285,330</u> |
|--------------------------|--------------------|--------------------------|--------------------|

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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:

In terms of food security programming, CSU Northridge (CSUN) has established two campus locations that accept EBT. Twice a month, it holds "produce pop-ups" adjacent to the food pantry, where fresh produce donated by its partnering agency, MEND, is available for students to pick up. Also, fresh produce is available in the pantry from CSUN's campus gardens. CSUN also has an Associated Students-sponsored farmers' market every Tuesday during the academic year, where students can purchase fresh produce. CalFresh application assistance, recertification-of-benefits assistance and general guidance

have been provided to 1,158 students. Approximately 2,510 students have been supported by CSUN's food security programming in the 2022-23 academic year.

As a result of recurring funding, CSUN can continue providing students with emergency housing accommodations and support, including food aid. CSUN students can access on-campus emergency housing for up to three weeks, and during that time they work with a Housing Stability Coordinator to identify a long-term housing solution and the resources necessary to transition out of emergency housing. With the help of the recurring funds, students facing housing insecurity can also receive an Emergency Housing Grant, with an average award of \$2,000 to \$3,000.

This funding allowed CSUN to significantly improve its counselor-to-student ratio and its base talent of multiculturally competent clinicians. It also has helped to increase the number of unique students CSUN can serve and to expand the clinical services it can provide to support student mental health, well-being, and academic success. This funding resulted in the new clinicians providing mental health services to almost 1,100 unique students in 4,181 individual appointments and 562 group appointments. Funding also allowed CSUN to continue to fund a counselor who specializes in the treatment of trauma using eye-movement desensitization and reprocessing (EMDR), an evidence-based therapy. CSUN also has continued to fund its cohort of three pre-doctoral interns in its American Psychological Association-accredited pre-doctoral internship program in health service psychology. In surveys, more than 75 percent of the students seen by these providers reported that the services they received had a positive impact on their academic functioning and performance. In addition, funding allowed CSUN to retain the department's Peer Education Programs Coordinator position (who is responsible for three student peer-education programs) and to hire an additional Administrative Support Staff position, which is vitally necessary as to support the increased clinical staff.

California State Polytechnic University, Pomona

Fund Distributions:

Basic Needs Initiatives: \$1,938,788 Mental Health Resources: \$138,810

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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 critical importance of recruiting and hiring dedicated staff to serve the increased number of students requesting support. In the 2022-23 academic year, there were 1,673 students served by the Poly Pantry (an increase of 36 percent compared to the prior year). Cal Poly Pomona also has an on-campus hotel and a partnership with an off-campus hotel to provide emergency housing for students. Students facing basic needs insecurity, such as those who are at risk of being evicted can apply for emergency grants to pay overdue rent so they can remain housed. The recurring funding received is critical to providing these

services, as it supports the sustainability of the emergency grant program for students facing food and housing insecurity.

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. Additionally, Cal Poly Pomona recruited two new counselor positions this year with recurring funds.

California State University, Sacramento

Fund Distributions:

Basic Needs Initiatives: \$1,781,000 Mental Health Resources: \$1,100,000

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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:

Food pantry usage continued to grow at a rapid rate during the 2022-23 academic year. The food pantry team negotiated with Sacramento Food Bank for a bulk-purchase pilot program which has allowed the staff to consistently procure large quantities of products at wholesale prices and make more economical use of the food pantry's financial resources to serve more students.

The recurring funding has allowed the Crisis Assistance & Resource Education Support (CARES) office staff to work with University Housing to provide four total beds for student emergency housing during the academic year as well as establishing a partnership with the Hampton Inn and Suites adjacent to campus for emergency housing. The recurring funding also allowed for an expansion of the Rental Subsidy program in FY 2022-23 to serve 20 percent more students than the year prior. Sacramento State increased direct student support basic needs insecurities emergency grants by nearly 700 percent from FY 2021-22 to FY 2022-23. Many students who were experiencing housing insecurity have been assisted in transitioning from living in cars to stable housing.

Of the 2,809 unique Sacramento State students who received direct support through these funds, 2,779 persisted and, of that number, 640 graduated during this reporting period. Students who have provided testimonials about how the funds have supported them described the funds as life-changing, stating that the resources and support allowed them to focus on their academic endeavors and experience reduced anxiety and stress.

This funding has allowed Sacramento State to add vital staff and create critical partnerships to support the mental health needs of students. These funds have been utilized for the new Basic Needs Resource Center within the Student Health, Counseling & Wellness Services Center at The WELL, which will allow the CARES department to work closely with Psychological Services and its behavioral intervention team in addressing concerns that arise across the organization.

California State University, San Bernardino

Fund Distributions:

Basic Needs Initiatives: \$1,244,000 Mental Health Resources: \$789,556

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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:

In FY 2022-23, this funding supported a new position in Basic Needs to develop and implement comprehensive outreach strategies to increase visibility within the campus and to create intentional engagement strategies for students during application to the university and throughout matriculation. Recurring funds have also been used to implement the first Basic Needs Center, a one-stop location for students to access Basic Needs Services, complete Basic Needs intakes and to find resources for on- and off-campus housing, food, and financial resources.

These funds have helped to build infrastructure and maintain existing programs within Basic Needs Services at CSU San Bernardino (CSUSB). Basic Needs and Student Support professional and student staff assist and support students with CalFresh Outreach and multi-step application assistance. Students facing food insecurity can receive grocery store gift cards of \$25 to \$50 and find fresh produce at the food pantry. CSUSB also offers a monthly mobile market at their Palm Desert campus for students and community members. A food alert program called Come & Get It is currently being piloted; it allows units that place catering orders with CSUSB's food service provider to have the option of including a "food alert" to inform students about remaining food that may be available after catered events.

Housing security programs include on-campus and off-campus, hotel-based emergency housing for students. The Campus Assessment, Response and Education (CARE) Team Case Management Specialist coordinates ongoing case-management support and provides guidance in creating a sustainable housing plan for students receiving housing assistance.

The mental health funding has allowed the campus to increase the availability of psychiatric services and has provided ongoing professional development training for all mental health staff. With this ongoing training, providers at the Counseling Center acquire additional skills and knowledge in working with students from various identity groups and backgrounds. Training about advancements in the treatment of trauma and

other mental health conditions common in the college student population is also provided. Counseling and Psychological Services (CAPS) conducted 92 outreach events and workshops that were attended by 8,446 students, faculty, and staff during the 2022-23 academic year. Faculty and staff are also trained to refer students to the CARE Team Office. Additionally, these funds allowed the hiring of student assistants to support outreach programming, which has helped with peer engagement around mental health resources and information.

San Diego State University

Fund Distributions:

Basic Needs Initiatives: \$1,396,088 Mental Health Resources: \$665,958

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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:

Within Basic Needs at San Diego State (SDSU), the Basic Needs Resource Room is a new and innovative resource. Since its opening in spring 2023, the SDSU Basic Needs team has expanded programming, created a deeper partnership with San Diego County for student CalFresh outreach and application assistance and served an increasingly larger population of students across the campus. SDSU has two food pantries: the SDSU-Imperial Valley (IV) food pantry and the SDSU Associated Students (ASI) food pantry on the San Diego campus. At the SDSU-IV food pantry, students can pick up snack bags once per day and full food bags once per week. At the ASI Food Pantry, students can visit the pantry three times each week to obtain food.

The recurring funds have supported SDSU's on-campus emergency housing efforts for students who are temporarily without housing due to an emergency hardship. Case management and crisis support are provided by Basic Needs Coordinators to provide transition support. Housing security services also include off-campus emergency housing provided through the Economic Crisis Response Team in collaboration with local hotels in San Diego.

Additionally, this funding has provided SDSU with support for the Financial Peer Education Program which provides students with needed support in learning 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 future financial well-being is just as critical. Similarly, this funding provides SDSU with the ability to host cooking demonstrations within the Basic Needs Center. While providing food directly to students through other means is critical in addressing food insecurity, creating spaces for learning to cook is essential in sustaining healthy practices.

As a result of this funding, Counseling and Psychological Services (C&PS) has hired counselor-faculty with a diverse set of identities, expertise, and academic degrees to serve the diverse student population. The counselors' demographic makeup now matches the students with regard to race/ethnicity. The addition of counselors has allowed C&PS to conduct additional, more efficient services for students. For example, the average wait times for individual treatment have been reduced significantly. In Fall 2023, the average wait was 3.5 days, while in 2022, it was six days and in 2021, it was nine days. Additionally, C&PS offers Question-Persuade-Refer (QPR) trainings and I CAN HELP suicide prevention trainings to students, faculty, staff, and administrators. Licensed therapists provide these trainings to various groups, such as the student and professional staff of the Residential Education Office.

San Francisco State University

Fund Distributions:

Basic Needs Initiatives: \$1,226,490 Mental Health Resources: \$600,00

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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:

With these funds, the Food+Shelter+Success (FSS) Basic Needs office at San Francisco State (SFSU) launched their CalFresh Gator Fuel stations across campus. This program puts outreach materials and snacks in intentional locations throughout the campus to help promote FSS support services and encourage eligible students to complete the CalFresh application. With CalFresh outreach and application assistance, including the CalFresh Outreach Coordinator and the CalFresh Student Outreach team providing both group and individual support for application completion through CalFresh help clinics, SFSU assisted 624 students with their CalFresh applications. Additionally, with the help of the recurring funds, the Associated Students and FSS office have worked in collaboration to establish a physical location for a permanent food pantry. The pantry will be placed in the SFSU Student Union and will provide a space for students to pick up groceries and engage in food demonstration workshops.

During the 2022-23 fiscal year, the FSS office reached approximately 5,800 students with outreach or direct service and assisted 400 unique students with ongoing basic needs support services. This included 31 students who received on-campus emergency housing and 86 students who received emergency grants. Also, the FSS office hired their inaugural Director, an additional Housing Coordinator, and a part-time Health Communication Specialist.

The recurring funds have allowed positions to be created that will provide new access points across campus for student mental health support, with a wider reach in all areas (outreach, presentations, prevention programs, campus collaborations, groups, etc.). These mental health-related positions will serve in recognized areas of need for students who would not typically have had access to such

resources through standard and innovative prevention programs, so that crises and challenges can be prevented for more students. These creative approaches include placement of these positions in departments such as the Office of Diversity, Student Equity and Interfaith Programs and Financial Aid. Another innovative approach to mental health support for students includes a partnership with San Francisco Women Against Rape (SFWAR), which provides after-hours support to student survivors of sexual assault.

San José State University

Fund Distributions:

Basic Needs Initiatives: \$1,226,490 Mental Health Resources: \$752,920

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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:

At San José State University (SJSU), approximately 3,793 students were reached and supported by the Spartan Food Pantry and other food-security programs in the 2022-23 academic year. The Spartan Food Pantry offers a variety of produce, typically five to 15 types each day, with most grown in the organic Campus Community Garden. More than 37,000 visits were made to the Spartan Food Pantry in the 2022-23 fiscal year. SJSU also provides extensive CalFresh application support to students, with professional SJSU Cares staff, a trained CalFresh intern and an external community partner agency (Second Harvest of Silicon Valley) providing in-person and Zoom-based application assistance.

Additionally, SJSU Cares offers on-campus and off-campus emergency housing, as well as emergency grants to students whose needs cannot be met by other forms of housing assistance.

SJSU recently obtained a Mental Health Promotion Coordinator, a new role within Wellness and Health Promotion. This position is tasked with advancing student education and prevention programming, including providing individual coaching for stress management, as well as broader campus-wide outreach. SJSU has created four new counselor positions and clinical case management positions to support a larger capacity for targeted mental health services for key subpopulations. The primary impact of the recurring funds has been the ability to grow staffing and service stability, which has enabled the growth of service volume and impact.

California Polytechnic State University, San Luis Obispo

Fund Distributions:

Basic Needs Initiatives: \$369,940 Mental Health Resources: \$242,000

Programmatic Budget Summary:

Basic Needs: Recurring funds have been 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 have been 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:

The Basic Needs program at Cal Poly San Luis Obispo, Cal Poly Cares, utilizes the recurring funds for a variety of food security programs. Co-housed office space provides a hub for Basic Needs and food resources that has supported food cabinets across campus, increasing awareness of food resources for students who might not seek out the Basic Needs/Food Hub services due to stigma around the idea of Basic Needs. A partnership between the County of San Luis Obispo and the Cal Poly CalFresh team provides professional and student staff support to all students to assist with applications and clarify qualifications for CalFresh benefits. Recurring funds have allowed Cal Poly to hire a Food Pantry Coordinator. This role has allowed greater focus and attention on the largest-growing Basic Needs resource on the campus. Due to this new position, Cal Poly has increased its capacity to take on grocery rescues, hire and support student assistants and keep the pantry well supplied. Approximately 10,000 students have been reached through outreach, promotion, and marketing efforts. In the 2022-23 academic year, the food pantry hosted 29,410 visits, the Cal Fresh team served 1,635 students and students were given 1,028 meal vouchers.

Cal Poly Cares also maintains on-campus and off-campus emergency housing services as well as emergency grants/stipends for students facing homelessness or housing insecurity. In the 2022-23 academic year, 532 emergency care grants were distributed to students and 13 students were housed through emergency on-campus housing.

Cal Poly offers a range of mental health trainings as well as custom trainings that can be tailored to specific group needs. As a result of this funding, Cal Poly trained additional employees to offer Mental Health First Aid training on campus and now offers regular sessions throughout the year to ensure the campus is aware of and able to respond to student mental health needs. Cal Poly Cares also partnered with Welltrack Boost to offer 24/7 self-help through a mobile phone application, which is something students had previously identified as a beneficial mental health resource. Strategic partnerships across campus have been forged to ensure all offices are aware of Counseling Services as well as providing guidance on how to help a student in distress and how to recognize concerning behavior. Cal Poly especially focuses its efforts on the offices within Student Diversity and Belonging to ensure that students who hold marginalized identities have a pathway to connect with campus services. Counseling Services has hired counselors with experience and expertise in working with BIPOC students, and regularly offers mental health check-in times in campus cultural centers.

California State University San Marcos

Fund Distributions:

Basic Needs Initiatives: \$1,256,000 Mental Health Resources: \$476,000

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:

The Cougar Care Network plays a vital role in supporting students at CSU San Marcos (CSUSM). Removing basic needs barriers to student success allows students to focus on their academic and personal goals, thereby improving retention and graduation rates. Because basic needs requests are funneled through the Cougar Care Network, the staff provides holistic support including needed academic, financial and/or mental health resources. Approximately 4,673 students were reached and supported by the campus food pantry and other food-distribution programming in the 2022-23 academic year, and more than 140 students were assisted in completing their CalFresh applications.

With the recurring funds, CSUSM provides both on- and off-campus emergency housing support services. These services include case management for each student. Students also receive wraparound care during their emergency housing period, which includes food, mental health support, transportation, and long-term housing referrals. More than 90 percent of students who have been supported with emergency housing have found permanent housing and approximately 321 students were supported with emergency grants in the 2022-23 academic year.

Through these recurring funds, CSUSM has continued supporting Health Assistance Fund scholarships, started in 2020, which supports students with medical, mental health and wellness needs including optometry, dental, psychological testing, immunizations, prescription medications, outpatient services in the community and/or hospital care. The Health Assistance Fund provided funding for 69 students during the 2022-23 fiscal year. CSUSM employs a comprehensive approach to address student mental health. Student Health and Counseling Services (SHCS) organizes workshops, presentations and outreach programs covering diverse topics such as suicide prevention, depression, anxiety, alcohol, and fentanyl awareness, Narcan distribution, eating disorders and sexual violence. Additionally, orientation presentations for new students play a crucial role in promoting mental health awareness and resources.

Sonoma State University

Fund Distributions:

Basic Needs Initiatives: \$331,029 Mental Health Resources: \$200,640

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 recurring funding has allowed the Sonoma State Basic Needs Team to successfully operate a food pantry. The pantry was able to add a refrigerator and a freezer to the space that allowed for the inclusion of perishable food items. The number of food-pantry users continues to increase through successful marketing and collaboration with various campus community partners. The pantry offers a variety of perishable and non-perishable foods and hygiene products as well as information regarding off-campus resources. Approximately 834 unique students were reached and supported by Sonoma State’s food-security programming in the 2022-23 academic year. To further reduce food insecurity, students who visited the pantry were provided with information on how to obtain additional food resources at the local food bank and other pantries near campus. At the food pantry, students receive information on how to apply for CalFresh benefits with the support of a CalFresh advisor. Approximately 199 students were assisted with their CalFresh applications in the 2022-23 academic year. To reduce homelessness among students, funds allowed Sonoma State to provide on- and off-campus transitional housing for up to two weeks. The campus has also developed partnerships with local organizations that can provide housing to homeless students through the Sonoma County Coordinated Entry System. The Sonoma State Emergency Grant Program has reduced living expenses for students experiencing extreme hardship and, in many instances, these funds helped students maintain their housing. The baseline funding also allowed Sonoma State to hire a full-time Basic Needs Coordinator and enhance programs such as on-campus transitional housing options for those in need. These funds will bring stability to the programs and services that have been supported primarily through one-time funding, grants and/or donor funds in the past.

Recurring funds provide stability to Sonoma State’s mental health programs and services, as well as helping to enhance individualized services and revamp group sessions to support students in a variety of ways. Counseling and Psychological Services hired two additional counselor-faculty positions and a Counselor/Case Manager with this recurring funding. Sonoma State has developed two trainings open to staff, faculty, and students: Seawolf Safe training for suicide prevention and WellWolves training for interacting with students who have a variety of mental health diagnoses. Sonoma also offers a one-unit internship opportunity to students called the Mental Health Ambassador (MHA) program. MHAs provide classroom presentations on available services and on general topics such as stress relief. Sonoma State has built relationships with outside organizations such as Rohnert Park Health Center, which helps students enroll in Medi-Cal or move their Medi-Cal enrollment to the local area, and Positive Images, a local LGBTQI+ organization that provides peer-group support.

California State University, Stanislaus

Fund Distributions:

Basic Needs Initiatives: \$666,140 Mental Health Resources: \$415,140

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:

Stanislaus State Basic Needs continued to seek ways to address students' food and housing insecurity and it increased the number of students served during the 2022-23 academic year. In 2022-2023, Basic Needs engaged in 50 outreach events, reaching approximately 10,000 students. Approximately 2,804 students were supported with recurring funds and approximately 2,501 students have been reached and supported by both the Warrior Food Pantry and the Food Distribution program in the 2022-23 academic year. Stanislaus State's CalFresh outreach and application assistance program supported close to 580 students in the 2022-23 academic year. With this program, students are provided with CalFresh pre-screenings, informational presentations, and other outreach events. One part-time professional staff member is dedicated to supporting students in the CalFresh application process and to communicating with the county to troubleshoot application concerns. The Basic Needs team also partners with the Master of Social Work (MSW) program to host four graduate student interns to support students with CalFresh applications, pre-screenings, and outreach. Of the 11,193 students enrolled in fall or spring AY 2022-23, 2,665 (24 percent) utilized at least one of the Basic Needs programs (Warrior Food Pantry, Food Distribution, CalFresh or Campus Cares). The Warrior Food Pantry was accessed 16,716 times and served 2,059 unique students. The Stockton Campus Warrior Food Pantry was accessed 1,749 times by 271 unique students. The Food Distribution program distributed 2,327 boxes of food to 1,057 unique students.

Recurring funds also supported Stanislaus State Basic Needs with housing security and homelessness prevention programming. Through the Campus Cares Emergency Grant program, nearly \$160,000 was distributed between 162 students for emergency situations. These housing programs also provided 29 housing placements to 23 unique students. Types of support included off-campus short-term housing (three students), on-campus short-term housing (21 students), off-campus long-term housing (one student) and on-campus long-term housing (four students). In the 2022-23 academic year, Basic Needs provided housing support to all students who shared that they were displaced. The existing partnership with Housing and Residential Life was expanded to streamline services and launch a pilot program for longer-term housing options on campus.

Stanislaus State has utilized recurring funds to expand the Counseling and Psychological Services (CAPS) counseling staff and to support the demands of the Turlock and Stockton campuses. CAPS enriched services and training for counseling staff, enabling them to offer more diverse, innovative, and evidence-based services to the student population on both campuses. In 2022-23, 70 mental health-focused groups and workshops were provided on the Turlock campus and 15 were provided on the Stockton campus. As a result of increased training, counseling staff members provided innovative programming and partnered with other campus departments such as the University Police Department (UPD), Student Recreation, Basic Needs, Student Life, the Student Health Center, and the Cross-Cultural Center, which includes first-generation students. Funding was also utilized to improve the CAPS facility.

With the additional funding, the university hired two employees, equivalent to 2.4 FTEs. The Turlock campus position is shared between CAPS and the Student Health Center (SHC). That counselor is not

only a licensed therapist but is also a certified drug and alcohol counselor. This position is designated as a Clinical Case Manager and Community Liaison, with a goal of continuing to strengthen external partnerships on campus and within the community. A new counselor was hired specifically for the Stockton campus, aiming to mirror services offered on the Turlock campus.

UTILIZATION OF STATE AND LOCAL RESOURCES

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.

Food and Housing Assistance

Food Insecurity

All 23 CSUs have robust programming to support students who are experiencing food insecurity. Approximately 67,500 students have been supported through the 23 university-based food pantries, and campus-based case managers have helped approximately 22,825 students to apply for CalFresh benefits. In addition to these foundational food-support programs, universities provide programming to increase not only food security, but also nutrition security. Several campuses have edible gardens, offer cooking classes and host farmers' markets. Many Basic Needs departments have also developed partnerships both across their campuses and in their communities to enhance services. Community partners include local food banks, grocery stores and restaurants, and on-campus partnerships include collaborations with campus dining partners and with academic faculty in Nutrition Science.

CalFresh

One of the most significant support strategies that all 23 CSUs provide to students is assistance with the CalFresh application process. This outreach 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 so that they can complete eligibility screenings, assist in application and reapplication completion, and help students navigate the application process with their local county agency. These staff members also help students meet documentation requirements and troubleshoot challenges. With the addition of California Department of Social Services' (CDSS) county liaisons for higher education (AB 1326), greater collaboration between individual campuses and county offices is helping to identify challenges and barriers for students in obtaining CalFresh benefits.

Additionally, across the system, staff continue to work diligently to identify campus programs and employment opportunities that qualify as a Local Program that Increases Employability (LPIE) to ensure that students who meet these eligibility requirements are provided with the appropriate information and documentation to support their CalFresh applications. In addition to campus employment, teaching and research assistantships and College Corps, approximately 1,925 CSU programs have been approved by the California Department of Social Services and have been added to the statewide LPIE list. The addition of LPIE eligibility exemptions has been tremendously impactful across the system.

CalFresh on Campus: Electronic Benefit Transfer

There are currently 10 CSUs that accept CalFresh/Electronic Benefit Transfer (EBT) on campus in venues such as campus dining halls, on-campus fast food restaurants, campus-based markets and convenience stores and farmers’ market events. An additional 10 universities are currently working with campus-based food vendors and the USDA to bring the CalFresh/EBT option to their campuses.

Universities Currently Accepting EBT

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

Universities Working Toward Accepting EBT

1. California State University, Bakersfield
2. California State University Channel Islands
3. California State University, Dominguez Hills
4. California State University, Fresno
5. California State University, Fullerton
6. Cal Poly Humboldt
7. California State University, San Bernardino
8. California State University San Marcos
9. Sonoma State University
10. Stanislaus State University

CalFresh Restaurant Meals Program

There are currently five CSUs that participate in the CalFresh Restaurant Meals Program (RMP) and six 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. In those cases, the universities have been unable to pursue this option.

Universities Currently Participating

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

Universities Working Toward Participation

1. California State University, Bakersfield
2. California State University, Dominguez Hills
3. Fresno State University
4. California State University, Monterey Bay
5. California State University, Northridge
6. Stanislaus State University

Food Banks and Food Distribution Programs

Community partnerships have been important to the CSU’s work to address food insecurity. Currently, all 23 CSUs have established relationships with local agencies such as food banks, agencies that provide fresh fruits and vegetables and local grocers. Of note, Stanislaus State has partnered with the United Samaritans Foundation, a local charitable organization in Turlock, which provides boxes of food for distribution on campus monthly. A few universities have also partnered with local agencies to provide diapers and baby food to parenting students.

Housing Support

All 23 CSUs provide student housing support in some form. Every university has an emergency housing program to assist students who have urgent housing needs. In addition to the College-Focused Rapid Rehousing project, 17 CSUs have programs to support students experiencing housing insecurity with long-term housing options. These programs include financial assistance for move-in costs, rent and utilities. Case-management support is also provided to help students locate housing. Including the universities participating in the College Focused Rapid Rehousing Program, a total of 18 CSUs have

partnered with community-based organizations to provide housing support to students. The support offered by these organizations ranges from short-term accommodations, including hotel vouchers, to longer-term solutions. Of note, California State University, Fullerton, has established a relationship with Homelessness Intervention Services of OC to participate in its HomeShare OC program. This program pairs college students with seniors who have an available room to rent. The program provides low-rent accommodations for students and, in turn, provides companionship, assistance with household chores and technology support to help bridge the “digital divide” for the elderly. Approximately 14,000 CSU students received some form of housing support in the 2022-23 academic year and an additional 5,037 received emergency funding.

Emergency Housing

Emergency housing is offered at all 23 CSUs, with 22 universities providing on-campus emergency housing and 16 universities providing off-campus emergency housing. Off-campus emergency housing is typically offered when on-campus emergency housing is at capacity or when a student has a living situation that would not be appropriate for the residence halls, such as having a spouse, children and/or pets. The length of stay in emergency housing ranges from 14 days to one semester and extensions are offered based upon individual circumstances. Eleven universities also offer a residence hall meal plan to those staying in on-campus emergency housing.

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. California State University, Fullerton
7. Cal Poly Humboldt
8. California State University, Long Beach
9. California State University, Los Angeles
10. California State University, Maritime Academy
11. California State University, Monterey Bay
12. California State University, Northridge
13. Cal Poly Pomona
14. Sacramento State University
15. California State University, San Bernardino
16. San Diego State University
17. San Francisco State University
18. San José State University
19. Cal Poly San Luis Obispo
20. California State University San Marcos
21. Sonoma State University
22. Stanislaus State University

Universities with Off-Campus Emergency Housing

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

Long-Term Housing Assistance

Long-term housing assistance is offered by 17 CSUs. Several of these universities offer one-time financial assistance for expenses such as security deposits, rent supplements and utilities. Ongoing case-management support and connections to community referrals are also provided. 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 Channel Islands
2. California State University, Chico
3. California State University, Dominguez Hills
4. California State University, East Bay
5. Fresno State University
6. California State University, Fullerton
7. Cal Poly Humboldt
8. California State University, Long Beach
9. California State University, Monterey Bay
10. California State University, Northridge
11. Cal Poly Pomona
12. Sacramento State University
13. San Diego State University
14. San Francisco State University
15. Cal Poly San Luis Obispo
16. California State University San Marcos
17. Stanislaus State University

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 Partnerships

Community partnerships allow for the CSUs to increase the breadth and scope of mental health services available to students. These partnerships also help to increase the visibility of mental health issues and to reduce stigma. Currently, all 23 CSUs collaborate with private, public, or non-profit mental health agencies. These collaborations range from contracted services for urgent and after-hours mental health services to informal collaborations to increase the visibility of mental health concerns. Clinical 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 participate in 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 often provide crucial links for students to crisis response teams and crisis stabilization units. Additionally, campuses have collaborated on awareness activities around suicide, sexual assault, and overall mental health.

Additional Partnerships

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

IMPACT ANALYSIS

Reducing the achievement gap is among the CSU's top priorities, and basic needs initiatives and mental health support are integral to supporting this priority. As numerous studies have illustrated, there is a significant connection between food and housing security and academic success. A large study by the National Alliance on Mental Illness found that 64 percent of students who dropped out of college left due to mental health challenges. Students who are academically successful are more likely to persist and complete their degrees in a timely manner, and the basic needs and mental health services supported by these baseline funds play a significant role in supporting the academic success of CSU students.

The CSU is proud to educate the most ethnically and economically diverse group of students in the nation. Nearly 50 percent of students in the CSU are Pell Grant-eligible and approximately 45 percent report that they experience some level of food or housing insecurity. Additionally, 52 percent of CSU students are underserved students of color and nearly one-third are the first in their families to attend college. The COVID-19 pandemic, inflation, and the high cost of living throughout California have had a significant impact on CSU students. Impact analyses on CSU campuses have shown that the persistence rates (retention and graduation) for students who receive basic needs services are higher than the average persistence rates for all students. Of note, among California State University, East Bay's Black student population, the overall percentage of students who dropped out was 29 percent, while only three percent of Black students who received basic needs support did so.

These statistics illustrate how significant basic needs initiatives have been in supporting student success. From a qualitative perspective, across the system, 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. It is anticipated that as basic needs initiatives and mental health support continue to grow and as practitioners learn from best practices, future analyses will show continued increases in retention and graduation rates among some of the CSU's most vulnerable students.

CONCLUSION

As this report illustrates, the recurring funds for basic needs and mental health services have enabled all 23 CSUs to bolster infrastructure and increase support and programming in ways that have made a tremendous impact on students within the CSU system. The innovative and critical student support initiatives that have been implemented have expanded beyond food and housing security to include nutrition security, financial literacy, support for parenting students and technology support. Every year, the CSU holds a systemwide Basic Needs Convening that brings together Basic Needs leaders and practitioners from across the system to share best practices and lessons learned. All who attend leave energized and excited to expand and improve their campus programming. Basic Needs leaders and practitioners on all 23 CSUs look forward to the continued development of the programs and services this recurring funding supports, and they strive to serve as models for universities across the nation. 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 paths 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.