

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

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

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

562-951-4600  
[srelyea@calstate.edu](mailto:srelyea@calstate.edu)

April 4, 2025

Scott Wiener, Chair  
Joint Legislative Budget Committee  
1021 O Street, Suite 8620  
Sacramento, CA 95814

Gabriel Petek  
Legislative Analyst's Office  
925 L Street, Suite 1000  
Sacramento, CA 95814

Joe Stephenshaw, Director  
Department of Finance  
1021 O Street, Suite 3110  
Sacramento, CA 95814

Erika Contreras  
Secretary of the Senate  
State Capitol, Room 307  
Sacramento, CA 95814

Cara L. Jenkins  
Legislative Counsel  
1021 O Street, Suite 3210  
Sacramento, CA 95814

Sue Parker  
Chief Clerk of the Assembly  
State Capitol, Room 319  
Sacramento, CA 95814

## **RE: Student Mental Health and Basic Needs Initiatives Report – 2023-24**

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 in the [Budget Act of 2022](#) (Assembly Bill 178 of 2022). In the [Budget Act of 2023](#) (Senate Bill 101 of 2023), appropriations to the CSU included \$15.8 million to increase student mental health resources and \$26.3 million to sustain and expand the CSU Basic Needs Initiative. This report is required by Provision 2.1 of Item 6610-001-0001 of the Budget Act of 2023, which mandates the Office of the Chancellor to submit an annual systemwide report on student mental health and basic needs initiatives.

This report provides an overview of each university's spending on basic needs and mental health resources for students, as well as a summation of the expanded offerings that were made possible by these appropriations. 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 who are facing challenges in key areas such as mental health and food/housing insecurity to improve their retention and graduation rates, as well as supporting overall student success.

---

### **CSU Campuses**

Bakersfield  
Channel Islands  
Chico  
Dominguez Hills  
East Bay

Fresno  
Fullerton  
Humboldt  
Long Beach  
Los Angeles  
Maritime Academy

Monterey Bay  
Northridge  
Pomona  
Sacramento  
San Bernardino  
San Diego

San Francisco  
San José  
San Luis Obispo  
San Marcos  
Sonoma  
Stanislaus

**Student Mental Health and Basic Needs Initiatives Report – 2023-24**

April 4, 2025

Page 2

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 (Apr 7, 2025 12:52 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>

c:     Members, California State Legislature  
       Members, Joint Legislative Budget Committee  
       Natalie Gonzalez, Fiscal and Policy Analyst, Legislative Analyst's Office  
       Dilcie D. Perez, Deputy Vice Chancellor, Academic and Student Affairs  
       Nathan S. Evans, Deputy Vice Chancellor, Academic and Student Affairs  
       Ray Murillo, Interim Assistant Vice Chancellor, Student Affairs, Equity and Belonging  
       Carolyn O'Keefe, Systemwide Director, Student Wellness and Basic Needs  
       Greg Saks, Vice Chancellor, External Relations and Communications  
       Nathan Dietrich, Assistant Vice Chancellor, Advocacy and State Relations  
       Ryan Storm, Assistant Vice Chancellor, Budget Planning and Advocacy  
       Jeni Kitchell, Assistant Vice Chancellor, Finance and Budget Administration/Controller  
           and Executive Budget Director

**CALIFORNIA STATE UNIVERSITY  
STUDENT MENTAL HEALTH AND BASIC NEEDS INITIATIVES REPORT  
TO THE DEPARTMENT OF FINANCE AND THE LEGISLATURE  
PURSUANT TO THE BUDGET ACT OF 2023 (SB 101)  
ACADEMIC YEAR 2023-24**

**INTRODUCTION**

The California State University (CSU) strives to assist students who are facing societal and administrative barriers in achieving their academic goals. In 2015, the CSU launched Graduation Initiative 2025, a systemwide effort to ensure that all students—regardless of racial, ethnic or financial background—have an equal opportunity to earn a college degree. 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, from housing and food security to mental health. In alignment with the CSU's mission and the priorities of Graduation Initiative 2025, all 23 CSU campuses provide extensive support to students by offering mental health resources and comprehensive basic needs services that address food and housing insecurity, as well as providing financial literacy programs and tools to close the digital divide. Offering 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 2023-24 academic year, the systemwide impact of the CSU Basic Needs Initiative was demonstrated by a significant increase in the number of students who received supportive resources while experiencing basic needs insecurities. By accessing these resources, students improved their mental, physical and emotional health, thereby allowing them to remain focused on their academic success, which is illustrated by systemwide enrollment data. For example, a recent analysis by California State University, Northridge (CSUN) of how basic needs support contributes to student retention and graduation showed a 95% year-to-year persistence rate for students who utilized the CSUN Food Pantry. For CSUN students who received on-campus emergency housing or emergency housing grants, the analysis showed 92% and 96% year-to-year persistence rates, respectively. Anecdotes from students reveal similarly positive outcomes, such as this testimonial from a student at California State University, Sacramento: "It feels like my life can begin now. Having stable housing makes me feel like I can finish what I started here."

In addition, 79,391 students were reached and supported by their campus food pantry and/or food distribution services in the 2023-24 academic year (a 17% increase from the prior year) and 35,962 students were assisted with completing CalFresh applications (a 57% increase from the prior year). Furthermore, 1,735 students were provided with some form of housing support (a 13% increase from the prior year) and 255 students were placed in long-term housing (a 29% increase from the prior year) through the Rapid Rehousing Program.

Mental health services are another key basic needs resource available to students. Several universities have been able to increase the number of counselors providing services, and this has

led to a decrease in wait times for appointments and an expansion of outreach activities. Some universities have developed embedded positions or liaison relationships to provide mental health services to underserved populations such as students of color, undocumented students, former foster youth and student veterans. Counseling centers that utilize clinical measures throughout treatment reported that students are experiencing decreases in their symptoms of depression and/or anxiety within two to three appointments. In addition, client satisfaction survey results across the system show that students are reporting not only increased well-being, but also improvement in academic performance as a result of attending counseling appointments.

Counseling centers are also exploring varied and innovative approaches to supporting student mental health. For example, California State University Channel Islands has enhanced its peer mental health program and as a result, more than 5,000 participants were reached through peer programming, with many students attending multiple events. California State University, Los Angeles has implemented the innovative Walk and Talk program, which, via collaboration with the campus multicultural center, provides a more accessible avenue to mental health support for students from various backgrounds. Walk and Talk sessions focus on skill-building, including the development of resiliency and problem-solving skills. Following the pilot of this program, students reported an increased awareness of campus resources, the destigmatization of accessing those resources and, perhaps most importantly, an increased sense of community and belonging.

This annual report outlines the use of ongoing funding to increase student mental health resources, and to sustain and expand the CSU Basic Needs Initiative, as first provided in the [Budget Act of 2022](#) (Assembly Bill 178 of 2022). In the [Budget Act of 2023](#) (Senate Bill 101 of 2023), appropriations to the CSU included \$15.8 million to increase student mental health resources and \$26.3 million to sustain and expand the CSU Basic Needs Initiative. This report is required by Provision 2.1 of Item 6610-001-0001 of the Budget Act of 2023, which mandates the Office of the Chancellor to submit an annual systemwide report on student mental health and basic needs initiatives.

Below is an overview of each university's spending on basic needs and mental health resources for students, as well as a summation of the expanded offerings that were made possible by these appropriations.

## **SYSTEMWIDE UTILIZATION OF STATE AND LOCAL RESOURCES**

Below is a systemwide overview of specific programs utilized by the CSU's campuses to meet students' basic needs and an analysis of each university's 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 79,391 students have been supported through the 23 university-based food pantries and food distribution programs, and campus-based case managers have helped approximately 35,962 students 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 university basic needs programs have also developed partnerships both

across campus and in the community to enhance their services. Community partners include local food banks, grocery stores and restaurants, and on-campus partnerships include collaborations with academic faculty in nutrition science and with campus dining partners.

### CalFresh

One of the most significant resources all 23 CSUs provide to students is assistance with the CalFresh application process. This is supported through the CSU's partnership with the Center for Healthy Communities, which is housed at Chico State. University staff across the system are trained on the CalFresh program to complete eligibility screenings, to assist in application and reapplication completion, and to help students navigate the CalFresh application process with their local county agency. These staff members also help students with documentation requirements and troubleshooting challenges. With the addition of county liaisons for higher education from the California Department of Social Services through [Assembly Bill 1326 of 2021](#), greater collaboration between individual campuses and county offices is helping to identify challenges and barriers to students in obtaining CalFresh benefits.

### CalFresh on Campus: Electronic Benefit Transfer

There are currently 13 CSUs that accept CalFresh/Electronic Benefit Transfer (EBT) at campus dining venues, on-campus fast-food restaurants, campus-based markets and convenience stores, and on-campus farmers' market events. An additional six universities are currently working with on-campus food vendors and/or the U.S. Department of Agriculture to bring this option to their campuses.

#### Universities Currently Accepting EBT

1. CSU Channel Islands
2. Chico State
3. CSU Dominguez Hills
4. Cal Poly Humboldt
5. Cal State Los Angeles
6. Cal State Monterey Bay
7. CSU Northridge
8. Cal Poly Pomona
9. Sacramento State
10. San Diego State
11. San Francisco State
12. Cal Poly San Luis Obispo
13. CSU San Marcos

#### Universities Working Toward Accepting EBT

1. CSU Bakersfield
2. Cal State East Bay
3. Fresno State
4. Cal State San Bernardino
5. San José State
6. Stanislaus State

### CalFresh Restaurant Meals Program

There are currently six CSUs that participate in the CalFresh Restaurant Meals Program (RMP) and five additional universities are working toward participation. This program allows CalFresh participants to use their benefits to purchase hot, prepared meals from restaurants. One challenge some 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 these cases, the university is unable to pursue this option.

#### Universities Currently Participating in RMP

1. Cal State Fullerton
2. Cal State Long Beach
3. Cal State Los Angeles
4. Cal State San Bernardino
5. San Diego State
6. San Francisco State

#### Universities Working Toward Participation in RMP

1. CSU Bakersfield
2. CSU Dominguez Hills
3. CSU Northridge
4. Cal State Monterey Bay
5. Stanislaus State

### Food Banks and Food Distribution Programs

Community partnerships have been important to the CSU's work to address food insecurity. Currently, 22 CSUs have established relationships with local agencies, including food banks, agencies that provide fresh fruits and vegetables, and local grocers. Of note, Chico State's Hungry Wildcat Food Pantry is a contracted Feeding America partner, and Feeding America provides approximately 50% of the total food distributed by the pantry. Additionally, Cal State LA's partnership with the nonprofit organization, Student Lunchbox, provides the university's pantry with more than 50% of the food inventory it distributes to students. A few universities have also partnered with local agencies to provide diapers, baby food and other child care supplies to parenting students.

### Housing Support

All 23 CSUs provide some form of housing support to their students. Each university has an emergency housing program to assist students with urgent housing needs. Including the College-Focused Rapid Rehousing Program, 18 CSUs have programs to support students who are experiencing housing insecurity with long-term housing options. These programs include offering 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, 19 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.

## Emergency Housing

Emergency housing is offered at all 23 CSUs, with 22 universities providing on-campus emergency housing and 17 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 personal circumstances that are not 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 year, 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 and 10 universities offer a residence-hall meal plan for students in off-campus emergency housing.

### Universities with On-Campus Emergency Housing

1. CSU Bakersfield
2. CSU Channel Islands
3. Chico State
4. CSU Dominguez Hills
5. Cal State East Bay
6. Cal State Fullerton
7. Cal Poly Humboldt
8. Cal State Long Beach
9. Cal State Los Angeles
10. Cal Maritime
11. Cal State Monterey Bay
12. CSU Northridge
13. Cal Poly Pomona
14. Sacramento State
15. Cal State San Bernardino
16. San Diego State
17. San Francisco State
18. San José State
19. Cal Poly San Luis Obispo
20. CSU San Marcos
21. Sonoma State
22. Stanislaus State

### Universities with Off-Campus Emergency Housing

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

12. Cal Poly San Luis Obispo
13. CSU San Marcos
14. Sonoma State
15. Stanislaus State

### Long-Term Housing Assistance

Long-term housing assistance is offered by 18 CSUs. Several of these universities offer one-time financial assistance for housing costs such as security deposits, rent supplements and utilities, as well as ongoing case management support and connections to community referrals. In addition to these types of assistance, eight CSUs participate in the College-Focused Rapid Rehousing Program, in which CSU students receive subsidized rental support and ongoing case management. This program is founded on community partnerships with local housing agencies.

### Universities with Long-Term Housing Assistance

1. CSU Bakersfield
2. Chico State
3. CSU Dominguez Hills
4. Cal State East Bay
5. Fresno State
6. Cal State Long Beach
7. Cal State Los Angeles
8. Cal State Monterey Bay
9. CSU Northridge
10. Cal Poly Pomona
11. Sacramento State
12. San Diego State
13. San Francisco State
14. San José State
15. Cal Poly San Luis Obispo
16. CSU San Marcos
17. Sonoma State
18. Stanislaus State

### Universities with a College-Focused Rapid Rehousing Program

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



## **BASIC NEEDS EXPENDITURES, BY CAMPUS**

### **California State University, Bakersfield (CSUB)**

<https://www.csub.edu/basicneeds>

**2023-24 Basic Needs Initiative Fund Distribution: \$818,028**

Recurring funds have been utilized to support the food pantry/food distribution program, on- and off-campus emergency housing, long-term housing support, emergency grants, transportation support, professional staff (including salaries and benefits) and student staff, as well as programming and edible garden expenses. Other operating funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Recurring funding reduced food and housing insecurity among CSUB students in multiple ways. First, baseline funding has continued to support the retention of staff members who support students and operate programs, which allows CSUB to offer case management services to all students, ensuring that they are connected to appropriate resources, both on- and off-campus. Second, funds were used to secure emergency housing for students in the residence halls (with meal plans included), as well as to provide support for nontraditional students through off-campus hotel stays. This program provides immediate emergency shelter at no cost to students who are experiencing homelessness or are at risk of homelessness. Baseline funding has also been used to fund emergency grants, which provide financial support to students who are struggling to meet their basic needs. Ongoing funding has allowed CSUB to expand its food resources by providing grocery store gift cards, expanding the hours of the food pantry and increasing the production of the edible garden. In 2023-24, the garden harvested and distributed nearly 7,000 pounds of produce to students, staff and faculty. Lastly, basic needs funding has helped to address student long-term housing needs through the triple-rate buy-down initiative, through which students can live on campus at reduced rates.

### **California State University Channel Islands (CSUCI)**

<https://www.csuci.edu/basicneeds>

**2023-24 Basic Needs Initiative Fund Distribution: \$405,480**

Recurring funds have been utilized to support off-campus emergency housing outreach and promotion, marketing, external partnerships, professional staff (including salaries and benefits), student staff and basic needs physical infrastructure. Other operating funds, philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Each fall semester, CSUCI's Basic Needs program hosts a Meal Swipe Drive at the dining facility, where students can donate up to two meal swipes to peers in need. These swipes are added to a meal card that contains five swipes, and students can receive up to two cards per semester through a self-referral form. Additionally, the Basic Needs program organizes a monthly farmers' market, with items purchased from a wholesale club, where students can obtain free fruits and vegetables. The market is a key event for promoting the services of the Basic Needs program, including drop-in hours where students can meet with a trained assistant to complete their CalFresh applications and clarify any questions. In 2023-24, 20 students completed CalFresh applications during these drop-in hours and 150 students had applications prescreened. The CSUCI Basic Needs program is also exploring the possibility of having an on-campus approval process for electronic benefit transfer (EBT) cards.

The Basic Needs program collaborates with numerous campus departments, such as Orientation and Engagement Programs and the Student Union, as well as the County of Ventura's Human Services Agency, to raise awareness of program events and to connect students to resources. The program also works with the Ventura County Office of Education's Special Populations Educational Support Department, which offers services through its Homeless Education Program to support unhoused students. In addition to food and toiletries, the Dolphin Pantry provides essentials such as diapers and baby formula for parenting students. Pantry renovations and expansion efforts, funded through this General Fund allocation, have increased student access as well as the pantry's storage capacity, allowing for a greater variety of food offerings.

The Basic Needs program offers free bus transportation from campus to the neighboring cities of Camarillo and Oxnard, and students can access Uber cards for transportation to medical or emergency appointments through a self-referral process. This system ensures that students receive the support necessary for their well-being and academic success.

### **California State University, Chico (Chico State)**

<https://www.csuchico.edu/basic-needs>

**2023-24 Basic Needs Initiative Fund Distribution: \$545,515**

Recurring funds have been utilized to support the food pantry/food distribution program, on-campus emergency housing, emergency grants, outreach and promotion, marketing, professional staff (including salaries and benefits), student staff and basic needs physical infrastructure. Other operating funds, philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

The Hungry Wildcat Food Pantry at Chico State, a partner of Feeding America, distributes approximately 200,000 tons of food annually, with 50% of that inventory coming from the Food Bank of Contra Costa and Solano. The pantry participates in the Grocery Recovery Program, rescuing food from retailers such as Safeway, Target and BIMBO Bakeries, which contributes approximately 10% of the pantry's total distribution. The pantry also contracts three acres at the University Farm (managed by the College of Agriculture) for organic produce through the Organic Vegetable Project. This is funded by donors and allows the pantry to purchase \$25,000 of produce for distribution. Chico State's Center for Healthy Communities provides on-campus CalFresh application assistance to students. The CalFresh team also offers "pop-up" assistance in partnership with the Mathematics, Engineering, Science Achievement (MESA) Program and the REACH Student Success Center.

A highlight of the pantry's initiatives is the culturally relevant food program, created with the Associated Students and the Cross-Cultural Leadership Center, which helps to meet students' diverse dietary needs. Another key program is the Pantry-to-Plate Cooking Classes initiative, which helps students prepare nutritious meals using pantry staples. The pantry has seen a 25% annual increase in demand, reflecting growing food insecurity and challenges related to high food costs, as well as increased awareness.

Case managers for Chico State Basic Needs support students in need of emergency housing, connecting them to housing programs such as the university's emergency housing grants and services from community-based partners, including True North Housing Alliance and the Chico Housing Action Team. Chico State Basic Needs also assists student-parents in obtaining diapers, wipes and emergency grants. The Child Development Lab offers subsidized child care for children

aged 0 to 5. Serving more than 7,000 students, the Basic Needs program has received high student satisfaction ratings and positively impacts student retention and wellness.

**California State University, Dominguez Hills (CSUDH)**

<https://www.csudh.edu/toro-care>

**2023-24 Basic Needs Initiative Fund Distribution: \$910,493.60**

Recurring funds have been utilized to support the food pantry/food distribution program, on- and off-campus emergency housing, emergency grants, transportation support, broadband and technology support, outreach and promotion, marketing, professional staff (including salaries and benefits), student staff and basic needs physical infrastructure. Other operating funds and external grants supplemented the General Fund for basic needs expenditures.

Teddy's Pantry offers CSUDH students access to fresh produce and pantry items. Each pantry item has a point value and students are allowed to use up to 15 points per week to maximize their visits. The pantry is supported by donations from partners such as Bracken's Kitchen and the Foodbank of Southern California, and it distributed 129,101 pounds of food in 2023-24. Additionally, the campus farmers' market operates every Tuesday, where students can use their EBT dollars for produce. The CalFresh program at CSUDH helps students apply for benefits, provides troubleshooting assistance and conducts outreach, with a focus on reducing the stigma around food insecurity.

The pantry has expanded its offerings to include food demonstrations, new partnerships and the installation of refrigerated lockers so students can store their groceries while attending class. The Toro CARE Program assists students with housing-related financial needs by providing grants for one-time housing fees and eviction avoidance. Through dedicated case management, 11 students were placed in long-term housing this year, although challenges such as a lack of on-campus family housing and financial limitations on short-term housing funding remain.

Toro CARE also supports students in need of short-term housing. In 2023-24, Toro CARE provided 44 students with temporary housing and 22 students with transitional housing, leading to greater housing stability. The program collaborates with partners such as Volunteers of America and the Los Angeles Homeless Services Authority to address housing insecurity. Additionally, Toro CARE offers grants—distributing more than \$200,000 in grants in 2023-24—as well as financial support and employment opportunities for students. With the addition of clinical support, Toro CARE continues to provide comprehensive, trauma-informed care to enhance student retention and well-being.

**California State University, East Bay (CSUEB)**

<https://www.csueastbay.edu/hope>

**2023-24 Basic Needs Initiative Fund Distribution: \$892,054**

Recurring funds have been utilized to support the food pantry/food distribution program, on-campus emergency housing, emergency grants, transportation support, broadband and technology support, professional staff (including salaries and benefits), case management (including salaries and benefits) and student staff. Other operating funds, philanthropic funds and external grants supplemented the General Fund for basic needs expenditures.

CSUEB's food pantry provides free, fresh produce daily, with larger pop-up events held throughout

the year. Students can meet one-on-one with CalFresh ambassadors to assess their eligibility, gather required documentation and discuss the renewal process. Emergency grants are available to enrolled students who face financial crises regarding food, housing, utilities, transportation, medical bills or class supplies. Students can apply for up to \$1,500 for non-housing needs and up to \$5,000 for housing support. Emergency funds can be used to pay for on-campus parking passes, which are provided to students in emergency housing. Lyft rides are also available for transportation to housing or job interviews. The Peer Advocates for Wellbeing (PAW) program provides outreach and education through a unified training model. The CalFresh Healthy Living Grant—supported by additional funding—provides nutrition education, focusing on cooking skills, budgeting and healthier eating, to serve a broader student population.

Student Wellbeing Services collaborates with many campus partners and promotes basic needs services across various spaces. The program integrates messages about food and housing security into health topics such as nutrition, physical activity, sexual health and stress management through classroom presentations, educational workshops, tabling, cooking classes and evening activities. Student Wellbeing Services actively promotes these programs and services via print and digital marketing strategies, including social media marketing.

CSUEB students who receive basic needs support show better outcomes, with 92% maintaining good academic standing. A retention analysis revealed that 79% of students who received grants returned the following year, compared to 78% of all students, which suggests that emergency funds help mitigate attrition.

#### **California State University, Fresno (Fresno State)**

<https://studentaffairs.fresnostate.edu/essentialneeds>

**2023-24 Basic Needs Initiative Fund Distribution: \$789,000**

Recurring funds have been utilized to support the food pantry/food distribution program, off-campus emergency housing, emergency grants, transportation support, support for parenting students, child/dependent care, broadband and technology support, outreach and promotion, marketing and basic needs physical infrastructure. External grants, philanthropic funds and student fees supplemented the General Fund for basic needs expenditures.

Fresno State's Center for Essential Needs, including the Student Cupboard, has implemented various programs to reduce food insecurity and homelessness among students. The Student Cupboard runs a meal-swipe donation program, where students can donate up to two meal swipes, which are converted into meal vouchers for students in need. It also partners with organizations such as Fresno State's Associated Students Inc. (ASI) and the Asian Business Institute and Resource Center to provide fresh produce. In 2023-24, approximately 10,028 unique students were supported by food pantry services.

CalFresh outreach assistance is provided through in-person, online and phone consultations to guide students through the eligibility and application process. The Student Cupboard had 83,412 visits and served nearly 7,000 students in 2023-24. A newly established Food Security Project Student Committee guides the pantry's future sustainability.

As a result of recurring basic needs funding, Fresno State has hired a housing navigator and developed its emergency housing options, providing critical stability for students. Partnerships with Uber/Lyft, PayPal, Walmart and Visa help to streamline services. The university collaborates

with community partners to host events, gather student feedback and run a learning community with personal development workshops to empower students.

Fresno State's basic needs initiatives emphasize sustainability, self-sufficiency and honoring students' backgrounds. Exit surveys show that students feel supported and respected. A five-year study with the university's Office of Institutional Effectiveness is assessing the academic impact of these efforts on grade point averages (GPAs), as well as student retention and graduation rates. Data from this study will be reported when it is concluded.

#### **California State University, Fullerton (CSUF)**

<https://www.fullerton.edu/basic-needs>

**2023-24 Basic Needs Initiative Fund Distribution: \$2,024,520**

Recurring funds have been utilized to support the food pantry/food distribution program, on-campus emergency housing, outreach and promotion, marketing, external partnerships, professional staff (including salaries and benefits), student staff and basic needs physical infrastructure. Philanthropic funds supplemented the General Fund for basic needs expenditures.

Basic Needs Services at CSUF, in partnership with Housing and Residential Engagement and Chartwells (the CSUF dining services contractor), provides up to three weeks of access to the Titan Dining Hall for students who are facing food insecurity. Students can donate meal swipes from their meal plans to help others facing food insecurity. These donated meals are added to students' Titan Cards, allowing them to use the dining hall like any other student with a meal plan.

CSUF Basic Needs Services also supports students in applying for CalFresh benefits through online assistance, weekly drop-in hours and outreach events, including CalFresh Outreach and Enrollment Days. Emergency food cards provide access to off-campus food resources, offering flexibility for students who cannot visit campus frequently or who have dietary restrictions.

Students facing housing insecurity can stay in on-campus apartments for up to three weeks while they secure permanent housing. Basic Needs Services also offers temporary parking permits and assistance with housing costs for qualifying students. Recurring funds in 2023-24 were used to subsidize housing costs and to fund additional student assistant positions to support outreach efforts and operations. This staffing expansion helped to ensure continued support for students, including staffing of resource fairs and campus events.

#### **California State Polytechnic University, Humboldt (Cal Poly Humboldt)**

<https://www.humboldt.edu/basic-needs>

**2023-24 Basic Needs Initiative Fund Distribution: \$122,479**

Recurring funds have been utilized to support professional staff (including salaries and benefits), travel and Basic Needs program operating expenses. Other operating funds supplemented the General Fund for basic needs expenditures.

In 2023-24, approximately 2,944 unique students received support through the campus food pantry and food distribution program. Through Cal Poly Humboldt's Oh Snap! Campus Food Programs, the Basic Needs team provides CalFresh outreach and application assistance. In the 2023-24 academic year, the Oh Snap! Program supported approximately 1,500 students with CalFresh application assistance. The Basic Needs team offers a weekly farm stand, stocked by a

local organization, Earthly Edibles Farm. Students can also request free meal swipes for on-campus dining halls via an online form.

To support transportation needs, the university has partnerships with three Humboldt County bus systems to offer the JackPass program. During the fall and spring semesters, all students have unlimited free access to the Redwood Transit System, the Eureka Transit Service and the Arcata and Mad River Transit System. The Bus Buddy program partners new bus riders with veteran bus-riding students to help new students navigate the transit system and to provide companionship.

The university also provides emergency housing for students facing homelessness or housing insecurity, offering up to 21 days of bed space with the possibility of a seven-day extension, depending on availability. In addition, students can access emergency grants or apply for the Temporary Transitional Housing program through the Campus Assistance, Response and Engagement (CARE) Office, which collaborates with Office of Financial Aid to provide financial support during crises. To support students experiencing homelessness, Cal Poly Humboldt Basic Needs provides links on its website regarding access to on-campus showers in the Jolly Giant Commons Recreation Room and other locations, both on- and off-campus.

Recurring basic needs funding plays a vital role in supporting students during emergencies, ensuring that they have access to food and shelter during difficult times. Given the rural location of the university, where community resources are limited, students rely heavily on these campus-based services. The basic needs resources provided by Cal Poly Humboldt enable students to maintain stability and independence, even in the face of unexpected hardships.

### **California State University, Long Beach (CSULB)**

<https://www.csulb.edu/student-affairs/basic-needs>

**2023-24 Basic Needs Initiative Fund Distribution: \$1,410,545.29**

Recurring funds have been utilized to support the food pantry/food distribution program, on- and off-campus emergency housing, emergency grants (for transportation support, parenting student support, child/dependent care and long-term housing support), outreach and promotion, marketing, external partnerships, professional staff (including salaries and benefits), student staff and basic needs physical infrastructure. Philanthropic funds, external grants and other operating funds supplemented the General Fund for basic needs expenditures.

The Basic Needs program at CSULB supports students facing food and housing insecurity through multiple strategies. The weekly farmers' market, hosted by the CSULB Associated Students Inc. offers hot meals and fresh produce via \$10 meal vouchers that are distributed to students. Leftover produce is redirected to the campus food pantry. The program's CalFresh Outreach team assists students with eligibility screening, application preparation and follow-up support, both online and in-person. The Laurén Chalmers '83 Beach Pantry has expanded its reach, providing free groceries and hygiene products. The CalFresh Healthy Living team coordinates meal kits and offers peer-led workshops on meal planning and cooking.

The Basic Needs program collaborates with local organizations to host monthly mobile food distributions, as well as partnering with Campus Services to distribute meal swipes. More than 1,200 students successfully applied for food benefits in 2023-24, and the Basic Needs program reaches more than 5,000 unique users annually. For students in emergency housing, CSULB's Basic Needs program offers case management, move-in assistance and referrals to other support



services. Additionally, the Basic Needs program facilitated financial aid for rent and security deposits that helped more than 500 students avoid homelessness in 2023-24.

Peer navigators, including a dedicated team who work out of campus cultural centers, assist students in completing their housing and benefits applications. Specialized support for Black students includes culturally responsive resources, such as providing Black hair products. The Finish Line Program assists graduating seniors who are facing housing loss, ensuring that they can complete their final semester. Financial literacy workshops and resources also support students' long-term success. These services are crucial in enabling students to stay enrolled in the university and to succeed academically despite facing financial and personal challenges.

### **California State University, Los Angeles (Cal State LA)**

<https://www.calstatela.edu/deanofstudents/basic-needs-assistance>

**2023-24 Basic Needs Initiative Fund Distribution: \$1,789,890**

Recurring funds have been utilized to support the food pantry/food distribution/food security program, on-campus emergency housing, long-term housing support, emergency grants (for child/dependent care and transportation support), outreach and promotion, marketing, professional staff (including salaries and benefits) and student staff.

Cal State LA's Basic Needs Assistance Program collaborates with various organizations to address student food and housing insecurity. In partnership with the nonprofit organization, Student LunchBox, the pantry received 50% of its 2023-24 food inventory—including legumes, grains, canned goods, meat and rescued produce—through the federal government's Emergency Food Assistance Program and the Food Forward initiative. The pantry also partners with Eastmont Community Center to host weekly farmers' markets, where students can use EBT cards and receive up to \$20 in matching funds. In 2023-24, the Cal State LA Food Pantry recorded a total of 9,366 visits and served 1,245 unique students.

The CalFresh Outreach Center provides students with assistance including pre-screening, application help and follow-up support. This year, the pantry extended its hours and improved the check-in process, and the Eddie Eats program was launched in spring 2024 to serve students experiencing food insecurity who are unable to access the pantry during its operating hours. The program provided 477 students with deposits of \$50 on their student cards (up to a maximum of \$200 for the spring 2024 semester) to purchase meals at on-campus food vendors. The university's Grocery Equity Program (formerly known as the Golden Eagle Fresh Program) served 182 students in 2023-24 who were experiencing food insecurity but who did not qualify for CalFresh due to their residency status.

In 2023-24, the Emergency Basic Needs and Financial Assistance Grant Program provided \$634,951 in emergency grants to 420 students and was particularly helpful to students with a zero Expected Family Contribution as determined by Federal Student Aid. The Emergency Temporary Housing Assistance Program serves as a transitional resource, offering students who are experiencing homelessness or housing insecurity a 14-day stay in campus housing.

### **California State University Maritime Academy (Cal Maritime)**

<https://www.csum.edu/campus-life/basic-needs>

**2023-24 Basic Needs Initiative Fund Distribution: \$9,000**

Recurring funds have been utilized to support all basic needs operating expenses. Cal Maritime's Basic Needs program offers a weekly Greens on the Cove program, which provides fresh fruits and vegetables to students outside the dining center. CalFresh outreach efforts primarily take place during the first month of each semester via tabling at the Morrow Cove grab-and-go dining center, where the coordinator of the Basic Needs program offers CalFresh workshops and one-on-one assistance. The coordinator offers comprehensive support in completing CalFresh applications and advocates for students during the approval process, if necessary. Additionally, a representative of the Food Bank of Contra Costa and Solano visits campus to assist students with CalFresh registration.

Cal Maritime's Basic Needs program thrives through its collaborations with campus partners such as the Residential Life Office, Counseling and Psychological Services, and the Associated Students of the California Maritime Academy, as well as with community organizations such as the Blessing Bags Project and Faith Food Fridays. These partnerships address mental health, homelessness and food insecurity, and have provided funding to enrich Cal Maritime's efforts in these areas. Student engagement in activities such as movie nights, blanket-making and cooking demonstrations has raised awareness of Cal Maritime's Basic Needs program while fostering a sense of community involvement and social responsibility.

Using the recurring baseline funds, the Basic Needs program restocks the Steve and Angie Kreta Food Pantry weekly with fresh produce, nonperishable items and hygiene supplies, including resources for students participating in the university's term-at-sea program aboard the Training Ship Golden Bear. The Basic Needs program's provision of essentials such as canned soup, crackers, toothpaste and feminine products has significantly enhanced students' term-at-sea experience, ensuring that they are supported while onboard the training ship.

### **California State University, Monterey Bay (CSUMB)**

<https://csumb.edu/basicneeds>

**2023-24 Basic Needs Initiative Fund Distribution: \$229,000**

Recurring funds have been utilized to support the food pantry/food distribution program, emergency grants, outreach and promotion, marketing, external partnerships, professional staff (including salaries and benefits) and student staff.

The Basic Needs Hub at CSUMB supports students through a variety of resources aimed at addressing food insecurity and other essential needs. Weekly shipments from the Foodbank for Monterey County, bimonthly produce distributions and new partnerships with distributors such as LA Foods ensure that students have access to food. Social media and classroom presentations have significantly increased student engagement, with food pantry usage doubling in 2023-24 as compared with the previous year. The Hub collaborates with CSUMB's Associated Students to host a weekly farmers' market and to provide bimonthly distributions of nearly \$50 of free produce to each of the approximately 250 to 300 students in attendance.

Parenting students receive extra support at the Basic Needs Hub, including access to diapers, baby formula, children's clothing and personal care items. The Parenting Otter Program offers



one-on-one mentorship, financial support and community events for more than 100 parenting students each academic year.

Twice each year, the university's Feed Each Otter event collects unused meal swipes, providing 200 to 300 meals to students per semester. The Hub's outreach extends to CalFresh assistance, with dedicated staff, including student staff, available to help students apply for benefits, with both in-person and virtual support. CalFresh outreach efforts, including campus events and one-on-one assistance, helped 370 students apply for benefits in 2023-24. Additionally, the Otter Fresh program—a pilot initiative created in partnership with the Undocu-Success Center and CSUMB International Programs—provided meal stipends and grocery support to students who were ineligible for CalFresh due to their residency status.

Temporary housing assistance and case management services are provided to students facing housing crises. The Basic Needs Hub also offers emergency grants of \$500 for basic needs expenses and of \$1,000 for housing expenses.

### **California State University, Northridge (CSUN)**

<https://w2.csun.edu/heart>

**2023-24 Basic Needs Initiative Fund Distribution: \$1,407,989**

Recurring funds have been utilized to support the food pantry/food distribution program, emergency grants, broadband and technology support, professional staff (including salaries and benefits) and student staff, as well as communication access services (e.g., contracted interpreters for Basic Needs Office programming), Basic Needs Office operating costs and menstrual products. Philanthropic funds, other operating funds, external grants/partnerships and student fees supplemented the General Fund for basic needs expenditures.

The Basic Needs Office at CSUN provides students with basic food necessities and connections to community resources via the CSUN Food Pantry, as well as offering programming and outreach regarding CalFresh and healthy living. The pantry provides fresh produce, sourced from campus gardens, and students can access bimonthly produce pop-ups and purchase produce at the weekly farmers' market. The Basic Needs Office assists students to access CalFresh by providing pre-screening, application guidance, recertifications and advocacy for students facing benefit denials. At CSUN, EBT is accepted at three campus locations: Matador Mercados, the CSUN Bookstore complex and CSUN Housing. Some vendors at the weekly farmers' market also accept EBT. These efforts are part of CSUN's broader food security program, which served approximately 2,620 unique students in 2023-24.

CSUN students in on-campus emergency housing can stay for up to three weeks, with extensions available based on need. During this time, students work with a Housing Stability Coordinator to identify long-term housing options, including financial support for move-in costs through emergency housing grants. Students can also transition to off-campus housing or receive help in contracting independent housing for the semester/year. In addition, students in temporary emergency housing can receive grocery gift cards ranging from \$25 to \$50 per week to support their food needs. CSUN's Rapid Rehousing Program offers Bridge Housing (for three to six months) and Hybrid Bridge Housing (for six months to one year) through a partnership with Jovenes, a community-based nonprofit organization, which also provides subsidized rent for students with dependents.

Analysis of data from CSUN's Basic Needs Office shows high annual persistence rates: 95% for food pantry users, 92% for temporary emergency housing recipients and 89% for those in Rapid Rehousing. Students report that access to basic needs support has allowed them to focus on their academics, to reduce stress and to engage more fully in college life, which contributes to their success and graduation.

**California State Polytechnic University, Pomona (CPP)**

<https://www.cpp.edu/bronscarecenter>

**2023-24 Basic Needs Initiative Fund Distribution: \$553,000**

Recurring funds have been utilized to support the food pantry/food distribution program, on- and off-campus emergency housing and emergency financial support.

In 2023-24, approximately 1,985 unique students were supported by food security programming at CPP. One initiative, the Swipe Out Hunger campaign during Hunger and Homelessness Awareness Week, allows students to donate meal swipes, which are converted into Bronco Bucks to help students experiencing food insecurity to purchase meals on campus. CPP's Care Center also assists students with CalFresh applications through a prescreening process and case management support, which includes document uploads and monthly visits from the Department of Public Social Services to help with the application process.

In addition to food assistance, the Care Center provides housing resources for on- and off-campus accommodations and refers students to its community-based partner, Jovenes, for support through the Rapid Rehousing Program. Emergency housing is available, including placement in local hotels for students with dependents. Students have been awarded grants to pay for move-in costs and the Care Center also offers one-time funding for security deposits, rent or utility assistance, and helps students access ongoing resources when those are available. Parenting students are supported with CalWORKs verification to secure funds for books, child care and transportation.

CPP has used recurring funds to enhance additional support services, including the expansion of the Clothes Closet program, which gives students access to both casual and professional clothing.

**California State University, Sacramento (Sacramento State)**

<https://www.csus.edu/student-affairs/crisis-assistance-resource-education-support>

**2023-24 Basic Needs Initiative Fund Distribution: \$1,981,000**

Recurring funds have been utilized to support the food pantry/food distribution program, on- and off-campus emergency housing, emergency grants, outreach and promotion, marketing, external partnerships, professional staff (including salaries and benefits), student staff and basic needs physical infrastructure, as well as hygiene supplies, meal cards, parking permits, and professional development training and travel. Other operating funds, philanthropic funds and student fees supplemented the General Fund for basic needs expenditures.

Sacramento State plans to open a new Basic Needs Resource Center (BNRC) in spring 2025, which will offer a range of services to support students who are facing food and housing insecurity. Located next to the Crisis Assistance and Resource Education Support (CARES) Office and the Cove Teaching Kitchen, the BNRC will provide financial wellness resources, a clothing closet and a food pantry that offers culturally relevant foods and parenting supplies, such as

diapers, baby formula and maternal health products. A partnership with the Associated Students Inc. (ASI) Children's Center will provide free diapers and infant supplies for parenting students who use the center for child care. The BNRC will also feature an appointment-based shopping system to allow parenting students to shop for food and essential parenting items.

A student-run organization, Swipe Out Hunger, continues to collect meal swipe donations, which are deposited on electronic cards for students in need. Additionally, the ASI Food Pantry hosts grocery pop-ups and provides fresh produce sourced from local vendors and food banks. In 2023-24, the CARES Office supported 3,094 students through food security programming.

The CARES Office also manages CalFresh outreach, assisting students with their applications through drop-in and scheduled appointments, both in person and virtually. The office works closely with University Housing Services to offer temporary emergency housing, with four beds available during the academic year. Students can stay for up to 30 days, with extensions considered on a case-by-case basis. The CARES Office also provides emergency housing grants, case management, and referrals to local shelters and to the Rapid Rehousing Program, further supporting students' housing stability.

Through recurring funding, the CARES Office has hired additional staff to reduce student wait times and to improve access to housing services, thereby maximizing resources for student success.

#### **California State University, San Bernardino (CSUSB)**

<https://www.csusb.edu/basic-needs>

**2023-24 Basic Needs Initiative Fund Distribution: \$1,178,828.06**

Recurring funds have been utilized to support the university's pantry/food distribution program, on- and off-campus emergency housing, emergency grants, outreach and promotion, marketing, professional staff (including salaries and benefits), student staff and physical infrastructure for the department, as well as Cody's Closet (which provides clothing to students in need), hygiene products, meal cards and travel. Philanthropic funds and external grants supplemented the General Fund for basic needs expenditures.

To meet students' diverse food needs, the CSUSB Basic Needs and Student Support Department offers grocery gift cards, ranging from \$25 to \$50, which give students flexibility in purchasing essential items not available at the Obershaw DEN (Delivering Emergency Nourishment) and the Palm Desert DEN campus food pantries. In 2023-24, approximately 3,430 students benefited from food security programming at CSUSB, including the pantries, which also provide fresh produce.

The newly launched Basic Needs and Student Support Center serves as a centralized hub to offer streamlined access to resources such as CalFresh application support, which helps to eliminate barriers to assistance. To address housing insecurity, the Basic Needs and Student Support Department provides temporary emergency housing for up to 14 days (extendable to 30 days) and partners with local hotels to offer off-campus housing for students with dependents. In 2023-24, the department also supported 459 students through grants.

The 2023-24 academic year marked a transformative period, as the Basic Needs and Student Support Department expanded its services to include resources such as gas cards, meal swipes and personal care items. Additionally, the relaunch of Cody's Closet, in partnership with CSUSB's

Career Center, offers students access to personal and professional clothing to address clothing insecurity. These efforts are aimed to support the well-being and academic success of vulnerable students at CSUSB.

### **San Diego State University (SDSU)**

<https://sacd.sdsu.edu/ecrt>

**2023-24 Basic Needs Initiative Fund Distribution: \$918,088**

Recurring funds have been utilized to support the university's food pantry/food distribution program, emergency and return-to-aid grants, child/dependent care, transportation support, outreach and promotion, marketing, professional staff (including salaries and benefits) and student staff, as well as travel, student textbooks and course materials, and hygiene supplies. Other operating funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

Through the SDSU Basic Needs Center, students can receive \$100 gift cards to grocery stores such as Vons and Trader Joe's, while student-parents can receive \$200 to support their families. Students can donate their leftover meal-plan dollars and swipes (up to \$10,000 campuswide) to support the emergency food card program from the university's Economic Crisis Response Team (ECRT). SDSU hosts a weekly farmers' market and operates Brightside Produce, a full-service produce distribution service operated out of the university's Fowler College of Business, where students can purchase fresh produce at affordable prices. Additionally, students can access walk-in CalFresh application assistance through partnerships with the County of San Diego and Home Start Inc., a community-based collaborative.

The ECRT provides case management and emergency housing options, including short-term stays at Extended Stay hotels and transitional housing through Rapid Rehousing at the Lodge, an on-campus housing facility. Students in emergency housing are connected to additional support resources such as kitchen kits, hygiene supplies, food cards, transportation assistance and enrollment support for programs such as Medi-Cal, CalFresh and CalWORKs.

Basic needs funding has enabled the expansion of preventative resources, including the Supplemental Grocery Assistance Program, grants for student-parents and transportation assistance. These efforts focus on addressing basic needs challenges before they become crises. The SDSU Basic Needs Center has also expanded its hygiene distribution program via basic needs kits and has received funding from the National Association of Higher Education Systems (NASH) to further support students. Additionally, the launch of the Basic Needs Peer Advocate Program aims to reduce the stigma around accessing these services.

The following anecdote from an SDSU student illustrates the impact of basic needs services:

*As an undocumented student, there were several barriers I had to overcome during my college experience and many were financial-related (sic), which made it difficult to prioritize my education. When I first heard of the Economic Crisis Response Team at the Basic Needs Center as a freshman, I was relieved to know there was a community designated to help me navigate certain challenges. I hoped they could connect me to other resources, but the support they provided was unlike any other resource center on campus. As a first-generation student, I struggled with impostor syndrome due to not feeling seen, but with the support of the Basic Needs Center, I was able to surpass those feelings and blossom into the individual I am today. They provided assistance in several areas, such as financial*

*education and mental health support. The Supplemental Grocery Assistance Grant relieved the food insecurity I was facing and the basic needs kits I was able to receive every month relieved some financial burden and allowed me to secure housing. Without their help, which greatly relieved stress and anxiety, I would not have been able to finish my bachelor's degree in social work.*

### **San Francisco State University (San Francisco State)**

<https://basicneeds.sfsu.edu>

**2023-24 Basic Needs Initiative Fund Distribution: \$809,978.43**

Recurring funds have been utilized to support the university's food pantry/food distribution program, on- and off-campus emergency housing, emergency grants, outreach and promotion, marketing, professional staff (including salaries and benefits), basic needs physical infrastructure and the renovation of the Gator Crisis Housing units. External grants and student fees supplemented the General Fund for basic needs expenditures.

In 2023-24, basic needs baseline funding at San Francisco State supported students by addressing food insecurity and homelessness through the university's Food+Shelter+Success Basic Needs Initiative. Emergency grants helped students cover rent, move-in costs and food expenses while awaiting CalFresh approval and during emergencies. The funding also facilitated outreach to inform students about available resources and supported educational workshops on topics such as financial literacy and CalFresh eligibility. Data collection showed high satisfaction with the Basic Needs Center's programs, particularly from the groups facing the highest rates of food and housing insecurity.

The funding enabled a capital project with Associated Students Inc. (ASI) to build a larger refrigerator system for the ASI Food Pantry and the Gator Groceries program, ensuring nutritious options for students. It also supported renovation of the Gator Crisis Housing units, improving living conditions by replacing furniture and adding essential items such as cleaning supplies, houseware and toiletries. These upgrades streamlined the transition between student tenants in these units, ensuring comfort and efficiency.

The Food+Shelter+Success program also supports parenting students by supplying diapers, wipes, ointments, breastfeeding supplies and snacks in lactation rooms. The pantry offers fresh produce, dairy items and nonperishable goods, while the Gator Groceries program helps students to prepare complete meals. Grocery gift cards are available for emergencies or to assist students who are working on long-term food security plans, such as applying to CalFresh.

Additionally, San Francisco State provides emergency housing, offering up to 21 days in on-campus housing and up to 14 days in off-campus housing through partnerships with local hotels. The Rapid Rehousing Program also connects students to community partners for housing navigation and financial assistance.

### **San José State University (SJSU)**

<https://www.sjsu.edu/sjsucares>

**2023-24 Basic Needs Initiative Fund Distribution: \$1,222,474**

Recurring funds have been utilized to support the food pantry/food distribution program, on- and off-campus emergency housing, emergency grants, broadband and technology support, outreach

and promotion, marketing, professional staff (including salaries and benefits), student staff, professional development, professional association memberships and contractual services.

SJSU Cares has established a centralized hub for basic needs services, providing students with easy access to food and housing resources, financial assistance such as short-term grants, and guidance on navigating university and community resources. This one-stop resource reduces barriers, fosters a welcoming environment and combats the stigma around seeking help. SJSU Cares helps students who are facing housing insecurity via emergency housing, housing navigation and rental assistance, and connects students to off-campus resources, such as the Rapid Rehousing Program, when necessary. SJSU Cares offers temporary stays at local hotels and university-owned accommodations, providing students who are facing homelessness with safe, stable housing while they work with case managers on long-term solutions.

SJSU Cares enhances student access to nutritious food through the Spartan Food Pantry and provides guidance on external resources such as CalFresh. Educational outreach efforts have raised awareness and reduced the stigma around using these services. For student-parents, the Spartan Food Pantry also provides diapers and baby food, acquiring these items through Second Harvest of Silicon Valley, which provides 85% to 90% of SJSU's pantry inventory. The Spartan Food Pantry has become a vital resource for students, and its high usage reflects successful efforts to make it a reliable and inclusive support system. SJSU Cares also offers emergency financial assistance, including grocery gift cards for students facing food insecurity. These cards, donated by the community, range from \$25 to \$100.

#### **California Polytechnic State University, San Luis Obispo (Cal Poly SLO)**

<https://basicneeds.calpoly.edu>

**2023-24 Basic Needs Initiative Fund Distribution: \$369,940**

Recurring funds have been utilized to support the food pantry/food distribution program, emergency grants, support for parenting students, child/dependent care, broadband and technology support, outreach and promotion, marketing, professional staff (including salaries and benefits), student staff and professional development. Other operating funds, philanthropic funds and student fees supplemented the General Fund for basic needs expenditures.

Recurring funds have enabled Cal Poly SLO to expand support for students' basic needs, including adding a Food Pantry Coordinator position, which has significantly increased the capacity of the Cal Poly Basic Needs Initiative to manage grocery rescues, hire student assistants and maintain pantry inventory. In 2023-24, Cal Poly SLO made notable progress in addressing student needs. The Cal Poly Cares Emergency Grant Program helped 453 students who were facing financial hardships, distributing \$489,000 and providing 31 students with temporary on-campus housing. The meal voucher program provided \$423,900 in vouchers to 2,277 students, ensuring access to nutritious meals, including additional support for AB 540 (undocumented) students.

In 2023-24, the CalFresh Outreach team assisted 3,498 students in applying for benefits and screened 9,434 students for eligibility, engaging in more than 2,336 student CalFresh consultations. A spring 2024 survey revealed that 39.5% of students experienced food insecurity. The Cal Poly Food Pantry, despite budget constraints and limited space, saw a dramatic increase in visits, reaching 58,318 visits and 7,992 unique users in 2023-24, an increase from the pantry's 29,410 visits and 4,538 users in the prior year. Additionally, Cal Poly SLO hosted 10 monthly food bank distributions, serving 1,829 individuals.



## **California State University San Marcos (CSUSM)**

<https://www.csusm.edu/students/needs>

**2023-24 Basic Needs Initiative Fund Distribution: \$780,000**

Recurring funds have been utilized to support on-campus emergency housing, the first month's rent/deposit program, housing grants, professional staff (including salaries and benefits), student staff and the health assistance fund. Philanthropic funds, other operating funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

In summer 2023, CSUSM launched the Mobile Care Cart, a creative outreach initiative by the Cougar Care Network/Basic Needs team to provide resources, reduce stigma and foster cross-campus collaboration. The cart, along with humor-driven social media campaigns, addresses student loneliness and promotes engagement with essential services, including food and housing support. CSUSM also implemented the Just Five Minutes Campaign to encourage faculty to introduce services through brief videos, increasing visibility.

During 2023-24, 4,296 students used the Associated Students Inc. Cougar Pantry, and 344 students accessed the Swipe Out Hunger meal-donation program. These services appear to contribute to higher retention rates: 89% of pantry users and 87% of Swipe Out Hunger users either graduated or remained enrolled by fall 2024.

CSUSM has partnered with local agencies to tackle housing insecurity, including emergency housing and a new housing deposit assistance program that was launched in spring 2024. Students also benefit from food partnerships with organizations such as Feeding San Diego and with retail stores, which collectively provide 70% of the pantry's food. The Cougar Pantry On-The-Go program—mini-fridges stocked with fresh produce—expands student access to food across the campus.

Additionally, CSUSM collaborates with the County of San Diego to provide on-campus support for students applying to CalFresh, Medi-Cal and CalWORKs. Emergency housing and financial assistance are managed by the Cougar Care Network, which helps students navigate housing instability and access vital resources. These efforts have significantly contributed to student success and well-being at CSUSM.

## **Sonoma State University (SSU)**

<https://studentaffairs.sonoma.edu/student-resources/noma-cares-central/basic-needs>

**2023-24 Basic Needs Initiative Fund Distribution: \$326,930**

Recurring funds have been utilized to support the food pantry/food distribution program, on- and off-campus emergency housing, emergency grants, professional staff (including salaries and benefits), basic needs physical infrastructure and general operating expenses (e.g., office supplies, travel and training, programming). Philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

With this recurring funding, SSU has implemented a comprehensive support system, known as the Basic Needs Initiative (BNI), to assist students who are facing challenges such as food insecurity and homelessness. The university established Noma Cares Central—a centralized resource hub that integrates services from BNI, the Care Team, Confidential Advocacy, and Counseling and Psychological Services—to provide access to resources such as emergency

grants, transitional housing and CalFresh application assistance. This initiative expanded on-campus housing options for students experiencing housing insecurity, while emergency grants address essential expenses such as groceries, housing deposits, medical bills and car repairs.

In 2023-24, Lobo's Food Pantry recorded 2,965 visits, distributing more than 10,700 food items and 3,261 hygiene products. Additionally, SSU's CalFresh team processed 402 applications in virtual and in-person appointments, helping students to secure sustained food assistance. To address housing insecurity, 31 cases were managed, with 19 students being provided with temporary housing—14 of them in on-campus housing and five of them in off-campus hotels.

Partnerships with organizations such as the HomeFirst Coordinated Entry System, Catholic Charities and the Redwood Empire Food Bank facilitated access to additional resources for students. BNI also established a \$500 monthly donation from Grocery Outlet to bolster food availability. The program's integration of assistance for multiple issues—including food insecurity, financial difficulties and housing insecurity—helps SSU students overcome immediate crises and stay on track academically.

### **California State University, Stanislaus (Stanislaus State)**

<https://www.csustan.edu/basic-needs>

#### **2023-24 Basic Needs Initiative Fund Distribution: \$666,140**

Recurring funds have been utilized to support the food pantry/food distribution program, on- and off-campus emergency housing, long-term housing support, emergency grants, professional staff (including salaries and benefits), student staff and operational costs. Other operating funds, philanthropic funds, external grants and student fees supplemented the General Fund for basic needs expenditures.

The Basic Needs program at Stanislaus State provides extensive support to students through partnerships and services aimed at alleviating food and housing insecurity. The Warrior Food Pantry and other food distribution programs offer students access to fresh produce and nonperishable items. Through a partnership with the United Samaritans Foundation, the university distributes food boxes twice per month. Each box contains enough food to provide three meals per day for three days. Additionally, a collaboration with Second Harvest of the Greater Valley enables the purchase of essential goods at discounted rates, providing fresh produce, pantry staples, dairy products, protein-rich foods and hygiene products.

The program also offers CalFresh pre-screenings and outreach, supported by a dedicated staff member and graduate student interns from the Master of Social Work degree program. Students in need of emergency housing are provided with stays of up to three weeks, with potential extensions based on individual circumstances. Basic Needs program staff members offer non-clinical case management to help students navigate housing options and community resources.

According to a 2023-24 assessment, the Basic Needs program has positively impacted students' mental and physical health, improving their focus on academics. Of the students surveyed, 71% indicated that accessing these services helped them stay enrolled, while 79% reported an enhanced sense of belonging. With additional funding, the program has expanded food pantry operations and strengthened staff capacity, which ensures better support for students' food and housing needs.



## **MENTAL HEALTH EXPENDITURES, BY CAMPUS**

### **California State University, Bakersfield (CSUB)**

<https://www.csub.edu/counselingcenter>

**2023-24 Mental Health Fund Distribution: \$443,925**

The main sources of funding for the CSUB Counseling Center are the General Fund and a Category II Student Health Fee, which is augmented by grants and philanthropic funds. The dedicated Mental Health Fund distribution has made it possible for the CSUB Counseling Center to hire additional counselors to meet the growing need for individual and group counseling services.

The funding also allows the Counseling Center to organize and facilitate partnerships with other university departments to create multiple outreach opportunities across the campus. Many of these opportunities and partnerships have allowed counselors to go out into the campus community and meet students in spaces that are familiar to them, such as on-campus housing, athletics facilities, multicultural centers, the Educational Opportunity Program, the College Assistance Migrant Program (CAMP), the Veterans Success Center and the Project Rebound program for formerly incarcerated students. This, in turn, benefits students who may not be comfortable entering a more formal treatment environment.

In addition, this funding has allowed CSUB to create the Care Services program to provide wrap-around holistic support and resources to students of concern (i.e., students facing academic, personal, financial and/or emotional challenges). The first case manager for this program was hired in fall 2022, and with this additional support, the Care Team experienced a 30% increase in referrals in 2023-24. The case manager consults with the multidisciplinary Care Team, composed of a counselor and a diverse group of dedicated faculty and staff, on how best to support each student and to provide the appropriate care, support, education and resources. The goal of the program is to support students through challenges that might otherwise interfere with their academic success and progress.

CSUB counselors regularly provide the campus community with Question, Persuade and Refer (QPR) suicide prevention training and facilitate trainings for the Safe Zone program, a university-wide network of easily visible allies to provide support, information and assistance to LGBTQIA+ (lesbian, gay, bisexual, transgender, queer/questioning, intersex and asexual-plus) students. In addition to these trainings, counselors offer many outreach events that address issues such as body image, eating disorders, anxiety, sexual assault and destigmatizing mental health. The Counseling Center often partners with county and nonprofit agencies to educate students on mental health topics and to offer support with off-campus referrals. These partners include Kern Behavioral Health and Recovery Services, Clinica Sierra Vista, College Community Services, Aspire Behavioral Health, Marley's Mutts Dog Rescue, Save a Life Today (SALT) and the Open Door Network.

### **California State University Channel Islands (CSUCI)**

<https://www.csuci.edu/caps>

**2023-24 Mental Health Fund Distribution: \$260,480**

Mental health services at CSUCI are primarily funded through the collection of a Category II Student Health Fee and an allotment from the General Fund. With the dedicated Mental Health Fund distribution, CSUCI has been able to add a counselor faculty position and a full-time case

manager, as well as expanding the Mental Health Peer Program (MHPP), which creates a bridge between students and clinicians from Counseling and Psychological Services (CAPS). MHPP peer counselors provide students with one-on-one coaching by actively listening, offering empathy, and providing helpful insights and coping strategies; the program has reached more than 5,000 students to date.

The case manager has been integral to the formation of partnerships with local community-based organizations, including Family Psychological Services, Ventura County Behavioral Health, the Midtown Medical Group/Community Memorial Health System and several insurance-based agencies that serve as referral sources for students. The partnership with the Community Memorial Health System has provided a critical link to psychiatric services for students who need that level of care. CAPS recently completed an International Review Board–approved study, Counseling and Psychological Services: Clinical Outcomes, Utilization and Student Success. This study demonstrated the statistically and clinically meaningful impact of student utilization of counseling services. The utilization of counseling services not only has an impact on student mental health but also aids in increasing retention and graduation rates.

#### **California State University, Chico (Chico State)**

<https://www.csuchico.edu/counseling>

**2023-24 Mental Health Fund Distribution: \$513,000**

The primary source of funding for mental health services at Chico State is a Category II Student Health Fee. The dedicated Mental Health Fund distribution supplements that primary budget, and has allowed the hiring of two additional case managers, as well as an expansion of the peer educator program. These funds have allowed counselors to be embedded in strategic locations across the campus, increasing student access to mental health support.

The WellCat Counseling Center has also collaborated with the university's Master of Arts in Social Work degree program to create a training opportunity in which students receive clinical training by providing services to students under the supervision of the Counseling Center's professional staff. This increases clinical capacity in the Counseling Center while providing an important service to a university academic department and helping to advance student careers.

The two additional case managers have been central in maintaining the Counseling Center's relationships with Butte County Behavioral Health and Enloe Medical Center. These community collaborations are integral to providing wrap-around services for students who require a higher level of care than can be provided on campus. The WellCat Counseling Center regularly surveys its clients to monitor quality and to find growth opportunities. Chico State is also developing a campuswide survey that will evaluate mental health services.

#### **California State University, Dominguez Hills (CSUDH)**

<https://www.csudh.edu/sps>

**2023-24 Mental Health Fund Distribution: \$503,005**

The main funding sources for mental health services at CSUDH are a Category II Student Health Fee and the General Fund, as well as supplemental grant funding. As a result of the dedicated Mental Health Fund distribution, CSUDH has added six counselor faculty positions, three of whom were hired in 2023-24. CSUDH's Student Psychological Services (SPS) offers robust support to the campus community, including regular Mental Health First Aid trainings and a variety of other

workshops and presentations that address a range of mental health topics. SPS also provides dedicated counselor liaisons to many student affinity centers and student groups, such as students who are former foster youth. This approach increases access to mental health support to many students who might not access these services through the customary channels.

CSUDH produces an annual impact report that utilizes student data to identify how SPS has influenced retention and persistence. In 2023-24, SPS saw a 20% increase in counseling visits. The following are the top five areas in which students feel improvement after receiving counseling services: 1) feeling more likely to continue at CSUDH; 2) having greater insight into the source of their concern; 3) having better relationships with people; 4) overall sense of well-being has improved; and 5) seeing improvement in interpersonal/communication skills.

SPS also collaborates with the South Bay chapter of the National Alliance for Mental Illness (NAMI). NAMI collaborates in the training of student ambassadors for mental health, and NAMI representatives are often invited to campus to provide information directly to students during campuswide events. In addition, SPS partners with the Del Amo Behavioral Health System to provide support to students whose needs are greater than those the campus can address.

#### **California State University, East Bay (CSUEB)**

<https://www.csueastbay.edu/shcs/counseling>

**2023-24 Mental Health Fund Distribution: \$435,524**

Mental health services at CSUEB are primarily funded through a Category II Student Health Fee and supplemented by the dedicated Mental Health Fund distribution. This additional funding has allowed the addition of two counselor faculty members, as well as permanent funding for a case manager and a sexual assault survivor advocate. These funds have also enabled Counseling Services to provide services to support the entire CSUEB community, including trainings on helping students in distress, trauma-informed teaching and care strategies, suicide awareness and intervention, and other mental health topics. Counseling Services also has two counselors embedded in the university's Student Equity and Success Center, as well as University Housing and Residence Life. These counselors provide support to students who might not seek mental health services through traditional avenues.

Counseling Services regularly assesses client outcomes through a variety of measures. In 2023-24, 79% of respondents to a satisfaction survey stated that receiving counseling had enabled them to be better students (e.g., more focused, better motivation, better attendance) and 71% stated that receiving counseling services had helped them to remain enrolled. Forty-one percent of respondents reported a reduction in distress after receiving counseling, while 64% said that they had learned skills to manage future problems. Based on a standard clinical measure, 44% of counseling clients experienced a reduction in depressive symptoms between their first and second appointments, and 53% experienced a reduction in symptoms between their first and third appointments. Based on a standard anxiety measure, 42% of counseling clients experienced a reduction in anxiety symptoms between their first and second appointments, and 55% experienced a reduction in symptoms between their first and third appointments.

**California State University, Fresno (Fresno State)**  
<https://studentaffairs.fresnostate.edu/health/counseling>  
**2023-24 Mental Health Fund Distribution: \$591,000**

Mental health services at Fresno State are supported through a Category II Student Health Fee and the General Fund. As a result of the dedicated Mental Health Fund distribution, Fresno State has been able to hire an additional three counselor faculty members to join the Counseling Services staff.

In addition to the clinical services provided, Counseling Services also supports the campus community through Question, Persuade and Refer (QPR) suicide prevention training, as well as by hosting a biannual Mental Health Screening Day that provides anonymous mental health screenings and information about the mental health support services available on campus. Fresno State also offers workshops facilitated by the Peer Ambassadors of Wellness (PAWs), student volunteers who connect with their peers to alleviate the stigma around seeking mental health support. Counseling Services' professional staff also offer a variety of presentations and workshops about a range of mental health topics.

This funding has allowed Fresno State to expand the ways in which students are supported by Counseling Services. One example is the provision of "calming strips" to students. Calming strips are sensory tools that help students to manage stress and to focus. Made from soft, textured materials, calming strips provide soothing tactile feedback, which can help students to stay calm, as well as reducing anxiety and improving concentration in challenging situations.

Counseling Services has also implemented digital marketing screens, located in its lobbies, to provide critical information about events and resources in a visually engaging format. This enables real-time updates to notify students about campus activities, deadlines and support services, which helps to keep students informed and connected. This connection enhances students' campus experience and encourages active participation in campus activities.

The mental health services provided by Counseling Services have been essential in supporting student well-being. For instance, the Let's Talk program provides anonymous, informal consultations with a counselor, offering students easy access to brief, solution-oriented support. Triage services help manage crises, while the Campus Assessment, Response and Evaluation (CARE) Team works collaboratively to identify students who may be facing significant personal struggles or distress, so that these students can receive additional support or resources. Additionally, QPR suicide prevention training equips the campus community with the tools to recognize and respond to the warning signs of suicide. The campus also reaches out to students who are veterans through the Veterans Integration to Academic Leadership (VITAL) program, which provides individual counseling and connections to Veterans Administration resources, as well as peer/group support.

Through these strategies, Counseling Services utilizes a comprehensive approach to fostering student mental health that has positively impacted student outcomes, particularly retention and graduation rates. By addressing mental health challenges early, students are better equipped to manage stress, stay engaged academically and maintain emotional resilience. The community-based approach at Fresno State helps build a supportive environment where students can thrive. With these resources, students are more likely to persist through academic challenges, reduce absenteeism and achieve on-time graduation.

## **California State University, Fullerton (CSUF)**

<https://www.fullerton.edu/caps>

**2023-24 Mental Health Fund Distribution: \$1,235,520**

Counseling and Psychological Services (CAPS) at CSUF relies solely upon the dedicated Mental Health Fund distribution to support student mental health services. This funding enabled CAPS to hire four additional counselor faculty members in 2023-24. CAPS has also hired a wellness room coordinator, a sexual assault survivor advocate and an associate director for counseling, as well as a graphic designer to support outreach and communication efforts.

CAPS supports the broader campus community by facilitating a Mental Health Ally Training Program for faculty, staff and student staff. In 2023-24, 337 individuals received this training. CAPS counselors also facilitate numerous in-person and online presentations to address a wide array of mental health topics including stress management, sleep hygiene, managing mood, impostor syndrome and time management. They also facilitate trainings in Mental Health First Aid; Psychological First Aid; and Question, Persuade and Refer (QPR) suicide prevention strategies.

CAPS has created a Prevention Education Team—composed of three licensed mental health professionals and eight student workers—to provide outreach, education, programming and connection to empower students to engage in maintaining their mental health. The team supports various activities, including “doggy therapy,” information sessions during student orientation, weekly tabling outreach events, Wellness Workshops (a series of five workshops presented by student workers about the mental health topics that students face most often) and by-request presentations to faculty and student organizations. The team also manages online wellness platforms such as YOU@Fullerton and COMPASS@Fullerton, in addition to posting information and education materials on the CAPS website, Instagram account and YouTube channel.

To assess how mental health funding impacts student outcomes such as persistence and completion, CSUF conducts several annual comprehensive assessments, each designed to measure specific goals and outcomes while utilizing evidence-based methods to ensure actionable insights. To gauge the effectiveness of treatment in helping students overcome mental health-related barriers, CSUF utilizes the Counseling Center Assessment of Psychological Symptoms (CCAPS). Students complete this self-report inventory at the start of counseling and then at every third session, which allows clinicians to monitor symptom changes and track progress throughout each student’s treatment. In addition, to understand how students thrive and to identify the strengths that enable their success, CSUF administers the FM-12 (Secure Flourish), a 12-item self-report inventory. This tool evaluates various domains of well-being, providing a nuanced perspective on how students are flourishing. To ensure that graduate students receive quality mental health support, CSUF analyzes data from multiple sources, including the Healthy Minds Survey, CCAPS and the Flourishing Survey.

This multidimensional approach enables CAPS to assess students’ mental health needs, service utilization and overall well-being, which ensures tailored interventions. CAPS’s goal is to deliver counseling services that support student health and wellness. Students are surveyed to gather feedback on whether the services they’ve received have positively impacted their well-being. The qualitative and quantitative data collected through these surveys inform improvements to the quality of care that CAPS can provide. To foster a data-driven approach to student mental health engagement, CSUF administers a campuswide mental health

assessment, the Healthy Minds Study. This is a national survey that examines issues such as depression, anxiety, substance use and service utilization. The results help to identify trends, gaps and opportunities for improvement in mental health services.

By integrating these assessments into its practice, CSUF can comprehensively evaluate the impact of mental health funding on student outcomes, enabling data-informed decisions that support student persistence, retention and completion. These tools show a reduction in mental health barriers, increased student flourishing and higher satisfaction with counseling services, all of which help students to remain successful. Improved mental health directly impacts student retention and graduation by fostering resilience, academic engagement and a sense of belonging. For example, students who report reduced symptoms of anxiety and depression are better able to focus on their studies, while those who thrive emotionally are more likely to persist through challenges and achieve academic success. Additionally, by addressing basic needs and providing robust support, CSUF creates a campus environment that promotes holistic growth and enhances students' ability to complete their degrees.

**California State Polytechnic University, Humboldt (Cal Poly Humboldt)**

<https://counseling.humboldt.edu/counseling-psychological-services-new>

**2023-24 Mental Health Fund Distribution: \$246,620**

Mental health services at Cal Poly Humboldt are supported through a Category II Student Health Fee, the General Fund and the dedicated Mental Health Fund distribution. Due to its location in a remote, rural area, Cal Poly Humboldt faces challenges in attracting counselors to the campus. This funding has enabled Counseling and Psychological Services (CAPS) to contract with TimelyCare, a virtual care provider that tailors its services to the higher education sector, providing acute mental health and psychiatric services.

CAPS offers several outreach and drop-in programs to support students with numerous issues and identities—including identity development concerns, ADHD/neurodivergence, queer and trans students, Latinx students, veterans and male students—as well as to improve student social connections and skills. CAPS also offers a Mental Health Toolbox, in addition to education on topics such as relationship skills and how to develop healthy relationships with food and with one's body. CAPS also customizes outreach programs as requested by campus partners.

**California State University, Long Beach (CSULB)**

<https://www.csulb.edu/student-affairs/counseling-and-psychological-services>

**2023-24 Mental Health Fund Distribution: \$2,070,080**

CSULB funds mental health services across the campus with the dedicated Mental Health Fund distribution, supplemented by the General Fund and philanthropic funds. As a result of this funding, CSULB has added six counselor faculty positions in Counseling and Psychological Services (CAPS).

The director of CAPS partnered with the Basic Needs program to launch the Wellness Ambassador Training program—an opportunity to engage faculty and staff in supporting students who are facing basic needs and mental health challenges—in spring 2023. This training is offered regularly across the campus. CAPS also hosts Lunch and Learn talks, the Project OCEAN (On-Campus Emergency Assistance Network) peer educator program and the Beach Buddy Connect



peer-mentoring program. Each semester, CAPS hosts the Live Your Life Day campuswide mental health awareness event and a Beach Bonding Night event.

CAPS has also developed a partnership with the Los Angeles County Department of Mental Health's Asian Pacific Islander Underserved Cultural Communities (UsCC) Subcommittee to increase mental health access. This agency supports students who need more significant mental health support than CAPS can provide. Students who have been referred to this agency have found it to be a helpful resource, and they have appreciated the connection and services they have received from the providers there.

### **California State University, Los Angeles (Cal State LA)**

<https://www.calstatela.edu/studenthealthcenter/caps>

**2023-24 Mental Health Fund Distribution: \$1,044,890**

Mental health services at Cal State LA are funded solely through the dedicated Mental Health Fund distribution. Cal State LA has hired seven additional counselors and a case manager with this funding.

Counseling and Psychological Services (CAPS) provides Mental Health First Aid (MHFA) training across the campus. This provides staff, faculty and students with the knowledge and tools needed to support someone experiencing a mental health challenge. Approximately 143 individuals received MHFA training in 2023-24. CAPS has also developed a Walk and Talk program that focuses on skill-building, problem-solving and increasing resiliency skills. An unanticipated benefit of the program has been that students have reported that their participation has led them to feel more connected to the campus and more aware of available resources. The program has helped to de-stigmatize accessing campus resources, as well as helping participants to form a community and a sense of belonging.

This funding has supported CAPS in offering services outside of the Counseling Center to better reach specific student populations, such as former foster youth and Dreamers. CAPS, in partnership with the Student Health Center, maintains a robust marketing, outreach and health promotion program using print, email, social media and web marketing channels. Segmented outreach efforts are also utilized to target specific populations of the campus community, including regular on-campus promotional activities with the Student Health Ambassadors at CSULA (SHAC) program and the Health Hut education and discussion program. In addition, CAPS facilitates the campuswide health fair, provides in-person presentations to classes and other academic partners, and targets outreach to incoming first-year students via collaborations with the New Student and Family Engagement Program. CAPS also makes joint outreach efforts with professional staff and trained student staff from the Student Health Center, helping to leverage labor resources and provide a student-/peer-driven promotional effort that provides greater student familiarity with Student Health Center programming.

Cal State LA partners with Peace Over Violence (POV)—a nonprofit organization that provides services and advocacy for survivors of sexual, domestic and interpersonal violence—to support students who have experienced interpersonal violence. A dedicated POV advocate is assigned to the campus and serves as a case manager for students seeking services. Cal State LA also partners with YOU@College to facilitate a YOU@CSULA platform through the student portal, which provides an array of well-being resources tailored to students' needs.

CAPS assesses its services through patient satisfaction surveys. In fall 2023, 73% of student respondents agreed or strongly agreed that seeing a counselor supported their academic success.

**California State University Maritime Academy (Cal Maritime)**

<https://www.csum.edu/student-health-center/services/counseling-services>

**2023-24 Mental Health Fund Distribution: \$17,000**

Mental health services at Cal Maritime are funded through a Category II Student Health Fee, the General Fund and the dedicated Mental Health Fund distribution. This funding allows Counseling and Psychological Services (CAPS) to provide support with both breadth and depth due to, in part, a low counselor-to-student ratio. In addition to serving 30% of students through individual counseling during 2023-24, CAPS provided numerous workshops and presentations throughout the year for students, student leaders, faculty, staff and administrators.

The community mental health model used by CAPS emphasizes: 1) suicide prevention; 2) community mental health awareness and health literacy; 3) cultural competence; and 4) innovative practices. The efforts of CAPS's direct and indirect services are also aided by the small campus environment and the close working relationships among and across staff and faculty members.

The effectiveness of CAPS's efforts to support student mental health are reflected across multiple metrics of mental health and wellness. These include client satisfaction survey results, clinical measures of mental health and wellness, population health surveys, and survey feedback from outreach presentations. For example, in spring 2023, all Cal Maritime students were invited to complete the Healthy Minds Study, which had a response rate of 25%. Highlights from that survey include students rating CAPS counselors 10 percentage points above national averages for quality, respect for privacy and respect for cultural background. Cal Maritime students also showed rates of anxiety and depression below national averages.

**California State University, Monterey Bay (CSUMB)**

<https://csumb.edu/pgcc>

**2023-24 Mental Health Fund Distribution: \$735,510**

In addition to the dedicated Mental Health Fund distribution, CSUMB supports its mental health services through a Category II Student Health Fee, philanthropic funds and grant funds. As a result of this funding, the Personal Growth and Counseling Center (PGCC) has added a part-time counselor faculty member and has expanded its Master of Social Work (MSW) Intern Training Program. The funds also allowed the reclassification of two counselor faculty members to increase their capacity to provide clinical supervision in this program. The additional support from MSW interns has increased the ability of the PGCC to provide students with needed assistance in connecting with resources, both on- and off-campus, such as Medi-Cal. The PGCC's staff expansion also enabled counselor faculty members to support one postdoctoral training psychologist from the university's Clinic for Education Supports to provide counseling to students one day per week. This collaboration between departments has strengthened these relationships, which has improved the referral process for students seeking accommodations due to disabilities related to mental health.

Counselors at the PGCC provide robust support to the campus community through multiple



avenues. Mental Health First Aid (MHFA) and Question, Persuade and Refer (QPR) suicide prevention trainings are provided to students, staff and faculty by staff members of the PGCC and the Health Promotion and Education program from Health and Wellness Services. Among the departments committed to continuous training for new staff are Athletics; the Center for Advising, Career and Student Success; and College Support Programs. Suicide prevention training is offered monthly to students, staff and faculty, as well as in observance of formal mental health awareness campaigns such as World Suicide Prevention Day and Mental Health Awareness Month. Training is marketed through multiple platforms—including the MyRaft student engagement program, the campus newsletter, and university websites and social media accounts—as well as through direct promotion to faculty members.

Mental health programming for students includes virtual, hybrid and in-person events such as workshops, training, presentations and tabling. Students are first introduced to these services during orientation workshops and the messaging is reinforced in first-year seminar courses. Ongoing touchpoints take place during outreach events in multiple campus locations throughout the year. Student use of You@CSUMB, an online well-being platform available to students, staff and faculty, continues to be promoted and encouraged through tabling events where counselors distribute You@CSUMB marketing materials. Mental health programs were also highlighted in the Otter Be Involved online student newsletter and through presentations delivered in classes, to student organizations and to campus colleagues.

In 2023-24, the PGCC continued its collaboration with multiple departments to reinstate the Let's Talk program, which provides students with access to informal consultations with counselors. Counselors provide services at strategic campus locations to target particular student populations who are less likely to utilize mental health services in a more formal context, such as first-generation college students, BIPOC (Black, Indigenous and people of color) students and students with disabilities. Campus partners included College Support Programs, the Cooperative Learning Center and the Otter Cross-Cultural Center.

In 2023-24, the PGCC collaborated with the Campus Planning Department to distribute magnets in campus restrooms to increase community awareness of crisis and wellness resources. These magnets highlight phone numbers that students can call during mental health emergencies, as well as providing contact information for resources that support general wellness and basic needs. QR codes on the magnets expand and highlight information about various campus departments' contributions to wellness initiatives, provide contact information for on- and off-campus behavioral health and safety partners, and present guidelines to the campus community on how to support an individual through a mental health crisis.

The PGCC partners with the Monterey County Rape Crisis Center and United Way Monterey County. These partnerships give students access to critical services that fall beyond the scope of the services the university can offer.

Client satisfaction surveys highlight students' positive feelings about the support they receive from the PGCC. In 2023-24, 100% of students surveyed reported that they were treated respectfully by the PGCC's staff and 79% reported that their academic performance improved and/or that they were more likely to continue their education or graduate from CSUMB. The annual 10% increase in direct service provision demonstrates the support that the PGCC provides to students' well-being, academic success and retention. The PGCC participated in an external review and several specific services of the Center were noted as particularly outstanding.

## **California State University, Northridge (CSUN)**

<https://www.csun.edu/counseling>

**2023-24 Mental Health Fund Distribution: \$1,364,000**

In addition to the dedicated Mental Health Fund distribution, mental health services at CSUN are funded through the General Fund, a Category II Student Health Fee, philanthropic funds, grant funds and lottery funds. As a result of this funding, CSUN has hired an additional 11 counselor faculty positions, three of which were added in 2023-24. CSUN has also added an athletics case manager, a peer education programs coordinator and an administrative support position.

University Counseling Services (UCS) supports the campus community through numerous outreach and prevention efforts. Question, Persuade and Refer (QPR) suicide prevention training is offered two times per month and by request for CSUN departments, groups and campus organizations. In addition to these QPR trainings, during 2023-24, counselors staffed 159 tabling shifts at campus events—reaching 2,632 students—as well as conducting 340 outreach presentations and workshops for 7,445 students. UCS counselors provided outreach presentations and workshops on a wide range of mental health and wellness topics, and engaged with 369 students through Let’s Talk informal consultations with various student populations in locations across campus. These locations included Black House, the Pride Center, the DREAM Center, Parent Scholars, the National Center on Deafness, the International and Exchange Student Center, Glenn Omatsu House, Hillel 818 and the Athletics Department. UCS counselors also engaged with 319 students through the provision of six workshops/activity events in honor of history and heritage months: Asian American and Pacific Islander Heritage Month, Black History Month, LGBT History Month, Native American Heritage Month, Trans Awareness Month and Women’s History Month.

UCS developed and hosted a Suicide Prevention Week that included a resource fair (with 1,100 student attendees), a therapy dog event (with 300 student attendees) and various other workshops (with 117 student attendees). UCS also collaborated with CSUN Associated Students to develop and host a Mental Health Awareness Week that included a resource fair (with 175 student attendees) and additional workshops (with 58 student attendees). Student peer educators in the three campus peer-education programs—the Blues Project, which promotes awareness and education about depression and suicide prevention; Project DATE, which is an acquaintance rape–prevention program; and JADE, which is dedicated to awareness around body image and to the prevention of eating disorders—staffed 41 tabling shifts at campus events and gave 162 outreach presentations to 5,532 students. These peer-education programs created and provided four Wellness Week events that included workshops and resource fairs. These events were Beat the Blues Week (with 256 student participants), It’s on Us (with 163 student participants), National Eating Disorder Awareness Week (with 222 student participants) and Sexual Assault Awareness for Everyone Week (with 144 student participants).

As a result of this funding, CSUN also created an Urgent Care/Crisis Stabilization Team. This team includes counselors with specialized training in risk assessment, crisis intervention and clinical case management services. The team provides drop-in rapid access to crisis/urgent services from 8 AM to 5 PM, Monday through Friday.

UCS partners with two external agencies to increase the support available to students. CSUN serves as a rotation location for UCLA’s Olive View Psychiatry Residency Training Program and

UCS has developed a streamlined referral process with the Child and Family Guidance Center, which provides access to longer-term off-campus resources for students who need them.

UCS utilizes student surveys to obtain information about the impact of mental health services on students' mental health, as well as their well-being and academic functioning/success. During 2023-24, 83% of students who utilized individual clinical services and 92% of students who utilized group therapy services reported that the services they received had a positive impact on their academic functioning.

**California State Polytechnic University, Pomona (CPP)**

<https://www.cpp.edu/caps>

**2023-24 Mental Health Fund Distribution: \$263,868**

Counseling and Psychological Services (CAPS) at CPP is predominantly funded through a Category II Student Health Fee. That funding is supplemented by the dedicated Mental Health Fund distribution and other grant funds. As a result of this funding, CAPS has added three counselor faculty members and placed embedded counselors within the Black Resource Center, University Housing, the College of Environmental Design and the university's foster youth program. CAPS also offers extended hours two days each week, when the center is open until 7 PM.

As a result of these expansions, the number of unique students utilizing CAPS has increased by 18%. Additionally, the presence of embedded counselors has led to increased mental health programming, which has improved access to services and has reduced stigma in those communities. CAPS supports the entire campus community by providing trainings to faculty, staff and students in Mental Health First Aid (MHFA) and the I Can Help program, which educates campus community members about available health and well-being resources. CAPS also hosts visibility events during Suicide Awareness Week and Mental Health Awareness Month.

CAPS has developed community partnerships with the Tri-City Mental Health Center, Serene Pathways Programs, Sandbox Schools of Early Care and Education, Together Family Counseling, Insightful Matters Family Counseling Professionals, the Azusa Pacific University Counseling Center and Pacific Clinics. These partners have been invited to campus events to promote their services and CAPS case managers have referred students to these partner services. These partnerships increase access to services for students who need more extensive support than the campus can provide.

The 2023-24 Impact Survey conducted by CPP's Division of Student Affairs indicated that 19% of students (226 total) who accessed CAPS services graduated, while 69.6% of these students (826 total) returned the following semester. Together, that is a nearly 89% success rate in retention and graduation for students who accessed CAPS services in 2023-24.

**California State University, Sacramento (Sacramento State)**

<https://www.csus.edu/student-life/health-counseling/counseling>

**2023-24 Mental Health Fund Distribution: \$1,100,000**

Mental health services at Sacramento State are funded through the dedicated Mental Health Fund distribution. Since 2021, Counseling Services has added seven counselor faculty positions, four of which were added in 2023-24.

Counseling Services supports the campus community through a campuswide mental health training program for faculty, staff and students that aims to foster a supportive campus environment, reduce stigma around mental health and equip the community with the tools to identify, address and respond to mental health challenges.

In addition, Counseling Services offers a workshop for faculty and staff called The Art of Helping Students in Distress. Provided several times each semester, this training recognizes that faculty and staff members are often the first to encounter students in various stages of distress. Faculty are often a student's primary connection to the university, and the training provides instruction on how to intervene with students who are experiencing mental and emotional difficulties. The workshop includes a didactic portion, as well as role-playing activities to practice skill development. The participant response to this workshop continues to be very positive.

Counseling Services also supports a Peer Wellness Advocates (PWA) program, which enlists between eight and 12 student PWAs each year. PWAs undergo at least 40 hours of training, and then receive biweekly group supervision and didactic training throughout the year. PWAs are available to meet with students by appointment and in various spaces across campus as groups. This program provides a safe listening space for students, and PWAs escalate participants to licensed professionals if necessary.

Partnerships with Alliant International University and California Northstate University have allowed Counseling Services to bring in doctoral interns to provide counseling to students. This program has given students increased access to mental health care while helping these doctoral interns meet their clinical hour requirements. This creates a mutually beneficial relationship that enhances the quality of care and provides needed training opportunities. By leveraging such partnerships, Sacramento State has been able to scale services to address greater student needs without overwhelming internal resources, and this reflects a successful integration of external expertise into the university's care system.

Sacramento State utilizes National College Health Assessment survey data to provide a baseline and monitor student outcomes. This year, Counseling Services began working with the university's Institutional Review Board and the director of Institutional Research, Data and Analytics to determine the persistence and graduation rates of students who utilize the integrated programs of Student Health, Counseling and Wellness Services as compared with students who do not. This information will be available in future reports.

#### **California State University, San Bernardino (CSUSB)**

<https://www.csusb.edu/caps>

**2023-24 Mental Health Fund Distribution: \$757,020**

Mental health services are funded at CSUSB through a Category II Student Health Fee and the dedicated Mental Health Fund distribution. As a result of this funding, CSUSB has added a Survivor Advocate position, a campuswide case management position and five student assistants to support outreach programming within Counseling and Psychological Services (CAPS), as well as transitioning a part-time counselor to full-time status. The funds have also been utilized to implement Mental Health First Aid (MHFA) training across the campus.

CAPS has continued to increase its outreach efforts through collaboration and partnerships with various university departments, as well as having a more consistent presence at campus events.

CAPS offers frequent health and well-being workshops for students, faculty and staff—both in person and virtually—about various mental health topics, and these have been very well attended. In 2023-24, CAPS conducted 209 outreach events and workshops that were attended by nearly 14,000 students, faculty and staff. Additionally, the majority of CAPS's health and well-being workshops are recorded and made available on the CAPS Workshop Library website and on Spotify to ensure that they are accessible for viewing and listening at any time by students, faculty and staff.

Efforts have also been made to strengthen liaison relationships and collaboration opportunities with campus partners to increase support to students in spaces where they are comfortable and to help meet students where they are. This supports the destigmatization of mental health and help-seeking, as well as promoting well-being on campus. CAPS has a strong liaison relationship with the Athletics Department, in which there is a designated counselor. This embedded counselor administers annual mental health screenings, provides a weekly drop-in support space for student-athletes and is present at athletics events to offer support. In addition, all coaches and staff in the Athletics Department have received MHFA training.

CAPS and Survivor Advocacy Services have a community partnership with Partners Against Violence, which provides individual and group counseling for survivors of sexual assault and domestic violence, as well as advocacy services and prevention education. CSUSB leadership recently met to improve the referral process to better support student survivors in accessing needed services.

CAPS also commonly refers students who are seeking low-cost counseling options in San Bernardino and the surrounding area to the following partner agencies: the Community Counseling Center (a training facility for CSUSB's Master in Clinical/Counseling Psychology degree program); Catholic Charities; the San Bernardino County Department of Behavioral Health's Outpatient Services program; the Family Service Association; the Loma Linda University Children's Resiliency Institute for Childhood Adversity; Rim Family Services; Phoenix Community Counseling; the Social Action Community Health System; Mariposa Community Counseling; Clay Counseling Solutions; and Jewish Family Service of the Desert.

CAPS utilizes multiple channels for evaluating the effectiveness of its services. Annual mental health screening assessments are administered in the Athletics Department, and satisfaction surveys for counseling services and workshops are provided. A clinical assessment is also administered at each CAPS clinical appointment. This instrument assesses students' reported symptoms of depression, generalized anxiety, social anxiety, academic distress, eating concerns, frustration/anger, alcohol use and overall distress. In 2023-24, 712 students completed at least two administrations of this tool. Of particular note is that students reported decreased symptoms across all scales, post-test. Compared to the national sample, CAPS's change in scores for the overall distress index among clients with moderate and/or elevated initial distress is in the 84th percentile. This suggests that the average change in overall distress from pre-test to post-test for CSUSB students who utilize CAPS's services is higher than 84% of the counseling centers in the national sample. Additionally, among the students seen by CAPS staff who expressed at least some suicidal ideation (n=222), 77% (171 students) reported a decrease in suicidal ideation post-treatment.

**San Diego State University (SDSU)**

<https://sacd.sdsu.edu/cps>

**2023-24 Mental Health Fund Distribution: \$846,483**

Mental health services at SDSU are primarily funded through a Category II Student Health Fee and are supplemented by the dedicated Mental Health Fund distribution. Counseling & Psychological Services (C&PS) has been able to add six counselor faculty members because of this funding, three of which were added to the team in the 2023-24 academic year.

In addition, C&PS has conducted additional outreach to student groups, such as those who utilize the Undocumented Resource Center, where a group called Reclaim Your Story was added. This year, a new group called Friend Up was developed for students who identify as being on the autism spectrum. This group became full quickly and has been steadily well attended each week, indicating that this was an existing student need that is now being filled.

C&PS supports the entire campus community by offering Question, Persuade and Refer (QPR) suicide prevention trainings and I Can Help mental health awareness trainings. C&PS also offers a program called Talk It Out at various campus locations throughout the week. The Talk It Out program provides access to mental health services for students who would not normally go to C&PS, perhaps due to stigma or cultural reasons. Additional outreach efforts include collaborating with each cultural center on campus to provide culturally responsive programming; providing counselors on site for the Guardian Scholars program for former foster youth; and partnering with the Department of Athletics to provide drop-in counseling for student-athletes. Counselors also provide presentations by request in classrooms and to any registered student organization, including fraternities and sororities. C&PS facilitates campus visits by therapy dogs and provides peer educators to regularly table at events across campus, further increasing the visibility of the mental health services available.

SDSU has a Memorandum of Understanding with the San Diego County Mobile Crisis Response Team to assist individuals in crisis on campus. In addition, C&PS collaborates with the University Police Department, embedding two clinicians to assist and co-respond to students who are experiencing mental health crises.

The Bounce Back Retention Program is a one-unit course provided by counselor faculty to students who are on academic notice. This program uses a curriculum that is based on resilience and positive psychology. Persistence data are analyzed, and for fall 2023, 73% of students who received credit in the Bounce Back course persisted at the university, as compared with 27% of those who did not enroll or who did not receive credit for the course.

In addition, the Division of Student Affairs and Campus Diversity is actively compiling a database of programming to assess success on various data points. This is currently in progress and further data on the effectiveness of C&PS's services will be available in future reports.

**San Francisco State University (San Francisco State)**

<https://psyservs.sfsu.edu>

**2023-24 Mental Health Fund Distribution: \$776,490**

Mental health services at San Francisco State are funded through a Category II Student Health Fee and are supplemented by the dedicated Mental Health Fund distribution.



San Francisco State strives to provide mental health services and resources to students so they can reach their full potential and achieve their academic goals. To ensure that students are aware of all the services and resources available through Counseling and Psychological Services (CAPS), there is a campus commitment to outreach through efforts such as giving presentations during student orientation and in classrooms throughout the year; tabling during campus events; collaborating with academic departments; facilitating visits by therapy animals; providing self-care stations; and delivering a multitude of workshops that cover topics such as stress, mental health, mindfulness, healthy relationships, sexual health and nutrition. CAPS also supports the campus community by providing mental health training programs for students, faculty and staff, including Question, Persuade and Refer (QPR) suicide prevention training and Mental Health First Aid training.

CAPS works with a variety of community partners to expand the services available to students. San Francisco State has a Memorandum of Understanding in place with San Francisco Women Against Rape (SFWAR) to provide after-hours support to student survivors of sexual assault. This partnership increases options for student survivors and provides training on trauma-informed approaches to the delivery of mental health services.

In addition, San Francisco State recognizes that many students need learning disability assessments that are often very expensive and difficult to find, and to mitigate these challenges, the university is working with three community professionals to offer limited assessment services to identified students. This partnership was well received by the students who received services they would have otherwise been unable to find and/or afford, and the community professionals have expressed interest in continuing the partnership.

Campus mental health case managers regularly communicate with community agencies, such as the Greenlight Clinic and the California Institute of Integral Studies, to determine availability and wait times for receiving mental health services, which benefits San Francisco State students by directing them to more readily available local resources, as well as having a positive impact on the community agencies. The Greenlight Clinic is a consortium of volunteer mental health practitioners who provide free, confidential mental health therapy to young people aged 14 to 26 years in the San Francisco Bay Area, helping them to develop skills and behaviors to attain their personal goals. The California Institute of Integral Studies offers low-fee counseling in many languages for adults, couples, families, seniors, adolescents and children from across the San Francisco Bay Area. The sliding-fee scale is structured to accommodate people of all income levels and life situations. These community partners provide much-needed counseling alternatives for San Francisco State students who are seeking ongoing counseling that is beyond CAPS's scope of services.

While data from the 2024 National College Health Assessment survey of the general population of San Francisco State students shows that students continue to feel lonely and stressed, as well as experiencing anxiety and depressed mood, the CAPS satisfaction survey data indicate that the majority of students who seek counseling reported that it had a positive impact on their academic success.

**San José State University (SJSU)**

<https://www.sjsu.edu/wellness/access-services/counseling>

**2023-24 Mental Health Fund Distribution: \$752,000**

Mental health services at SJSU are funded through a Category II Student Health Fee and supplemented by the dedicated Mental Health Fund distribution. As a result of this funding, Counseling and Psychological Services (CAPS) has added three additional counselor faculty positions.

CAPS offers support to the campus community through numerous outreach and prevention efforts. Question, Persuade and Refer (QPR) suicide prevention trainings and Mental Health First Aid trainings are offered to faculty, staff and students. A De-Stress 101 Peer Health Education Workshop is offered to help students build stress-reduction skills. Peer educators also provide workshops on self-care, healthy sexuality, body image and alcohol and other drugs.

SJSU hosts a Wellness Lounge in the Student Wellness Center, which has been very successful. In 2023-24, the Wellness Lounge saw 12,194 massage chair visits, 837 visits to the Create and Connect drop-in painting tables and 168 visits to the Lounge during final exams. In addition, 218 students were reached by the stress-reduction activities offered throughout finals week.

SJSU's Student Wellness Center (SWC) represents an integrated model of student care that brings together counseling, medical, wellness and health promotion services under one roof. Prior to the integration, each service unit operated independently, collecting its own separate data. This decentralized approach meant that there was less coordination and collaboration between the units. However, since the integration, the SWC has taken a more holistic approach to student well-being by fostering collaboration across the service areas.

One of the key benefits of this integration has been the formation of comprehensive care teams, such as Gender Affirming Care Services and the Eating Disorder Collaborative Task Force. These care teams work across disciplines to provide more cohesive, personalized care for students. Additionally, the integration has allowed for a more solidified approach to behavioral health services, ensuring that students receive the support they need across a range of mental, physical and social health challenges. This integrated model helps to bridge gaps in care, promote preventative health and improve overall student outcomes, which creates a more supportive and accessible environment for the diverse student population at SJSU.

The services provided by the SWC and CAPS enhance the ability of students to continue being successful academically and, ultimately, to graduate. More specifically, students who had appointments with CAPS in 2023-24 had an 89% post-census progression rate (i.e., they enrolled in a future semester and/or graduated).

**California Polytechnic State University, San Luis Obispo (Cal Poly SLO)**

<https://chw.calpoly.edu/counseling>

**2023-24 Mental Health Fund Distribution: \$242,000**

Mental health services at Cal Poly SLO are funded through a Category II Student Health Fee and supplemented by the dedicated Mental Health Fund distribution. Counseling and Psychological Services (CAPS) has added one counselor faculty position and an administrative support

coordinator position as a result of this funding. CAPS has also hired a provider for year-round support, which will be critical in facilitating year-round operations, which will begin in a few years.

CAPS's outreach programming is also supported by these funds, which has enabled the establishment of direct relationships with campus partners. This, in turn, has reduced student barriers to accessing care. The dedicated funding has also allowed Cal Poly SLO to invest in professional development for counselors, which has enabled CAPS to offer new specialized treatments for students, such as eye movement desensitization and reprocessing (EMDR) therapy.

CAPS supports the campus community by offering Mental Health First Aid trainings and its own See Something, Say Something, Do Something training on responding to mental health crises. CAPS also purchased access to the mobile phone application, Welltrack Boost, which provides students with 24-hour access to a wide variety of self-help tools. In 2023-24, there were 288 total Welltrack Boost users, and the program was logged into 583 times. According to data reports that can be accessed by CAPS staff, 77% of users reported that they experienced improvement as a result of using the application. CAPS also regularly utilizes client satisfaction surveys to track quality assurance and the service impact of individual and group counseling services.

CAPS partners with the County of San Luis Obispo's Behavioral Health Department and as a result of this partnership, the county has placed a residential wellness counselor on the campus.

### **California State University San Marcos (CSUSM)**

<https://www.csusm.edu/shcs>

**2023-24 Mental Health Fund Distribution: \$424,957**

Mental health services at CSUSM are funded through a Category II Student Health Fee, the General Fund and the dedicated Mental Health Fund distribution. As a result of this funding, Counseling Services has been able to hire two additional counselor faculty members. Of note, the recent hires come from diverse backgrounds, which allows Counseling Services to represent different and intersecting identities. The wait time for students to begin individual psychotherapy also has been reduced by one to two weeks at times of peak demand because of the availability of these additional counselors.

Counseling Services supports the campus community by providing a wide range of outreach and prevention offerings, including Mental Health First Aid trainings that are offered multiple times each semester to faculty, staff and students. A Mindfulness Mondays program that teaches mindfulness and meditation techniques to students is offered weekly, and students have access to a smart phone digital wellness application called BetterYou.

Additional services and events supported by Counseling Services include a suicide prevention candlelight vigil; resource events to promote mental health and reduce stigma; workshops specifically focused on supporting Latinx communities and bringing attention to mental health in the Black community; and educational workshops focused on eating disorders, self-harm and stress relief. Depression and anxiety screenings are offered twice each year, and in 2023-24, more than 100 students were screened and connected to mental health resources as needed.

## **Sonoma State University (SSU)**

<https://caps.sonoma.edu>

### **2023-24 Mental Health Fund Distribution: \$634,794**

Mental health services at SSU are supported through a Category II Student Health Fee, philanthropic funds, grant funds and the dedicated Mental Health Fund distribution. As a result of this funding, Counseling and Psychological Services (CAPS) has hired two additional counselor faculty members.

CAPS engaged in multiple outreach and prevention efforts during the 2023-24 academic year. The Mental Health Ambassadors (MHA) program is an internship in mental health advocacy that allows SSU undergraduates to gain practice and supervision in providing outreach to the campus community. This year, the MHAs provided 13 in-class presentations on a variety of topics and tabled on 41 different occasions, as well as organizing a fall Wellness Fair for Suicide Awareness and a spring self-care event.

CAPS provides support to the campus community through two training programs: Keep a Seawolf Safe, a suicide prevention training program, and WELL Wolves, a Mental Health First Aid training program. These programs are offered to students, faculty and staff. CAPS staff also provided workshops on various topics including autism support, grief and self-care, as well as giving presentations to academic classes describing the university's mental health services.

CAPS clinicians and MHAs partnered with the university's Confidential Advocacy Office to organize several events in April for Sexual Assault Awareness Month, including promoting a field day with events, tabling for Denim Day and engaging students in the Clothesline Project, as well as encouraging students to discuss their experiences at the university's annual Take Back the Night event. SSU also partners with Verity, Sonoma County's sexual assault prevention, intervention and healing center. Verity collaborates with CAPS and the Confidential Advocacy Office to provide advocacy and support for students who experience sexual assault, intimate partner violence, domestic violence, stalking, sexual exploitation or harassment.

Counselors also supported students at many campus events, including conducting a "safe space" discussion on the Israel/Hamas conflict and providing training for resident assistants on addressing difficult topics with residential students. Counselors attended meetings of the Asian American Pacific Islander Support Group, as well as Dream Center events for undocumented students. CAPS counselors have liaison relationships with various departments, programs and organizations on campus, including the Advising and Transfer Center; the Military and Veteran Resource Center; the Athletics Department; the Black Student Union; Disability Services for Students; fraternities and sororities; the University Police Department; Residential Education and Campus Housing; and the Queer Student Alliance. CAPS liaisons attend department meetings and classes, as time allows, and provide information about available counseling services.

CAPS conducts an annual student satisfaction survey to gauge clients' perceptions of services. In 2023-24, 81% of students surveyed agreed or strongly agreed with the statement "having contact with counseling at CAPS has helped me feel supported by Sonoma State as a whole;" 77% of students agreed or strongly agreed that "the services I received at CAPS helped me better manage my academic stress so I could do better in school;" and 75% of students agreed or strongly agreed that "the services I received at CAPS helped me be more confident that I can continue at Sonoma State and graduate."

## **California State University, Stanislaus (Stanislaus State)**

<https://www.csustan.edu/CAPS>

**2023-24 Mental Health Fund Distribution: \$415,140**

Mental health services at Stanislaus State are funded through a Category II Student Health Fee and the dedicated Mental Health Fund distribution. Counseling and Psychological Services (CAPS) has added two counselor faculty positions as a result of this funding.

To support the campus community, CAPS offers Question, Persuade and Refer (QPR) suicide prevention training and Recovery Ally training to support individuals in recovery from substance abuse. CAPS also provides Mental Health First Aid (MHFA) training through a partnership with a community-based organization. CAPS supports a Well-Being Ambassador program and a National Alliance for Mental Illness student organization, as well as offering a Performance, Resilience, Optimum (PRO) Athletic Workshop series for student-athletes. In addition to on-campus presentations and workshops, CAPS staff offer live Instagram feeds and podcasts on a variety of mental health topics, including domestic violence, self-compassion, body positivity, restorative justice and suicide awareness.

Stanislaus State partners with San Joaquin County Behavioral Health to offer training programs for MHFA and Applied Suicide Intervention Skills Training, as well as partnering with Stanislaus County's Behavioral Health and Recovery Services as a referral source for students with significant mental health diagnoses and substance-use disorders. To provide support to students who are experiencing domestic or sexual violence, the university also partners with the HAVEN (Healthy Alternatives to Violent Environments) Women's Center and PREVAIL (Pioneering Restoration and Elevating Voices of Advocacy, Idealism and Leadership). These partners provide domestic violence educators who are located on campus and co-facilitate groups and workshops.

CAPS regularly implements a client satisfaction survey and works closely with the associate vice president for Student Success to analyze success data for students who have utilized its services. This assessment plan is still in development and data will be available in future reports.

## **CONCLUSION**

As this report illustrates, the recurring funds for basic needs and mental health services have enabled all 23 CSUs to bolster infrastructure and to increase support and programming in ways that have made a tremendous impact on students systemwide. The innovative and critical student support initiatives that have been implemented have expanded beyond mitigating food and housing insecurity to include nutrition security, technology support, financial literacy interventions and support for parenting students. Each 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 university's programming.

Basic needs and mental health staff and leadership at all 23 CSUs look forward to the continued development of the programs and services this recurring funding supports as they strive to serve as a model for universities across the nation. As the CSU moves toward the completion of the goals outlined in the robust Graduation 2025 Initiative, there is an awareness that basic needs and mental health support will play an important role in the CSU's next systemwide success

framework. These services are highly valued across the system because there is a keen awareness of the impact that they 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 contributions to the success of their communities and the state.



**APPENDIX**  
**SYSTEMWIDE STUDENT MENTAL HEALTH SERVICES UTILIZATION DATA**  
**2023-24**

**California State University, Bakersfield**

Total number of students receiving clinical services = 477

Total number of students served through outreach activities = 500

**Race/Ethnicity**

|                                      |     |
|--------------------------------------|-----|
| American Indian or Alaskan Native    | **  |
| Asian or Asian American              | 38  |
| Black or African American            | 27  |
| Hispanic or Latino/a                 | 233 |
| Middle Eastern or North African      | **  |
| Native Hawai'ian or Pacific Islander | **  |
| White or European                    | 48  |
| Other                                | 31  |

**Gender**

|                              |     |
|------------------------------|-----|
| Woman                        | 284 |
| Man                          | 102 |
| Trans Woman or Transfeminine | **  |
| Trans Man or Transmasculine  | **  |
| Nonbinary                    | **  |
| Genderqueer or Gender Fluid  | **  |
| Another Gender               | **  |
| Decline to State             | 16  |

**Age**

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 358 |
| 26 to 35         | 68  |
| 36 to 45         | 17  |
| 46 to 55         | **  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 20  |

**Providers**

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,343 |
| Psychologist                    | 1       |
| Marriage & Family Therapist     | 4       |
| Social Worker                   | 2       |
| Professional Clinical Counselor | 0       |

**Type of Service**

|                            |     |
|----------------------------|-----|
| Clinical Intake            | 477 |
| Brief Screening/Triage     | 0   |
| Individual Counseling      | 306 |
| Group Counseling           | 73  |
| Couples/Family Counseling  | 0   |
| Crisis/Walk-In Appointment | 127 |
| After-Hours Support        | 27  |
| Off-Campus Referral        | 10  |

Average wait time for an initial appointment = 13 days

Average number of appointments per student = 5.11

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University Channel Islands

Total number of students receiving clinical services = 485

Approximate number of students served through outreach activities = 5,100

### Race/Ethnicity

|                                      |     |
|--------------------------------------|-----|
| American Indian or Alaskan Native    | **  |
| Asian or Asian American              | 36  |
| Black or African American            | 26  |
| Hispanic or Latino/a                 | 217 |
| Middle Eastern or North African      | **  |
| Native Hawai'ian or Pacific Islander | **  |
| White or European                    | 98  |
| Other                                | 16  |

### Gender

|                              |      |
|------------------------------|------|
| Woman                        | 288  |
| Man                          | 118  |
| Trans Woman or Transfeminine | **   |
| Trans Man or Transmasculine  | **   |
| Nonbinary                    | 11   |
| Genderqueer or Gender Fluid  | **   |
| Another Gender               | N/A* |
| Decline to State             | 16   |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 436 |
| 26 to 35         | 96  |
| 36 to 45         | 19  |
| 46 to 55         | **  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 16  |

### Providers

|                                 |       |
|---------------------------------|-------|
| Counselor-to-Student Ratio      | 1:732 |
| Psychologist                    | 1     |
| Marriage & Family Therapist     | 4     |
| Social Worker                   | 2     |
| Professional Clinical Counselor | 0     |

### Type of Service

|                            |     |
|----------------------------|-----|
| Clinical Intake            | 207 |
| Brief Screening/Triage     | 144 |
| Individual Counseling      | 366 |
| Group Counseling           | 17  |
| Couples/Family Counseling  | 2   |
| Crisis/Walk-In Appointment | 144 |
| After-Hours Support        | 186 |
| Off-Campus Referral        | 86  |

Average wait time for an initial appointment = 8 days

Average number of appointments per student = 4

\*Data not available.

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University, Chico

Total number of students receiving clinical services = 1,521

Approximate number of students served through outreach activities = 4,336

### Race/Ethnicity

|                                      |     |
|--------------------------------------|-----|
| American Indian or Alaskan Native    | 15  |
| Asian or Asian American              | 100 |
| Black or African American            | 41  |
| Hispanic or Latino/a                 | 421 |
| Middle Eastern or North African      | **  |
| Native Hawai'ian or Pacific Islander | 37  |
| White or European                    | 569 |
| Other                                | 55  |

### Gender

|                              |     |
|------------------------------|-----|
| Woman                        | 793 |
| Man                          | 377 |
| Trans Woman or Transfeminine | 26  |
| Trans Man or Transmasculine  | **  |
| Nonbinary                    | 49  |
| Genderqueer or Gender Fluid  | **  |
| Another Gender               | **  |
| Decline to State             | 276 |

### Age

|                  |       |
|------------------|-------|
| 17 or Younger    | **    |
| 18 to 25         | 1,291 |
| 26 to 35         | 185   |
| 36 to 45         | 17    |
| 46 to 55         | 16    |
| 56 to 65         | **    |
| 65 or Older      | **    |
| Decline to State | 12    |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,076 |
| Psychologist                    | 3       |
| Marriage & Family Therapist     | 7       |
| Social Worker                   | 2       |
| Professional Clinical Counselor | 1       |

### Type of Service

|                            |       |
|----------------------------|-------|
| Clinical Intake            | 487   |
| Brief Screening/Triage     | 56    |
| Individual Counseling      | 4,771 |
| Group Counseling           | 497   |
| Couples/Family Counseling  | 0     |
| Crisis/Walk-In Appointment | 321   |
| After-Hours Support        | 422   |
| Off-Campus Referral        | 58    |

Average wait time for an initial appointment = 8 days

Average number of appointments per student = 6

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University, Dominguez Hills

Total number of students receiving clinical services = 819

Approximate number of students served through outreach activities = 1,682

### Race/Ethnicity

|                                      |      |
|--------------------------------------|------|
| American Indian or Alaskan Native    | **   |
| Asian or Asian American              | 80   |
| Black or African American            | 154  |
| Hispanic or Latino/a                 | 448  |
| Middle Eastern or North African      | N/A* |
| Native Hawai'ian or Pacific Islander | **   |
| White or European                    | 44   |
| Other                                | 216  |

### Gender

|                              |     |
|------------------------------|-----|
| Woman                        | 595 |
| Man                          | 223 |
| Trans Woman or Transfeminine | **  |
| Trans Man or Transmasculine  | **  |
| Nonbinary                    | **  |
| Genderqueer or Gender Fluid  | **  |
| Another Gender               | **  |
| Decline to State             | 8   |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 657 |
| 26 to 35         | 312 |
| 36 to 45         | 60  |
| 46 to 55         | 12  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 6   |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,362 |
| Psychologist                    | 5.5     |
| Marriage & Family Therapist     | 1       |
| Social Worker                   | 3       |
| Professional Clinical Counselor | 1       |

### Type of Service

|                            |       |
|----------------------------|-------|
| Clinical Intake            | 351   |
| Brief Screening/Triage     | 605   |
| Individual Counseling      | 3,939 |
| Group Counseling           | 176   |
| Couples/Family Counseling  | 0     |
| Crisis/Walk-In Appointment | 62    |
| After-Hours Support        | 40    |
| Off-Campus Referral        | 31    |

Average wait time for an initial appointment = 9 days

Average number of appointments per student = 5

\*Data not available.

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University, East Bay

Total number of students receiving clinical services = 872

Approximate number of students served through outreach activities = 1,800

### Race/Ethnicity

|                                      |     |
|--------------------------------------|-----|
| American Indian or Alaskan Native    | **  |
| Asian or Asian American              | 175 |
| Black or African American            | 79  |
| Hispanic or Latino/a                 | 354 |
| Middle Eastern or North African      | **  |
| Native Hawai'ian or Pacific Islander | 13  |
| White or European                    | 155 |
| Other                                | 104 |

### Gender

|                              |     |
|------------------------------|-----|
| Woman                        | 570 |
| Man                          | 259 |
| Trans Woman or Transfeminine | **  |
| Trans Man or Transmasculine  | **  |
| Nonbinary                    | **  |
| Genderqueer or Gender Fluid  | 22  |
| Another Gender               | **  |
| Decline to State             | 18  |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 626 |
| 26 to 35         | 235 |
| 36 to 45         | 60  |
| 46 to 55         | 20  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 13  |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,226 |
| Psychologist                    | 1.6     |
| Marriage & Family Therapist     | 5.2     |
| Social Worker                   | 2.2     |
| Professional Clinical Counselor | 0.6     |

### Type of Service

|                            |     |
|----------------------------|-----|
| Clinical Intake            | 788 |
| Brief Screening/Triage     | 0   |
| Individual Counseling      | 577 |
| Group Counseling           | 130 |
| Couples/Family Counseling  | 8   |
| Crisis/Walk-In Appointment | 101 |
| After-Hours Support        | 21  |
| Off-Campus Referral        | 9   |

Average wait time for an initial appointment = 5 days

Average number of appointments per student = 2.9

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University, Fresno

Total number of students receiving clinical services = 1,419

Approximate number of students served through outreach activities = 2,598

### Race/Ethnicity

|                                      |       |
|--------------------------------------|-------|
| American Indian or Alaskan Native    | 42    |
| Asian or Asian American              | 529   |
| Black or African American            | 249   |
| Hispanic or Latino/a                 | 2,318 |
| Middle Eastern or North African      | 10    |
| Native Hawai'ian or Pacific Islander | 749   |
| White or European                    | 68    |
| Other                                | 414   |

### Gender

|                              |       |
|------------------------------|-------|
| Woman                        | 3,075 |
| Man                          | 1,277 |
| Trans Woman or Transfeminine | **    |
| Trans Man or Transmasculine  | **    |
| Nonbinary                    | **    |
| Genderqueer or Gender Fluid  | **    |
| Another Gender               | **    |
| Decline to State             | 27    |

### Age

|                  |       |
|------------------|-------|
| 17 or Younger    | **    |
| 18 to 25         | 3,129 |
| 26 to 35         | 901   |
| 36 to 45         | 233   |
| 46 to 55         | 64    |
| 56 to 65         | 45    |
| 65 or Older      | **    |
| Decline to State | 7     |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,833 |
| Psychologist                    | 1       |
| Marriage & Family Therapist     | 8       |
| Social Worker                   | 4       |
| Professional Clinical Counselor | 0       |

### Type of Service

|                            |       |
|----------------------------|-------|
| Clinical Intake            | 1,067 |
| Brief Screening/Triage     | 0     |
| Individual Counseling      | 1,062 |
| Group Counseling           | 163   |
| Couples/Family Counseling  | 7     |
| Crisis/Walk-In Appointment | 168   |
| After-Hours Support        | 28    |
| Off-Campus Referral        | 10    |

Average wait time for an initial appointment = 18 days

Average number of appointments per student = 6

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University, Fullerton

Total number of students receiving clinical services = 1,012

Approximate number of students served through outreach activities = 12,754

### Race/Ethnicity

|                                      |     |
|--------------------------------------|-----|
| American Indian or Alaskan Native    | 19  |
| Asian or Asian American              | 418 |
| Black or African American            | 97  |
| Hispanic or Latino/a                 | 705 |
| Middle Eastern or North African      | **  |
| Native Hawai'ian or Pacific Islander | 19  |
| White or European                    | 389 |
| Other                                | 27  |

### Gender

|                              |       |
|------------------------------|-------|
| Woman                        | 1,304 |
| Man                          | 608   |
| Trans Woman or Transfeminine | N/A*  |
| Trans Man or Transmasculine  | N/A*  |
| Nonbinary                    | N/A*  |
| Genderqueer or Gender Fluid  | N/A*  |
| Another Gender               | N/A*  |
| Decline to State             | 34    |

### Age

|                  |       |
|------------------|-------|
| 17 or Younger    | 18    |
| 18 to 25         | 1,464 |
| 26 to 35         | 389   |
| 36 to 45         | 55    |
| 46 to 55         | 20    |
| 56 to 65         | N/A*  |
| 65 or Older      | N/A*  |
| Decline to State | 0     |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,425 |
| Psychologist                    | 12      |
| Marriage & Family Therapist     | 11      |
| Social Worker                   | 5       |
| Professional Clinical Counselor | 1       |

### Type of Service

|                            |       |
|----------------------------|-------|
| Clinical Intake            | 1,321 |
| Brief Screening/Triage     | 0     |
| Individual Counseling      | 4,796 |
| Group Counseling           | 197   |
| Couples/Family Counseling  | 4     |
| Crisis/Walk-In Appointment | 1,398 |
| After-Hours Support        | 1,025 |
| Off-Campus Referral        | 502   |

Average wait time for an initial appointment = 10 days

Average number of appointments per student = 6.12

\*Data not available.

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.



## California State Polytechnic University, Humboldt

Total number of students receiving clinical services = 1,045

Approximate number of students served through outreach activities = 2,475

### Race/Ethnicity

|                                      |      |
|--------------------------------------|------|
| American Indian or Alaskan Native    | 16   |
| Asian or Asian American              | 35   |
| Black or African American            | 34   |
| Hispanic or Latino/a                 | 229  |
| Middle Eastern or North African      | N/A* |
| Native Hawai'ian or Pacific Islander | 10   |
| White or European                    | 539  |
| Other                                | 142  |

### Gender

|                              |     |
|------------------------------|-----|
| Woman                        | 495 |
| Man                          | 292 |
| Trans Woman or Transfeminine | 11  |
| Trans Man or Transmasculine  | 21  |
| Nonbinary                    | 109 |
| Genderqueer or Gender Fluid  | 14  |
| Another Gender               | 13  |
| Decline to State             | 14  |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 837 |
| 26 to 35         | 162 |
| 36 to 45         | 23  |
| 46 to 55         | 12  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 11  |

### Providers

|                                 |       |
|---------------------------------|-------|
| Counselor-to-Student Ratio      | 1:543 |
| Psychologist                    | 0     |
| Marriage & Family Therapist     | 6     |
| Social Worker                   | 4     |
| Professional Clinical Counselor | 1     |

### Type of Service

|                            |     |
|----------------------------|-----|
| Clinical Intake            | 694 |
| Brief Screening/Triage     | 748 |
| Individual Counseling      | 614 |
| Group Counseling           | 138 |
| Couples/Family Counseling  | 23  |
| Crisis/Walk-In Appointment | 30  |
| After-Hours Support        | 345 |
| Off-Campus Referral        | 183 |

Average wait time for an initial appointment = 6.41 days

Average number of appointments per student = 5.72

\*Data not available.

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University, Long Beach

Total number of students receiving clinical services = 1,628

Approximate number of students served through outreach activities = 1,508

### Race/Ethnicity

|                                      |      |
|--------------------------------------|------|
| American Indian or Alaskan Native    | N/A* |
| Asian or Asian American              | N/A* |
| Black or African American            | N/A* |
| Hispanic or Latino/a                 | N/A* |
| Middle Eastern or North African      | N/A* |
| Native Hawai'ian or Pacific Islander | N/A* |
| White or European                    | N/A* |
| Other                                | N/A* |

### Gender

|                              |      |
|------------------------------|------|
| Woman                        | N/A* |
| Man                          | N/A* |
| Trans Woman or Transfeminine | N/A* |
| Trans Man or Transmasculine  | N/A* |
| Nonbinary                    | N/A* |
| Genderqueer or Gender Fluid  | N/A* |
| Another Gender               | N/A* |
| Decline to State             | N/A* |

### Age

|               |      |
|---------------|------|
| 17 or Younger | N/A* |
| 18 to 25      | N/A* |
| 26 to 35      | N/A* |
| 36 to 45      | N/A* |
| 46 to 55      | N/A* |
| 56 to 65      | N/A* |
| 65 or Older   | N/A* |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:2,396 |
| Psychologist                    | 14      |
| Marriage & Family Therapist     | 2       |
| Social Worker                   | 0.5     |
| Professional Clinical Counselor | 0       |

### Type of Service

|                            |     |
|----------------------------|-----|
| Clinical Intake            | 837 |
| Brief Screening/Triage     | 0   |
| Individual Counseling      | 861 |
| Group Counseling           | 93  |
| Couples/Family Counseling  | 4   |
| Crisis/Walk-In Appointment | 251 |
| After-Hours Support        | 245 |
| Off-Campus Referral        | 163 |

Average wait time for an initial appointment = 8.48 days

Average number of appointments per student = 4.86

\*Data not available.

## California State University, Los Angeles

Total number of students receiving clinical services = 1,012

Approximate number of students served through outreach activities = 1,934

### Race/Ethnicity

|                                      |      |
|--------------------------------------|------|
| American Indian or Alaskan Native    | 127  |
| Asian or Asian American              | 15   |
| Black or African American            | 95   |
| Hispanic or Latino/a                 | 749  |
| Middle Eastern or North African      | N/A* |
| Native Hawai'ian or Pacific Islander | N/A* |
| White or European                    | 24   |
| Other                                | 2    |

### Gender

|                              |     |
|------------------------------|-----|
| Woman                        | 64  |
| Man                          | 32  |
| Trans Woman or Transfeminine | **  |
| Trans Man or Transmasculine  | **  |
| Nonbinary                    | **  |
| Genderqueer or Gender Fluid  | **  |
| Another Gender               | **  |
| Decline to State             | 916 |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 649 |
| 26 to 35         | 269 |
| 36 to 45         | 65  |
| 46 to 55         | 24  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 8   |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:2,243 |
| Psychologist                    | 0       |
| Marriage & Family Therapist     | 6       |
| Social Worker                   | 4       |
| Professional Clinical Counselor | 1       |

### Type of Service

|                            |       |
|----------------------------|-------|
| Clinical Intake            | 1,844 |
| Brief Screening/Triage     | 789   |
| Individual Counseling      | 1,014 |
| Group Counseling           | 63    |
| Couples/Family Counseling  | 5     |
| Crisis/Walk-In Appointment | 80    |
| After-Hours Support        | 294   |
| Off-Campus Referral        | 479   |

Average wait time for an initial appointment = 18 days

Average number of appointments per student = 4

\*Data not available.

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University Maritime Academy

Total number of students receiving clinical services = 231

Approximate number of students served through outreach activities = 600

### Race/Ethnicity

|                                      |     |
|--------------------------------------|-----|
| American Indian or Alaskan Native    | **  |
| Asian or Asian American              | 27  |
| Black or African American            | 10  |
| Hispanic or Latino/a                 | 37  |
| Middle Eastern or North African      | **  |
| Native Hawai'ian or Pacific Islander | **  |
| White or European                    | 110 |
| Other                                | 7   |

### Gender

|                              |      |
|------------------------------|------|
| Woman                        | 78   |
| Man                          | 151  |
| Trans Woman or Transfeminine | N/A* |
| Trans Man or Transmasculine  | N/A* |
| Nonbinary                    | **   |
| Genderqueer or Gender Fluid  | N/A* |
| Another Gender               | **   |
| Decline to State             | 2    |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 206 |
| 26 to 35         | 21  |
| 36 to 45         | **  |
| 46 to 55         | **  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 6   |

### Providers

|                                 |       |
|---------------------------------|-------|
| Counselor-to-Student Ratio      | 1:317 |
| Psychologist                    | 1     |
| Marriage & Family Therapist     | 0.4   |
| Social Worker                   | 0     |
| Professional Clinical Counselor | 1     |

### Type of Service

|                            |     |
|----------------------------|-----|
| Clinical Intake            | 195 |
| Brief Screening/Triage     | 12  |
| Individual Counseling      | 175 |
| Group Counseling           | 0   |
| Couples/Family Counseling  | 3   |
| Crisis/Walk-In Appointment | 113 |
| After-Hours Support        | 20  |
| Off-Campus Referral        | 15  |

Average wait time for an initial appointment = 4.1 days

Average number of appointments per student = 5.9

\*Data not available.

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University, Monterey Bay

Total number of students receiving clinical services = 797

Approximate number of students served through outreach activities = 11,791

### Race/Ethnicity

|                                      |     |
|--------------------------------------|-----|
| American Indian or Alaskan Native    | 17  |
| Asian or Asian American              | 103 |
| Black or African American            | 40  |
| Hispanic or Latino/a                 | 346 |
| Middle Eastern or North African      | 10  |
| Native Hawai'ian or Pacific Islander | 17  |
| White or European                    | 298 |
| Other                                | 75  |

### Gender

|                              |     |
|------------------------------|-----|
| Woman                        | 442 |
| Man                          | 160 |
| Trans Woman or Transfeminine | **  |
| Trans Man or Transmasculine  | 11  |
| Nonbinary                    | 50  |
| Genderqueer or Gender Fluid  | 29  |
| Another Gender               | 42  |
| Decline to State             | 45  |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 798 |
| 26 to 35         | 143 |
| 36 to 45         | 12  |
| 46 to 55         | 11  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 12  |

### Providers

|                                 |       |
|---------------------------------|-------|
| Counselor-to-Student Ratio      | 1:784 |
| Psychologist                    | 3     |
| Marriage & Family Therapist     | 1     |
| Social Worker                   | 4     |
| Professional Clinical Counselor | 0     |

### Type of Service

|                            |     |
|----------------------------|-----|
| Clinical Intake            | 797 |
| Brief Screening/Triage     | 716 |
| Individual Counseling      | 797 |
| Group Counseling           | 66  |
| Couples/Family Counseling  | 0   |
| Crisis/Walk-In Appointment | 100 |
| After-Hours Support        | 194 |
| Off-Campus Referral        | 42  |

Average wait time for an initial appointment = 6.79 days

Average number of appointments per student = 5.19

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University, Northridge

Total number of students receiving clinical services = 2,168

Total number of students served through outreach activities = 17,658

### Race/Ethnicity

|                                      |       |
|--------------------------------------|-------|
| American Indian or Alaskan Native    | **    |
| Asian or Asian American              | 268   |
| Black or African American            | 167   |
| Hispanic or Latino/a                 | 1,154 |
| Middle Eastern or North African      | **    |
| Native Hawai'ian or Pacific Islander | **    |
| White or European                    | 414   |
| Other                                | 165   |

### Gender

|                              |       |
|------------------------------|-------|
| Woman                        | 132   |
| Man                          | 69    |
| Trans Woman or Transfeminine | **    |
| Trans Man or Transmasculine  | 12    |
| Nonbinary                    | 13    |
| Genderqueer or Gender Fluid  | **    |
| Another Gender               | **    |
| Decline to State             | 1,942 |

### Age

|                  |       |
|------------------|-------|
| 17 or Younger    | 21    |
| 18 to 25         | 1,677 |
| 26 to 35         | 364   |
| 36 to 45         | 70    |
| 46 to 55         | 25    |
| 56 to 65         | **    |
| 65 or Older      | **    |
| Decline to State | 11    |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,688 |
| Psychologist                    | 14.7    |
| Marriage & Family Therapist     | 3       |
| Social Worker                   | 3.85    |
| Professional Clinical Counselor | 0       |

### Type of Service

|                            |       |
|----------------------------|-------|
| Clinical Intake            | 1,663 |
| Brief Screening/Triage     | 590   |
| Individual Counseling      | 1,321 |
| Group Counseling           | 232   |
| Couples/Family Counseling  | 6     |
| Crisis/Walk-In Appointment | 293   |
| After-Hours Support        | 199   |
| Off-Campus Referral        | 181   |

Average wait time for an initial appointment = 5 days

Average number of appointments per student = 4.58

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State Polytechnic University, Pomona

Total number of students receiving clinical services = 1,053

Approximate number of students served through outreach activities = 3,522

### Race/Ethnicity

|                                      |      |
|--------------------------------------|------|
| American Indian or Alaskan Native    | **   |
| Asian or Asian American              | 218  |
| Black or African American            | 59   |
| Hispanic or Latino/a                 | 461  |
| Middle Eastern or North African      | N/A* |
| Native Hawai'ian or Pacific Islander | **   |
| White or European                    | 165  |
| Other                                | 7    |

### Gender

|                              |      |
|------------------------------|------|
| Woman                        | N/A* |
| Man                          | N/A* |
| Trans Woman or Transfeminine | N/A* |
| Trans Man or Transmasculine  | N/A* |
| Nonbinary                    | N/A* |
| Genderqueer or Gender Fluid  | N/A* |
| Another Gender               | N/A* |
| Decline to State             | N/A* |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 780 |
| 26 to 35         | 224 |
| 36 to 45         | 33  |
| 46 to 55         | **  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 11  |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:2,032 |
| Psychologist                    | 8       |
| Marriage & Family Therapist     | 2       |
| Social Worker                   | 2       |
| Professional Clinical Counselor | 1       |

### Type of Service

|                            |      |
|----------------------------|------|
| Clinical Intake            | 532  |
| Brief Screening/Triage     | 899  |
| Individual Counseling      | 707  |
| Group Counseling           | 29   |
| Couples/Family Counseling  | 8    |
| Crisis/Walk-In Appointment | 280  |
| After-Hours Support        | 26   |
| Off-Campus Referral        | N/A* |

Average wait time for an initial appointment = 5.34 days

Average number of appointments per student = 4.84

\*Data not available.

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.



## California State University, Sacramento

Total number of students receiving clinical services = 7,810

Approximate number of students served through outreach activities = 4,154

### Race/Ethnicity

|                                      |       |
|--------------------------------------|-------|
| American Indian or Alaskan Native    | 71    |
| Asian or Asian American              | 1,266 |
| Black or African American            | 737   |
| Hispanic or Latino/a                 | 2,419 |
| Middle Eastern or North African      | **    |
| Native Hawai'ian or Pacific Islander | 106   |
| White or European                    | 1,939 |
| Other                                | 1,033 |

### Gender

|                              |       |
|------------------------------|-------|
| Woman                        | 5,399 |
| Man                          | 2,199 |
| Trans Woman or Transfeminine | 19    |
| Trans Man or Transmasculine  | 65    |
| Nonbinary                    | 60    |
| Genderqueer or Gender Fluid  | 15    |
| Another Gender               | **    |
| Decline to State             | 17    |

### Age

|                   |       |
|-------------------|-------|
| 17 or Younger     | 46    |
| 18 to 25          | 5,805 |
| 26 to 35          | 1,411 |
| 36 to 45          | 243   |
| 46 to 55          | 47    |
| 56 to 65          | 26    |
| 65 or Older       | **    |
| Declined to State | 232   |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:2,013 |
| Psychologist                    | 5       |
| Marriage & Family Therapist     | 9       |
| Social Worker                   | 1       |
| Professional Clinical Counselor | 0       |

### Type of Service

|                            |       |
|----------------------------|-------|
| Clinical Intake            | 1,303 |
| Brief Screening/Triage     | 209   |
| Individual Counseling      | 5,425 |
| Group Counseling           | 183   |
| Couples/Family Counseling  | 6     |
| Crisis/Walk-In Appointment | 609   |
| After-Hours Support        | 75    |
| Off-Campus Referral        | 217   |

Average wait time for an initial appointment = 4 days

Average number of appointments per student = 4.4

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University, San Bernardino

Total number of students receiving clinical services = 1,151

Approximate number of students served through outreach activities = 12,719

### Race/Ethnicity

|                                      |      |
|--------------------------------------|------|
| American Indian or Alaskan Native    | **   |
| Asian or Asian American              | 83   |
| Black or African American            | 81   |
| Hispanic or Latino/a                 | 544  |
| Middle Eastern or North African      | N/A* |
| Native Hawai'ian or Pacific Islander | **   |
| White or European                    | 107  |
| Other                                | 89   |

### Gender

|                              |     |
|------------------------------|-----|
| Woman                        | 578 |
| Man                          | 274 |
| Trans Woman or Transfeminine | **  |
| Trans Man or Transmasculine  | **  |
| Nonbinary                    | 31  |
| Genderqueer or Gender Fluid  | **  |
| Another Gender               | **  |
| Decline to State             | 18  |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 982 |
| 26 to 35         | 371 |
| 36 to 45         | 60  |
| 46 to 55         | 28  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 19  |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,277 |
| Psychologist                    | 3.6     |
| Marriage & Family Therapist     | 6.3     |
| Social Worker                   | 2       |
| Professional Clinical Counselor | 2.6     |

### Type of Service

|                            |     |
|----------------------------|-----|
| Clinical Intake            | 714 |
| Brief Screening/Triage     | 40  |
| Individual Counseling      | 907 |
| Group Counseling           | 141 |
| Couples/Family Counseling  | 10  |
| Crisis/Walk-In Appointment | 148 |
| After-Hours Support        | 112 |
| Off-Campus Referral        | 62  |

Average wait time for an initial appointment = 9 days

Average number of appointments per student = 7

\*Data not available.

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## San Diego State University

Total number of students receiving clinical services = 4,256

Approximate number of students served through outreach activities = 19,630

### Race/Ethnicity

|                                      |       |
|--------------------------------------|-------|
| American Indian or Alaskan Native    | 19    |
| Asian or Asian American              | 553   |
| Black or African American            | 237   |
| Hispanic or Latino/a                 | 951   |
| Middle Eastern or North African      | **    |
| Native Hawai'ian or Pacific Islander | 27    |
| White or European                    | 1,427 |
| Other                                | 383   |

### Gender

|                              |       |
|------------------------------|-------|
| Woman                        | 2,225 |
| Man                          | 1,464 |
| Trans Woman or Transfeminine | **    |
| Trans Man or Transmasculine  | **    |
| Nonbinary                    | **    |
| Genderqueer or Gender Fluid  | **    |
| Another Gender               | 23    |
| Decline to State             | 544   |

### Age

|                  |       |
|------------------|-------|
| 17 or Younger    | 10    |
| 18 to 25         | 1,537 |
| 26 to 35         | 133   |
| 36 to 45         | 34    |
| 46 to 55         | 10    |
| 56 to 65         | **    |
| 65 or Older      | **    |
| Decline to State | 4     |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,457 |
| Psychologist                    | 19      |
| Marriage & Family Therapist     | 6       |
| Social Worker                   | 8       |
| Professional Clinical Counselor | 0       |

### Type of Service

|                            |       |
|----------------------------|-------|
| Clinical Intake            | 1,420 |
| Brief Screening/Triage     | 2,279 |
| Individual Counseling      | 1,822 |
| Group Counseling           | 270   |
| Couples/Family Counseling  | 28    |
| Crisis/Walk-In Appointment | 770   |
| After-Hours Support        | 95    |
| Off-Campus Referral        | 500   |

Average wait time for an initial appointment = 3.45 days

Average number of appointments per student = 5.5

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## San Francisco State University

Total number of students receiving clinical services = 1,071

Approximate number of students served through outreach activities = 1,341

### Race/Ethnicity

|                                      |      |
|--------------------------------------|------|
| American Indian or Alaskan Native    | N/A* |
| Asian or Asian American              | N/A* |
| Black or African American            | N/A* |
| Hispanic or Latino/a                 | N/A* |
| Middle Eastern or North African      | N/A* |
| Native Hawai'ian or Pacific Islander | N/A* |
| White or European                    | N/A* |
| Other                                | N/A* |

### Gender

|                              |      |
|------------------------------|------|
| Woman                        | N/A* |
| Man                          | N/A* |
| Trans Woman or Transfeminine | N/A* |
| Trans Man or Transmasculine  | N/A* |
| Nonbinary                    | N/A* |
| Genderqueer or Gender Fluid  | N/A* |
| Another Gender               | N/A* |
| Decline to State             | N/A* |

### Age

|               |      |
|---------------|------|
| 17 or Younger | N/A* |
| 18 to 25      | N/A* |
| 26 to 35      | N/A* |
| 36 to 45      | N/A* |
| 46 to 55      | N/A* |
| 56 to 65      | N/A* |
| 65 or Older   | N/A* |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,580 |
| Psychologist                    | 3       |
| Marriage & Family Therapist     | 7       |
| Social Worker                   | 4       |
| Professional Clinical Counselor | 1       |

### Type of Service

|                            |      |
|----------------------------|------|
| Clinical Intake            | 547  |
| Brief Screening/Triage     | 424  |
| Individual Counseling      | 319  |
| Group Counseling           | 50   |
| Couples/Family Counseling  | 0    |
| Crisis/Walk-In Appointment | 212  |
| After-Hours Support        | 40   |
| Off-Campus Referral        | N/A* |

Average wait time for an initial appointment = 5 days

Average number of appointments per student = 2.6

\*Data not available.

## San José State University

Total number of students receiving clinical services = 1,749

Approximate number of students served through outreach activities = 1,602

### Race/Ethnicity

|                                      |      |
|--------------------------------------|------|
| American Indian or Alaskan Native    | 10   |
| Asian or Asian American              | 709  |
| Black or African American            | 105  |
| Hispanic or Latino/a                 | 457  |
| Middle Eastern or North African      | N/A* |
| Native Hawai'ian or Pacific Islander | 12   |
| White or European                    | 277  |
| Other                                | 173  |

### Gender

|                              |       |
|------------------------------|-------|
| Woman                        | 148   |
| Man                          | 72    |
| Trans Woman or Transfeminine | **    |
| Trans Man or Transmasculine  | **    |
| Nonbinary                    | **    |
| Genderqueer or Gender Fluid  | **    |
| Another Gender               | **    |
| Decline to State             | 1,527 |

### Age

|                  |       |
|------------------|-------|
| 17 or Younger    | 12    |
| 18 to 25         | 1,626 |
| 26 to 35         | 349   |
| 36 to 45         | 57    |
| 46 to 55         | 26    |
| 56 to 65         | **    |
| 65 or Older      | **    |
| Decline to State | 9     |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,563 |
| Psychologist                    | 17.125  |
| Marriage & Family Therapist     | 2       |
| Social Worker                   | 1       |
| Professional Clinical Counselor | 0.5     |

### Type of Service

|                            |       |
|----------------------------|-------|
| Clinical Intake            | 973   |
| Brief Screening/Triage     | 1,210 |
| Individual Counseling      | 1,169 |
| Group Counseling           | 50    |
| Couples/Family Counseling  | 2     |
| Crisis/Walk-In Appointment | 265   |
| After-Hours Support        | 96    |
| Off-Campus Referral        | 120   |

Average wait time for an initial appointment = 10.38 days

Average number of appointments per student = 4.31

\*Data not available.

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California Polytechnic State University, San Luis Obispo

Total number of students receiving clinical services = 2,274

Approximate number of students served through outreach activities = 14,006

### Race/Ethnicity

|                                      |       |
|--------------------------------------|-------|
| American Indian or Alaskan Native    | **    |
| Asian or Asian American              | 359   |
| Black or African American            | 32    |
| Hispanic or Latino/a                 | 58    |
| Middle Eastern or North African      | N/A*  |
| Native Hawai'ian or Pacific Islander | 10    |
| White or European                    | 1,181 |
| Other                                | 8     |

### Gender

|                              |      |
|------------------------------|------|
| Woman                        | N/A* |
| Man                          | N/A* |
| Trans Woman or Transfeminine | N/A* |
| Trans Man or Transmasculine  | N/A* |
| Nonbinary                    | N/A* |
| Genderqueer or Gender Fluid  | N/A* |
| Another Gender               | N/A* |
| Decline to State             | N/A* |

### Age

|               |      |
|---------------|------|
| 17 or Younger | N/A* |
| 18 to 25      | N/A* |
| 26 to 35      | N/A* |
| 36 to 45      | N/A* |
| 46 to 55      | N/A* |
| 56 to 65      | N/A* |
| 65 or Older   | N/A* |

### Providers

|                                 |       |
|---------------------------------|-------|
| Counselor-to-Student Ratio      | 1:928 |
| Psychologist                    | 11    |
| Marriage & Family Therapist     | 10    |
| Social Worker                   | 1     |
| Professional Clinical Counselor | 2     |

### Type of Service

|                            |       |
|----------------------------|-------|
| Clinical Intake            | 1,412 |
| Brief Screening/Triage     | 1,832 |
| Individual Counseling      | 1,362 |
| Group Counseling           | 313   |
| Couples/Family Counseling  | 22    |
| Crisis/Walk-In Appointment | 309   |
| After-Hours Support        | N/A*  |
| Off-Campus Referral        | N/A*  |

Average wait time for an initial appointment = 1.38 days

Average number of appointments per student = 4.4

\*Data not available.

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University San Marcos

Total number of students receiving clinical services = 985

Approximate number of students served through outreach activities = N/A\*

### Race/Ethnicity

|                                      |     |
|--------------------------------------|-----|
| American Indian or Alaskan Native    | **  |
| Asian or Asian American              | 72  |
| Black or African American            | 45  |
| Hispanic or Latino/a                 | 517 |
| Middle Eastern or North African      | **  |
| Native Hawai'ian or Pacific Islander | **  |
| White or European                    | 248 |
| Other                                | 104 |

### Gender

|                              |     |
|------------------------------|-----|
| Woman                        | 507 |
| Man                          | 211 |
| Trans Woman or Transfeminine | **  |
| Trans Man or Transmasculine  | **  |
| Nonbinary                    | **  |
| Genderqueer or Gender Fluid  | 16  |
| Another Gender               | **  |
| Decline to State             | 251 |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | 10  |
| 18 to 25         | 976 |
| 26 to 35         | 163 |
| 36 to 45         | 31  |
| 46 to 55         | **  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 12  |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,548 |
| Psychologist                    | 8       |
| Marriage & Family Therapist     | 1       |
| Social Worker                   | 0       |
| Professional Clinical Counselor | 0       |

### Type of Service

|                            |      |
|----------------------------|------|
| Clinical Intake            | 531  |
| Brief Screening/Triage     | 731  |
| Individual Counseling      | 825  |
| Group Counseling           | 153  |
| Couples/Family Counseling  | 10   |
| Crisis/Walk-In Appointment | 77   |
| After-Hours Support        | 78   |
| Off-Campus Referral        | N/A* |

Average wait time for an initial appointment = N/A\*

Average number of appointments per student = 4.8

\*Data not available.

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.



## Sonoma State University

Total number of students receiving clinical services = 555

Approximate number of students served through outreach activities = 3,486

### Race/Ethnicity

|                                      |     |
|--------------------------------------|-----|
| American Indian or Alaskan Native    | **  |
| Asian or Asian American              | 28  |
| Black or African American            | 17  |
| Hispanic or Latino/a                 | 122 |
| Middle Eastern or North African      | **  |
| Native Hawai'ian or Pacific Islander | **  |
| White or European                    | 228 |
| Other                                | 12  |

### Gender

|                              |     |
|------------------------------|-----|
| Woman                        | 28  |
| Man                          | 17  |
| Trans Woman or Transfeminine | 122 |
| Trans Man or Transmasculine  | **  |
| Nonbinary                    | **  |
| Genderqueer or Gender Fluid  | 228 |
| Another Gender               | **  |
| Decline to State             | 12  |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 563 |
| 26 to 35         | 59  |
| 36 to 45         | 12  |
| 46 to 55         | **  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 14  |

### Providers

|                                 |         |
|---------------------------------|---------|
| Counselor-to-Student Ratio      | 1:1,066 |
| Psychologist                    | 4.5     |
| Marriage & Family Therapist     | 1       |
| Social Worker                   | 0       |
| Professional Clinical Counselor | 0       |

### Type of Service

|                            |     |
|----------------------------|-----|
| Clinical Intake            | 329 |
| Brief Screening/Triage     | 159 |
| Individual Counseling      | 471 |
| Group Counseling           | 38  |
| Couples/Family Counseling  | 0   |
| Crisis/Walk-In Appointment | 124 |
| After-Hours Support        | 106 |
| Off-Campus Referral        | 223 |

Average wait time for an initial appointment = 3 days

Average number of appointments per student = 4.5

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.

## California State University, Stanislaus

Total number of students receiving clinical services = 852

Approximate number of students served through outreach activities = 7,690

### Race/Ethnicity

|                                      |     |
|--------------------------------------|-----|
| American Indian or Alaskan Native    | **  |
| Asian or Asian American              | 53  |
| Black or African American            | 18  |
| Hispanic or Latino/a                 | 512 |
| Middle Eastern or North African      | **  |
| Native Hawai'ian or Pacific Islander | **  |
| White or European                    | 123 |
| Other                                | 39  |

### Gender

|                              |     |
|------------------------------|-----|
| Woman                        | 559 |
| Man                          | 178 |
| Trans Woman or Transfeminine | **  |
| Trans Man or Transmasculine  | **  |
| Nonbinary                    | **  |
| Genderqueer or Gender Fluid  | 15  |
| Another Gender               | **  |
| Decline to State             | 18  |

### Age

|                  |     |
|------------------|-----|
| 17 or Younger    | **  |
| 18 to 25         | 739 |
| 26 to 35         | 201 |
| 36 to 45         | 44  |
| 46 to 55         | 18  |
| 56 to 65         | **  |
| 65 or Older      | **  |
| Decline to State | 4   |

### Providers

|                                 |       |
|---------------------------------|-------|
| Counselor-to-Student Ratio      | 1:944 |
| Psychologist                    | 0     |
| Marriage & Family Therapist     | 5     |
| Social Worker                   | 4     |
| Professional Clinical Counselor | 1     |

### Type of Service

|                            |     |
|----------------------------|-----|
| Clinical Intake            | 443 |
| Brief Screening/Triage     | 197 |
| Individual Counseling      | 849 |
| Group Counseling           | 799 |
| Couples/Family Counseling  | 2   |
| Crisis/Walk-In Appointment | 78  |
| After-Hours Support        | 37  |
| Off-Campus Referral        | 7   |

Average wait time for an initial appointment = 7 days

Average number of appointments per student = 6

\*\*Data withheld for race/ethnicity, gender or age with student utilization less than 10, for privacy reasons. Any group with N less than 10 are counted as part of the "Other" or "Decline to State" category.