

**Student Affairs** 



INTENTIONAL: Our organized and proactive public health approach means we are ready for the challenges students face now and in the future.

**PERCEPTIVE & PROACTIVE:** We will provide a high-touch experience by mobilizing our resources and getting help to students even if they are hesitant to seek it themselves.

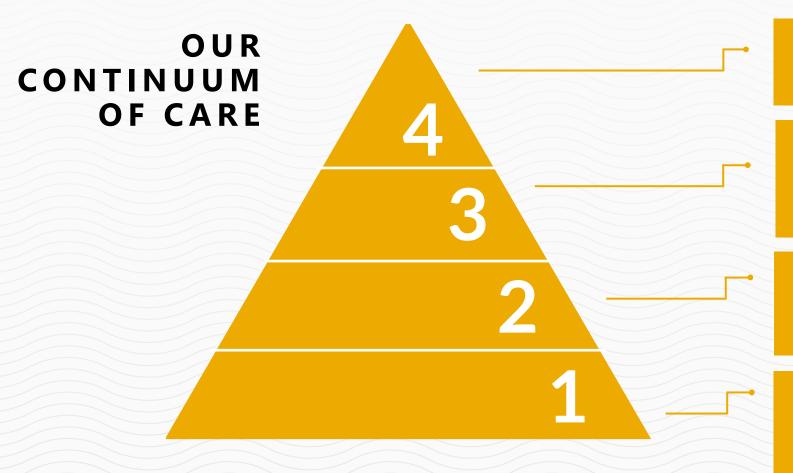
**EXTENSIVE & RESPONSIVE:** There is no wrong door for students to walk through at the Beach, anytime 24 hours a day, 7 days a week.

OUR APPROACH AND COMMITMENTS **EQUITABLE & ACCESSIBLE:** We recognize how historical contexts have shaped our students' experiences and our health structures. Our methods will create health equity with purpose.

COLLABORATIVE: We are dedicated to a campus and community movement, where student mental health is a collective responsibility and priority.

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### **LEVEL 4: Urgent/Timely Response**

CARES, Crisis Phone Line, Crisis Text Line

## LEVEL 3: Specialized Student Self-Report/Referral

Individual Counseling, Therapy Groups, Case Managers, You@CSULB

### **LEVEL 2: High Touch Opportunities**

Faculty Members, Peer Mentors, Advisors/Supervisors, Parents & Families

## LEVEL 1: Population Health & Prevention

Workshops, Programs, Events, Wellness Marketing, Awareness, Destigmatization

# NATIONAL DATA POINTS

53%

of students were worried/scared <u>often</u> <u>or constantly</u> in the past six months

(Inside Higher Ed, March 2021)

**59%** 

of students turn to parents, family or extended family for help first

(Kaplan, 2021)

**75%** 

of faculty members nationally are willing to help students in distress, but only <u>50%</u> of those know how

(Healthy Minds Network)

65%

of students rate their behavioral health as **fair or poor** 

(Inside Higher Ed, March 2021)

Disparities for firstgen, low-income students of color are NOT in their symptoms, but largely in their <u>help seeking-</u> behaviors.

(Healthy Minds Network)

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## **CSULB DATA POINTS**

85%

of our campus mental health services require a student to initiate an action (make an appointment, visit a site, go to a program or group) 86%

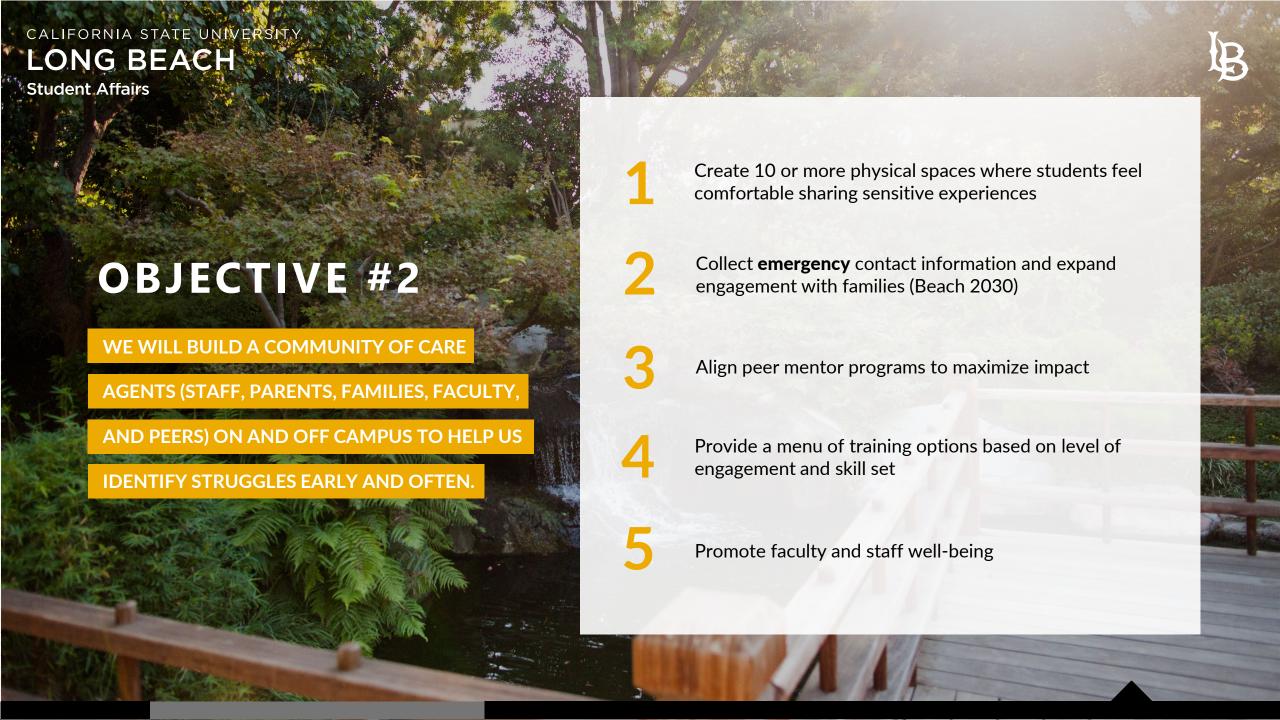
reported moderate or high stress in the last <u>12 months</u> (NCHA, 2021) 27%

reported a death of a family member, loved one, or friend due to COVID-19
(NCHA, 2021)

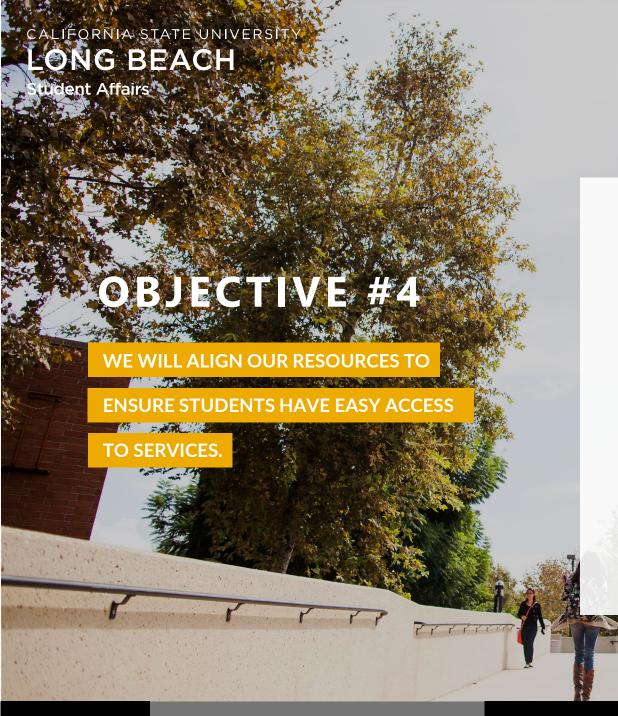
reported witnessing online or in-person discriminatory or hostile exchanges due to someone's race/ethnicity

(NCHA, 2021)









- Evaluate Case Management models (CARES, CAPS, BMAC, SHS, BN)
- 2 Explore on-demand virtual solutions to accessing care (telehealth)
- BEACH Crisis Text Line & Mobile Crisis Unit
- Establish community partnerships with local non-profit organizations and resource centers (Beach 2030)

## **OBJECTIVE #5**

WE WILL LEVERAGE TECHNOLOGY

TO REACH STUDENTS FASTER AND

MORE PROACTIVELY.

- Automate health services reminders
- Establish a peer-to-peer texting tool and expand the chatbot to reach students where they are
- Develop protocols to reach student identity groups or impacted student groups during national crisis/trauma
- Create virtual social communities



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## BASELINE METRICS

### PHASE 1

#### NATIONAL SURVEYS

(already accessible)

- National College Health Assessment
- NSSE/BSSE
- Bystander Intervention Surveys
- Basic Needs Surveys

### GI 2025 METRICS

- #Student Leaves of Absences
- DFW Rates
- Student Stop/Out & Drop/Out

# \* (unduplicated students receiving services disaggregated by race/ethnicity, gender, age, source of insurance)

### CRISIS DATA

(BEACH 2030)

- Housing emergency transports
- Voluntary Hospitalizations
- Involuntary Hospitalizations (51-50)
- Beach Crisis Text Line
- Counseling Resources accessed after hours

#### **UTILIZATION DATA\***

- Basic Needs
- Bob Murphy Access Center
- CARES
- Counseling & Psych Services
- Student Health Services
- Student Rec & Wellness Center
  - Points of service entry

#### COUNSELING SERVICES

- Average wait time per student
- Average # of appointments per student
- # of students referred to the community
- Identity groups represented by CAPS
- Counselor Critical Load Index

#### RESOURCES

- You@College
- Visits to Beach Wellness Website
- Parents subscribed to parent portal



