Department Name: Vice Chancellor Student Affairs

Unit Name: Mental Health Funds - Student Health & Counseling Services

Contact Name: Margaret Walter

Total 2018-19 Projected Allocation: $1,854,629

This allocation is approximately 5.30% of the total 2018-19 Student Services Fee revenue.

### Student Services Fees Allocations

<table>
<thead>
<tr>
<th>Expense</th>
<th>2017-18 Actuals</th>
<th>2018-19 Allocation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salaries/Benefits</td>
<td>$2,005,947</td>
<td>$1,854,629</td>
</tr>
<tr>
<td>Operational/Other Costs</td>
<td>$76,832</td>
<td>$0</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>$2,082,779</td>
<td>$1,854,629</td>
</tr>
</tbody>
</table>

1. **Please provide a general description of your department's function:**

   The Mental Health portion of Student Service Fee revenue funds Counseling Services. This unit is charged with providing mental health services for the UCD student population.

2. **Please list the departmental program(s) or service(s) specifically funded by the Student Services Fee:**

   Ninetyeight percent of the Mental Health portion of Student Service Fee revenue funds the salaries and benefits of mental health professionals, including psychiatrists who provide medication management, licensed counselors who provide clinical mental health services, and postdoctoral psychology interns who also provide counseling to the UCD student body. Two percent of the funds support operational expenses such as continuing education opportunities for the staff listed above.
3. Please provide information regarding the benefit to UC Davis students from the departmental program(s) or service(s) specifically funded by the Student Services Fee. Be as specific and concise as possible. Include the specific type (e.g., undergraduate, graduate, professional, transfer, etc.) and an estimated number of students served.

Fifty seven percent of the total budget for Counseling Services for 2018-19 comes from the Mental Health portion of Student Service Fee revenue funds. In 2017-18, Mental Health Student Service Fees made up sixty eight percent of the Counseling Services budget. In 2017-18, mental health clinicians performed over 22,750 clinical visits, including individual, couples, and group counseling sessions. Over 3400 of these visits were with psychiatry. 6047 unique students attended these visits, seventeen percent of the student body. Counseling clients represent all academic programs. Banner tracked demographic identities of counseling clients closely mirror that of the greater student population. Counselors in the Community Advising Network are placed at locations to expand access and reduce barriers to historically underserved populations.
Mental Health Funding Update

- Report on Mental Health Funding
- The total amount of funds set aside for Mental Health in 2018-19
- Plans to ensure student welfare and outreach
Counseling Services provides student-centered mental health services, advocacy, outreach, and consultation to promote psychological well-being and academic success.

**VALUES**

**Safety:** We create welcoming and confidential environments for student and community support.

**Social Justice:** We value social justice through community engagement and challenging ourselves to advocate for equity, inclusion, and fairness.

**Development:** We support the development of our profession through training early career professionals and supporting the continued education of Counseling Services staff.

**Best Practices:** We are committed to providing culturally responsive services rooted in best practices.

**Collaboration:** We foster a community-wide approach to psychological well-being and collaborate with faculty, staff, and medical colleagues in this shared responsibility.

**Personalized Goals:** We acknowledge that student success can be defined in many ways and we work with students on their paths to personal and academic goals.

**Well-Being:** We believe the community we serve benefits from a commitment to Counseling Services staff well-being.

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**Mental Health Services**

- You Got This Workshops
- Mental Health Crisis Consultation Services
- Individual Counseling
- Group Counseling
- Career Counseling
- Medication Management
- Case Management and Referral Assistance
- Outreach
Mental Health Services: Access

- 17% of all UCD students utilized mental health services last year

![Graph showing the percentage of UCD Domestic Students, Medical Patients, and Mental Health Clients across different racial groups.]

- North Hall
- Student Health and Wellness Center
- 4 College Dean's Offices
- 4 Professional Schools
- 12 Community Advising Network (CAN) Partnerships
Mental Health Services: Access

- Average number of counseling sessions per client in 2017-18 was 4.44
- Average number of psychiatry sessions per client in 2017-18 was 3.61

Mental Health Services: Access

<table>
<thead>
<tr>
<th>Year</th>
<th>Unique Number of Students Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>2017-18</td>
<td>5122</td>
</tr>
<tr>
<td>2016-17</td>
<td>4842</td>
</tr>
<tr>
<td>2015-16</td>
<td>4522</td>
</tr>
<tr>
<td>2014-15</td>
<td>4183</td>
</tr>
<tr>
<td>2013-14</td>
<td>3099</td>
</tr>
<tr>
<td>2012-13</td>
<td>2894</td>
</tr>
</tbody>
</table>
### Mental Health Services: Staffing

<table>
<thead>
<tr>
<th></th>
<th>2018-19</th>
<th>2019-20</th>
<th>2020-21</th>
<th>2021-22</th>
</tr>
</thead>
<tbody>
<tr>
<td>SSF Counselor FTE</td>
<td>6.5</td>
<td>7.7</td>
<td>7.7</td>
<td>7.7</td>
</tr>
<tr>
<td>MHF Counselor FTE</td>
<td>20.1</td>
<td>24.1</td>
<td>24.1</td>
<td>24.1</td>
</tr>
<tr>
<td>Other Departmentally Funded Counselor FTE</td>
<td>4.7</td>
<td>4.7</td>
<td>4.7</td>
<td>4.7</td>
</tr>
<tr>
<td>Total Counselor FTE</td>
<td>31.3</td>
<td>36.6</td>
<td>36.6</td>
<td>36.6</td>
</tr>
<tr>
<td>Projected Enrollment</td>
<td>36,033</td>
<td>36,170</td>
<td>36,335</td>
<td>36,698</td>
</tr>
</tbody>
</table>

*Student to Counselor Ratio*<br>\*International Association of Counseling Services (IACS) defines target ratio as one counselor/1500-1000 students

| Psychiatry FTE      | 3.5     | 3.5     | 3.5     | 3.5     |

### Mental Health Sources of Funds

Total amount of funds set aside for Mental Health within Counseling Services in 2018-19: $7,066,990

- **Mental Health Fee**: $4,325,500
- **Support From Other Campus Departments**: $750,225
- **Student Service Fee**: $1,991,265
Mental Health Uses of Funds

- Salaries and Benefits: 97%
- Continuing Education: 2%
- Supplies and Other Expenses: 1%

Administrative and Technical Support within SHCS: $1,150,000

Utilizing Mental Health Funds to Improve Student Access

- Additional positions within Counseling Services
- Therapy Assistance Online (TAO)
- LiveHealthOnline